Classic Laugavegur Trail Trek

Trip Code: ILT

Version:

WALK & TREK	GUIDED GROUP	4 MODERATE



HIGHLIGHTS

- A trekking holiday through the volcanic landscape of Iceland's southern highlands
- Trek between vibrant yellow rhyolite mountains and over black sand deserts
- Sleep in cosy mountain huts and enjoy delicious Icelandic meals
- Walk past steam-vents, icecaps, and soak in rejuvinating natural hot springs

AT A GLANCE

- 5 days trekking
- Max altitude - 1060 metres
- Join at Reykjavik

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

From the modern city of Reykjavik to the volcanoes, glaciers and tortured lava formations of the interior, Iceland is a country of great contrast. This wild and wonderful walking holiday takes us across the most outrageous of Iceland's volcanic landscapes, the southern highlands. The Laugavegar Trail weaves across the dramatic volcanic region of the Fjallabak, one of the most spectacular places for a walking holiday in the world. Driving close to Hekla, Iceland's famously active volcano, we reach the start of our trek at Landmannalaugar. From here, our first afternoon of walking takes us south into the mountains, through rocky gorges and by way of steaming hot springs to the ancient lava flows of Hrafntinnusker and our first night in a cosy mountain hut. Our route continues via Lake Alftavatn (Swan Lake) and across the extraordinary black sands of Maelifellssandur, below the Myrdalsjokull Icecap. We traverse the former summer grazing area at Emstrur and visit the magnificent Markarfljot Canyon, en route to the picturesque glaciated valley and birch woodland of Thorsmork (Thor's Forest), where we spend our fourth and final night at a mountain hut where we will enjoy a celebratory BBQ. On our last morning at Thorsmork, we have the option to visit Songhellir Cave and to hike to the top of the small peak, Valahnukur, before catching the bus back to Reykjavik.

We also offer a 6-day version of this tour combining the Laugavegur trek with the Fimmvorduhals pass. Click here for more information.

Is this holiday for you?

This is real wilderness travel, with the Icelandic landscape changing dramatically each day. The trails will change from good paths to rocky scree and expanses of black volcanic sand, from green valley pastures to windswept ridges. Especially on the first departures of the season you are also likely to encounter snow patches, some of them quite extensive. There will also be river crossings on most days and the weather can be very unpredictable. We will walk for approximately 4 to 5 hours on Days 1 and 2 and 6 to 7 hours on Days 3 and 4, with the opportunity for further exploration on the morning of Day 5. The route is generally undulating, rather than hilly, with no more than 600 metres of ascent on any of the days. This trekking holiday is suitable for any regular hillwalker, but be prepared for a unique experience. The group's baggage is carried by the support vehicle and this means you can walk with just a light daysack.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Accommodation as described
- Meals as detailed in the Meal Plan
- All land transport required by the itiinerary
- Vehicle support throughout the trip

What's not Included

- Travel insurance
- Accommodation in Reykjavik
- Airport transfers between Keflavik Airport and Reykjavik are not included
- Some meals as detailed in the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

Travelling to your Destination

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive that low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The holiday starts at the BSI Bus Terminal at 06:30 on the morning of Day 1. After a quick briefing from the Tour Leader, you will catch the 07:00 public bus to Landmannalaugar.

Your main luggage will go in the support vehicle, so please make sure that you have everything you need for the first day in your daypack. You will need to wear your sturdy waterproof hiking boots and bring your backpack on the bus. The daypack needs to contain your water bottle, rain clothes (trousers and jacket), sunglasses, sunscreen, gloves, warm hat, and a warm sweater/jacket. If you also want to dip into the warm river in Landmannalaugar you will also need to carry a swimsuit and towel.

You will need to book your own accommodation in Reykjavik. Transfers between Keflavik Airport and Reykjavik are also not included.

Contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

4 breakfasts, 5 lunches and 4 dinners are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

All food is purchased in Reykjavik, with the emphasis on fresh produce and easily-prepared meals. The tour leader will prepare the group's evening meals and they will appreciate the help of group members in the kitchen - preparing vegetables, serving the food and washing up, for example. Local specialities predominate; including excellent sea-fish and Icelandic lamb, as well as the chance of fresh Arctic char. Breakfasts will consist of porridge, muesli, bread, jam, cheese, ham, plus tea and coffee. At breakfast, snack items and sandwich materials will be made available so that group members can make up their own packed lunches.

It is not possible to cater for vegetarian/vegan diets as standard on this tour. A special diet can be ordered for a supplementary cost £65 (2026). The supplement will ensure that you will be supplied with balanced meals that meet the requirements of your diet. If you require another specialised diet, for example gluten free/lactose intolerant please contact the office to discuss your requirements.

Accommodation

For our 4 nights on the Laugavegar Trail we will stay in cosy Icelandic mountain huts with dormitory-style accommodation and shared facilities. Sleeping bags are required in the huts. Showers are available at some of the huts, but there is a fee to use them. The huts generally do not have electricity and we recommend bringing a power bank to charge your electrical devices.

Some of the accommodation in the mountain huts features the traditional Alpine sleeping arrangement known as Matratzenlager. This involves multiple mattresses placed closely together in a communal setting. Commonly used in German and Austrian mountain huts, this arrangement optimises space while fostering a warm, cosy atmosphere. The close layout is particularly beneficial in cooler mountain environments, helping to retain heat. It's a tried and tested setup that adds to the authentic experience, encouraging camaraderie and a shared appreciation for the stunning surroundings. Many find it a unique and memorable aspect of staying in the mountains.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. There will also be a support vehicle and driver.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately £150 - £200 (in local currency) should be allowed for miscellaneous expenses, including meals in Reykjavik. You can withdraw cash from ATMs in most towns in Iceland using a credit or debit card. If you wish to bring your travel money in cash this can be changed into Icelandic Krona at the airport. Meals whilst on the trek are included, so you will only need to pay directly for meals other than breakfast while staying in Reykjavik. In Reykjavik, there is a wide range of dining options and you can expect to pay from around 2500ISK for lunch and 4000ISK for an evening meal in a restaurant in Reykjavik.

Guidance on Tipping

Tipping is the accepted way of saying ‘thank you’ to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffle bag, and a daypack. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Iceland

UK and USA passport holders do not require a visa for short stays.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Iceland is the Icelandic Krona.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 3 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

Climate

Despite its location on the edge of the Arctic Circle, Iceland is not the cold country we sometimes imagine. The island benefits from the influence of the Gulf Stream, which bathes its south, west and north-west coasts, giving the country a temperate oceanic climate (relatively mild winters and relatively cool summers). In Reykjavík, average temperatures are between 0 ° C in January and 12 ° C in July. In winter, they are slightly lower in the northeast and in the east, due to the Greenland polar current. In fact, only the interior of the land experiences really low temperatures, which can drop below -15 ° C. The rains are more abundant in the south than in the north. As for the winds, they are very frequent and sometimes strong. The only thing certain about Icelandic weather is that it is extremely changeable, so you should be prepared for four seasons in one day, though generally it is warm and sunny in summer.

December, January and the first half of February have little daylight (from 11 a.m. to 4 p.m. approximately), but, on the other hand, from May to mid-August it is permanent. June has beautiful light and long days.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Maps

Mal og Menning. Fjallabak. Hekla - Laki. 1:100,000 scale.

The Icelandic maps published by Mal og Menning are good. The above map covers the area of the trek in detail. There are also general maps at a smaller scale, such as Island (covers the whole island) at a scale of 1:600,000.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You SHOULD bring the following items:

- Sturdy and waterproof hiking boots
- Gaiters
- Sandals or similar (for river crossings)
- Socks and underwear
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts (1 short sleeve, 1 long sleeve)
- Midlayer fleece
- Fleece jacket or jumper
- Casual shirt or T-shirt (for Rekjavik evenings)
- Warm jacket (down or synthetic)

- Waterproof jacket
- Warm hat
- Light thermal gloves
- Waterproof overgloves or mittens
- Sunglasses
- Sleeping bag (comfort rated 0°C)*
- Drybags (to keep items in your luggage dry)
- Daypack 30 litres
- Sun protection (including for lips)
- Water bottles x 2 (1 Litre) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Swimwear (for hot springs)
- Small trek towel
- Antibacterial handwash
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Sleeping bag liner

- Trainers
- Trekking poles*
- Shorts
- Spare laces
- Headtorch
- Eye mask - to assist sleeping in the near 24-hour daylight
- Travel clothes
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Pen-knife (remember to put all sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

Equipment hire:

*Available for hire/rental through KE Adventure Travel. All rentals must be made more than 7 days prior to departure to guarentee your equipment.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method that best suits you. The holiday starts at the BSI Bus Stop in Reykjavik. Keflavik Airport is the most convenient airport. Transfers and accommodation in Reykjavik are not provided.

Why Choose KE

Why KE

Walk the full classic Laugavegur route (named as one of the 20 best treks in the world by National Geographic) across the Fjallabak, in 5 days, with an experienced guide, vehicle support and mountain hut accommodation.

Please Note This document was downloaded on 12/11/2026 and the trip is subject to change