ICELAND
2018
ICELANDIC MOUNTAIN GUIDES
TREKKING - HIKING - BACKPACKING - SKIING - BIKING - SHORT BREAKS
DAY TOURS - GLACIER WALKS - OUTDOOR ADVENTURES - EXPEDITIONS
Dear fellow adventurers

Icelandic Mountain Guides is Iceland’s premier adventure tour operator. For over 20 years we have been offering adventures in the wilderness of Iceland and Greenland. The company was established in 1994 by four pioneering mountaineers and outdoor enthusiasts whose aim was to introduce the wonders of Icelandic nature to travelers from all over the world. We started by offering Glacier Walks in Skaftafell and later in Sólheimajökull. Hiking, backpacking, expeditions and other adventures in Iceland and Greenland soon followed. Today, we offer adventure tours ranging from short day tours to multi-day expeditions in the great outdoors in summer and winter. Whether you to explore glaciers, cross impressive highlands, trek in extraordinary rhyolite massifs or hike in fascinating valleys, our aim is to Make Every Moment an Experience.

Quality and professionalism
We continuously work towards improving the quality of our tours and enhancing the skills and training of our guides to assure that all our clients have a safe and memorable journey. The Icelandic Mountain Guide’s team of guides and drivers are a select group of specialists and professional mountaineers. Many have a background in mountain rescue and all are passionate nature lovers and travelers. Our guides have a record that includes an incredible number of expeditions and impressive journeys, such as scaling high altitude summits and long winter tours in the high Arctic. All have first aid training and operate in accordance with the company’s safety policy.
Safety and training
We set high professional standards when it comes to the safety of our outdoor adventures. Since 2004, our mountain guides have received training from qualified instructors from New Zealand, and since 2008, the training of our glacier and mountain guides is based on recognized standards from the New Zealand Mountain Guides Association. Training is kept up to date by annual courses on glaciers, avalanche rescue, river crossings and more. During these courses, safety standards are revised and mountain skills practiced. When it comes to staff training, we are proud to be the leading tourism company in Iceland.

A trusted operator that knows the lay of the land
Both Iceland and Greenland are countries where nature is untamed and conditions can change unexpectedly. Travelling in these environments in the safest and the most enjoyable way requires knowledge of the terrain and each region; a knowledge that only passion for the land and years of collective experience can gather. We have travelled across and around these two countries for the past decades, and created a range of adventures that allow you to experience their fabulous landscapes, fascinating history and rich cultures. Whatever adventure you seek, you can be sure that with Icelandic Mountain Guides you are in the hands of a trusted operator that knows the lay of the land.

www.mountainguides.is  mountainguides@mountainguides.is
www.icelandrovers.is  Tel: +354 587 9999
www.greenland.is
Environment first
Icelandic tourism depends on the continued prosperity of our delicate nature. In all the activities and experiences we offer, our objective has always been to minimize the environmental impact and to leave no trace when we travel. A part of our philosophy is to support local NGOs and to take an active part in discussions about the development of wilderness and open spaces. We take nature’s side against ideas of heavy industry or new highway projects in unspoiled areas. We pride ourselves in being a company that emphasizes cooperation, sustainability and safety. As a growing company, Icelandic Mountain Guides continues to lead by example, and our environmental policy is reviewed regularly to ensure that it’s implemented across all levels of our operations.

The IMG Environmental fund
In 2014 IMG set up an environmental fund with the purpose of giving back to the nature that gives us so much. To finance the fund, the company makes an annual contribution. Additionally, 1% of the tour price of each passenger on our Laugavegur trek goes into the fund. The goal is to support land management projects that allow our unique nature to be preserved for coming generations. With Icelandic Mountain Guides, you can contribute to minimizing environmental impact and conserving our precious nature.

Vakinn - quality and environmental system
Amongst several environmental rewards and recognitions, Icelandic Mountain Guides has received the quality label of VAKINN, the official quality and environmental system for Icelandic tourism. Only tourism businesses that maintain the highest standards in all aspects of their business practices and meet VAKINN’s comprehensive assessment criteria earn the right to carry the official quality label. We encourage you to look for the VAKINN qualification when choosing a tour operator or travel agency in Iceland because it ensures that you are in the hands of trustworthy professionals.
We are proud of the reputation we’ve earned

Icelandic Mountain Guides are proud recipients of various awards and recognitions for operating adventure tours in both Iceland and Greenland.

In 2006, we were awarded the Icelandair Pioneer Award for designing and developing Glacier Walks. In autumn of 2009, we received the Icelandic Tourist Board’s Environmental Award for our environmental policy and awareness, and in February 2010 we were awarded the Icelandic Travel Industry Association’s annual Education Award for the education and continuous training we provide for our guides. In 2010, we also received the Icelandic Travel Industry Association’s Innovation Award for the innovation and development of Glacier Walks and we were nominated for the 2011 Nordic Council Environmental Prize. In April 2013, Icelandic Mountain Guides received the great honor of accepting the 2012 Conch Environmental Award. This is an award issued by the Ministry for the Environment and Natural Resources for being a leading company in nature friendly tourism. In 2015, we received the Vakinn quality and environmental label for tourism in Iceland.

These awards have been a great recognition of our efforts and a motivation to continue to improve in all aspects of our operations. Along with the accolades, we have been recognized as the most awarded tour company in Iceland.

A Brand is a Promise - Icelandic Mountain Guides has a distinctive record in leading visitors across our amazing country.
ICELANDIC MOUNTAIN GUIDES TOURS
Adventures that focus on hiking, highland experiences and other outdoors activities such as trekking, backpacking mountaineering, expeditions and a variety of ski tours.

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GREENLAND ADVENTURES

ICELAND ROVERS
Our Guides

Our aim is to provide fun, adventurous, diverse and safe tour experiences. You can rest assured that with Icelandic Mountain Guides you are in the best of hands. Meet a few of Our Guides.

Helga María Heiðarsdóttir
Helga María is a Reykjavík city girl that loves the backcountry. She started working for IMG as a glacier guide in 2008 and has since then guided many different hiking and discovery adventures. Being a glaciologist, Helga does know an awful lot about glaciers and is now currently working on her Ph.D. in glaciology/geophysics at the University of Iceland.

Sólið Sighildar-Ulfsson
Sólið has a degree in literature but is now studying environmental science. You could say he likes field work, that is, he loves travelling. He once travelled all over France with only his backpack and a hammock, and got to know places that the French don’t even know. He doesn’t play an instrument or sing but has been in a band. His role had something to do with poetry and karaoke... you would need to ask him about the details! You will find Sólið out hiking, in the mountains or even at the End of the World.

Ingibjörg G. Guðjónsdóttir
Ingibjörg has over 25 years of experience being a guide and it’s not far-fetched as her education lies in the fields of tourism and ethnology. When it comes to cooking Ingibjörg uses all kinds of wild herbs and spices from the nature. Some even say that she has the knowledge of a sorceress to make the taste of your food unforgettable! You are most likely to find Ingibjörg on the Highlands and Hot Springs super jeep tour or on a trek.

Tomas Manoury
Tomas Manoury is a half French half Icelandic musician/guide has been guiding since the millennium. He specializes in trekking and backpacking tours and he loves to find new routes and trying new trails. His favorite place in Iceland is Graenafjall, a beautiful and isolated mountain with lots of wild vegetation. Even blueberries can be found there spite of being at high altitude and surrounded by glaciers. You might find Tomas on any of our Greenland tours or backpacking to Núpsstaðarskógar and Skallafell.

Pascale Skuladóttir
Pascale has a really multicultural background, being French/Icelandic with a dash of Indian as well. She is a keen nature and animal lover and holds a university degree in Equine Science. Yes, horses are her passion! But she also loves hiking especially with nothing but her backpack somewhere in the remote wilderness. You’re likely to find Pascale on the Laugavegur trail hiking route... sometimes accompanied by her dog.

Sigrún Guðmundsdóttir
Sigrún first fell in love with nature spending her childhood summers on a farm on the south coast. Eager to explore the world, she spent a year in Canada as a teen where she developed a passion for skiing. But her journey didn’t end there, she spent the next 15 years cycling and skiing through Europe, but every year going back to enjoy Icelandic summer nights. It would be a crime not to!

Ivar Finnbogason
With Ivar’s 20 years of experience mountaineering is more like a calling for him. Ivar has climbed and guided from the Icelandic highlands to the Arctic. After having spent too much time in his youth ice climbing and being cold in frozen waterfall somewhere, Ivar now spends as much time as he can skiing, mountain biking or getting in shape at the cross fit gym - all depending on the season. You can join Ivar on the Mountains and Fjords of the North.

Ursula Giger
A Swiss native with passion for Iceland Ursula has been guiding in both Iceland and Greenland for over two decades, mostly on hiking and trekking tours. Always adding adventures to her list Ursula has completed an expedition crossing the Greenland icecap. She has a degree in literature and is a specialist in the Icelandic Sagas. You might find Ursula on the tour Hiking at the End of the World or tracing the Footsteps of Erik the Red in S-Greenland.

Björgvin Hilmarsson
When it comes to mountaineering and climbing, rock, ice or alpine, Björgvin is in his element. That fits well since he is in organizing of our longer expeditions as well being a guide. Björgvin holds a degree in molecular biology and journalism. He’s also a proficient photographer and is responsible for many of the photos used in IMG brochures and ads. Being one of the most experienced climbers within IMG he often handles the training of others teaching on many of the courses offered by IMG.

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Dagný Indríðadóttir
Dagný is one of our tour specialists but in summer she sometimes takes off to guide, travel or to work as a warden in a mountain hut somewhere. She likes to travel to faraway countries, may it be for hiking, mountain climbing or just to soak in a different culture. Dagný has been seen on all kinds of tours, from cross country skiing to bird watching tours. She is a folklorist and has a degree in gender studies.

Robert Thor Haraldsson
Robert Thor has been with the company for over 15 years. He is also a landscape architect and a geographer. Robert’s experience is extensive; he has led many of IMG’s most demanding hiking, backpacking, and ski tours, like the Iceland Traverse both on foot and ski, and The Greenland Crossing. You might travel with Robert on our backpacking tours like Núpstaðaskógar - Skaftafell.

Maxime Poncet
In addition to his hiking a glacier guiding qualifications Maxime has a master’s degree in math so you can count on him to work out the best way to go in a scientific way. Maxime guides trekking, back packing tours and cross country ski expeditions in both Iceland and Greenland. You might meet Maxime on The Vatnajökull Crossing or Fjords Glaciers and Peaks.

Leifur Örn Svavarsson
It would take an essay to list all of Leifur’s achievements and experience. With his career as a guide dating back to 1985 he is probably the most experienced Mountain Guide in Iceland. He is one of the founders of IMG and he guides many of our most demanding tours. He is an expert on Greenland and the Arctic, having crossed the Greenland icecap several times. In spring 2013 Leifur also became the first Iceland to climb the North Col of Mt. Everest. Leifur has a degree in geology with specialty in avalanche speculations, and is an experienced lecturer.

Elín Lóa Baldursdóttir
Being a guide combines many of the things that she loves to do, allowing her to explore Iceland, work in the mountains, and meet interesting people. Elín Lóa’s favorite places in Iceland are her family’s old house Vonarland in Dýrholand in the Westfjords and Askja in the north of Iceland.

All the guides on our longer tours are qualified guides (mountain, trekking or touring guide diploma) and have gone through glacier guiding courses. They come from different backgrounds but have in common their experience, professionalism, love for nature and the highlands. They all enjoy sharing their experience and knowledge with travelers visiting Iceland and Greenland.

"Each and every journey is an adventure"
ICELANDIC MOUNTAIN GUIDES
What an adventure it’s been!

For more than two decades, our company has grown from an operation run out of a tent in Skaftafell to being Iceland’s premier outdoor adventure travel operator. We are proud of what we have achieved since 1994 and we are still guided by the same passion to find and offer new and exciting adventures in both Iceland and Greenland.

THE BEGINNING ...
22 December 1993

Four young mountain guides and pioneers start a company doing what they love. The summer of 1994 they offered tours to Iceland’s highest peak and Glacier Walks in Skaftafell, a wild enterprise not everyone believed in at the time. They also purchased a bunch of freeze dried food for the first departure of a backpacking tour on a new route they traced from Núpsstaðarskógar to Skaftafell. Only two people come along on the first departure, but in the coming years, the tour gained popularity and so did the Glacier Walks.

- Purchase of the first fax machines.
- First groups taken up to Iceland’s highest peak. Hvannadalshnúkur.
- Day tours from Reykjavik among other Glacier Walks on Sólheimajökull begin.
- Glacier training taken to a new level with teachers from New Zealand and introduction to a training program based on standards from the New Zealand Mountain Guides Association.
- First Coast to Coast 31 day backpacking tour across Iceland.
- Seeking out new territory! The first backpacking tour to East Greenland.
- The domaine mountainguides.is is registered.
- From 1997, the selection of different hiking and backpacking programs grows. More and more people join the tours, first mostly Icelanders but then also foreign travellers.
- In 2003, the summer tour program starts to take off.

- Iceland Rovers founded by a group of people (some of the same as IMG) passionate by Icelandic culture, nature and Land Rovers. They offer highland adventures and Incentive Tours inspired by Icelandic history and traditions.

- First office in Reykjavik. The freezer also serves as a desk but there is room for the fax machine.

- First expedition to Mt Gunnbjörn, the highest peak in Greenland.
- Over 1,000 guests come on Glacier Walks.
- Awarded the Icelandair pioneer award for designing and developing Glacier Walks as an activity that every traveller to Iceland can enjoy.

2006
- The selection of day tours form Reykjavik keeps growing.
- Over 5,000 guests come on Glacier Walks.

- Icelandic Mountain Guides and Iceland Rovers merge and take over the ITM, information and booking center in Bankastraeti downtown Reykjavik.

2007
- Now offering an extensive selection of longer winter and summer tours.
- Outdoor activity programs for the Icelandic public begin. The aim is to make outdoor activities a lifestyle. “Icelandic Mountain Women” is designed to encourage women to take on Iceland’s highest peak. “Reach the Top” in collaboration with 66° North, takes hundreds of Icelanders to the top of Hvannadalshnúkur.
- Set up of IMG’s Information and Sales office in Skaftafell.
- Awarded the Icelandic Tourist Board’s Environmental Award.

2008
- Awarded the Icelandic Travel Industry Association Education Award.
- Awarded the Icelandic Travel Industry Association Innovation Award.
- Over 20,000 guests come on glacier walks.

2009
- Opening of Kulusuk Hostel in East Greenland.
- All year opening in Skaftafell begins.
- One of IMG’s founders, Leifur Örn, becomes the first Icelander to climb Mt. Everest via the North Col route.
- Received the Conch, the Ministry’s of the Environment annual award for leading in nature friendly tourism in Iceland.
- Outside Magazine Active Travel Award. For our East Greenland Winter Expedition.

2010
- Set up of IMG’s Information and Sales office in Skógar.
- Awarded the Icelandic Travel Industry Association Education Award.
- Awarded the Icelandic Travel Industry Association Innovation Award.
- Over 20,000 guests come on glacier walks.

2011
- As a part of our 20th anniversary celebration, a group of 27 Icelandic Mountain Guides staff, guides, family and friends hikes the 4 day trail from Núpstaðarskógur to Skaftafell, the first Backpacking tour we offered!
- The IMG Environment fund is created.

2012
- Opening of Kulusuk Hostel in East Greenland.
- Awarded the Icelandair pioneer award for designing and developing Glacier Walks as an activity that every traveller to Iceland can enjoy.

2013
- The IMG Environment fund is created.

2014
- Offering more then 85 differents tours and serving over 50,000 guests.

2015
- 2015 Icelandic Mountain Guides joins VAKINN, the official quality and environmental label for tourism in Iceland.
Iceland - a destination like no other

Iceland’s beautiful and unspoiled nature make it such a unique destination. Iceland is the outdoor enthusiast’s dream, where volcanoes, glaciers, hot springs and powerful waterfalls set their mark on the landscape. This spectacular country is a year-round destination where each season has its own distinct attractions. Whether you experience the endless days and bright nights of summer or the long winter nights offering plenty of opportunities to see the Northern Lights, you are in for a treat.

Our tours

Short breaks

Our Short Breaks are tour packages that bundle the perfect combination of quick activities for a short stay in Iceland. Visit the glacier lagoon and enjoy the northern lights or go on a number of selected day tours.

Trekking, backpacking and summit tours

On our guided trekking tours, you travel between huts (camps) with only your daypack, as opposed to a backpacking tour where you need to carry your entire luggage and a part of the collective equipment. On the summit tours we travel between locations with a vehicle to places where we target selected peaks of Iceland to climb.

Day tours

Everyone should find something to their liking on one of our outdoor adventure day tours. These tours combine hot springs, geysers and waterfalls. The popular glacier walks play a big role in our program both from Reykjavík and in South Iceland.

Skiing

Our ski tour selection ranges from cross country ski tours in the back mountain to alpine ski touring in the mountainous north of Iceland. There you can either go deep into the wilderness, stay in huts and ski on slopes that are literally untouched or stay closer to the towns and villages in a country guesthouse where every night you can soak in a hot tub.

Mountain biking

On our mountain biking tours, you can choose a route that travels on gravel and dirt road between huts or hotels or pick a downhill single track tour that is usually based out of a comfortable centrally located guest house.

Expeditions

Our expeditions in Iceland are either multi-day cross country skiing tours across the country, or over glaciers, with pulkas for the equipment. We offer a more extreme backpacking where you can cross Iceland from north to south. Additionally, we offer expeditions over the Greenland icecap, as well as to the North and the South Pole.
How can we help you?

Icelandic Mountain Guides is the leading adventure tour operator in Iceland. We offer a wide range of high quality services for adventure travelers from all over the world.

Tailor Made Packages
Our expert travel consultants can create unique adventures that are adapted to each individual traveler. Packages with day tours or multi-day itineraries can be arranged. Privately guided discovery or hiking tours may be customized to your schedule and ability as well.

Groups
Do you need an experienced outdoor adventure partner in Iceland? Icelandic Mountain Guides has decades of experience in operating tours at the highest standards and for a wide range of abilities. Every year, we operate a range of tours from nature discovery tours with hotel accommodations to hiking, trekking and backpacking tours in mountain huts and tents. We work with you to put together the right program for you and your group, and then make all the arrangements for a unique adventure.

Specialized activity tours
Our expertise in specialized activity tours is perfect for outdoor adventurers from all over the world who want to enjoy their passions while they are travelling. We offer specialized tours, such as alpine and cross country skiing, as well as any kind of mountaineering adventures and expeditions. Specialized tours like running tours, mountain biking and downhill riding are also available.

Schools and youth
Icelandic Mountain Guides offer tailor made tours for schools and other youth programs. These tours can vary from simple, informative glacier walks and hiking tours to a full multi-day travel program with accommodations, transportation and selected activities.

Courses
The Icelandic Mountain Guides courses are a product created from the passion and collective experience of our guides. All our courses can be arranged for private groups and individuals, with their program and duration customized according to the needs and skill levels of your group. Examples of courses are Mountain Skills, Ice climbing, and Glacier travel courses.

“I would recommend them to anyone, whether it’s for a day trip, a trek, or a summit.”
Practical Information

Trekking and backpacking in Iceland:
The trekking and backpacking season in Iceland is short. Our tours start around mid-June and end in the middle of September. Although the season is short, we have an extremely wide variety of tours on offer and they are featured in this brochure.

Climate:
The climate in Iceland is mild due to the Gulf stream. The coldest winter months have an average temperature around 0°C/32°F in the lowlands and rarely goes below -10°C / 14°F. In summer the average daily highs are at 14°C / 60°F. The highlands tend to be 5°C cooler than the lowlands.

Mountain huts in Iceland:
Most of the mountain huts we use on our multi-day tours are equipped with bunk beds and often a continuous line of mattresses in shared sleeping halls. Sleeping bags are needed. Many of the huts have running water, showers and some electricity but some do not. Passengers have to pay a small fee for using the showers and electricity in the huts.

Food and dietary requirements:
On most tours, the guides prepare both breakfast and dinner, but assistance from passengers is always welcomed. We can accommodate dietary requirements such as vegetarian, but for vegan or gluten free diets there is a small fee of 1.500 ISK extra per day.

Equipment in Iceland:
There are many things to keep in mind when travelling to Iceland and one crucial part is appropriate outdoor clothing. Few of the things you will need during summer are a good rain jacket and trousers, thermal undergarments and good hiking boots. In winter, one needs to dress in a similar way but with one or two extra layers for insulation.

Equipment rental and extra services:
Our multi-day tour passengers can rent sleeping bags from us and the price varies depending on the duration of the tour. We can also book accommodation for customers in Reykjavik before and after the tours, as well as offer transfers between meeting points and accommodations.

All our multi-day tours in Iceland have an English-speaking guide. We also have selected departures with an English and French speaking guide and others with an English and German speaking guide.
Tour Types - What to expect

Iceland Group Tours

**Hiking Adventures**
- Travelling with a vehicle between highlight locations. In these locations we will go on short hikes, averaging between 2 – 5 hours total (hiking times often represent a total of many shorter hikes), with only a day pack.
- Accommodation can vary from mountain hut/hostel in sleeping bag to guest house or hotel accommodation depending on the tour.
- Meals are included and when in hut/hostel the guide prepares the meals with help from the group.
- On hotel tours, dinner is sometimes included.

**Trekking**
- Hiking on trails between mountain huts with only a day pack while larger luggage is transported between accommodations. Hiking involves an average of 10 - 20 km (6 - 12 mi) per day in often difficult terrain and over rivers and/or glaciers.
- Cooking gear, food and tents are distributed equally across the group.
- Meals are included and the guide prepares the meals with help from the group.

**Backpacking**
- Hiking in less travelled locations between camps/huts with all the gear carried by participants. Hiking involves an average between 10 - 20 km (6 - 12 mi) per day in often difficult terrain and over rivers.
- Sleeping bag accommodation in huts or a hostel.
- Meals are included and the guide prepares the meals with help from the group.

**Summit Tours**
- Travelling with a vehicle between locations where some of Iceland’s most beautiful summits are climbed, or staying in one place for multiple climbs. Days with summit climbs can involve over 20 km (12 mi) hiking, over 2000 m (6500 ft) ascent and can take over 14 hours.
- Sleeping bag accommodation in huts or a hostel.
- Meals are included and the guide prepares the meals with help from the group.

**Mountain Biking**
- Biking mostly on single tracks and back roads of the highlands. Larger luggage transported between accommodations with a support vehicle that follows the group. Involves 25 - 60 km (15 - 35 mi) biking per day.
- Sleeping bag accommodation in a hut, hostel or guesthouse.
- Meals are included. When in hut/hostel accommodation the guide prepares the meals with help from the group.

**Alpine Ski Touring**
- Skiing off piste out off one location, or from hut to hut (larger luggage is transported between accommodations while you ski so you need only a day pack). Involves 4 - 7 hours skiing per day.
- Accommodation is in a guest house, a mix of mountain huts and guest house, or at comfortable hotels.
- For tours in huts and guesthouses, all meals are included and the guide prepares the meals with help from the group. In hotel tours, breakfast, lunch and a welcome dinner are included.

**Expeditions**
- Travelling in isolated backcountry territory, often over difficult terrain.
- All gear carried by participants (summer) or dragged in pulkas (winter).
- Cooking gear, food and tents distributed equally across the group.
- Tent accommodation or mountain hut.
- Meals are included and the group helps the guide to prepare the meals.

**Self Guided Hiking**
- We take care of all your travel arrangement (bus, domestic flights) and book your accommodation.
- You receive a road book with your itinerary and descriptions of your hiking route, maps, gps points and vouchers.
- On our self guided treks, only mountain hut sleeping bag accommodation is available. You have to provide your sleeping bag.
- Meals are not included.

**Treking**
- Hiking on trails between mountain huts with only a day pack while larger luggage is transported between accommodations. Hiking involves an average of 17 - 19 km (11 - 13 mi) per day, often on marked trails. On many treks you will need to ford rivers.
- Sleeping bag accommodation in a hut, a hostel, or in tents.
- Meals are included and the guide prepares the meals with help from the group.
PRACTICAL INFORMATION

Practical Information

Difficulty levels – multi-day summer tours in Iceland

1: Easy
Accessible to all people in good health. Up to 2 - 3 hours of walking each day (sometimes combined shorter walks) with or without a light daypack.

2: Moderate
Accessible to all those in good health, who do some sports regularly, and are used to all-terrain walks. 4 - 6 hours walking per day with a light daypack.

3: Challenging
Suitable for people that are physically active and have some background in basic travelling in mountainous terrain (often without paths) with a daypack. 6 - 7 hours walking per day.

4: Demanding
Demands a considerable effort and endurance. Good health and hiking experience in all types of terrain required. 6 - 8 hours walking per day. Often involves carrying your own gear.

5: Strenuous
Only suitable for people physically and psychologically prepared for highly engaging experiences. Expedition level usually involves carrying your own gear.

Difficulty levels – multi-day winter tours in Iceland

1: Easy
Accessible to all people in good health. Up to 2 - 3 hours of walking each day (sometimes combined shorter walks) with or without a light daypack.

2: Moderate
Accessible to all those in good health, who do some sports regularly and are used to all-terrain walks and/or cross country skiing in an area without manmade trails. 4 - 6 hours’ activity per day with a daypack.

3: Challenging
Suitable for people that are physically active and have some experience of traveling in difficult conditions and/or backcountry cross country skiing and/or are experienced mountaineering skiers. Involves traveling with a daypack. 6 - 8 hours’ skiing/activity per day

4: Demanding
Demands a considerable effort and endurance. Good physical health and skiing experience is necessary. 6 - 8 hours skiing per day. Often involves carrying your own gear.

5: Strenuous
Only suitable for people physically and psychologically prepared for highly engaging experiences. Expedition level usually involves carrying your own gear.

Safety:
The Icelandic climate and terrain can be rough and variable. Therefore, we reserve the right to modify the program at any time during the trip to assure the safety of our clients and staff. Our well-trained guides will do their very best to assure you a safe and pleasant journey.

Photo: LWImages - Lukasz Warzecha & Ulrika Larsson.
Editor: Arinbjörn Hauksson.
Layout: Spör ehf. Ragnheiður Ingunn Ágústsdóttir.
Printing: Prentsmiðjan Oddi ehf.
SHORT BREAKS & HIKING ADVENTURES
Northern Lights and Ice Cave Adventure

D1:
South coast - Glacier view - Glacier Walk - Skaftafell National Park - Northern Lights hunt.

D2:
Jökulsárlón Glacier Lagoon - Ice cave tour - Waterfalls Skógafoss and Seljalandsfoss - Vik and Reynisfjara black beach.

Included:
Qualified driver guide; Glacier Walk and Ice Cave tour.
Accommodation: 4 star hotel for 1 night with breakfast. Transport: Mini-bus.
Not included: Lunch and dinner. Accommodation in Reykjavik can be added.

Departures 2017 - 2018:
Two weekly departures from November 6th to March 30th. See our website for details.
Golden Circle and Glacier Getaway

**IMG513**

**DURATION**
3 DAYS

**WALKING PER DAY**
2 - 3 HRS

**GROUP SIZE**
MAX 16

**LEVEL**
EASY / MODERATE

**Ice Cave tour and a Glacier Walk**

**Northern Lights!**

**Waterfalls, spouting hot springs, and black beaches**

This 3-day adventure highlights the south coast of Iceland. It includes the historical and geological wonder Thingvellir National Park (a UNESCO World Heritage site), the majestic Golden waterfall Gullfoss, the world famous Geysir, breathtaking black sand beaches, and the renowned Glacier Lagoon Jökulsárlón. In addition to seeing these unique wonders, the tour includes exciting activities like glacier walking and ice caving. You’ll spend two nights in a countryside hotel, the perfect place to hunt for the northern lights and enjoy traditional Icelandic meals.

**D1:** Thingvellir National Park - Geysir - Gullfoss waterfall - South Coast - Kirkjubæjarklaustur - Northern Lights hunt.

**D2:** Glacier view - Jökulsárlón Glacier Lagoon - Ice cave - Northern Lights hunt.

**D3:** Black Beaches of Vik and Reynisfjara - Waterfalls Skógafoss and Seljalandsfoss - Glacier walk on Sólheimajökull Glacier.

**Included:** Qualified driver guide, Glacier Walk and Ice Cave tour, breakfast (2) and dinner (2).

**Accommodation:** Family run countryside hotel (Hotel Geirland), 2 nights.

**Transport:** Mini-bus.

**Not included:** Lunch.

Accommodation in Reykjavik can be added.

**Departs 2017 - 2018:**
Weekly departures from November 9th to March 29th. See our website for details.

**Experience of a lifetime!**

“...Our guide was was friendly, funny, safe, and knowledgeable. The experience was unforgettable and definitely the highlight of our Iceland visit! HIGHLY recommend!”

www.mountainguideis.is
A tour that takes you to some of Iceland’s most attractive locations of the south and west. Along with less known treasures, we will visit the country’s most famous sites like Þingvellir, Gullfoss, Geysir and Vatnajökull glacier, as well as learn about treasures said to be hidden out in nature. From the ocean and cliffs of Snæfellsnes to the world of glaciers in Vatnajökull National Park, you’ll experience a great contrast in the scenery. Add the sand beaches of the south coast, hot springs, waterfalls, lava fields, volcanoes and icebergs and you have all of Iceland’s natural highlights. Daily hikes give you a chance to take in the essence of this strange and unique country and each season has its special charm. In the autumn and spring, migrating birds set their mark on the land. The many shades of autumn colors along with the northern lights are prominent in fall and winter. Snow and ice can make this tour a real winter adventure. In spring and summer, nature is coming back to life and the days seem endless. An excellent tour to discover the unique magic of Iceland.

D1: Reykjavík - Hot Spring Hike - Skógafoss - Reynisfjara - Kirkjubæjarklaustur.
D2: Glacier Lagoon - Skaftafell - Glacier Walk.
D3: Fjaðrárgljúfur Canyon - Vík - Seljalandsfoss - Gígjökull.
D4: Gullfoss - Geysir - Laugarvatn.
D5: Þingvellir - Borgarfjörður - Snæfellsnes.
D6: Snæfellsnes Peninsula - Reykjavík.

Included: Guide, breakfast (5), lunch (6), dinner (5).
Accommodation: Guest house/hostel with shared facilities. Transport: 4x4 minibus or bus.

Note: The itinerary may change due to weather and road conditions. Some hiking times will also be shorter in the darkest winter months. Accommodation in Reykjavík can be added.

Departures 2017 - 2018: Sept - April. See our website for details.
The famous Gullfoss - Geysir Glacier Lagoon and its Icebergs
The Aurora Borealis
This is an outstanding adventure tour that takes you to one of Iceland’s most attractive areas. As we head to the Skaftafell/Vatnajökull area in the south east, our route takes us to the famous Geysir hot spring, the Gullfoss waterfall and along the south coast of Iceland, with its waterfalls and museums. Once in the Skaftafell/Vatnajökull area, our days are a mixture of nature and culture with hikes that include breathtaking panoramic views over glaciers. You will see the glacier lagoon with its amazing icebergs and visit local farms and old churches for a glimpse of the local culture. On any night, you might see the dramatic Aurora Borealis and on a selected evening, we will venture out to hunt for these mysterious lights of the winter sky.

Kingdom of Glaciers and Northern Lights  ILR33W

**DURATION** 5 DAYS  **HIKING PER DAY** 2 - 6 HRS  **GROUP SIZE** 4 - 16  **LEVEL** EASY / MODERATE

The famous Gullfoss - Geysir Glacier Lagoon and its Icebergs
The Aurora Borealis
This is an outstanding adventure tour that takes you to one of Iceland’s most attractive areas. As we head to the Skaftafell/Vatnajökull area in the south east, our route takes us to the famous Geysir hot spring, the Gullfoss waterfall and along the south coast of Iceland, with its waterfalls and museums. Once in the Skaftafell/Vatnajökull area, our days are a mixture of nature and culture with hikes that include breathtaking panoramic views over glaciers. You will see the glacier lagoon with its amazing icebergs and visit local farms and old churches for a glimpse of the local culture. On any night, you might see the dramatic Aurora Borealis and on a selected evening, we will venture out to hunt for these mysterious lights of the winter sky.

Kingdom of Volcanoes and Glaciers  ILR33

Daily hikes through stunning landscapes
Skaftafell and Vatnajökull Glacier
The floating Icebergs of the Glacier Lagoon
This is an outstanding trip to one of Iceland’s most attractive areas. The tour includes the famous Geysir and Gullfoss waterfall, the Skaftafell part of Vatnajökull National Park, the Jökulsárlón glacier lagoon and the famous Laki volcano. In each place you will take short or long hikes through stunning volcanic sceneries with breathtaking panoramic views over glaciers and spectacular mountain peaks. Whether it is the glacier lagoon and its amazing icebergs, the incredible volcanic landscapes of the Laki area or Skaftafell that impresses you the most, you can be certain to have an outstanding adventure. And maybe, if weather conditions permit, we might enjoy the dramatic and phenomenal midnight sun decorating Vatnajökull’s icecap. The evenings and nights will be spent at a nice and comfortable countryside hotel in close vicinity of the small town of Kirkjubæjarklaustur in the southeast. Great tour of the most beautiful landscapes of South and South-East Iceland.


Not included: Lunch - can be added, an optional 2 - 3 hour walk on the Svínafellsjökull glacier.

*In June the road to Laki may not be open. Then we will switch to an alternative itinerary.

Departures 2018: June - August.
See our website for details.

www.mountainguides.is
TREKKING, BACKPACKING, SUMMIT TOURS & BIKING
The Famous Laugavegur Trek

The Laugavegur trail has become the best known hike in Iceland. This trail leads from the geothermal valley of Landmannalauger in the southern highlands, and heads south to the Þórsmörk valley, at the foot of world famous Eyjafjallajökull volcano. The Laugavegur trek is often combined with the Þórsmörk Skógar trek. Icelandic Mountain Guides offers several versions of this famous hike so that everyone can find the tour they want.

Landmannalaugar - Þórsmörk

**D1:** Reykjavík - Landmannalaugar - Hrafntinnusker.
**D2:** Hrafntinnusker - Álftavatn.
**D3:** Álftavatn - Emstrur.
**D4:** Emstrur - Þórsmörk.
**D5:** Þórsmörk - Reykjavík.

**Included:** Guide, breakfast (4), lunch (5), dinner (4).

**Accommodation:** Mountain hut sleeping bag accommodation (4).

**Transport:** Scheduled public bus to and from Reykjavík and luggage transfer.

**Note:** In June we may have to stay in Landmannalaugar and hike from there to Álftavatn on day 2.

Pick up/drop off and/or accommodation in Reykjavík can be added.

<table>
<thead>
<tr>
<th>T Trekking</th>
<th>T Trekking Per Day</th>
<th>G Group Size</th>
<th>L Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 DAYS</td>
<td>4 - 7 HRS</td>
<td>6 - 16</td>
<td>MODERATE / CHALLENGING</td>
</tr>
</tbody>
</table>

**Total Distance:** 56 KM (35 MI)

**Altitude:** 200 - 1100 M (650 - 3600 FT)

**Maximum Ascent:** 600 M (1900 FT)

**Hike between mountain huts**

**Colorful mountains**

**Black sands and green moss**

This is Icelandic Mountain Guides’ classic version of this famous trek. You stay in the mountain huts that are situated along the trail and all your luggage is transported between huts. This way you only need to carry your daypack with you. We begin our tour by making our way into Landmannalaugar. From Landmannalaugar the trail crosses the third biggest geothermal zone in the world. As the trail winds through yellow rhyolite mountains, we continue over black deserts, past great canyons and into the verdurous valley of Þórsmörk, where we spend our last night. It is no coincidence that the Laugavegur hike attracts local and international travelers each year.

D1: Reykjavík - Þórsmörk - Þórsmörk

**Trekking:** 3 DAYS

**T Trekking Per Day:** 4 - 5 HRS

**Group Size:** 6 - 16

**Level:** MODERATE / CHALLENGING

**Total Distance:** 22 KM (13.6 MI)

**Altitude:** 150 - 1000 M (490 - 3280 FT)

**Maximum Ascent:** 1000 M (3280 FT)

**Fantastic glacier view**

**Warm lava and craters**

**Impressive waterfalls and canyons**

Along with the Laugavegur trek, the hike over Fimmvöðuháls is one of the best-known trails in Iceland. This popular trail marks the sighting of the first phase of the 2010 eruption of Eyjafjallajökull. Since then, this hike has become a real hot spot showcasing spectacular nature and exciting geological features. The trail goes from the nature reserve of Þórsmörk, up between the two glaciers, then travels over the newest batch of formed lava. From there, we travel pass the two popular craters Magni and Móði before descending to the lowlands on the southern side. Afterward, we are finally greeted by the great Skógarfoss waterfall and the Atlantic coast residing in a short distance. This astonishing diversity makes this short trek a favorite in Iceland. Accommodation in mountain huts.

D1: Reykjavík - Þórsmörk - Þórsmörk

**Trekking:** 3 DAYS

**T Trekking Per Day:** 4 - 5 HRS

**Group Size:** 6 - 16

**Level:** MODERATE / CHALLENGING

**Total Distance:** 22 KM (13.6 MI)

**Altitude:** 150 - 1000 M (490 - 3280 FT)

**Maximum Ascent:** 1000 M (3280 FT)

**D1:** Reykjavík - Landmannalaugar - Þórsmörk

**D2:** Landmannalaugar - Þórsmörk

**D3:** Þórsmörk - Skógar

**Included:** Guide, breakfast (2), lunch (3), dinner (2).

**Accommodation:** Mountain hut sleeping bag accommodation (3).

**Transport:** Scheduled public bus to and from Reykjavík.

**Note:** The tour starts and ends at the central bus station in Reykjavík (BSÍ).

Pick up/drop off and/or accommodation in Reykjavík can be added.

The Landmannalaugar-Þórsmörk trek can be combined with Þórsmörk-Skógar on most Monday dates.

A chance to enjoy an unbelievable seven day trek from Landmannalaugar to Skógar, a truly memorable hike through diverse landscape full of contrasts. For the combined trek, the trip code is IMG36.

Departures 2018: June 18th to Sept 10th. See our website for details.
**Landmannalaugar - Þórsmörk Camping**

**IMGT31**

<table>
<thead>
<tr>
<th>Trekking</th>
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<tbody>
<tr>
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<td>6 - 7 Hrs</td>
<td>6 - 14</td>
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</tr>
</tbody>
</table>

**Total Distance**: 56 KM (35 MI)

**Altitude**: 200 - 1100 M (650 - 3600 FT)

**Maximum Ascent**: 600 M (1900 FT)

**Trekking**: 4 Days

**Treking per day**: 6 - 7 Hrs

**Group size**: 6 - 14

**Included**: Guide, breakfast (3), lunch (4), dinner (3), tents, mattresses, communal camping equipment and cooking gear, camping fees. **Accommodation**: Tents. **Transport**: Transfer from Reykjavik - Landmannalaugar and from Þórsmörk - Reykjavik by scheduled public bus, transfer of luggage during the trek.

**Note**: The tour starts and ends at the central bus station in Reykjavik (BSÍ).

Pick up/drop off and/or accommodation in Reykjavik can be added.

Departures 2018:

July - August. See our website for details.

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**The Laugavegur with a Backpack**

**IMGQ31**

<table>
<thead>
<tr>
<th>Trekking</th>
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<th>Level</th>
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<tbody>
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<td>4 - 7 Hrs</td>
<td>6 - 14</td>
<td></td>
</tr>
</tbody>
</table>

**Total Distance**: 56 KM (35 MI)

**Altitude**: 200 - 1100 M (650 - 3600 FT)

**Maximum Ascent**: 600 M (1900 FT)

**Trekking**: 4 Days

**Hiking per day**: 4 - 7 Hrs

**Group size**: 6 - 14

**Included**: Guide, breakfast (3), lunch (4), dinner (3), mountain hut fees. **Accommodation**: Mountain hut sleeping bag accommodation. **Transport**: Transfer from Reykjavik - Landmannalaugar and from Þórsmörk - Reykjavik by scheduled public bus. **Note**: The tour starts and ends at the central bus station in Reykjavik (BSÍ).

Pick up/drop off and/or accommodation in Reykjavik can be added.

Departures 2018:

July - August. See our website for details.

See our website mountainguides.is for more versions of the Laugavegur trek.

Read about how Laugavegur contributes to our Environmental fund on p. 4.

Run Laugavegurinn!

If you are an experienced trail runner who wants to take in all the beauty and get a great workout at the same time, Arctic Running offers different versions of this magnificent route. See page 39.

“Everyone who likes hiking should do this trip once in their lifetime.”
The Volcanic Trails
is a trekking tour made from three distinct parts. The trail
takes you through a volcanic landscape, which is one of
the most varied and unique areas in the entire world. Each
day differs from the one before and brings us new colors
and landscapes. You will see everything from volcanoes,
glaciers and black lava covered with the unreal bright
green moss, to colorful rhyolite mountains and geothermal
hot springs. With three parts you can enjoy the flexibility
of choosing only one part of the trail, combine two of the
three legs, or to hike the Volcanic trail all the way from
Sveinstindur to Landmannalaugar.

Volcanic Trails 1 - Explorers
Peak to Eldgjá

**Total distance**: 36 km (22 mi)
**Altitude**: 400 - 1050 m (1300 - 3450 ft)
**Maximum ascent**: 450 m (1480 ft)

**Trekking**: 4 days
**Trekking per day**: 5 - 9 hrs
**Group size**: 5 - 14
**Level**: Moderate / Challenging

**The magical lake of Langisjór**

**Green moss covered lava**

**Beautiful waterfalls**

The first part of the trek takes you through one of the greatest volcanic regions of the southern Icelandic highlands, the area of Skaftá river and Eldgjá canyon. Our journey begins in the Vatnajökull National Park at Sveinstindur mountain by the magical 25 km (15 mi) long Langisjór lake under the south-western edge of Vatnajökull glacier. The trail then takes us along the great Skaftá river and through the bright green moss covered lava formations, impressive waterfalls, canyons and amazing craters. We then continue to the Eldgjá volcanic fissure that was created by one of the greatest eruptions seen by mankind in 934 AD. Beautiful waterfalls, crystal clear streams and traditional mountain huts, add to the experience, making this one of the best trek you can find on the planet. On the last day, the bus back to Reykjavík goes via Landmannalaugar.

**Included**: Guide, breakfast (3), lunch (4), dinner (3). **Accommodation**: Mountain hut sleeping bag accommodation (3). **Transport**: Scheduled public bus from Reykjavík and private transport to Sveinstindur, bus from Hólaskjól to Reykjavík via Landmannalaugar and luggage transfer. **Note**: The tour starts and ends at the central bus station in Reykjavík (BSÍ). Pick up/drop off and/or accommodation in Reykjavík can be added.

**Departures 2018**: July - Sept. See our website for details.
Volcanic Trails 2 - The Wilderness of the Strútur Trail

Black sands and green mountains
Bathe in the Strútslaug hot spring
Solitude and dramatic landscapes

The second part of the Volcanic trails trek takes us to the south side of the very colorful Torfajökull rhyolite massif with its colorful and bright green mountains. We will bath in the Strútslaug hot spring, enjoy crystal clear waterfalls, cross rivers on a natural stone bridge and enjoy the silence of the highlands. This is by far one of the most dramatic parts of the Fjallabak. Because very few venture into this area, you will feel the vastness of the land, as well as the solitude. Hikers coming into this area must travel to its starting point via the renowned Landmannalaugar and Eldgjá the day before. The trail goes along to Álftavötn lake, passing Strútur mountain into the black desert Mælifellssandur, dominated by the vast glacier of Mýrdalsjökull. The trek ends at Hvanngil hut, and after a morning walk the next day, those who finish here get on a bus that takes them back to Reykjavík.

D1: Reykjavík - Landmannalaugar - Eldgjá - Hólaskjól.
D2: Hólaskjól - Álftavötn.
D3: Álftavötn - Hvanngil.
D4: Hvanngil (Álftavatn) - Reykjavík.

Accommodation: Mountain hut sleeping bag accommodation.
Transport: Scheduled public bus from Reykjavik to Hólaskjól via Landmannalaugar, from Hvanngil (Álftavatn) to Reykjavik and luggage transfer.
Note: The tour starts and ends at the central bus station in Reykjavík (BSÍ).
Pick up/drop off and/or accommodation in Reykjavik can be added.

Departures 2018:
July - Sept. See our website for details.

Volcanic Trails 3 - The Backroad to Landmannalaugar

Brightly colored hills of Ljósártungur
Hot Springs and boiling mud pools
Enjoy the colors of Landmannalaugar.

The third part of the Volcanic trails trek takes you up into the hills of the Fjallabak region and to Landmannalaugar. Crossing from the green mountains reflected in “Swanlake,” we will hit the brightly colored hills of Ljósártungur, passing by a big “table mountain” into fuming hot springs and boiling mud pools. The trek continues along thick obsidian lava flows over to even more hot springs. We will enter into the extremely bright colors of Landmannalaugar, one of the most known part of the Icelandic highlands. Hills and gullies set their mark on this part of the trek and geothermal activity is predominant.

D1: Reykjavik - Álftavatn.
D2: Álftavatn - Dalakofinn.
D3: Dalakofinn - Landmannalaugar - Reykjavik.

Transport: Scheduled public bus from Reykjavik to Álftavatn and from Landmannalaugar to Reykjavik and luggage transport.
Note: The tour starts and ends at the central bus station in Reykjavik (BSÍ).
Pick up/drop off and/or accommodation in Reykjavik can be added.

Departures 2018:
July - Sept. See our website for details.
Hiking at the End of the World

The colorful mountains of the east
Hiking with ocean views

Comfortable mountain huts

Hiking through the magnificent landscapes of the Eastern inlets is a unique experience. The mountains come in all shapes and sizes, and the variety of colors is stunning; everything from the black sands of the beaches to the pinkish orange hues of the mountain ridges. The closeness to the ocean sets its mark on this tour. Each day we follow old trails between isolated coves and fjords, hike over colorful hills and down green valleys to the sea and the drone of the North Atlantic Ocean. This combination of mountains and ocean is what makes this trek a unique one; another advantage is the milder climate that can be expected at this low altitude. The area remained populated until the early seventies, so abandoned farms and ancient farmsteads set their mark on the surroundings. However, sheep may be the only living thing connecting us to those former times. Accommodation in well-equipped and comfortable huts.

D1: Reykjavik - Egilsstaðir - Borgarfjörður Eystrí.
D2: Borgarfjörður Eystrí - Brúnavík - Breiðavík.
D3: Breiðavík - Húsavík.
D4: Húsavík - Loðmundarfjörður.
D5: Loðmundarfjörður - Seyðisfjörður/Egilsstaðir - Reykjavík.


Note: The tour starts and ends at the domestic airport in Reykjavik or Egilsstaðir. Pick up/drop off and/or accommodation in Reykjavik can be added.

Departures 2018: July - August. See our website for details.
In the Shadow of Vatnajökull

**Backpacking trek in remote areas**

**Incredible cliffs, canyons and peaks**

**Colorful rhyolite mountains**

The trek from Snæfell (Snowy mountain) to Lónsöræfi is one of Iceland's most remote. It offers the unrivaled experience of the rugged landscapes to the east of the Vatnajökull glacier, Europe's largest. The glacier has clearly left its mark on everything here, whether it is a mountain, a valley, or a moraine. The abundance of colors, characteristic of the rhyolitic rocks, is quite a contrast to the basaltic formations, offering a real feast for eyes and mind. Reindeer roam freely and are wary of humans. The trail includes an unbelievable variety of landscapes; deep canyons, green valleys, incredible cliffs and snow-clad peaks that stand against the sky. Well-equipped mountain huts guarantee the comfort of this tour. Icelandic Mountain Guides provides sleeping bags or blankets in the huts, which are also partially stocked with our supplies. Each person's carry weight is limited to 7 to 10 kg (15 to 20 lbs). An extraordinarily beautiful hike in a fantastic area.

- **D1:** Reykjavík - Egilsstaðir - Geldingafell.
- **D2:** Geldingafell - Egilssel.
- **D3:** Egilssel - Múlaskáli.
- **D4:** Múlaskáli - Eskifell - Hornafjörður - Reykjavík.

**Included:** Guide, breakfast (3), lunch (4), dinner (3), sleeping bags at the huts.

**Transport:** Transfer to Eyjabakkar area and from foot bridge at the end of the trail to Höfn. Domestic flights between Reykjavík - Egilsstaðir and Höfn - Reykjavík are optional.

**Note:** The tour starts and ends at the domestic airport in Reykjavík or Egilsstaðir/Höfn. Pick up/drop off and/or accommodation in Reykjavík can be added.

**Departures 2018:**
July - Sept. See our website for details.

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South Coast Exploration

**Jökulsárlón Glacier Lagoon**

**Skáftafell National Park**

**Arctic Birch and Waterfalls**

The third part of the combo tour focuses on the highlights of the South-East. The region is home to Vatnajökull, Iceland’s largest glacier. Its countless outlet glaciers come crawling down between high mountain peaks. The icebergs that break off the glaciers decorate the lagoons that form at their roots. In Skáftafell, you will find the contrast in green hills and waterfalls. There, we will explore one of the many hiking trails that take us through the arctic birch to places where we get superb views of the surrounding glaciers. This tour offers the possibility to add a Glacier Walk on Svinafellsjökull to your program or a hike up to Iceland’s highest peak, Hvannadalshnúkur (2119 m). On the way back to Reykjavík, we will stop briefly at the black beaches of Vik and look at the waterfalls of the south coast. We spend our nights in tents at the camping area in Skáftafell. Transfers with scheduled public bus.

- **D1:** Höfn - Jökulsárlón Glacier Lagoon - Skáftafell.
- **D2:** Skáftafell.
- **D3:** Vik - Skógafoss and Seljalandsfoss - Reykjavík.

**Included:** Guide, breakfast (2), lunch (3), dinner (2).

**Transport:** Public bus transfer from Höfn to Skáftafell and Skáftafell to Reykjavík.

**Accommodation:** Tent accommodation in Skáftafell (2 nights), tents and mattresses provided.

**Accommodation in Reykjavik can be added.**

**Departures 2018:**
July - August. See our website for details.

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See our website for details.
Explore multiple impressive waterfalls
Ford rivers and bathe in a natural pool
Hike over glaciers and lava valleys

Along with the Núpsstaðaskógur-Skaftafell tour, this is an Icelandic Mountain Guides classic. A unique five-day hike from the big rivers that come rushing from underneath Vatnajökull to the valley of Núpsstaðaskógur, where with arctic birch grows in abundance. On the way, we walk along a row of beautiful waterfalls and gullies before we must pass the great Síðujökull and the impressive rivers that falls from it. Once on the other side, our troubles are rewarded. In the Valley of Bones, it is possible to enjoy a warm bath in a natural pool. Further along, we pass a series of magnificent waterfalls on our way down to Núpsstaðarskógur. Glaciers have sculpted this amazing landscape. Recent lava streams and deep canyons add to the impressive surroundings. An outstanding backpacking tour in an amazing area.

The Rivers and Glaciers of Vatnajökull

Included: Guide, breakfast (4), lunch (5), dinner (4), cooking gear, sleeping bag and safety equipment for glacier crossing.
Accommodation: Tents.
Transport: Bus to/from Reykjavik and transfer from Núpsstaðarskógur.
Accommodation in Reykjavik can be added.


BACKPACKING | HIKING PER DAY | GROUP SIZE | LEVEL
--- | --- | --- | ---
5 DAYS | 6 - 9 HRS | 4 - 12 | DEMANDING / STRENUOUS

TOTAL DISTANCE 65 KM (40 MI)
ALTITUDE 450 - 650 M (1475-2130 FT)
MAXIMUM ASCENT 250 M (820 FT)
Remarkable canyons and waterfalls
An unforgettable day of glacier crossing
A night in a unique area above the glacier

This backpacking tour is the great classic of Icelandic Mountain Guides. A remarkable journey from the Núpsstaðarskógar valley, along the canyons of Núpsá, and up to the Grænalón glacier lagoon that is nestled between mountains and a glacier. Crossing of the Skeiðarárjökull glacier is a challenge rewarded by a visit to Norðurdalur valley, a place that some consider to be one of the most unique places ever. From up there, we enjoy an amazing view over the glacier. On the last day, the path takes us across the beautiful Skaftafell Mountains and over to Morsárdalur glacier valley. Little by little the vegetation becomes more abundant until we reach the Skaftafell National Park.

Included: Guide, breakfast (3), lunch (4), dinner (3), cooking gear, sleeping bag and safety equipment for glacier crossing.

Accommodation: Tents.

Transport: Bus to/from Reykjavík and transfer into Núpsstaðarskógar.

Accommodation in Reykjavík can be added.

Departures 2018:
July - August. See our website for details.
The Three Peaks Challenge

Three peaks in six days mixed with hiking

Breath-taking mountain scenery
South coast highlights and the golden circle

The breathtaking variety of Icelandic mountain scenery makes this one of the most unusual climbing tours on offer. On the agenda are three different peaks mixed with walks in the magnificent landscape of Landmannalaugur and the Skáftafell area in Vatnajökull NP. With each peak our climbing objectives get more challenging. We start with a climb of Mt Hengill (805/2640 ft) overlooking Þingvellir NP and the lake. The world famous volcano Hekla is our next objective where, to reach the peak (1491m / 4890 ft) of this highly active volcano, we have to make our way over the gray pumice, rough lava and sometimes snow, before reaching the fissured summit.* Skáftafell, right under the great Vatnajökull glacier is the home of Hvannadalshnúkur, (2110m / 6921 ft) Iceland’s highest summit and our ultimate climbing objective! All of this excellent climbing and hiking, the 24 hour daylight, an opportunity to bathe in a hot river, some amazing views of landscape and birdlife, make this tour an amazing adventure holiday.

D1: Reykjavík - First peak: Hengill - Gullfoss Geysir.
D2: Mt Hekla.
D3: Landmannalaugur - Skáftafell.
D4: Hvannadalshnúkur, Iceland’s highest peak.
D5: Ingólfsfjöll and Glacier Lagoon.
D6: South Coast - Reykjavík.

Included:

- Qualified glacier guide,
- breakfast (5), lunch (4), dinner (5),
- safety equipment for climbing when needed,
- and a bird watching tour to Ingólfsfjöll.

Accommodation:

- Mountain hut and hostel sleeping bag accommodation.

Transport:

- 4x4 minibus.

Note:

- In May to late June the route to Landmannalaugur is closed and an alternate route is taken to Skáftafell.

Accommodation in Reykjavík can be added

The climb on Hvannadalshnúkur involves rope climbing and the use of crampons. No special technical skills are required but the hike is physically demanding. In late season this route can be impassable and in that case an alternative summit (Mt Hrútfjallstindar) will be climbed.

*Mount Hekla is a highly active Volcano and it is possible that our itinerary will have to be changed if civil authorities so advise. In that case another comparable summit will be climbed.

Departures 2018: May - August. See our website for details.
Glacier Lakes and Mountain Peaks

Mountain hut in an impressive setting
Best glacier view in Iceland
Treking Europe’s largest glacier

Breiðamerkurjökull is an outlet glacier that falls down a valley between the peaks in the southern part of Vatnajökull glacier. The crossing of this ice field over to Esjufjöll mountains is a once in a lifetime experience. At the top of the valley we come to Esjufjöll, where our hut has a great view of many snowy peaks, one of them being Iceland’s highest mountain, the Óræfajökull volcano. At the foot of the glacier, we see three pristine and awe-inspiring glacier lakes, as well as two other lagoons nestled among the mountain peaks near the hut. Impressive mountains surround the vast glacial valley in front of us and create one of the most breathtaking setting possible. This is a glacier walk and mountain hiking adventure at its best!


Note: The tour begins and ends in Skaftafell. Contact us for options from Reykjavík. Accommodation in Reykjavík can be added.

Departures 2018: May - August. See our website for details.
On Bike From Landmannalaugar to Laki IMB71

**BIKING** 6 DAYS | **TOTAL DISTANCE** 260 KM (160 MI) | **GROUP SIZE** 5 - 12

**PHYSICAL LEVEL** DEMANDING | **TECHNICAL LEVEL** MODERATE / CHALLENGING

The less traveled trails
The best of Iceland’s volcanic landscapes
A great variety of terrain

Experience a mountain biking adventure on a moonlike landscape. By combining the Laki volcanic region and the spectacular highlights in the Fjallabak (southern highlands), we will take you on thrilling ride through diverse terrain. Throughout the 6-day biking tour, you will visit natural treasures like the bubbling hot springs of Landmannalaugar, impressive craters, the Mælifellssandur black desert, the Eldgjá fissure, the Eldhraun lava field, and the heart of the southern highlands mountain area. Truly an exhilarating and challenging tour for adventurous bikers! A well-equipped support vehicle stays with the group the whole time, so difficulty levels can be lowered by hopping into the support car for parts of the day.

**D1:** Landmannalaugar - Landmannahellir
**D2:** Landmannahellir - Hvanngil
**D3:** Mælifellssandur and Strútur
**D4:** Hólaskjól - Eldgjá - Hólaskjól
**D5:** Hólaskjól - Laki area
**D6:** The craters of Laki and the Lava fields of Laki - Reykjavík

**Included:** Guide, breakfast (5), lunch (6), dinner (5)

**Accommodation:** Mountain hut sleeping bag accommodation (5)

**Transport:** Scheduled bus to and from Reykjavík, a 4x4 support car and luggage transfer

**Not included:** Bike, helmet and gloves, sleeping bag

**Biking:** Mountain biking, cross country or XC biking. For experienced bikers and people in good physical condition. The tour can easily be done on a hard tail bike as many of our participants prefer, but we recommend a light XC full suspension bike with 110 - 140 mm travel.

**Trails and terrain:** Mostly on single tracks and the back roads of the highlands, rough jeep tracks, many unclear and unmarked but with next to no traffic of vehicles. Most of these tracks get no maintenance and are not designed for biking, neither are the sheep trails used occasionally.

**Accommodation in Reykjavík can be added.**

**Departures 2018:**
July - September. See our website for details.
Iceland’s Best Single - Tracks IM81

Biking: 3 - 5 days  |  Total Distance: 150 km (90 mi)  |  Group Size: 6 per guide

Physical Level: Moderate / Challenging  |  Technical Level: Demanding

All Mountain “Enduro” action
Colorful mountains
The Hrafntinnusker trail
You can expect fun-filled biking days packed with action for adventurous bikers combined with the best single tracks in some outstanding landscapes. Access is by super-jeep, minimizing the uphill to get the best out of each day. Whether you are on fast floating single tracks along riverbeds and numerous waterfalls, or hard packed and highly technical downhill tracks next to Iceland’s most recent lava field, the ride is wild and dramatic, and even the bravest will walk the hardest section. Last but not least, the area of the world famous Laugavegur route with outstanding options is on the agenda. The nights are spent in a guesthouse in the central south of Iceland, where it is possible to relax in a hot tub after the actions of the day, or in mountain huts in the highlands. Pure fun on an excellent terrain!

Contact us for more specific information about this tour.

Transport: Transportation to and from Reykjavík, 4x4 support car and luggage transfer.
Not included: Bike, helmet and gloves. Knee, elbow, and spine protection - required!

Biking: Enduro or All Mountain. The tour emphasis is on technical single-tracks, using super-jeep access to increase the downhill and minimize the climbing. For experienced bikers only!
Recommended bike: Full suspension bike with 5 - 7 inch travel/120 - 185mm.

Trails and terrain: The single tracks are sheep tracks and hiking paths. Some of them have been widened by horse riding. Most of them get no maintenance and they are not designed for biking. This is wild nature at its best and you never know what waits behind the next corner.
Pick up/drop off and/or accommodation in Reykjavík can be added.

Departures 2018: On demand, programs of 3 - 5 days available for you or your group.

Technical difficulty levels
• What to expect:
  1. Good surface, short easy hills, wide path and wide turns. Good for beginners.
  2. Narrow path with loose surface and gentle down steepness. Fun for all mountain bikers.
  3. Short steep sections, rocky path, narrow turns, short rock steps. For experienced mountain bikers and fit bikers with little experience.
  4. Longer steep section, short very steep parts, side sloping path, large steps and small drops. For experienced bikers only.
  5. A Downhill course. Very steep sections, obligatory drops, narrow ridges. Experts only.
Run Wild in Iceland

Arctic Running is partners with Icelandic Mountain Guides. We offer a great selection of running adventures for all levels around the capital area and the beautiful southern interior of Iceland. We make sure you enjoy the best of each season while exploring the stunning nature of our country. All our guides are highly experienced trail and ultra-runners with first-hand knowledge of the Icelandic environment and ever-changing conditions. We offer day tours and longer overnight combo tours in addition to planning events all around Iceland. We love to create tailor-made running adventures for groups and individuals and to support international runners competing in races in Iceland. With our wide selection of running tours, from demanding, strenuous runs (3+ hours) to moderate runs (30-90 minutes), all runners should find something that suits them. For more information, visit our website: www.arcticrunning.is.

Day Tours from Reykjavik

Hot Spring Valley Tour
DURATION 4 - 5 HRS WITH PICK-UP
Enjoyable run in a colourful geothermal area
The trail leads to the hot springs of Reykjadalur where you will be able to enjoy a relaxing bath in a natural pool after exploring this amazing geothermal area.

Volcano City Trail Tour
DURATION 2 - 4 HRS WITH PICK-UP
A Hidden Gem close to the capital!
With only a 15 minute drive from the city center you will reach the remote lava field area of Búrfell Volcano where you will run through a magnificent lava tunnel.

Mt. Esja Panoramic Tour
DURATION 3 HRS WITH PICK-UP
All-year mountain playground
You will love the trails of the Esja Mountain Range if you are an experienced trail runner. The tour includes a 600 meter climb with a stunning view over Reykjavík.

Blue Lagoon Lava Run and Wellness
DURATION 6 HRS WITH PICK-UP
Treat yourself for a day
This Wellness Tour offers a trail run by the moon like landscape surrounding the Blue Lagoon. After the run you can relax in the Blue Lagoon and enjoy some of their spa treatments.

City Sightseeing Running Tour
DURATION 1 - 1.5 HRS OR AS REQUESTED
Explore the city in a unique way and stay on track with your training program while on vacation.

www.arcticrunning.is
Iceland - A Trail Running Paradise!

We’ve had runners who have been all over the world. They all proclaim their run in Iceland was the most memorable one! While other places can be equally beautiful, it’s the uniqueness of Iceland’s diverse and unspoiled nature that makes it special. Iceland is the outdoor enthusiast’s dream, where volcanoes, glaciers, hot springs and powerful waterfalls set their mark on the landscape.

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Longer Day Tours in the Southern Highlands

**Þórsmörk Exploring and Wellness**

<table>
<thead>
<tr>
<th>DURATION</th>
<th>DISTANCE 15 - 30 KM / 9-19 MI</th>
</tr>
</thead>
</table>

**We love this place!**
You will find yourself in a magical environment with a mix of glaciers, rocks and wooded areas. Þórsmörk is a valley situated between the glaciers Tindfjallajökull and Eyjafjallajökull.

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**Laugavegur Trail**

<table>
<thead>
<tr>
<th>DURATION 1 DAY</th>
<th>DISTANCE 15 - 30 KM / 9-19 MI</th>
</tr>
</thead>
</table>

**The most famous trekking route in Iceland**
The run starts in Landmannalaugar, surrounded by colourful geothermal mountains and hot springs and ends in the magical green area of Þórsmörk.

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**Fimmvörðuháls**

<table>
<thead>
<tr>
<th>DURATION 1 DAY</th>
<th>DISTANCE 15 - 30 KM / 9-19 MI</th>
</tr>
</thead>
</table>

**Run across glaciers and volcanoes**
The Tour starts by the beautiful Skógafoss waterfall and takes you on a path between the two famous glaciers Eyjafjallajökull and Mýrdalsjökull, and down to the magical area of Þórsmörk.

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**Arctic Running Ultra Challenge**

<table>
<thead>
<tr>
<th>DURATION 1, 2 OR 3 DAYS</th>
<th>DISTANCE 53 KM / 33 MI</th>
</tr>
</thead>
</table>

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**Laugavegur and Fimmvörðuháls**
Be one the brave ones and combine these two epic trails for the ultimate trail running challenge. You will get champagne and a special prize when you finish!

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Fully supported multi-day tours in the highlands
Sleeping bag accommodations in huts or tents. Luggage is transported between accommodations. Meals are included and the guide prepares the meals with assistance from the group.

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Iceland - A Trail Running Paradise!

We’ve had runners who have been all over the world. They all proclaim their run in Iceland was the most memorable one! While other places can be equally beautiful, it’s the uniqueness of Iceland’s diverse and unspoiled nature that makes it special. Iceland is the outdoor enthusiast’s dream, where volcanoes, glaciers, hot springs and powerful waterfalls set their mark on the landscape.

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“This was the coolest vacation I had ever done. Our guides, Biggie and Elisabet were extremely knowledgable, professional, flexible and fun”.

Joe McConaughy, Boston, USA

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www.arcticrunning.is
“Thank you for a great experience.”

Mountains and Fjords of the North

Alpine ski touring at its best
Ski from impressive summits to the ocean
Relax in hot tubs after hard but rewarding days

Just below the Arctic circle lies Iceland’s longest fjord, Eyjafjörður, home of the capital of northern Iceland, Akureyri. Surrounded by numerous summits ranging from 1200 to 1500 m (4000 - 4900 ft), Eyjafjörður offers a great number of interesting descents and is an ideal location for a scenic fjord tour. Most of our time will be spent on the west side of the fjord, on the peninsula of Tröllaskagi (Peninsula of the Trolls), but we will also visit the peaks of the east side. The high northern location of these mountains will assure a good quantity of snow and the view over the neighboring mountains and down to the deep blue fjord is both magnificent and surreal. In late afternoon, local swimming pools, that sometimes look more like a spa (heated with the geothermal hot water), provide a welcoming relaxation. Lodging in a country cottage with made up beds.

D1: Reykjavík - Öxnadalsheiði - Eyjafjörður.
D2: Ólafsfjördur - Dalvík.
D3: Kaldabakur - Akureyri.
D4: Dalvík - Eyjafjörður.
D5: Héðinsfjörður - Siglufjörður.
D6: Siglufjörður.

Included: Guide (assistant guide for groups from 9-12 participants), breakfast (5), lunch (6), dinner (5). Accommodation: A country cottage in made up beds (5). Transport: 4x4 mini bus between Reykjavík and Akureyri, and every day while skiing.

Not included in price: Entry fees to swimming pools and visit to micro-brewery. Accommodation in Reykjavik can be added.

Departures 2018: March - April.

See our website for departure details.

All departures are in English/French.
The Peaks of Siglufjörður

<table>
<thead>
<tr>
<th>SKIING</th>
<th>SKIING PER DAY</th>
<th>GROUP SIZE</th>
<th>LEVEL</th>
<th>MAX ASCENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 DAYS</td>
<td>3 - 7 HRS</td>
<td>6 - 12</td>
<td>CHALLENGING</td>
<td>800 - 1200M (2636 - 3950FT)</td>
</tr>
</tbody>
</table>

Majestic peaks and long slopes
Charming hotel in traditional wood house style
Beautiful town of Siglufjörður

Skiing in Iceland is a whole new experience and the Troll peninsula, or Tröllaskagi, in North Iceland has become world renowned for its back-country skiing and ski mountaineering. The region’s uniqueness comes from the fact that it offers long runs from mountain tops to the ocean below, and a good snowpack into spring. On this tour, we will stay at the Sigló hotel, a new comfortable traditional style hotel situated right by the Sherman’s marina in the town of Siglufjörður. It is the perfect place to relax after a day of fabulous skiing in the surrounding mountains, offering great restaurant and an outside hot tub. Our days will be spent touring the mountains of the area and in the evenings, we will check if the northern lights are out. The possibilities for skiing here are endless, and every day there are new summits, valleys and open slopes for our ski touring adventure.

D1: Reykjavík - Akureyri - Siglufjörður.
D2 - 5: Troll Peninsula skiing.
D6: Siglufjörður - Akureyri - Reykjavík.

Included: Ski-guide (assistant guide for groups from 9 - 12 participants), breakfast (5), lunch (6), welcome dinner on D1. Accommodation: Boutique hotel.
Transport: Flights to and from Akureyri, local transport during the tour.
Accommodation in Reykjavík can be added.

Departures 2018: March - April. All departures are in English/French.

Alpine skiing in Landmannalaugar

<table>
<thead>
<tr>
<th>SKIING</th>
<th>SKIING PER DAY</th>
<th>GROUP SIZE</th>
<th>LEVEL</th>
<th>MAXIMUM ACCUMULATED ASCENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 DAYS</td>
<td>3 - 6 HRS</td>
<td>4 - 12</td>
<td>MODERATE / CHALLENGING</td>
<td>600 M (2000 FT)</td>
</tr>
</tbody>
</table>

Alpine Touring in the highlands
Volcanic landscapes and steaming hot springs
Nature bath and Northern Lights

Although you might not realize it, Iceland can rival continental Scandinavia when it comes to Alpine skiing with its northerly location just below the Arctic Circle. The Icelandic Highlands are Europe’s last true wilderness, and they offer striking contrasts amidst an incredibly diverse volcanic landscape: craters, lava fields, snow filled gorges and canyons where thick steam curls burst out of the bowels of the Earth. Travelling through these magnificent surroundings in the summertime is already an experience of continuous wonder. In winter, the Highlands are an extraordinary adventure open to only a few. Landmannalaugar, the base camp for this circuit, is known to summer guests for colorful landscapes and amazing geothermal activity (the world’s third biggest source of geothermal hot springs). In winter, the region regains its calm and serenity, and this landscape of ravines and canyons becomes even more memorable with steam clouds rising from the snow-clad hills.

D1: Reykjavík - Landmannalaugar.
D2: Brennisteinsalda and Bláhnúkur.
D3: Suburnámtur.
D4: Hákadalur and/or Breiðaldalur.
D5: Landmannalaugar - Reykjavík.

Included: Guide for 5 days for groups up to 8 participants and assistant guide for groups from 9 - 12 participants, food for 5 days (from lunch day 1 to lunch day 5), Accommodation: Mountain hut sleeping bag accommodation (4).
Transport: To and from Landmannalaugar.
Not included in price: Ski equipment. We highly recommend that you bring your own equipment. Please take your ski boots as hand luggage on your flight to Iceland. In case of lost luggage you have your boots.
Accommodation in Reykjavík can be added.

Departures 2018: February - April. See our website for departure details. All departures are in English.

www.mountainguideis.is
Alpine ski touring from hut to hut
One of our favorite alpine touring ski areas
Pure wilderness feeling

The mountain massif between the Skjálfandafjöll bay and the Eyjafjörður fjord, is one of the greatest areas for alpine touring in Iceland. The massif is cut into three mountain ridges by two valleys from north to south with peaks rising to 1200m (4000ft) over sea level. This makes each day’s skiing ideal in length, and guarantees a very nice skiing down to the huts we stay in during the tour. This ski tour takes us from the east part of the massif across to the west, staying in small, basic, but warm mountain huts on the way, enjoying some of the best skiing possible on Iceland’s north coast.


Included: Guide (assistant guide for groups from 9-12 participants), breakfast (5), lunch (6), dinner (5).

Accommodation: Mountain hut sleeping bag accommodation (5).

Transport: Flights to and from Akureyri, transfer to/from Akureyri at the beginning/end of skiing, luggage transfer.

Pick up /drop off and/or accommodation in Reykjavik can be added.


Included: Ski- guide (assistant guide for groups from 9 - 12 participants), breakfast (5), lunch (6), welcome dinner on D1. Accommodation: Hotel. Transport: Flights to and from Egilsstaðir, local transport during the tour.

Not included: Dinner from D2. Accommodation in Reykjavik can be added.

Departures 2018:
March - April. See our website for departure details.
All departures are in English.
Cross Country skiing in the highlands
Volcanic landscapes and steaming hot springs
Nature bath and Northern Lights

Iceland, with its northerly location just below the Arctic Circle, has no reason to be jealous of continental Scandinavia when it comes to cross country skiing. Here, nature offers striking contrasts and incredibly diverse volcanic landscapes with craters, lava fields, snow filled gorges and canyons where thick steam curls burst out of the ground. Travelling through these magnificent surroundings in the summer time is an experience of continuous wonder. In winter, it is an extraordinary adventure open to only a few. Landmannalaugar, the base camp for this circuit, is known for colorful landscapes and amazing geothermal activity (the world’s third biggest source of geothermal hot springs); in winter the region regains its calm and serenity and this landscape of ravines and canyons becomes even more memorable with steam clouds rising from the snow-clad hills. Add to this scenery the pleasure of a nice warm bath in a hot spring under the evening sky, sometimes decorated with the northern lights, after a good solid day of skiing!

<table>
<thead>
<tr>
<th>SKIING</th>
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<th>GROUP SIZE</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 DAYS</td>
<td>5 - 6 HRS</td>
<td>5 - 12</td>
<td>MODERATE</td>
</tr>
</tbody>
</table>

**TOTAL DISTANCE**
APPROX. 110 KM (70 MI)

**ALTITUDE**
400 - 1100 M (1310 - 3610 FT)

**MAXIMUM ASCENT**
500 M (1640 FT)

**SKIING**
6 DAYS

**SKIING PER DAY**
5 - 6 HRS

**GROUP SIZE**
5 - 12

**LEVEL**
MODERATE

**Included:**
Guide, breakfast (5), lunch (6), dinner (5).

**Accommodation:**
Mountain hut sleeping bag accommodation.

**Transport:**
4x4 minivan or truck to/from Landmannalaugar area.

**Accommodation in Reykjavik can be added.**

**Departures 2018:**
February - April. See our website for departure details.

All departures are in English/French.
Glacier and Mountaineering courses

Icelandic Mountain Guides is a leading company in Iceland when it comes to Glacier and Mountaineering courses. Our courses aim at giving outdoor enthusiasts the necessary knowledge to be able to travel safely in the mountains and on glaciers. This builds up confidence allowing them to gain their own experience. Our team of highly qualified guides and instructors ensure the quality of the training and a low number of students per instructor insures a personal experience.

Mountain Skills Course

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>6 DAYS</td>
<td>6 PER GUIDE</td>
<td>DEMANDING</td>
</tr>
</tbody>
</table>

Crevasse rescue
Avalanche education
Overnight camping on a glacier

The Mountain Skills Course is IMG’s flagship when it comes to courses for the general public. The course is made up of three parts and the result is an extensive program where participants go through the fundamentals of mountaineering. After completing this course, participants will be much better prepared for travelling in the mountains on their own in a safe way. Among the course objectives are general rope work, making of rock- and snow anchors, crevasse rescue and ice climbing. We also look at safety issues regarding avalanches and beacon search, glacier and mountain travels, crampon technique, self-arrest with an ice-axe and more. On the course, participants will get to know how to use some of the equipment necessary in mountaineering, as well as experiencing camping overnight on a glacier.

A course for those who want to get to know real mountaineering with experienced instructors.

Ice Climbing I - Two days

<table>
<thead>
<tr>
<th>DURATION</th>
<th>GROUP SIZE</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 DAYS</td>
<td>6 PER GUIDE</td>
<td>DEMANDING</td>
</tr>
</tbody>
</table>

Introduction to Ice Climbing
Practice your climbing movements
Basic rope skills

On this two day course students will cover both the technical side of climbing (rope work etc.) as well as having plenty of time to work on actual climbing movements. The glacier ice is the perfect venue to learn the right moves, from a basic monkey hang to offset placement. Topics include; anchor building, belaying, taking up a second, placing pro, foot work, v-threads, gear, top-roping, reverse in guide mode and rappelling. The course suites both those who aim to practice ice climbing in the future and those who simply want to get an insight into this fun sport.

Included: One guide/instructor for every 6 participants, breakfast (1), lunch (2), dinner (1), all common climbing equipment (ropes and etc.). Accommodation: Hostel sleeping bag accommodation (5 nights), tent (1 night). Transport: Minibus to/from Reykjavík to Skáftafell. Not included: Personal mountain- and glacier equipment. Accommodation in Reykjavík can be added.

Departures 2018: October.
Ski touring -
A Beginners Course  IMG110

**DURATION** 6 DAYS  |  **GROUP SIZE** 6 PER GUIDE  |  **LEVEL**  
**TOTAL DISTANCE** 50 KM (31 MI)  |  **ALTITUDE** 1200 M (3900 FT)  |  **MAXIMUM ASCENT** 1100 M (3600 FT)  

**Ski touring and safety skills**
**Off-pist ski techniques**

**Pure skiing fun!**
A beginner course for competent skiers wanting to take the first steps to being free from ski-lifts and resorts. The course is also very fitting for those that already have done a bit of ski-touring but want to strengthen their touring and safety skills. Snow safety is the big focus but we will also work on efficient skinning (up track), partner rescue, improvised stretchers and some ski-techniques for off-piste! The course is set up to be a healthy balance of hard learning, gaining experience and pure skiing fun - ticking off some of the areas very best runs along the way.

**Included:** One guide/instructor for every 6 participants, breakfast (5), lunch (6), dinner (5), 1/2 day with a ski-instructor, lift tickets for one day (Akureyri / Siglufjörður). **Accommodation:** Hostel. **Transport:** Domestic flight to/ from Reykjavik / Akureyri, transfers in minibus around Akureyri.

**Please note:** This is not a beginner ski course. Participants are expected to be competent skiers and should be able to enjoy skiing off-piste in variable conditions.

**Departures 2018:** Available on demand.

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**Wilderness First Responder**  IMG116

**DURATION** 10 DAYS  |  **INSTRUCTORS** FROM NOLS  |  **MINIMUM AGE:** 16 YEARS

**Prepare for the unexpected**
**Injury assessment in the wild**
**Lectures and hands-on scenarios**

The Wilderness First Responder (WFR) is the golden standard the world over in first-aid education for outdoor professionals. Since 2015, we have worked with NOLS USA to bring top instructors to Reykjavik, Iceland. The WFR course is designed to provide you with the tools to make critical medical and evacuation decisions in remote locations. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will challenge you to integrate your learning. Learning takes place both in the classroom and in outdoor settings regardless of weather conditions, so come prepared for wet, muddy, cold or hot environments. Recommended for anyone who works or recreates in the outdoors.

**Certification:** Participants are required to pass both written and practical examinations to obtain WFR and CPR certification. Successful course completion earns you a WMI Adult & Child CPR certification and a WMI Wilderness First Responder certification.

**Departures 2018:** See website for dates.

**WFR-Recertification:** Make sure your wilderness medical skills are up to date and at tip of your tongue! If you possess a current (unexpired) WFR certification of at least 70 hours you can take this Recertification Course.

**Departures 2018:** See website for dates.

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**Become a Polar Explorer**  IMG120

**DURATION** 7 DAYS  |  **LEVEL** CHALLENGING

**Polar training course in Iceland**

The main aim of this course is to get people prepared for long polar travels. However, the course is also very useful for everyone who is interested in cross-country ski travels where gear and provisions are dragged along in pulkas. The course will cover basic things like how to put up a tent in difficult conditions, how to build a protective wall around the tent and how to cross-country ski efficiently using appropriate technique. How to cook using fuel stoves, how to dress and stay warm, how to pack things in the pulka, how to navigate and many more practical and essential skills will be taught on the course as well. The course starts with three days of preparation, lectures and hands-on training sessions before heading onto the glacier where participants will engage in a four-day training expedition in real conditions.

**Included:** Expert guides, pick-up from hotel or guesthouse and all transfer while the course is running, all food during the course, all common expedition gear (such as tents, stoves, pulkas, ropes, harness, crampons and an ice pick), safety and communication gear.

**Not included:** Flights to and from Iceland, hotel/guesthouse and personal expenses in Reykjavik before and after the course, personal gear, personal travel insurance, personal use of satellite phone and food when travelling to and from course location. See p. 42 for other courses.

**Departure 2018:** April.

www.mountainguides.is
Icelandic Mountain Guides

Vatnajökull Glacier Expedition

Crossing the mighty Vatnajökull, Europe’s largest glacier, is a worthy task indeed and something that no outdoors enthusiast should miss. The giant Vatnajökull glacier hides several active volcanoes. One of the highlights of this adventure is to reach Grímsvötn volcano at the heart of this massive ice field. After that we head across the glacier plateau, we go towards Hermannsárdalur pass in the direction of Öræfajökull where Iceland’s highest peak, Hvannadalshnúkur (2110m) is located. The peaks on the south side of the ice cap will seem to grow as we get further south. In Hermannsárdalur pass, we head east, down past Múlavík mountain range and to the spectacular Esjufjöll mountains. The descent from the glacier the last day is down Breiðamerkurjökull glacier, the one that feeds the famous Jökulsárlón glacier lagoon. On this glacier traverse, the conditions are often similar to those of the arctic. Even in spring we could find ourselves in demanding terrain and weather. Accommodation is in tents and huts. The Vatnajökull Glacier Expedition is a great adventure for those who like to experience a short but oh so real expedition with the challenges that follow.

Included:
- Guide for groups up to 6 participants and two guides for groups from 7-12 participants
- Food for 9 days (from lunch day 1 to lunch day 9)
- Exciting super-jeep transportation from Reykjavik to the snow line on the glacier
- Cabin fees, tents, cooking gear, pulkas/sledges, sleeping bag accommodation last night and transportation from Skaftafell to Reykjavik.

Note:
- There is a preparation meeting with the guide in the morning of the day before departure.

Volcano of Grimsvötn
Öræfajökull caldera
Icelands highest peaks

Sprengisandur: Traverse of the Icelandic Highlands

This is a journey to the center of Iceland, an area that is not easily accessible in winter time. From the high grounds above Akureyri in the North, we take the the ancient route between the Hofsjökull and Vatnajökull glaciers over the deserted Sprengisandur to Landmannalaugar with its high geothermal activity. This is where snow, ice, fire and water come together to create an enchanting winter world. During the tour, the snow covered vastness, unpredictable winter weather conditions, and the isolation make this tour a personal challenge for the participants. Our reward is an incredible combination of wide open spaces and impressive mountainous landscape and steaming ground.

Included:
- Guide for groups up to 7 participants and two guides for groups from 8 - 12 participants
- Food for 10 days (from lunch day 1 to lunch day 10)
- Domestic flight from Reykjavik to Akureyri, transportation from Akureyri to Eyjafjörður, hut fees, tents (3 nights), cooking gear, pulkas/sledges and transportation from Sigalda to Reykjavik.

Note:
- There is a preparation meeting with the guide in the morning of the day before departure.

Departures 2018:
- March. See our website for departure details.
Please note that an extra travel day is needed after the traverse, as well as before and after each leg of the backpacking tour.

Hike along the volcanic rift
Black volcanic desert and glacier views
Wilderness of Iceland

This is the ultimate challenge for the serious backpack hiker; a total traverse of the Icelandic highlands. From the northern lowlands to the south coast, along the North-Atlantic volcanic rift and Europe’s biggest glacier and through different types of volcanic and glacial landscapes. This fantastic journey is a unique experience. Just the duration of the expedition, makes it possible that one will experience all kinds of weather conditions, and even season shifts may be observed. The expedition is made up of five legs, each one with different characteristics.

Ásbyrgi - Mývatn IMG44 - Canyons and lava fields (4 days).
Mývatn - Askja IMG45-Desert and Volcanoes (5 days).
Askja - Nýidalur IMG46 - The Desert under the Glacier (6 days).
Nýidalur - Eldgjá IMG47 - Lava of Trolls and Lakes of Elves (7 days).
Eldgjá - Skógar IMG48 - Land of the hidden Volcano (6 days).

It is possible to join or leave the expedition between legs. Thus, participating in a particular section of the journey.

From the lowlands of Ásbyrgi, we cross the entire national park of Jökulsárgljúfur, known for its magnificent canyon and the renowned Dettifoss waterfall, as well as passing the extraordinary lava fields and craters of the Krafla volcano and the famous lake Mývatn. The lake’s celebrity is well deserved. Its natural beauty, variety of flora, fauna and landscape are shaped by volcanic activity. After the unique surroundings of Mývatn lake, the trail takes us through the black desert of Ódáðahraun to another world famous volcanic area, Askja and its huge caldera. From there, the great Vatnajökull glacier will be our companion south-west through Vonarskarð pass to Nýidalur valley. The contrast of the black volcanic desert, the glacier, and the desolation and the hostility of the environment, render this landscape strangely lunar but beautiful at the same time. The trail south from Nýidalur to Eldgjá, represents one of the biggest challenges for hikers in Iceland traversing sandy plains, rough lava, cliffs, glacier and numerous major rivers. The last part of the trek takes us to the south side of the colorful Torfajökull rhyolite massif, towards the beautiful Thorsmörk valley surrounded by glaciers. The vast variety of colors and the lush vegetation of Thorsmörk make a refreshing contrast to the black deserts of the highlands. Then, we cross the famous Fimmvörðuháls pass between the glaciers Myrdalsjökull and Eyjafjallajökull, over newly formed lava before following the river with its numerous waterfalls to be greeted by the great Skógafoss.

The Atlantic coast residing in a short distance.

Included:
Guide, breakfast (31), lunch (32), dinner (32), cooking gear, sleeping bag, hut and camping fees and safety equipment for glacier and river crossing.

Accommodation: Mountain hut sleeping bag accommodation and sleeping bag.

Please note: The tour starts at Ásbyrgi and ends at Skógar.
Accommodation and transportation to the start point and from the end point available, upon request.

Departure 2018: See our website for departure details.
Please note that an extra travel day is needed after the traverse, as well as before and after each leg of the backpacking tour.

Backpacking Expedition
Coast to Coast: The Iceland Traverse IMG43

<table>
<thead>
<tr>
<th>BACKPACKING</th>
<th>HIKING PER DAY</th>
<th>GROUP SIZE</th>
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<tbody>
<tr>
<td>32 DAYS</td>
<td>6 - 10 HRS</td>
<td>4 - 12</td>
<td>DEMANDING / STRENUOUS</td>
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<tr>
<td>450 KM (280 MI)</td>
<td>0 - 1200 M (0 - 3900 FT)</td>
<td>600 M (1970 FT)</td>
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Hike along the volcanic rift
Black volcanic desert and glacier views
Wilderness of Iceland

“...I wanted as much hiking as I could get in and that is what I got. Thanks.”

Included:
Guide, breakfast (31), lunch (32), dinner (32), cooking gear, sleeping bag, hut and camping fees and safety equipment for glacier and river crossing.

Accommodation: Mountain hut sleeping bag accommodation and sleeping bag.

Please note: The tour starts at Ásbyrgi and ends at Skógar.
Accommodation and transportation to the start point and from the end point available, upon request.

Departure 2018: See our website for departure details.
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Backpacking Expedition
Coast to Coast: The Iceland Traverse IMG43

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Accommodation and transportation to the start point and from the end point available, upon request.

Departure 2018: See our website for departure details.
Please note that an extra travel day is needed after the traverse, as well as before and after each leg of the backpacking tour.
Polar Travels

It is hard to get any further away from normal life than when you travel to the Polar Regions. Although the North and the South Pole regions are fundamentally different, we have found similarities in their remoteness and extreme conditions. Polar travels demand both physical and mental strength of those who commit to journeys of this level. Icelandic Mountain Guides offers expeditions to both the North Pole and the South Pole; full on and full length treks that usually take about two months, as well as the last degree versions where the travel time is much shorter. As a preparation, we recommend our Polar Training Course where people gain essential skills needed for traveling in the challenging environment of the Polar Regions.
**South Pole - All the way**  IMGEX01

<table>
<thead>
<tr>
<th>DURATION</th>
<th>EXPEDITION LEADER</th>
<th>LEVEL</th>
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</thead>
<tbody>
<tr>
<td>60 DAYS</td>
<td>TBA</td>
<td>STRENUOUS</td>
</tr>
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</table>

**The ultimate adventure**

Icelandic Mountain Guides will lead an expedition to the South Pole in November 2018. It is an expedition that is long and not easy at all. Heading out from the Hercules Inlet, the team will have to cover nearly 1200 km (746 miles) to reach the geological South Pole, a journey that will take about 60 days. This is for sure one of the world’s ultimate adventures. The expedition is challenging and participants need to be in good physical and mental shape. After accomplishing a journey like this there will be an ocean of memories left that live on forever.

**Included:** Expert guides, flights to/from Union Glacier in Antarctica, flights to the 89th degree South and from South Pole back to Union Glacier camp, all group equipment and food while in Antarctica, transport of 23kg/51 lbs of personal equipment.

**Not included:** Air travel to and from Punta Arenas, Chile, personal clothing and equipment, hotel, meals and personal expenses, personal insurance, excess baggage transportation charges, personal use of satellite phone.

**South Pole - Skiing the last degree**  IMGEX03

<table>
<thead>
<tr>
<th>DURATION</th>
<th>EXPEDITION LEADER</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 DAYS</td>
<td>TBA</td>
<td>STRENUOUS</td>
</tr>
</tbody>
</table>

**Standing on nowhere**

Standing on the South Pole is simply amazing. Reaching the South Pole skiing the whole way from the edges of Antarctica is not easy and takes a very long time. For those who like to experience a real expedition and reach the South Pole, but don’t have whole two months available, doing the last degree is the perfect option. In our South Pole - Last degree expedition, we get transported to the 89th degree south and ski the last degree, 111 km (69 miles) to the South Pole hauling all we need on the way in pulkas.

**Included:** Expert guides, flights to/from Union Glacier in Antarctica, flights to the 89th degree South and from South Pole back to Union Glacier camp, all group equipment and food while in Antarctica, transport of 23kg/51 lbs of personal equipment.

**Not included:** Air travel to and from Punta Arenas, Chile, personal clothing and equipment, hotel, meals and personal expenses, personal insurance, excess baggage transportation charges, personal use of satellite phone.

**North Pole - Skiing the last degree**  IMGEX04

<table>
<thead>
<tr>
<th>DURATION</th>
<th>EXPEDITION LEADER</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 DAYS</td>
<td>TBA</td>
<td>STRENUOUS</td>
</tr>
</tbody>
</table>

**A truly magnificent polar journey**

Icelandic Mountain Guides offers an exclusive cross country ski expedition to the North Pole. In the awesome and ever changing environment of this polar region, we ski the last degree (111 km / 68 miles) right to the geological North Pole. The adventure begins on the island of Svalbard, with two days of polar travel training before we continue. As the polar ice is drifting and open water forces us to take detours, the time it takes to reach the North Pole can vary from six to nine days. To make the travel safer and more comfortable, one guide takes only two participants. This expedition is only for people in good mental and physical shape.

**Included:** Experienced polar guide (guide/client ratio of only 1:2), airport transfer, three nights at a 3 star hotel (breakfast included) before the expedition, flights to and from 89°N, all common camping equipment, helicopter transport from the geographical North Pole back to Longyearbyen on Svalbard, one night at hotel.

**Not included:** Flights to and from Longyearbyen before and after the expedition, personal clothing and equipment, meals other than breakfast and other personal expenses, personal insurance, personal use of satellite phone.

Departures 2018 and 2019:
For departures and other information about our Polar Expeditions, please visit our website mountainguides.is or contact expeditions@mountainguides.is
It is hard to imagine a greater challenge than a white snow desert stretching hundreds of kilometers in all directions, or climbing mountain tops never before climbed by man. Icelandic Mountain Guides organize and lead expeditions to the most remote and hidden parts of Greenland. Whether it is to the Stauning Alps, Watkins Mountains or Schweizerland mountains we can organize flights, logistics, guiding and the complete organization of the expedition of your dreams. Gunnbjörnsfjeld, Dome and Mount Forel are on the list as well as hundreds of unnamed beautiful peaks waiting to be discovered by mountaineers. We also organize shorter private trips both in summer and winter, for trekking, skiing or just exploring. For your travel plans in Greenland, Icelandic Mountain Guides are the true specialists. Please contact us for further information.

Mt Gunnbjörn, the Highest Peak in Greenland  EXPG65

<table>
<thead>
<tr>
<th>TOURING</th>
<th>PER DAY</th>
<th>GROUP SIZE</th>
<th>LEVEL</th>
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<tr>
<td>5 DAYS</td>
<td>5 - 7 HRS</td>
<td>6 PER GUIDE</td>
<td>CHALLENGING / DEMANDING</td>
</tr>
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The Highest Peak north of the Arctic Circle “The 8th Continent”

Mountains arising from the Greenland Ice Cap

Greenland’s highest mountain, Mt Gunnbjörn, is also the highest peak located north of the Arctic Circle. Therefore, it doesn’t just hold the title of being the highest peak in Greenland, it is also the highest peak in the Arctic. Because of the huge size of Greenland, Mt Gunnbjörn has been called the 8th continental peak. On Greenland east coast, where massive mountains rise from the Greenland icecap, the conditions are pristine, and similar to those of the Antarctic. Mt. Gunnbjörn is accessible on ski-plane from Iceland. Once in the Watkins Mountains, we set up a comfortable base camp at the foot of the mountain. The climb can easily be done on snow shoes with only the last part on crampons. This is a compact 5-day arctic adventure.


Included: Meeting with the guide the evening before departure, flight from Reykjavik to Akureyri and back with 20 kg of personal baggage (and 6 kg of hand luggage in limited volume), expedition permits, and all other permits needed for the expedition, insurance for evacuation for all expedition members, rental of airplane for flight from Akureyri to the Watkins Mountains and back, guide, all group equipment like glacier travel equipment, sledges to transport bags, rifle for security, satellite phone for security, solar panel with 12V charger, tents, stoves, all food in Greenland with one week emergency supplies. Not included: Excess weight of personal luggage on the flights between Reykjavik and Akureyri, cost due to delay of flights, hotel in Iceland before departure to Greenland and after the return from Greenland, personal travel insurance, personal mountaineering equipment and skis, personal use of Satellite phone.

Departure 2018: May 28 - June 01 and June 01 - June 05. There is a risk of delay of the flight from Greenland that has to be considered when participants plan their flight out of Iceland.

The Peaks of Greenland: Mt Gunnbjörn, Dome and Cone  EXPG66

<table>
<thead>
<tr>
<th>TOURING</th>
<th>PER DAY</th>
<th>GROUP SIZE</th>
<th>LEVEL</th>
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<tr>
<td>11 DAYS</td>
<td>6 - 12 HRS</td>
<td>6 PER GUIDE</td>
<td>STRENDOUS</td>
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</table>

Climbing Greenland’s Top 3 Highest Peaks

Unique Skiing in Pristine Landscape

Impressive Mountain Ranges of Arctic Summits

On this 10-day expedition, the aim is to climb the three highest peaks in Greenland and ski several others! Our destination is the center of the Watkins mountains. To get into this wilderness on the East coast of Greenland, we fly in on a ski plane and then establish a comfortable base camp under the slopes of Mt. Gunnbjörn. After climbing Greenland’s highest summit, Mt. Gunnbjörn, we will move our base camp for our climb of Dome and Cone, Greenland’s 2nd and 3rd highest mountains. From the third location of our base camp, we will then have access to both great mountaineering and skiing.


Included: Meeting with the guide the evening before departure, flight from Reykjavik to Akureyri and back with 20 kg of personal baggage (and 6 kg of hand luggage in limited volume), expedition permits, and all other permits needed for the expedition, insurance for evacuation for all expedition members, rental of airplane for flight from Akureyri to the Watkins Mountains and back, guide, all group equipment like glacier travel equipment, sledges to transport bags, rifle for security, satellite phone for security, solar panel with 12V charger, tents, stoves, all food in Greenland with one week emergency supplies. Not included: Excess weight of personal luggage on the flights between Reykjavik and Akureyri, cost due to delay of flights, hotel in Iceland before departure to Greenland and after the return from Greenland, personal travel insurance, personal mountaineering equipment and skis, personal use of Satellite phone.

Departure 2018: May 18 - May 28. There is a risk of delay of the flight from Greenland that has to be considered when participants plan their flight out of Iceland.
Arctic Cross Country Expedition  EXPG62

**DURATION** | 12 DAYS  
**PER DAY** | 6 - 8 HRS  
**GROUP SIZE** | 4 - 12  
**LEVEL** | DEMANDING

**TOTAL DISTANCE** | APPR. 135 KM (85 MI)  
**ALTITUDE** | 0 - 450 M (0 - 1475 FT)  
**MAXIMUM ASCENT** | 450 M (1475 FT)

Following Old Dog Sledding Trails  
Towering Icebergs in the Frozen Sea  
Visiting Inuit Villages

The Ammassalik region, on the scantly populated east coast of Greenland, is a jewel in the Arctic crown. It is among the world’s most recently known civilizations, discovered a mere hundred years ago. This is an expedition where we follow the traditional dog sledding routes between the small hunting villages of the Ammassalik area. With sharp granite peaks rising to 2000 m from the narrow fjords, we make our way between the gigantic icebergs frozen into the sea ice, valleys and over mountain passes. On the way between settlements, we sleep in tents under the northern lights, cabins or in community houses in the four villages that we visit before we arrive in Tasiilaq, the colorful capital town of the area. During the tour, we keep our sleds light by getting good quality fresh food and new supplies in every town. In winter, there are few people other than the local Inuit hunters that still use dog sleds for their seal hunting. With two nights in each village, we witness the daily life and culture of the local Greenlandic people. This is an expedition that has the perfect mixture of nature and culture.

**D0:** Meeting in Reykjavík.  
**D1:** Reykjavík - Tasiilaq.  
**D2 - D3:** Final preparation in Tasiilaq.  
**D4:** Hahn glacier - start of the Crossing.  
**D4 - D15/20:** Skiing up to the highest part of the Ice sheet.  
**D15/20 - D24/30:** Skiing down on the west side of the Ice sheet, arriving at Hill 660.  
**D24/30 - D26/31:** Hiking from Hill 660 to Kangerlussuaq - end of the Expedition.

**TOTAL DISTANCE** | 550 KM  
**ALTITUDE** | 900 - 2,500 M (2,950 - 8,200 FT)  
**MAXIMUM ASCENT** | 250 M (820 FT) IN A DAY

**TOURING** | 4 TO 5 WEEKS  
**PER DAY** | 6 - 8 HRS  
**GROUP SIZE** | 5 PER GUIDE  
**LEVEL** | STRENUOUS

The Ultimate Expedition  
The Second Largest Ice Sheet in the World  
DYE 2 - An abandoned Radar Station

Icelandic Mountain Guides is organizing its 11th expedition across the Greenland Glacier, the world’s second biggest sheet of ice. The course is set to cross the interior of Greenland from Ammassalik/Kulusuk on the East Coast to Sondre Stromfjord on the West Coast. It takes about 10 days to climb up to the highest part of the Ice sheet, topping off at 2500 m. - then a week to get to the phantom radar station DYE 2, surely one of the most bizarre buildings on the planet that was used by the US to monitor the Russians during the Cold War. We continue to Terra firma - Hill 660, the landfill on the western side of the ice sheet. Depending on the snow conditions and the weather we encounter, the expedition can last from 21 - 30 days in total including transport at the beginning and the end. For any backcountry enthusiast, this is the ultimate expedition, where one needs to overcome several challenges, and not all of them physical!

**D0:** Meeting in Reykjavík.  
**D1:** Reykjavík - Tasiilaq.  
**D2 - D3:** Final preparation in Tasiilaq.  
**D4:** Hahn glacier - start of the Crossing.  
**D4 - D15/20:** Skiing up to the highest part of the Ice sheet.  
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**ALTITUDE** | 0 - 2,500 M (0 - 8,200 FT)  
**MAXIMUM ASCENT** | 250 M (820 FT) IN A DAY

**TOURING** | 4 TO 5 WEEKS  
**PER DAY** | 6 - 8 HRS  
**GROUP SIZE** | 5 PER GUIDE  
**LEVEL** | STRENUOUS

In 2018 we also offer a special edition, where we follow the route of Fridtjof Nansen, a crossing that ends in Aasmannadalen close to Nuuk, the capital of Greenland. This to celebrate the first Greenland Crossing ever in 1888. Contact us for more info.
South Shore, Glacier Walk and Ice Climbing

**DURATION** 10 - 12 HRS TOTAL
**ACTIVE** 3 - 4HRS
**LEVEL** MODERATE

**A fun and Adventurous day on the South Shore**

On this South Shore adventure heading to Sólheimajökull glacier, we combine our popular glacier walk with an easy introduction to ice climbing, and visits to the awe-inspiring waterfalls, Seljalandsfoss and Skógafoss. As we explore the majestic landscape of Sólheimajökull glacier, including water cauldrons, ridges and deep crevasses, we search for a suitable spot to rig up our gear for a short introduction to ice climbing. After the short introduction, everyone will get a chance to have a go at a fun and easy ice climbing experience. This tour perfectly blends the exciting exploration of a glacier walk with the thrill of ice climbing in a fun and accessible way. Don’t forget your camera, you will want to share this experience with your friends and family.

**Pick up:** Starts at 08:30 from hotel or guesthouse in Reykjavik.
**Included:** Transport, guiding services, glacier gear and safety equipment.
**Not included:** Lunch (can be bought on the way).
**Note:** Bring warm clothing, rain gear and hiking boots. Boots and rain gear can be rented (1,500 ISK. per item). Contact us in advance for all rentals.

**Minimum:** 2 persons
**Minimum age:** 14 years
**Guide ratio:** 6:1
**Guaranteed departures:** All year; Every day except 24th, 25th of December and 1st of January.

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“Icelandic Mountain Guides”

“Loved every minute. The waterfalls were the icing on the cake.”

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**Take a Walk on the Ice Side**
**IMG01**

**Glacier Walk and Waterfalls Combo Tour**

**DURATION** 9 - 10 HRS TOTAL
**ON THE ICE** 2HRS
**LEVEL** MODERATE

**Glacier Walk on Sólheimajökull glacier**

A Glacier Walk is one of the most unique ways to experience Icelandic nature and a tour to the Sólheimajökull glacier tongue is an ideal activity for adventurers of all skill levels. During the two-hour drive from Reykjavik, you will pass right under the famous Eyjafjallajökull volcano, its eruption in 2010 became international news because of its disruption to travel. Just East of it lies Sólheimajökull, an outlet glacier from Myrdalsjökull, which is Iceland’s fourth largest glacier. There, you will go on a safe and easy glacier walk on crampons up onto the icy landscape. As we explore this wonderland of ice sculptures, ridges and deep crevasses, you will learn fascinating facts about this disappearing geological behemoth. Our experienced mountain guides will teach you how to use basic glacier equipment necessary for this tour.

On the way back to Reykjavik, there is a stop at the picturesque waterfalls Skógafoss and Seljalandsfoss.

**Pick up:** Starts at 08:30 in front of hotel or guesthouse in Reykjavik. Departure from BSI central bus station at 9:00.
**Note:** Pick up is with a Reykjavík Excursions bus.
**Included:** Audio guided transport, guiding services, glacier gear and safety equipment.
**Not included:** Lunch (can be bought on the way).
**Note:** Bring warm clothing, rain gear and hiking boots. Boots and rain gear can be rented (1,500 ISK. per item). Contact us in advance for all rentals.

**Minimum age:** 10 years

**Guaranteed departures:** All year: Every day except 24th, 25th of December and 1st of January.
Pick up: 08:30 from hotel or guesthouse in Reykjavik.
Included: Transport, guiding services, glacier gear and safety equipment.
Not included: Lunch (can be bought on the way). Note: Bring warm clothing, rain gear and hiking boots, swimsuit and a towel. Boots and rain gear can be rented (1.500 ISK. per item). Please contact us in advance for all rentals.
Minimum age: 10 years.
Guaranteed departures: June 1st to August 31st: Tuesdays, Wednesdays, Thursdays, Fridays, Saturdays and Sundays.

Hot Springs Hike and Glacier Walk
We combine two of Iceland’s natural highlights, hot springs and glaciers for a day full of traversing remarkable landscapes. This all-day tour starts at Hengill geothermal area, located at the foot of an old volcanic cone. There you will take an easy hike past a series of beautiful hot springs to Reykjadalur valley, where you can enjoy a bath in a beautiful and natural warm stream. Next, we stop to admire the impressive waterfalls Seljalandsfoss and Skógafoss, and drive past the Eyjafjallajökull volcano to the wonders of the Sólheimajökull glacier. To top off the amazing day, we go on a short and easy Glacier Walk, where you will discover ice sculptures, ridges and deep crevasses. A tour that offers both magnificent nature and scenery!

Walk through Ice and Fire
DURATION 11 - 12 HRS TOTAL | RIDING 1H30 | ICE WALK 1H30 | LEVEL MODERATE

Horse Riding and Glacier Walk
This tour begins with a 1h30-2 hrs. horseback riding tour in the spirit of the Vikings. Where we go depends on the wind, weather, and your riding experience. Newly baked bread and the soup of the day will give you some energy before we venture past the Eyjafjallajökull volcano to Iceland’s 4th largest glacier, the great Myrdalsjökull glacier. Here, on the Sólheimajökull glacier tongue, equipped with crampons and ice axes, you will set forth on a Glacier Walk to discover a wonderland of ice sculptures, ridges, and deep crevasses sure to truly complete your day. A great combination of traditional horse riding, glaciers, and fascinating natural surroundings.

Horses and Glaciers
DURATION 11 - 12 HRS TOTAL | RIDING 1H30 | ICE WALK 1H30 | LEVEL MODERATE

“You can’t beat a tour with thermal baths, waterfalls, beautiful scenery, walking on a glacier!”
Glacier Walk and Secret Lagoon

**DURATION** 11 - 12 HRS TOTAL  | **ACTIVE** 4 - 5 HRS  | **LEVEL** MODERATE

A great mix of activities, bath in a hot spring and exploring Sólheimajökull glacier.

It's hard to beat spending the day exploring a magnificent glacier, visiting waterfalls along the South Coast and soaking in the relaxing Secret Lagoon hot spring. We kick off the day with a glacier walk on Sólheimajökull, where you will learn about the interesting features of the glacier as you walk by ice sculptures, ridges and deep crevasses. On the way back from the glacier, we stop to bask in the beauty of the two waterfalls, Skógafoss and Seljalandsfoss. To top off the day, we take some time to soak in the geothermal mineral waters of the Secret Lagoon before bringing you back to town.

**Pick up:** Starts 08:30 from hotel or guesthouse in Reykjavik.

**Included:** Transport, guiding services, glacier gear, safety equipment and Secret Lagoon entrance.

**Not included:** Towell (a towel can be rented at Secret Lagoon).

**Note:** Bring warm clothing, rain gear and hiking boots, bathing suits and a towel. Boots and rain gear can be rented. Please contact us in advance for all rentals.

**Guaranteed departures:** September 1st to May 31st: Mondays, Thursdays, Saturdays and Sundays.

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Lava Cave Exploration

**DURATION** 4 HRS TOTAL  | **ACTIVE** 1H30  | **LEVEL** MODERATE

Reykjavík Lava Caving

On this short, year-round caving adventure we journey into one of the great hidden lava caves in the outskirts of Reykjavik. As we make our way into the cave, we discover the beauty of stalagmites and stalactites, learn more about the formation of lava caves and their role in many different Icelandic myths. During late winter, guests can sometimes see beautiful ice formations inside the cave. Just getting into the cave when snow has built up can be an adventure itself. The trip is suitable for most people, but to finish a round trip in the cave, adventurers must be ready to crawl and bend down for a short distance. This trip is a great introduction to Icelandic lava caves.

**Pick up:** Starts 08:30 from hotel or guesthouse in Reykjavik.

**Included:** Transport, guiding services, helmets and headlamp for caving.

**Not included:** Lunch.

**Note:** Bring warm clothing, rain gear and hiking boots. Boots and rain gear can be rented (1,500 ISK. per item). Contact us in advance for all rentals.

**Minimum age:** 8 years.

**Guaranteed departure:** All year.

- Mondays, Wednesdays, Fridays and Sundays.
- Saturdays and Sundays.
Hengill Geothermal area and Hidden Lava Cave

Let us show you the beauty below the surface of Iceland as we venture into a cave and visit the famous Hengill Volcano! The journey begins by exploring one of the many lava tubes in the Bláfjöll mountain range, just east of Reykjavik. You will find out how lava caves are formed and discover the beauty of Stalagmites and Stalactites. Having enjoyed the hidden gems of the underground, we head out to the Hengill geothermal area. There, you go on an easy hike in magnificently ethereal surroundings, dotted with hot springs and bubbling mud pools. The hike continues down through Reykjadalur, "the Steamy Valley", where it is possible to enjoy a natural bath in a warm stream.

DURATION 6 - 7 HRS TOTAL | HIKING 4 HRS | LEVEL MODERATE

Pick up: 11:30 from hotel or guesthouse in Reykjavik.

Included: Transport, guiding services, helmets and headlamp for caving.

Not included: Lunch (can be bought on the way).

Note: Bring warm clothing, rain gear, good shoes, bathing suit, towel and lunch. Boots and rain gear can be rented (1,500 ISK per item). Contact us in advance for all rentals.

Minimum age: 8 years.

Guaranteed departures: June 1st to October 31st: Mondays, Wednesdays, Fridays and Sundays.

www.mountainguides.is
Pick up: 07:00 from hotel or guesthouse in Reykjavik.

Please note: Pick up is with a Reykjavík Excursions bus. Bus departs from Þórsmörk at 20:00. Arrival in BSÍ bus terminal in Reykjavík at 24:00.

Included: Transport and guiding service.

Not included: Lunch, dinner, drinks or energy bars.

Note: Bring warm clothing, rain gear, hiking boots, food, drinks and energy bars.

Minimum: 2 persons.
Minimum age: 16 years
Guaranteed departure: June 16th to August 31st: Mondays, Tuesdays, Thursdays, Fridays and Sundays.
Available without transfer from Reykjavík: Meeting point at Icelandic Mountain Guides office at Skógar: 09:45. Arrival back to Skógar approximately at 22:30. See equipment list for more information.

From Skógar to Þórsmörk - Day tour from Reykjavík or Skógar

The Fimmvörðuháls pass from Skógar to Þórsmörk is one of Iceland’s most popular hiking routes. The trail takes us up from Skógar, along Skógá River and its many waterfalls. We head between the two glaciers Eyjafjallajökull and Mýrdalsjökull, to traverse on recently formed lava and view the craters Magni and Móði. Heading down from the craters to the magnificent Þórsmörk glacier valley, we enjoy more geological features, as well as amazing views over the highlands of Iceland and the surrounding glaciers. After a great, but physically demanding day, we leave the fairytale landscape of Þórsmörk and head back to Reykjavík.

A once in a lifetime experience for all hikers and nature enthusiasts!

Fimmvörðuháls Volcano Hike

DURATION 17 HRS TOTAL | HIKING 8 - 10 HRS | TOTAL DISTANCE 25 KM (15.5 MI) | ELEVATION 1000 M (3300 FT) | LEVEL ★★★★★

Equipment list and further information:

Food: This is a long day, so make sure you bring enough food for lunch, dinner and in-between meals (e.g. energy bars, nuts, and dried fruits). A 1 liter water bottle is mandatory but energy drinks are optional.

Shoes: Hiking boots appropriate for hiking and trekking in rough terrain and snow.

Clothing: A Gore-Tex shell or equally waterproof jacket and pants, hiking pants (not jeans), warm sweater and suitable base layer (like wool, not cotton), a hat and gloves and extra pair of dry clothing may be appreciated after the tour. Please note, you must carry everything on your back.

Weather: The weather can change rapidly on the Fimmvörðuháls route, so make sure that you are well prepared for any weather and don’t rely on the current weather or forecast.

Fitness level: The hike is very demanding, with an elevation gain over 1000 m (3280 ft) and total distance of 25 km (15.5 mi) that we cover in about 8 - 10 hrs.
Snæfellsjökull Glacier Hike

DURATION 6 - 8 HRS HIKING
TOTAL DISTANCE 7 - 8 KM (4.5 - 5 MI)
ELEVATION 750 M (2450 FT)
LEVEL DEMANDING

Snæfellsnes Peninsula and Snæfellsjökull Summit Hike

The summit of Snæfellsjökull is the crowning jewel of the Snæfellsnes Peninsula and this tour takes you all the way to the top. This 700,000-year-old dormant stratovolcano that rises 1,446 m above sea level last erupted in 250 AD, and it is one of the most picturesque glaciers in Iceland. Most famous for providing the setting for Jules Verne’s classic subterranean novel, “Journey to the Center of the Earth,” the area is rich with history and mystique. Standing on top of the glacial volcano, you have amazing panoramic views that extend from the Reykjanes Peninsula in the south to the West Fjords in the North. This tour checks all the boxes - amazing views, geological wonders and a challenging glacier hike. We can’t promise you will reach the center of the earth but you will feel like you are on top of the world.

Equipment list and further information:

Food: Pack food for a long day. A mixture of sweets (such as chocolate) and sandwiches is ideal. A 1 ltr. water bottle is also mandatory but energy drinks are optional.

Shoes: Hiking shoes appropriate for hiking and trekking on rough terrain and snow.

Clothing: A Gore-Tex shell or equally waterproof jacket and pants, hiking pants (Not jeans), warm sweater and a suitable base layer (like wool, Not Cotton), a hat, gloves and an extra pair of dry clothing may come in handy after the tour.

Other gear: Backpack - Around 30 liters in capacity, a beanie, sunglasses, small thermal mat for lunch break, ski-goggles for ascents in the edge of seasons.

Weather: Can change rapidly in the Glacial area of Snæfellsjökull route so make sure that you are well prepared no matter the current weather or forecast.

Fitness level: The hike is challenging with elevation gain of around 750 m (2,459 ft.) and a total distance of 7 - 8 km (4 - 5mi) that we will cover in about 6 - 8 hours.

Guaranteed departure: May 15th to August 16th: Mondays, Wednesdays and Saturdays.

Meet on location: Please be by the cafe in Arnarstapi at 11:00. The guide will be there somewhere around 11:00

GPS: 64°45.997’N, 23°38.014’W (ISN93: 279.717, 482.059).

See equipment list for more information.

Pick up: 08:00 from hotel or guesthouse in Reykjavik.

Included: Glacier equipment, transportation and Guiding service.

Not included: Lunch, energy bars & dinner.

Note: Bring warm clothing, rain gear, hiking boots, food, drinks and energy bars.

Minimum: 2 persons.

Minimum age: 16 years.

www.mountainguideres.is
Glacier Walk and Northern Lights

**DURATION** 11 - 12 HRS TOTAL  |  **ACTIVE** 2 - 3 HRS  |  **LEVEL** MODERATE

**Glacier Walk and Aurora Adventure**
A Glacier Walk and search for the spectacular Aurora Borealis are the two winter highlights we combined on this tour for an amazing day out in nature. We start by heading to the Sólheimajökull glacier tongue for a fun, safe and easy Glacier Walk on the icy landscape. As we explore all the features of the glacier, such as water cauldrons, crevasses, ridges and waterways, we learn some history and geology about these disappearing icy giants. From the glacier, we head to the powerful Skógafoss waterfall before enjoying a traditional Icelandic dinner at a local restaurant. As we head out into the night searching for those magical Northern Lights, we make a stop at the enchanting and lit up Seljalandsfoss waterfall.

**Pick up:** 11:30 from hotel or guesthouse in Reykjavik.  
**Included:** Traditional dinner** and dessert (drinks not included). Transport, guiding service, glacier gear and safety equipment.  
**Note:** Bring warm clothing, rain gear, good shoes and snack/lunch. Boots and rain gear can be rented (1,500 ISK. per item). Contact us in advance for all rentals.  
**Minimum age:** 10 years.  
**Guaranteed departures:** September 1st - April 15th.  
Every day except 24th, 25th of December.

*Please note that the Northern Lights are a natural phenomenon, therefore sightings cannot be guaranteed. In spring, the possibility of seeing the Northern Lights decreases with the longer days.

**Glacier Walk and Northern Lights**

**Golden Circle and Magical Nights**

**DURATION** 10 - 11 HRS TOTAL  |  **ACTIVE** 2 HRS  |  **LEVEL** EASY

**Traditional tastes at local farms and restaurants, Fontana Spa and Northern Lights**
This tour delights all your senses by combining the famous Golden Circle with a visit to local farms and restaurants for delicious food made with pure Icelandic ingredients. Heading out of Reykjavik, we set our course through Þingvellir to a local greenhouse, Friðheimar. There, we get a taste of their freshly made tomato soup. Next, we visit the magnificent Gullfoss waterfall and the great Geyser geothermal area, where the reliable Strokkur geyser spouts hot water as high as 15 - 30 m. After enjoying these jewels of Icelandic nature, it is time to turn our attention back to the taste buds with a visit to the farm Efstidalur. There, we get a few samples of their local products, such as skyr and delicious ice cream. We take a break from adventuring when we stop at the Fontana spa for a relaxing bath in their geothermal pool. Right after, we satisfy our appetites with a 2-course dinner at the local restaurant Lindin. Following dinner, we head out to explore the mysterious nights of Iceland and search for the Northern Lights.

**Pick up:** 11:30 from hotel or guesthouse in Reykjavik.  
**Included:** Local tastes at Friðheimar and Efstidalur, today’s special and chocolate mousse dessert at Lindin Restaurant, entrance and towel at Laugarvatn Fontana, and transport and guiding service.  
**Note:** Bring warm clothing, rain gear, good shoes and bathing suit. Boots and rain gear can be rented (1,500 ISK. per item). Contact us in advance for all rentals. Drinks are not included.  
**Minimum age:** 10 years.  
**Guaranteed departure:** September 1st - April 15th.  
Every day except 24th, 25th of December and 1st of January.

*Please note that the Northern Lights are a natural phenomenon, therefore sightings cannot be guaranteed.  
**Some dishes include meat and fish. Vegetarian option available upon request.
Sólheimajökull Glacier Walk

**IMG12**

**DURATION** 3 - 3H30 TOTAL | **ON THE ICE** 2 HRS | **LEVEL** MODERATE

**Glacier Walk on Sólheimajökull**

On this fun, safe and easy glacier walk you get to explore the wonderland of ice sculptures, water cauldrons, ridges and deep crevasses on the breathtaking Sólheimajökull glacier. While enjoying all the features of the glacier and it’s spectacular surroundings, you will learn more about the behaviour of glaciers and their impact on nature. No technical skills are needed for the tour as an experienced glacier guide will teach you how to use basic glacier equipment, such as crampons and an ice axe that are provided for all our glacier walks. The unique experience of a glacier walk is both a fun and informative way to explore the Icelandic glaciers.

**Meeting point:** Sólheimajökull parking area, 20 min. prior to departure.

**Included:** Guiding services, glacier gear and safety equipment.

**Note:** Bring warm clothing, rain gear, gloves and good shoes. Boots and rain gear can be rented.

**Minimum age:** 10 years.

**Departures:** All year: Every day at 10:00, 12:00 and 14:00 (except December 24th, 25th and January 1st).

**Pre-booking is necessary in winter at +354 587 9999.**

Sólheimajökull Glacier Walk and Ice Climbing

**IMG16**

**DURATION** 4 - 5 HRS | **ON THE ICE** 3 HRS | **LEVEL** MODERATE

**A fun adventurous combo**

On this glacier adventure, we combine our popular glacier walk with an easy introduction to ice climbing. As we explore the majestic landscapes of Sólheimajökull glacier including water cauldrons, ridges and deep crevasses we search for a suitable spot to rig up our gear for a short introduction to ice climbing. Here, everyone will get a chance to have a fun and easy ice climbing experience. With the small number of only 6 passengers per guide, everyone should have their time to shine. Don’t forget your camera, you will want to share this experience with your friends and family!

**Meeting point:** Sólheimajökull parking area, 30 min. prior to departure.

**Included:** Transport, guiding services, glacier gear and safety equipment.

**Note:** Bring warm clothing, rain gear, gloves and hiking boots. Boots and rain gear can be rented, (1,500 ISK. per item). Contact us in advance for all rentals.

**Minimum:** 2 persons.

**Minimum age:** 14 years.

**Guide ratio:** 6:1

**Departures:** All year: Every day at 12:00 (except December 24th, 25th and January 1st).

**Pre-booking is necessary in winter at +354 587 9999.**

*The introduction to ice climbing is adapted to each group and individual.*
Day Tours from Skaftafell - Vatnajökull National Park

Meeting point: Icelandic Mountain Guides Sales Lodge (next to National Park Visitor Center) 20 minutes prior to departure.
Included: Guiding services and glacier gear ( crampons, ice axes and safety equipment).
Note: Bring warm clothing, rain gear, gloves and hiking boots. Boots and rain gear can be rented.
Minimum age: 14 years.
Departures: May 1st to September 30th: Every day at 09:00 and 13:00.
June 1st to August 31st: Every day at 09:00, 9:30, 13:00 and 13:30.

Svínafellsjökull Glacier Walk
This is a moderate Glacier Walk in the majestic landscape of Svínafellsjökull glacier, surrounded by some of Iceland's most spectacular peaks. On this glacier adventure we go further onto the glacier, traversing zones of different glacial formations. Your experienced guide will lead you through ice sculptures, ridges and the deep crevasses and tell you everything about the ever-changing formations of this frozen giant. The panoramic view of the glacier, its dramatic ice-fall and the surrounding peaks, combined with the unique experience of glacier ice under your feet, is sure to leave lasting memories.

Meeting point: Icelandic Mountain Guides Sales Lodge (next to National Park Visitor Center) 20 minutes prior to departure.
Included: Guiding services and glacier gear ( crampons, ice axes and safety equipment).
Note: Bring warm clothing, rain gear, gloves, hiking boots and a snack. Boots and rain gear can be rented.
Minimum age: 14 years.
Departures: May 1st to September 30th: Every day at 10:00, 10:30, 14:00 and 14:30. June 1st to September 30th: Every day from 11:00 - 15:00. June 15th to August 31st: Every day from 12:00 - 13:00.

Glacier Walk on Svínafellsjökull glacier tongue
An easy glacier walk on the Svínafellsjökull glacier tongue, a breathtaking outlet glacier projecting from Vatnajökull. From here, the scenery and views are simply stunning. You will be led through a wonderland of ice, made up by water cauldrons, deep crevasses and strangely shaped ridges. An experienced guide will tell you everything about the interesting features of the glacier and share his knowledge on the glaciers ever-changing landscapes. Before entering the glacier you will be taught how to use basic glacier equipment such as crampons and ice axes. Enjoy an adventure into this glacial wonderland in the safe hands of one of our highly trained and knowledgeable guides!

Blue Ice Experience
DURATION 2H30 - 3 HRS | ON THE ICE 1H30 - 2 HRS | LEVEL EASY

Skaftafell
“The tour itself was a lot of fun for first timers like us. Couldn’t recommend this more for people wanting a taste of the glacier!” - P.C, Hong Kong
Glacier Walk and Ice Climbing

**Meeting point:** Icelandic Mountain Guides Sales Lodge (next to National Park Visitor Center) 30 minutes prior to departure.

**Includes:** Guiding services, glacier gear (crampons, ice axes and safety equipment).

**Note:** Bring warm clothing, rain gear, gloves, hiking boots and snack. Boots and rain gear can be rented.

**Minimum:** 2 persons.

**Minimum age:** 14 years

**Guide ratio:** 6:1

**Departures:**
- September 1st to June 30th: Mondays, Tuesdays, Wednesdays, Fridays, Saturdays and Sundays at 12:00.
- July 1st to August 31st: Every day at 09:30 and 14:30.

*For greater ice climbing experience you can rent stiff shoes for 1,000 ISK.*

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Glacier Walk with Introduction to Ice Climbing

On this new adventurous glacier walk and ice climbing tour we take you to the majestic Svínafellsjökull glacier, where we explore all its features such as water cauldrons, ridges, and deep crevasses. At the right location, we give everyone a chance for a short and easy introduction of ice climbing. This combination of a glacier walk and ice climbing is a great way to experience the Icelandic glaciers. Don’t forget to bring your camera, this is a perfect opportunity to have your picture taken enjoying a real Iceland glacier adventure.

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**Full day Glacier Adventure**

**Meeting point:** Icelandic Mountain Guides Sales Lodge (next to the National Park Visitor Center) 20 min. prior to departure.

**Included:** Guiding services and glacier gear (crampons, ice axes and safety equipment).

**Note:** Bring warm clothing, rain gear, gloves, hiking boots and lunch. Boots and rain gear can be rented.

**Minimum:** 2 persons

**Minimum age:** 16 years

**Departures:** June 1st to August 31st: Every day at 09:00.
Ice Climbing Adventure
Svínafellsjökull glacier, with its many ridges, deep crevasses and various shapes and heights of ice walls makes an ideal playground for ice climbing. So whether you are a complete beginner looking for an adventure or an experienced ice climber wanting to improve your technique, Svínafellsjökull glacier has everything you are looking for. With only 4 passengers per guide we are able to adjust the difficulty level to each and every one for a fun, safe and adventurous experience. This is a great tour with spectacular sceneries viewed from a different angle.

Meeting point: Icelandic Mountain Guides Sales Lodge (next to the National Park Visitor Center) 20 min. prior to departure.
Included: Guiding services, stiff ice climbing boots, ice climbing gear and other safety equipment.
Note: Bring warm clothing, gloves and rain gear. 
Minimum: 2 persons
Minimum age: 14 years
Guide ratio: 4:1
Departures: June 1st to August 31st: Every day at 9:00.

Blue Ice Experience and the Glacier Lagoon

Glacier Walk and a Zodiac Adventure cruise on a Glacier Lagoon.

On this amazing combination tour you will start with the 2.5 hrs Blue Ice Experience Glacier Walk on Svínafellsjökull glacier tongue. Next, the tour continues to Fjallsárlón glacier lagoon where we will take a ride on a Zodiac Adventure boat ride, whizzing between the icebergs of all shapes and sizes, floating around the clear blue water. After the Zodiac experience, we continue east to the famous Jökulsárlón glacier lagoon where we continue exploring the landscape sculpted and dominated by the glaciers. Before heading back to Skáftafell we go down to the Diamond beach to take a closer look at the icebergs that have floated all the way from the glacier lagoon and into the North Atlantic Ocean. A guided day tour from Skáftafell packed with fun activities and breathtaking scenery.

Meeting point: Icelandic Mountain Guides Sales Lodge (next to National Park Visitor Center) 20 min. prior to departure.
Included: Guiding services, transportation, glacier gear, safety equipment and a Zodiac tour.
Note: Bring lunch, warm clothing, rain gear and hiking boots. Boots and rain gear can be rented. Lunch can be bought on the way.
Minimum: 2 persons
Minimum age: 8 years
Departures: June 15th to September 15th: Every day at 08.30.
The Summits of Skaftafell

Iceland’s Highest Peaks
Icelandic Mountain Guides offers scheduled hikes to two of the most impressive summits in Skaftafell, Hvannadalshnúkur, Iceland’s highest peak and Hrútsfjallstindar peaks. No special technical skills are required for the hikes but they are very physically challenging. To maintain the Icelandic Mountain Guides standards of quality, safety and customer service there will only be a maximum of 6 guests per guide on either of the climbs. For up to date information on conditions and prices, please contact IMG in Skaftafell National Park.

Hvannadalshnúkur, Iceland’s highest Summit
The ascent of the highest mountain in Iceland, Hvannadalshnúkur (2110 m / 6921 ft) is a once in a lifetime must for outdoor enthusiasts. This unforgettable climb has breathtaking panoramic view stretching over the rugged outlet glaciers of Vatnajökull glacier and over the vast sandy plains of the glaciated rivers below.

Duration: 12 - 15 hrs. Height Gain: Over 2000 m (6500 ft). Total Distance: 22 km (14 mi).

Hrútsfjallstindar Peaks
Hrútsfjallstindar is the name of the impressive peaks dominating the skyline to the north of Svínafellsjökull glacier. The highest peak is 1875 m high (6150 feet) and is equally demanding and on par with the trip to the summit of Hvannadalshnúkur. The route offers magnificent scenery over the Öræfajökull massif as well as the Skaftafellsjökull and Svínafellsjökull glaciers.

Duration: 14 - 16 hrs. Height Gain: About 2100 m (6000 ft). Total Distance: 22 km (14 mi).

Glacier Walk beyond the Glacier Lagoon
Great panoramic views and less traveled roads
A Glacier hike on Breiðamerkurjökull glacier offers majestic panoramic views of the Vatnajökull glacier ice cap (the largest in Europe), Esjufjöll glacier peaks, Hvannadalshnúkur (Iceland’s highest summit) and the mighty Glacier Lagoon Jökulsárlón. As you hike up onto the glacier, making your way past glacier moulins and crevasses, your guide will tell you everything about the ever-changing landscapes of the Icelandic glaciers. You will also learn about how the Breiðamerkurjökull glacier calves into the Glacier Lagoon, one of the biggest attractions in Iceland. Take the road less traveled for a different angle of this amazing natural phenomenon.

Meeting point: Glacier Lagoon 20 min. prior to departure. Please note that the Glacier Lagoon is about 45 min. drive from Skáftafell.
Includes: Guiding services, transportation from Glacier Lagoon, glacier gear, safety equipment.
Note: Bring lunch, warm clothing, rain gear and hiking boots.
Minimum: 2 persons
Minimum age: 10 years.
Departures: July 1st to August 31st: Every day at 10.00.

Meeting point: Icelandic Mountain Guides Sales Lodge. Exact starting time decided by guide at briefing for each departure.
Includes: Guiding services and glacier gear (crampons, ice axes and safety equipment).
Equipment list:
Bring warm clothing, rain gear, hiking boots and food.
For detailed equipment list please contact our guides in Skáftafell or visit our website.
Note: A briefing with a guide takes place at 18.00 the evening before.
Minimum: 2 persons.
Minimum age: 16 years.
Departures: Hvannadalshnúkur: April 1st to August 15th: Tuesdays, Fridays and Saturdays at 05:00.
Hrútsfjallstindar: April 1st to September 30th: Saturdays, at 05:00 in the morning, when weather and conditions permit.

For package price with accommodation before and after the accession to Hvannadalshnúkur summit, please contact us.

Are you into Alpine Ski Touring? Check out our packages from Reykjavík for ski touring down Iceland Highest Peak on www.mountainguides.is

“On a hike to Hvannadalshnúkur with Icelandic Mountain Guides and had an awesome experience.”

www.mountainguides.is
GREENLAND ADVENTURES
by Icelandic Mountain Guides
How can we help you?

The nature of travel logistics in Greenland can be challenging, but with our almost 20 years of experience operating here, we know how and where to make the perfect Greenland adventure for your clients.

Scheduled and Tailormade Tours

We organize scheduled group tour programs and travel packages for individuals. In addition, we offer private arrangements or custom made tours for both groups and individuals.

Destinations

Greenland Adventures by Icelandic Mountain Guides offers tours to most parts of Greenland, including, East Greenland, South Greenland, the Disko Bay and Ilulissat area as well as to Kangerlussuaq and the capital, Nuuk, in West Greenland.

Season and Activities

Our Greenland operations cover both summer and winter travelling.

In summer, our tours range from cultural and nature discovery tours, to hiking, trekking and backpacking tours in the wilderness of Greenland; even kayaking adventures and sailboat cruises in the ice-filled waters are on the menu.

During the winter, the focus is on dog sledding adventures, alpine ski touring and cross country skiing, as well as longer expeditions.

Accommodation

A part of our travel services in Greenland is to arrange accommodations. We can assist you or your group in finding a place to stay in your preferred region of Greenland. We also offer a variety of standard accommodations in our travel packages, including our own Kulusuk hostel, which is available for individuals and groups. Accommodations can be arranged all over Greenland.

Our expertise from years of hands-on experience in operating trips in Arctic destinations like Greenland, Iceland, the South and North Pole, among others, makes us a solid and ideal partner for a successful adventure in Greenland.

For more information on scheduled group tours and individual travel packages as well as other services and accommodation offered, see under each regional section of the catalogue.
Why choose Greenland Adventures by Icelandic Mountain Guides?

Greenland Specialists at heart
Passion for the Arctic and new adventures took us to Greenland to begin with and we haven’t been able to let go since. We use every occasion to go there and explore new places. Our love and curiosity for this magical country has given us a profound knowledge and understanding of the country, the Inuit culture and where to find the best adventures possible.

Focus on the Journey more than the Destination or Activity
Knowing what impact Greenland can have on you, be it from the vastness, the silence or the people, we are very aware that the journey itself is what matters the most. We know that one of the biggest assets of Greenland is the power of the nature and the state of complete serenity it can evoke and it would be our pleasure to share those places with you.

Wide Selection of Adventures
Whether you are into adrenalin pumping adventures, cultural or unwinding experiences, we have the adventure for you. We offer a wide range of tours in all levels from soft hiking to backpacking and even polar expeditions, from dog sledding and skiing to kayaking adventures, from day tours to adventures of several weeks of contemplation.

Highly Qualified and Certified Guides
Icelandic Mountain Guides is proud to be an award winning and leading company for staff training in Icelandic tourism. We have over 20 years of experience in educating, entertaining and assuring the safety of our guests. This applies to the Greenland Ice cap, the summit of Antarctica and everywhere in between. Our award winning training program is based on safety and training standards from New Zealand.

Quality and Environment First
We work for a responsible and sustainable tourism in Greenland and aim to add value to all communities we visit and minimize the negative effects of tourism on the fragile Arctic environment. For that, we have received several environmental awards throughout the years; last year we were also accepted into Vakinn - a quality and environmental system for Icelandic tourism. Only tourism businesses that maintain the highest standards in all aspects of their business practices and meet VAKINN’s comprehensive assessment criteria have earned the right to carry the official quality label.

“I was absolutely blown away by the places we explored and by your company’s professionalism. Our guide was constantly going the extra mile to see that we were all very happy and having the time of our lives out here in the beautiful wilds of Greenland. I will definitely tell all my friends and family about Icelandic Mountain Guides. This was one of the best weeks of my entire life.” Julia, Czech Republic.
ICELAND ROVERS
Our services

Iceland Rovers is a comfort travel adventure tour operator that offers a diverse selection of tours and travel options in Iceland. Our team of local experts can help you to discover Iceland’s natural highlights, experience its history and culture, and to venture beyond the beaten track for a once in a lifetime adventure.

Adventure group tours: Soft adventures, highland touring and cultural experiences
We offer a great selection of guided multi-day adventures. These small group tours highlight the special features of Iceland in each season. Sometimes it is the culture, other times it is the history, but discovering the magical nature that our country possesses is always a core part of the experience. The style of the tours is adventurous and authentic, where daily hikes or other physical activities have been hand selected for the itineraries.

Incentives
Want a fun way to motivate your group? Our incentives department offers a wide selection of team building adventure activities that can be customized for your group. Enjoy the perfect balance of action and comfort.

Theme tours and special interest adventures
Our theme tours focus on the special interests of the traveler while upholding the same unique style of travel we offer in our other group tours. Some of our theme-based tours have centered on photography, Icelandic cuisine, and knitting, just to name a few.
Do you have some extra time before or after your scheduled group tour? Our team is happy to assist you in creating tailor-made experiences during your stay. Choose a privately guided tour or a self-drive package to visit some new and exciting locations.

Tailor-made - the perfect match for your needs
Want to explore the otherworldly beauty of Iceland according to your pace, schedule and wish list? Let us take the stress out of planning your dream adventure in Iceland. Whether you are a laid-back wanderer that wants a slower tempo or you prefer a faster pace, we can adapt your itinerary to fit your travel style and group. Our interactive online platform has a variety of options for individuals, families, special celebrations, and corporations. Check out page 12 - 15 to see the options available for creating your tailor-made adventure in Iceland.

Super Jeep day tours
We run a diverse selection of Super Jeep day tours out of Reykjavik all year round. On these 4x4 tours we travel off the beaten path in small groups to explore Iceland’s natural wonders. Hunting the Northern Lights tours in a super jeep is one of the our most popular activities in the winter season, either as a scheduled day tour or for private groups.

Extensions
Do you have some extra time before or after your scheduled group tour? Our team is happy to assist you in creating tailor-made experiences during your stay. Choose a privately guided tour or a self-drive package to visit some new and exciting locations.
VALIDITY OF PRICES

All rates quoted are based on current purchasing price in Iceland. Icelandic Mountain Guides (IMG) reserve the right to change prices already quoted or published in our price lists without notice in the event of currency fluctuation, government taxes, or due to any other cost increases that are outside our control. Any eventual changes in rates will not be made with less than 8 weeks’ notice prior to arrival. After the invoice has been issued the price is guaranteed against any surcharge, unless an increase is due to government laws or currency changes. IMG will absorb an amount equivalent to 5% of the package price. Amounts that exceed the 5% will be charged and clients will be entitled to cancel their booking with a full refund if the surcharge exceeds 10%.

CANCELLATION

All cancellations must be made by e-mail. In conformity with business practices within the Icelandic travel industry, the Travel Agent is obliged to charge cancellation fees to passenger(s) as follows:

For day tours, if clients cancel their participation within 18 hours of departure:

• If formally cancelled within 24 hours of departure 100 % of tour price will be charged.

For multi day tours, if clients do formally cancel their participation:

• A confirmation fee of 15% of the price per person is non-refundable,
• 50 % of tour price, if cancelled formally 30 - 59 days prior to departure,
• 75 % of tour price, if cancelled formally 16 - 29 days prior to departure, and
• 100 % of tour price, if cancelled formally within 15 days prior to departure.

Tailor Made Tours:

• Confirmation fee of 50% must be paid at booking, and full payment must have arrived 9 weeks prior to departure.
• Otherwise same terms apply.

INSURANCE

We advise all our clients to have travel insurance that includes (helicopter) rescue.

OTHER

All complaints must reach IMG within 7 days from departure from Iceland. Otherwise possible compensation is not valid.

Note: IMG reserve the right to alter tours and itineraries due to weather or road conditions. All programs can be changed or cancelled at any moment during the trip to assure the safety of the clients and staff of IMG. The client takes full responsibility for meeting the physical fitness level requirements of their trip. Clients that are not physically fit for their tour can be dismissed from the tour at their own expense. No responsibility is accepted for losses, expenses due to delays, changes of flights, or other services or because of strikes, accidents, sickness, damage, negligence, weather, war, changes in schedules, or other similar causes. IMG do not assume responsibility for accidents or death that can be traced to the participant’s negligence, acts of third parties or exterior circumstances such as weather, natural occurrences, war or other similar causes.
MAKE EVERY MOMENT AN EXPERIENCE

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