GLACIER WALKS
& OUTDOOR ADVENTURES

DAY TOURS FROM:
• REYKJAVÍK • SÓLHEIMAJÖKULL • SKAFTAFELL

ICELANDIC MOUNTAIN GUIDES
mountainguides.is · info@mountainguides.is · +354 587 9999
Welcome

Let us tell you a little bit about ourselves, who we are and why we do what we do. Icelandic Mountain Guides is Iceland’s premier outdoor and adventure company. The company was established in 1994 by four young environmentalists and outdoor enthusiasts. They became pioneers in introducing the wonders of Icelandic nature to travellers from all over the world. Originally we started offering Glacier Walks in Skaftafell and later on Sólheimajökull glacier. Hiking and other adventures soon followed. Glacier Walks have now become one of the most popular tourism activities in Iceland. Even though there are no technical requirements needed for our glacier walks, safety is a big issue when travelling on glaciers. Therefore, all our guides go through a strict training program to make sure you enjoy your adventure in a fun but safe way. From the beginning our aim has always been to offer adventures for everyone. We wish you a pleasant stay in Iceland and welcome you to experience the wonders of Iceland with us.
DAY TOUR INDEX

DAY TOURS FROM REYKJAVÍK
Free pick up at most hotels, hostels, guesthouses and downtown bus stops in Reykjavik.

<table>
<thead>
<tr>
<th>TOUR NAME</th>
<th>TOUR ID</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TAKE A WALK ON THE ICE SIDE</td>
<td>IMG01</td>
<td>4</td>
</tr>
<tr>
<td>SOUTH SHORE, GLACIER WALK AND ICE CLIMBING</td>
<td>IMG18</td>
<td>6</td>
</tr>
<tr>
<td>WALK THROUGH ICE AND FIRE</td>
<td>IMG02</td>
<td>7</td>
</tr>
<tr>
<td>HOT SPRINGS AND LAVA CAVE</td>
<td>IMG06</td>
<td>8</td>
</tr>
<tr>
<td>LAVA CAVE EXPLORATION</td>
<td>IMG10</td>
<td>9</td>
</tr>
<tr>
<td>GLACIER WALK AND NORTHERN LIGHTS</td>
<td>IMG07</td>
<td>10</td>
</tr>
<tr>
<td>GOLDEN CIRCLE AND MAGICAL NIGHTS</td>
<td>IMG09</td>
<td>11</td>
</tr>
</tbody>
</table>

DAY TOURS FROM SÓLHEIMAJÖKULL GLACIER
About 2.5 hrs drive from Reykjavík, 45 min from Vik.

<table>
<thead>
<tr>
<th>TOUR NAME</th>
<th>TOUR ID</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>GLACIER DISCOVERY</td>
<td>IMG11</td>
<td>12</td>
</tr>
<tr>
<td>GLACIER EXPLORATION</td>
<td>IMG12</td>
<td>13</td>
</tr>
<tr>
<td>SÓLHEIMAJÖKULL GLACIER WALK AND ICE CLIMBING</td>
<td>IMG16</td>
<td>14</td>
</tr>
<tr>
<td>KAYAKING BY THE GLACIER</td>
<td>IMG15</td>
<td>15</td>
</tr>
</tbody>
</table>

DAY TOURS FROM SKAFTAFELL IN VATNAJÖKULL NATIONAL PARK
About 5 hrs drive from Reykjavik, 1.5 - 2 hrs from Höfn.

<table>
<thead>
<tr>
<th>TOUR NAME</th>
<th>TOUR ID</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>BLUE ICE EXPERIENCE</td>
<td>IMG21</td>
<td>16</td>
</tr>
<tr>
<td>GLACIER WALK AND ICE CLIMBING</td>
<td>IMG28</td>
<td>17</td>
</tr>
<tr>
<td>GLACIER ADVENTURE</td>
<td>IMG22</td>
<td>18</td>
</tr>
<tr>
<td>FULL DAY GLACIER ADVENTURE</td>
<td>IMG23</td>
<td>20</td>
</tr>
<tr>
<td>ICE CLIMBING</td>
<td>IMG24</td>
<td>21</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TOUR NAME</th>
<th>TOUR ID</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>SNÆFELLSJÖKULL GLACIER HIKE</td>
<td>IMG19</td>
<td>22</td>
</tr>
</tbody>
</table>

SEE NEWEST PRICES, DATES & AVAILABILITY ONLINE OR ASK AT THE NEAREST BOOKING &/OR INFORMATION CENTRE
Tel: +354 587 9999 · info@mountainguides.is · mountainguides.is
South coast sights
Skógafoss and Seljalandsfoss
Sólheimajökull glacier exploration

On this popular Iceland day tour you will be guided through the labyrinth of a glacier tongue extending down from the fourth biggest glacier in Iceland. After having explored ice sculptures, ridges, and deep crevasses we stop at the two waterfalls Skógafoss and Seljalandsfoss on our way back to Reykjavík.
INCLUDED:
Transport, guiding services and glacier equipment.

NOT INCLUDED:
Lunch (can be bought on the way).

CLOTHING:
See page 23.

MINIMUM AGE:
10 years.

Price:

Price CHILDREN: 10 - 15 years: 10.900 ISK.

TOUR DETAILS

DAILY DEPARTURES 9:00

Mon Tue Wed Thu Fri Sat Sun

PICK UP 8:30 - 8:50

ALL YEAR

*Passengers are picked up by Reykjavík Excursions and have to be ready in front of their hotel from 8:30 am. Note that the RE buses stop for only 1 min at each pick up destination and passengers that miss their pick up have to get themselves to the BSÍ bus station in time before departure.

“You need to book this trip!!! I looked over so many different glacier and ice tours before leaving for Iceland... It ended up being the highlight of our trip to Iceland, utterly breath taking!! Fantastic service and day out.” - Ross, UK

Price: 18.900 ISK.
A fun and adventurous combo
Introduction to ice climbing
Skógafoss and Seljalsfoss

On this south shore adventure heading to Sólheimajökull glacier, we combine our popular glacier walks with an easy introduction to ice climbing and visits to the two impressive waterfalls, Seljalandsfoss and Skógafoss. A memorable small-group experience that offers great photo opportunities.

TOUR DETAILS

INCLUDED:
Transport, guiding services and glacier equipment.

NOT INCLUDED:
Lunch (can be bought on the way).

CLOTHING: See page 23.

GUIDE RATIO: 6:1

MINIMUM: 2 persons.

MINIMUM AGE: 14 years.

PRICE: 24.900 ISK.

*The introduction to Ice climbing is adapted to each group and individual.
Reykjadalur hot spring hike
Sólheimajökull glacier walk
Skógafoss and Seljalandsfoss

We combine two of Iceland’s natural highlights, hot springs and glaciers for a day full of traversing remarkable landscapes. A short hike in the Hengill geothermal area, followed by a natural bath in a hot spring and a glacier walk on Sólheimajökull glacier. On our way back to town we stop at the two waterfalls Skógafoss and Seljalandsfoss.

INCLUDED:
Transport, guiding services, glacier gear and safety equipment.

NOT INCLUDED:
Lunch (can be bought on the way).

CLOTHING:
See page 23.

NOTE:
Bring swimsuit and a towel.

MINIMUM AGE:
10 years.

PRICE CHILDREN:
10 - 15 years: 21,900 ISK.

PRICE:
31,900 ISK.
HOT SPRINGS AND LAVA CAVE  IMG06

Duration 6 - 7 Hrs  |  Active 4 Hrs  |  Level Moderate

Hidden lava cave
Hike in Reykjadalur
Bathe in a natural hot spring

You will find out how lava caves are formed by exploring one of the many lava tubes in the Bláfjöll mountain range. The hike continues down through Reykjadalur, "the Steamy Valley", where it is possible to enjoy a natural bath in a warm stream.

Tour Details

Departure 12:00

Pick up 11:30 - 11:50
June 1st - Oct 31st

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

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

Clothing: See page 23.

Note:
Bring bathing suit, towel and lunch.

Minimum age: 8 years.

Price children:
8 - 15 years: 16,900 ISK.

Price:
24,900 ISK.
Reykjavík lava caving
Great hidden lava caves
Short on time, big on adventure

A great half day trip going to the Leiðarendi lava cave on the outskirts of Reykjavík. Discover the beauty of stalagmites and stalactites, learn more about the formation of lava caves and how they have played a part in many different Icelandic myths throughout the centuries.

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

NOT INCLUDED:
Lunch.

CLOTHING:
See page 23.

MINIMUM AGE:
8 years.

PRICE CHILDREN: 8 - 15 years: 6,900 ISK.

PRICE:
9,900 ISK.

DEPARTURE 8:30 & 13:30
PICK UP 8:00 - 8:20 & 13:00 - 13:20
ALL YEAR
Sólheimajökull glacier walk
Traditional Icelandic dinner
Waterfalls & Northern Lights

One of the best combo day tours available! On this amazing adventure in Iceland you will be guided through the labyrinth of a icy wonderland on a glacier walk, visit the two waterfalls, Skógafoss and Seljalandsfoss, have a traditional dinner at a local farm, and look for the Northern Lights all in the same day.

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.

*Dinner includes lamb. Vegetarian option available upon request.
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.

Pingvellir, Gullfoss and Geysir
Traditional tastes at local farms
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, Fontana Spa and a chance to see the Northern Lights! On this small group tour you experience the golden circle in a slow travel way. The late departure time means that we are able to visit the highlights of the tour after the main rush hour, giving you a more personal experience of these gems of Icelandic Nature.
Safe and easy glacier walk on Sólheimajökull glacier views
Family friendly adventure

On this informative, safe and easy glacier walk on Sólheimajökull glacier tongue, you get to explore a frozen wonderland of glacier ice, deep crevasses, and water cauldrons. You will get plenty of photo opportunities during your hike to capture this once in a lifetime experience. No technical skills are needed for this family-friendly tour and you will be provided with all glacier equipment.

**DAILY DEPARTURES**

**JUNE 1st - SEPT 30th**
9:30, 12:30 & 15:30.

**OCT 1st - MAY 31st**
10:30 & 14:30.

**TOUR DETAILS**

**MEETING POINT:**
Sólheimajökull parking area,
20 min. prior to departure.

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

**CLOTHING:** See page 23.

**MINIMUM AGE:** 8 years.

**PRICE CHILDREN:**
8 - 15 years: 6,900 ISK.

**PRICE:**
9,900 ISK.
Adventurous day on the glacier
Unique experience
Spectacular landscape

This is our most popular glacier tour on Sólheimajökull. Here, you go higher up on the glacier and you get to experience panoramic views of the glacier valley. Your expert guide will tell you all about the glacier while leading you through the frozen maze of crevasses and ice sculptures. This Glacier Exploration trip is for those wanting not only to see and walk on Sólheimajökull glacier, but to explore it and its features at length.

**MEETING POINT:**
Sólheimajökull parking area, 20 min. prior to departure.

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

**CLOTHING:** See page 23.

**MINIMUM AGE:** 10 years.

**PRICE CHILDREN:**
10 - 15 years: 9.900 ISK.

**PRICE:**
14.900 ISK.

* Available with transfer from Reykjavík, (see p. 5).
Pick up with Reykjavik Excursions starting at 8:30. Price 18.900 ISK. Children 10.900 ISK.
SÓLHEIMAJÖKULL GLACIER WALK AND ICE CLIMBING

SÓLHEIMAJÖKULL

MEETING POINT:
Sólheimajökull parking area,
30 min. prior to departure.

INCLUDED:
Guiding services, glacier gear and safety equipment.

CLOTHING:
See page 23.

GUIDE RATIO:
6:1

MINIMUM:
2 persons.

MINIMUM AGE:
14 years.

WITH TRANSFER FROM RVK:
24,900 ISK.

DURATION:
4 HRS

ON THE ICE:
3 HRS

LEVEL:
MODERATE

TOUR DETAILS

DAILY DEPARTURES

ALL YEAR
12:00

PRICE:
19,900 ISK.

A fun adventurous combo
Introduction to ice climbing
A memorable experience

On this glacier adventure, we combine our popular glacier walk with an easy introduction to ice climbing. With a small number of only 6 passengers per guide, everyone will get a chance to have a fun and easy ice climbing experience adapted to their fitness level. Don’t forget your camera as this tour offers amazing photo opportunities to share with friends and family.
**NEW**

**KAYAKING BY THE GLACIER**

Easy kayaking tour on Sólheimajökull Glacier Lagoon

**PRICE:**
12,900 ISK.

**DAILY DEPARTURES**
JUNE 1ST - SEPT 30TH
9:30, 12:30 & 15:30

**TOUR DETAILS**
**MEETING POINT:**
Sólheimajökull parking area,
30 min. prior to departure.

**INCLUDED:**
Kayak and paddle, dry suit and all technical equipment.

**NOTE:** Bring warm clothing and extra pair of socks. Make sure that you store away all non-waterproof items before the tour.

**GUIDE RATIO:** 8:1

**MINIMUM:** 2 persons.

**MINIMUM AGE:** 16 years.

**FROM REYKJAVIK:** 19,900 ISK.*

This tour is also available with transportation from Reykjavik and is operated by our partners Reykjavik Sightseeing.

---

**Kayak on a glacier lagoon**

**Amazing glacier views**

**Paddle past floating icebergs**

This Icelandic Mountain Guides exclusive brings you up close with the majestic outlet glacier Sólheimajökull. As you paddle between the ever-changing icebergs of the lagoon, you get to leave the crowds behind and admire the spellbinding glacier landscape from a wholly different perspective. With our stable sit-on-top kayaks, no prior experience is required, and the basic technique is very easy to pick up.

---

*SOLHEIMAJÖKULL*
A fun and easy glacier walk
Svíafellsjökull glacier
A unique experience

An easy glacier walk on the Svínafellsjökull glacier tongue, a breathtaking outlet glacier projecting from Vatnajökull, the largest glacier in Europe. From here, the scenery and views are simply stunning. Before entering the glacier you will be taught how to use basic glacier equipment such as crampons and ice axes. This is the first tour that the company offered and the first scheduled glacier walk tour for tourists in Iceland and to this date it is the most popular tour offered by Icelandic Mountain Guides.

PRICE: 10.900 ISK.
SKAFTAFELL

An adventurous combo
Introduction to ice climbing
A fun memorable experience

This combination of a glacier walk and ice climbing is a great way to experience the Icelandic glaciers in a fun but safe way. The ice climbing is adjusted to each group and with only 6 passengers per guide, everyone gets a time to shine. Don’t forget to bring your camera, this is a perfect opportunity to have your picture taken enjoying a real Iceland glacier adventure.

GLACIER WALK AND ICE CLIMBING IMG28

DURATION 4 HRS | ON THE ICE 3 HRS | LEVEL MODERATE

PRICE: 19.900 ISK.

DAILY DEPARTURES

SEPT 1st - JUNE 30th
12:00

JULY 1st - AUG 31st
9:30 & 14:30

TOUR DETAILS

MEETING POINT:
Icelandic Mountain Guides Sales Lodge in Skaftafell 30 min. prior to departure.

INCLUDED:
Guiding services and safety equipment.

CLOTHING: See page 23.

NOTE: Bring snack.

GUIDE RATIO: 6:1

MINIMUM: 2 persons.

MINIMUM AGE: 14 years.
Svínafellsjökull glacier walk
Go farther onto the glacier
Picturesque views

This is a moderate Glacier Walk in the majestic landscape of Svínafellsjökull glacier, surrounded by some of Iceland’s most spectacular peaks. Your experienced guide will lead you through ice sculptures, ridges and deep crevasses to places few other groups reach on the glacier. This tour is our guide’s favorite and given the long time on ice, we may even get lucky and find an Ice Cave or other beautiful glacial formations.
MEETING POINT:
Icelandic Mountain Guides Sales Lodge in Skaftafell 20 min. prior to departure.
INCLUDED:
Guiding services and safety equipment.
CLOTHING: See page 23.
NOTE: Bring snack.
MINIMUM AGE: 14 years.
PRICE CHILDREN:
14 - 15 years: 11,900 ISK.

Price: 16,900 ISK.

DAILY DEPARTURES
MAY 1ST - SEPT 30TH
9:00 & 13:00
JUNE 15TH - AUG 31ST
9:00, 9:30, 13:00 & 13:30

TOUR DETAILS

www.mountainguides.is
SKAFTAFELL
Rewarding glacier hike
The largest glacier in Europe
Panoramic views

Wander through the majestic crevasses of Svinafellsjökull Glacier. On this full day adventure you will hike up the Svinafellsjökull glacier tongue deep into the glacier valley between the summits of Hvannadalshnúkur and Hrútsfjallstindar. An experienced glacier guide will safely lead you into this frozen world and reveal to you the secrets of this largest glacier in Europe. A definite must for glacier ice as well as outdoor enthusiasts.

TOUR DETAILS

DURATION 7 HRS | ON THE ICE 6 HRS | LEVEL CHALLENGING

DAILY DEPARTURES
JUNE 1ST - AUG 31ST
9:00

MEETING POINT:
Icelandic Mountain Guides Sales Lodge in Skaftafell 20 min. prior to departure.

INCLUDED:
Guiding services and safety equipment.

CLOTHING: See page 23.

NOTE: Bring lunch and energy bars.

MINIMUM: 2 persons.
MINIMUM AGE: 16 years.

PRICE: 23,900 ISK.
Suitable for all skill levels
Emphasis on technique
The Majestic Svinafellsjökull

Svinafellsjökull 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, Svinafellsjökull glacier has everything you are looking for.
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. There are NO shops on the way so make sure you come prepared.

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 - 5 mi) that we will cover in about 6 - 8 hours.
“Our aim is always to provide a safe, fun and adventurous experience.”

Practical information
Booking is always necessary to guarantee your place.

Clothing:
Bring warm clothing for all our tours. A thick sweater, a waterproof shell, gloves and good hiking shoes may come of good use on all our tours. We rent out hiking shoes and rain clothing for a small fee, if needed just ask when you book the tour. All specific gear such as crampons and ice axes or other mountaineering equipment is always provided by Icelandic Mountain Guides.

Departures:
Departures dated in the brochure are guaranteed. Special tours for groups or private tours can be provided at any time upon request.

Cancellation policy:
Cancellation received more than 24 hours prior to departure are fully refunded. Cancellation received less than 24 hours prior to departure will be charged full price.

Security:
The Icelandic climate is rough and variable, so is the terrain. We therefore reserve the right to alter and modify our program at any time before or during the trip to ensure the safety of our clients and staff. Our highly trained guides will do their very best to ensure you a safe and pleasant journey.

Languages:
All Icelandic Mountain Guides day tours are conducted in English.

Disclaimer:
Be advised that participation in all activities is entirely at your own risk. Participants must at all times behave in a responsible manner and follow instructions and safety guidelines given by Icelandic Mountain Guides staff. Icelandic Mountain Guides do not accept any responsibility for accidents that are a result of the participant’s negligence, acts of third parties or other natural conditions beyond our control.

Prices are valid to May 31st 2019

On the ice: Time spent on a glacier during a glacier walk or ice climbing tours.
Active: Time spent outside of a vehicle on a day tour from Reykjavík.
Hiking: Time spent hiking on trails or paths.
Duration: Total duration of the tour.

DIFFICULTY LEVELS

EXTRA CLOTHING CAN BE RENTED

Please contact our office for more departures, groups and private tours
WELCOME TO ICELANDIC MOUNTAIN GUIDES

TOURIST INFORMATION
FREE BOOKINGS

OUR STAFF SPEAK 🇺🇸 🇩🇪 🇫🇷 🇳🇴

Share your Experience in Iceland with us
#IcelandicMountainGuides

HOW TO FIND US
Visit us downtown at Bankastraeti 2
Open everyday Summer 09-20 & Winter 09-19

mountainguides.is · info@mountainguides.is · Tel: +354 587 9999