



Laugavegur Trail

INFORMATION PACKAGE

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INTRODUCTION

The Volcano Trails team has included this information package to help you prepare for the adventure ahead of you.

We look forward to sharing this experience with you, and hope that you are as excited as we are.

Get ready to embark on a journey through the highlands of Iceland!

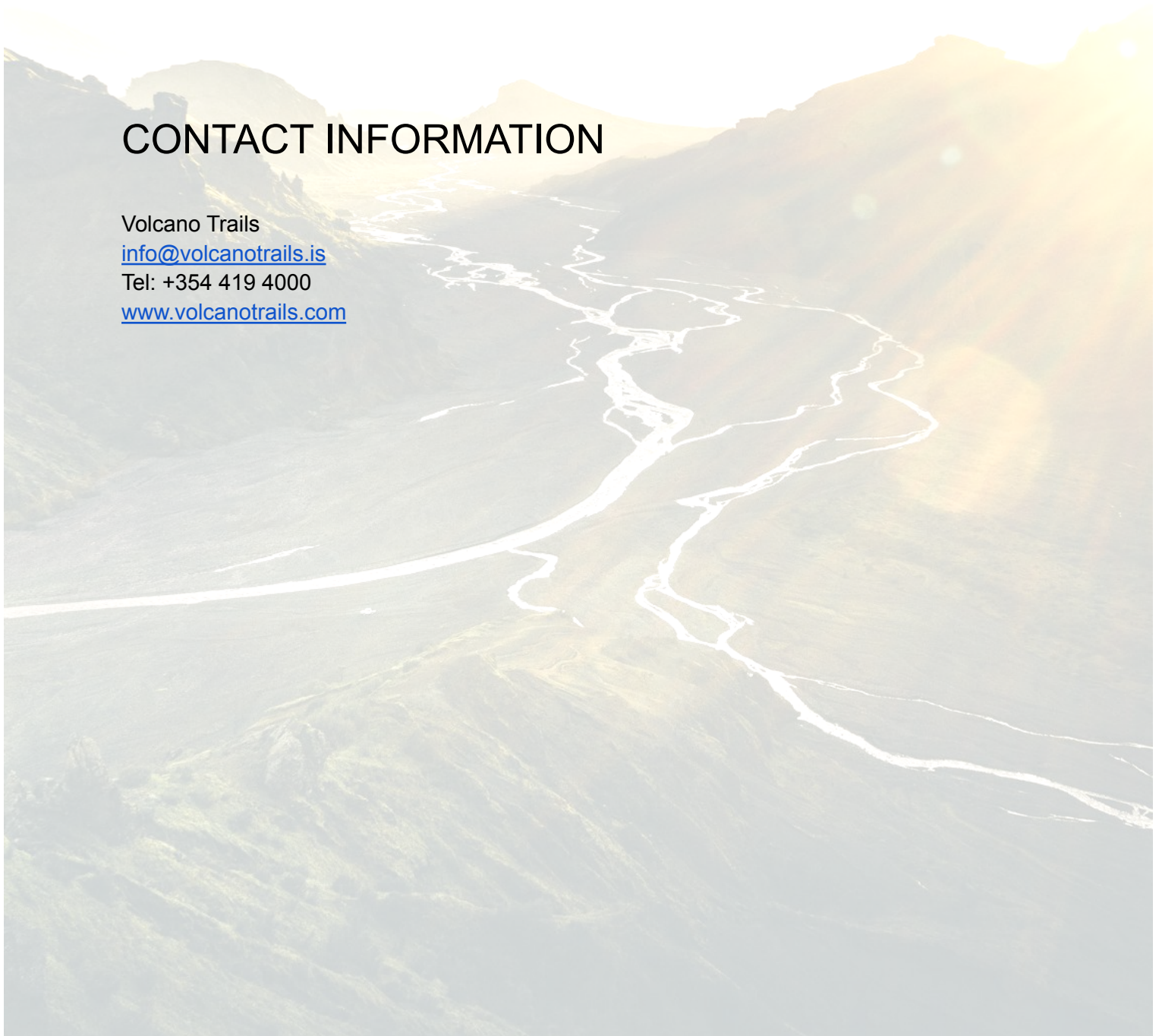
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PICK UP AND DROP OFF INFORMATION

Departure to Landmannalaugar is at 07:00 a.m. from [BSI Bus station](#) in central Reykjavik.

Your vouchers contain the bus tickets for the start and the end of your Laugavegur Trail Package.

If you are extending your stay, please contact us directly to modify the dates of the return ticket.

Start date

- Start date: The date that appears on your voucher. It is the day your trek starts.
- Departure place: BSÍ Reykjavík
- Time: 7:00 am
- Arrival place: Landmannalugar
- Arrival time: 11:15 am

Return date

- Return date: The date that appears on your voucher. It is the last day of your trek.
- Departure place: Þórsmörk, Húsadalur (Volcano Huts)
- Time: 16:00 pm
- Arrival place: BSÍ Reykjavík
- Arrival time: 19:45 pm

EQUIPMENT LIST FOR LAUGAVEGUR TRAIL PACKAGE TOUR

You will have to transport all your luggage in between huts/campsites. Try to keep your pack as light as possible but still take what you need but maybe not all that you want! Pack your spare clothes and sleeping bag in a dry bag or plastic bags. Pay good attention to your hiking shoes and make sure that they are waterproof, worn in, and up for the task ahead.

If you wish to have a luggage transfer during the trail, there are some companies that do it. Look up for “trúss” or “luggage transfer” in Google or in [Laugavegur Trail Iceland Q&A](#) Facebook Group.

What to bring:

BOOTS AND CLOTHING

- Sturdy Hiking Boots – waterproof with good ankle support.
- Long sleeve shirt (thermal underwear) – Wool or synthetic.
- T-shirt (thermal underwear), Wool or synthetic.
- Light wool or fleece sweater (2nd layer).
- Trousers – Strong and light material that dries quickly e.g. soft-shell.
- Jacket with a good hood – windproof, waterproof and breathable, e.g. Gore-Tex or comparable.
- Rain trousers – windproof, waterproof and breathable. Please note that full rain gear is mandatory in Iceland, poncho is not useful because of wind.
- Gloves – Wool or synthetic 2 pairs of different thickness.
- Socks – Wool or synthetic. Two or three pairs.
- Warm hat – Wool or synthetic.
- Swimwear if you want to bathe in the hot geothermal pool in Landmannalaugar, or/and Þórsmörk shallow pool at the Volcano Huts.

OTHER GEAR

- Backpack 25 – 40L (1500 – 2500 cu in).
- River shoes – Walking sandals or old running shoes with a good grip are a good choice, along with a pair of warm socks or neoprene socks. Open sandals or flip-flops will not do the job.
- Sleeping bag. A basic sleeping bag with no specific temperature rating is sufficient for this trek since all the huts are heated.
- Towel – lightweight and packable.
- Sunglasses & sun protection.
- Water container – thermos flask, water bottle 0.5 – 1L. or camelbak.
- Headlamp for reading and getting around the hut.
- Change of clothes for wearing in the hut.
- Personal first aid kit – including blister care.
- Prescription medication and other personal health items.
- Toiletries; Toothbrush, toothpaste, soap etc.
- Earplugs.
- Lunch box

OPTIONAL GEAR

- Walking pole(s). To preserve the vulnerable nature please keep the rubber tip protectors on.
- Power-bank / extra battery for your electronics – small solar cells usually do not work that well in Iceland, so a pre-charged power bank is a better option. Charging your electronics in the highlands often is not an option or will cost you extra. Having converters adapters for 220 V and/or USB will help.
- Gaiters (recommended for departures in June and early July).
- Pocket knife.
- Sun/rain hat or a cap. Shorts.
- Small thermal mat (to sit on for lunch breaks).
- Puffy jacket (e.g. Primaloft or down).
- Dry-bags for electronics and extra clothing.
- Slippers for indoor use.
- Pillow or pillow case (to wrap around your warm sweater or down jacket for a pillow).
- Playing cards and travel games – or other toys you might like and can travel.
- Cash– for the showers, a shower normally costs about 500 ISK.
- Book - to read during the evenings.
- Aperitif or other heart-warming spirits: Liquor laws in Iceland prohibit the sale of alcohol in most places you come by on your trip in the highlands. So, having a flask (preferably plastic or metal) to share with your fellow travelers in front of the campfire (gas heater) can be the crowning of a good day. You can take care of this duty-free upon arrival in Iceland if you like. Just follow all the Icelanders on your flight, they will take you straight to duty-free!

NOTES ON CLOTHING AND EQUIPMENT

Clothing

Dressing for Iceland is an adventure on its own, you should keep the following tips in mind and make sure your clothing meets the following criteria:

- Insulate the body from cold
- Water and wind resistant
- Maintain its insulating ability when wet
- Durable and long lasting
- Breathable to allow body moisture to escape
- Light and flexible
- Packable / compressible

Unfortunately, no single item of clothing exists that fulfills all of the demands listed above. Therefore, our challenge is to find the most efficient selection of clothing that combines all of these features, maximizing performance while minimizing space and weight. Our solution lies in the layers. When traveling in Iceland it's good to always keep in mind that layers are key!

Layering

We have learnt from experience that a 3-layer structure is the way to go. Each layer has its own specialized role and purpose. Of Properly selected, these layers can act in harmony to fulfill the demands of the adventurer and the elements. A simple layering system consists of a [transfer layer \(base layer\)](#) next to your skin, adjustable [insulating layers](#), and an [outer shell](#) to protect you from water and wind. Rather than a few warm and bulky garments, we recommend a selection of lighter and more versatile pieces that can be worn in various combinations to better manage the wide range of conditions that you will encounter in Iceland.

1st LAYER

Transfer Layer / Base Layer

Worn directly against the skin, this layer is designed to move or “wick” perspiration away from your body, thus keeping you dry from the inside. When this layer gets wet (from sweating), it is important that it maintains its insulating value while minimizing absorption. For this reason, it is generally made of wool or synthetic materials, and never of cotton. Since this layer is directly in contact with your skin, comfort is also paramount, so consider something that avoids rubbing in sensitive places. Consider packing an extra set so that you can use one for hiking and the other for comfortable evening relaxation and sleeping.

Examples: undershirt, sports bra, underwear, long underwear, socks

2nd LAYER

Insulating Layer

This is the most versatile of all layers and will be determined by activity levels as well as the outside environment. The purpose of the insulating layer is to manage body heat appropriately. Light and medium weight fleece jackets are ideal during the day, when activity levels are higher and daytime temperatures are warmer. Hiking pants should be made of light, strong, and quick-drying fabrics. Fleece pants or expedition (heavy) weight long underwear also works well. Again, garments made of cotton such as jeans are a poor option, for their lack of ability to manage moisture. On cold days and during the evenings, two insulating layers work well together to provide extra warmth. A down or PrimaLoft jacket is also a good idea to bring along, for quick access to warmth during stops and lunch breaks, as well as a light and comfortable layer for relaxing in the evenings.

Examples: toque/hat, gloves, fleece sweater/jacket of all weights, hiking pants.

3rd LAYER

Outer Shell

This layer is mainly meant to protect you from the two most threatening elements: wind and rain. The other critical function of the outer shell is the ability to allow moisture to escape or “breathe”, so as to prevent you from getting wet from the inside as a result of your own perspiration. Additional features such as hoods and zip ventilation systems allow for more precise adjustments and help to maximize warmth and comfort in the outdoors, although they are not essential. It is very important that jackets and pants in this category be waterproof, windproof, and breathable. Keep in mind that favorable weather conditions may often be such that the use of the outer shell is not needed, however it is always wise to have this layer easily accessible as conditions can change quickly.

Examples: sun/rain hat, waterproof/breathable jacket and pants, hiking boots

HEAD-TO-TOE CLOTHING GUIDE

Upper Body

For a guide to undershirts and sport bras see [Transfer Layer \(Base Layer\)/1st Layer](#) above. For light, medium, and expedition (heavy) weight sweaters and down and PrimaLoft jackets see [Insulating Layer/2nd layer](#). Information on wind and rain jackets can be found in the [Outer Shell/3rd Layer section](#).

Head

A warm toque/hat made of wool or synthetics is recommended. A lightweight sun hat is a good idea on long and sunny summer days in Iceland, as are sunglasses, especially when hiking around snow and water. A rain hat or hood will help to keep your head dry in wet conditions.

Hands

Light gloves are generally enough for summer conditions, and wool and fleece will still keep you relatively warm when wet. Waterproof over mitts are optional but could easily come in handy in wet or snowy environments.

Lower Body

For underwear and long underwear see [Transfer Layer/1st Layer](#) above. For Hiking Pants see [Insulation/2nd layer](#) above. For wind and rain pants see outer shell/3rd layer above

Feet

We cannot place enough emphasis on the importance of your feet during this trek! This involves adequate preparation before the trip and proper care on the trail. For hiking footwear, leather or synthetic boots, mid-weight, medium stiffness, waterproof hiking boots are ideal. Light hikers do not provide enough platform stability for the terrain we cover, and rigid-soled heavy hikers or mountaineering boots are likely to compromise comfort. To avoid blisters and debilitating foot conditions, it is important to wear your shoes in before beginning a long and challenging trek like this one. Please do not bring boots that you have never used before. Also remember to put a fresh coat of wax or water proofer on your boots before this trip as Iceland can be notoriously wet.

Once in camp after a long day of hiking, it is nice to be able to take off your hiking boots and put on a pair of loose, comfortable camp shoes to rest your feet. Sandals, moccasins, or other lightweight footwear are a good option. We recommend that you bring merino wool socks (or similar) designed for hiking. As discussed in the [Transfer Layer \(Base Layer\)/1st Layer](#) section above, these will maximize comfort by keeping your feet dry. We also strongly recommend bringing two or three extra pairs in case they get wet or simply for a comfortable change of socks when you reach camp. Inner liners, a thin pair of socks you wear underneath your normal hiking socks, are also nice to prevent rashes and uncomfortable blisters. No cotton socks please (are you noticing a pattern?).

River Fording Shoes

You will be crossing at least one creek/river most days on the trek, all of which involve rough, slippery riverbeds and frigidly cold water. In order to make these crossings safely, you will need a separate pair of shoes for stream crossings. Quick-drying trail runners, sandals (with straps!), old sneakers or neoprene booties are the best options. Crossing these rivers in bare feet is not advised by any means! Neoprene socks can also be a good option to help protect you from the cold waters.

Optional Extras

On the warm sunny days you may wish to change into a pair of shorts to cool off and catchan Icelandic tan! If you tend to favour shorts,we suggest considering bringing gaiters, as we will surely encounter snow and muddy crossings. Orthotics are also an optional comfort for long treks to ease the stress on the feet and lower legs, but should be purchased and fitted under the guidance of a specialist. A neck tube can be useful in protecting precious body heat from escaping, especially if you often find yourself susceptible to cold winds.

EQUIPMENT GUIDE

When it comes to equipment, weight is often the primary concern, so it is essential to carefully consider the need of each item. As you strive for the lightest possible pack, ask yourself the following questions: Do I really need it? Will it serve several functions? Is there a lighter option? Can I share the item with someone? Is there room for food, extra garments, and group gear/ snacks in my pack? One way to reduce weight without giving up anything important is to manage quantities by bringing the bare minimum for the duration of the trip. Your goal is to take what you absolutely need and not much more.

Trekking Poles

Trekking pole/s are optional but are recommended and can be useful when encountering terrain with poor footing, such as rocky trails, loose scree, slippery mud, and especially stream crossings. They also ease the load on your legs during uphill and downhill, especially if you have a heavy backpack and/or weak knees. Trekking poles come in all types, sizes, and prices. Some are incredibly light, adjustable in length and packable, whereas others include features like shock absorbing tips or camera mounts. Your choice will depend on your needs. You can also spare the room in your luggage and rent a pair from us.

Sleeping Bag

Sleeping bags are necessary on our trekking tours. You can either bring one yourself or rent one from us. We recommend a down or fiber which is lightweight and warm. For example goose down or top of the line synthetic bags. For the camping experience you will need at least a 0°C rating. We don't require any specific rating for the hut tours since they are heated up. Any warm sleeping bag will do just fine on these tours.

Water

In Iceland we are fortunate to have an abundance of pure, fresh, safe drinking water flowing in rivers and streams all over the country. The only natural water that may be unsafe to drink is from hot streams in thermal areas. We recommend filling up your water bottles at the campsites every morning and you would usually have plenty of opportunities to top them up throughout the day. Between Landmannalaugar and Thorsmork, the longest stretch we encounter without a water source is approximately 4-5 hours. For this you will need at least 1 litre of water, so please ensure your bottle or container is at least this size. On the hike up to Fimmvorduhals, you will need to bring enough water to last you the whole day. While hiking, it is important to drink water, more water, and then even more water! In Iceland it is all too common for people to not drink enough fluids while hiking, usually because of the cold temperatures in the highlands that tend to suppress thirst. Dehydration is a serious, but easily preventable condition, so remember to drink water even when you're not thirsty!

Weather

Consider yourself warned! Although it might be summer according to the calendar, Iceland's high-lands are notorious for their unpredictable weather. Conditions can change quickly and often it gets very cold and very wet in this area. It can snow in any month of the year! As we will be spending all of our time either outside or in a tent, it is necessary to bring good gear along. For detailed information on gear, please refer to the [Clothing and Equipment checklist](#) and the [Notes on Clothing and Equipment](#) section above

OTHER IMPORTANT INFORMATION

Huts

There are not a lot of options for accommodation on the Laugavegur trail but we are fortunate enough to have the option of staying in huts. These are rustic but charming highland-style huts located in remote locations, most of which are only accessible (with a 4*4) during summer.

Keep in mind that the huts on the Laugavegur trail are dormitory style so you must be prepared to share a room with others. In case you are a light sleeper, we recommend that you bring earplugs and a sleeping mask, especially during the brightest months.

Toilet facilities are located a few meters outside of the huts as well as the showers. Note that since the huts are running on solar power, there is limited (and weather dependent) electricity available and access is restricted to a few power outlets.

Charging phones and batteries costs ~1,000 ISK and is often only possible for a limited amount of time, if possible at all. Portable charging devices or power banks can come in handy if you would like to keep your devices charged in the highlands. Otherwise, we recommend to enjoy the moment, take in the beautiful nature and spending time with your fellow travelers. These are the memories you will want to look back on...

Showers

There are showers at all huts/campsites except for the one in Hrafninnusker. Showers usually cost ~500 ISK which is not included in the price. You can purchase a voucher or coins at the warden hut in each area, they take both cash and credit cards. You might find that they are not always warm but quite refreshing after a long day of hiking.

Luggage and Luggage Storage

If you have extra luggage that you won't be needing on the trek, we recommend storing it in Reykjavík. [Luggage Lockers](#) offers the option to keep your bags in different locations in Reykjavík.

We recommend that you have your hiking boots and a set of thermal layer in your carry-on when traveling to Iceland in case your luggage gets lost on the flight.

Drinks

If you would like to enjoy a beer, a glass of wine or a soda or juice (alcoholic or non-alcoholic) after a long day of hiking, then please bring this along on the tour since there will not be many (if any) chances to buy them in the highlands.

Meals and Special Food

No meals are included when hiking. Only one dinner in Volcano Huts when you finish the trail in Þórsmörk, and breakfast the morning you leave for Reykjavík.

You need to carry your meals but you can lighten your carriage by buying meals from our tiny restaurant in Álftavatn. [Here is the link](#) to where you book the meals.

- DAY1 - Need to carry lunch and dinner
- DAY2 - Need to carry breakfast and lunch. - Dinner at [Álftavatn](#)
- DAY3 - Breakfast and lunch pack from Álftavatn - Need to carry dinner
- DAY4 - Need to carry breakfast and lunch - Dinner at Volcano Huts (included) in Þórsmörk.
- DAY5 - Breakfast at Volcano Huts. You can buy lunch on spot additionally if you want to spend this day hiking around Þórsmörk.

ITINERARY

DAY 1

REYKJAVÍK - LANDMANNALAUGAR - HRAFNTINNUSKER

Take the public bus from [BSI bus terminal](#) at 07:00 am, that during the summer months drives the mountain tracks that lead to Landmannalaugar, passing by the Hekla volcano and other volcanoes in the Dómadalur area. Arriving in Landmannalaugar at noon, you can have lunch and then head south into the mountains. The trail takes us past small gorges, steaming hot springs and yellow mountain ridges. Arrival at Hrafninnusker mountain hut, where you will stay the night, in the late afternoon.

Distance: 12 km (7.5 mi)

Walking time: 4 - 5 hrs

Ascent: 470 m (1540 ft)

- Starting coordinates: GPS: N63°59.600 – W19°03.660
- GPS Coordinates Hrafninnusker Hut: N 63°56.014 - W 19°10.109
- Phone number Hrafninnusker Hut: +354 499 1035

DAY 2

HRAFNTINNUSKER - ÁLFTAVATN

From Hrafninnusker, descend down into the gullies of Jökultungur with hundreds of steaming hot springs and mud pools. Up there we enjoy fascinating views to the south to the Álftavatn area (Swan Lake), and the Mýrdalsjökull and Eyjafjallajökull glaciers. In the afternoon, you will arrive at Álftavatn hut where we stay the night.

Distance: 12 km (7.5 mi)

Walking time: 4 - 5 hrs

Descent: 490 m (1610 ft)

We recommend, if you have not done yet, to book meals in Álftavatn hut:

<https://volcanotrails.com/iceland/alftavatn/>

- Starting coordinates: N 63°56.014 - W 19°10.109
- GPS Coordinates Álftavatn Hut: N 63°51.470 - W 19°13.640
- Phone number Álftavatn Hut: +354 499 0721

DAY 3

ÁLFTAVATN - EMSTRUR (BOTNAR)

You will pass at the foot of the green conic volcano of Stórasúla before entering the black deserts of Mælifellssandur. Heading towards another ancient and verdurous volcano, the Hattfell, enter the Emstrur region where farmers used to graze their sheep in summer. Before arriving at the Emstrur hut where you will stay the night, you can visit the magnificent Markarfljót canyon cut almost 200 m down into the rocks south of Hattfell.

Distance: 16 km (10 mi)

Walking time: 6 - 7 hrs

Descent: 40 m (130 ft)

- Starting coordinates: N 63°51.470 - W 19°13.640
- GPS Coordinates Emstrur: N 63°45.980 - W 19°22.450
- Phone number Emstrur: +354 499 0647

DAY 4

EMSTRUR - ÞÓRSMÖRK

We continue up and down through the small valleys and gullies of Emstrur, where the great Mýrdalsjökull glacier rises only a couple of kilometers away. As our hike is coming to an end for the day, we descend into Þórsmörk's (the woods of Thor) green valleys filled with arctic birch forests and colorful flowers. After arriving at the huts in Þórsmörk, enjoy your dinner.

Distance: 17 km (10.5 mi)

Walking time: 6 - 7 hrs

Descent: 300 m (985 ft)

- Starting coordinates: N 63°45.980 - W 19°22.450
- GPS Coordinates Volcano Huts: N 63°45.980 – W 19°22.480
- Phone number Volcano Huts: +354 419 4000

DAY 5

ÞÓRSMÖRK - REYKJAVÍK

Spend the morning in Þórsmörk where we walk along one of numerous paths. For example, you can visit the Sönghellir cave (Song cave), climb up the small mountain of Valahnúkur from where a magnificent view can be enjoyed, before taking the afternoon bus to Reykjavík. Arrival at Reykjavik BSI bus terminal where the trip ends.

Please note

All of the huts are heated, some have electricity and some have hot water. They have bunk rooms with single and twin beds, participants have to be prepared to share a bunk with other travelers from the group.

OPTIONAL EXTENSION DAY 6

OPTION 1

ÞÓRSGATA VOLCANO TRAIL

The Þórsgata Volcano Trail is one of the most beautiful and versatile trails in Iceland and offers unrivalled views of the Þórsmörk Nature Reserve and the neighbouring mountains, volcanoes, glaciers and valleys. The Þórsgata Trail sits right between the two iconic trails Laugavegur and Fimmvörðuháls and is an ideal extension for anyone planning to hike these two trails.

The trail is ideal for both hiking and for trail running with the Volcano Huts as basecamp. One of the most popular trail-running competitions in Iceland, the Þórsgata Volcano Trail Run is staged on parts of this trail.

The trail has detours and shortcuts so it is easy to adjust to the form of each hiker.

Distance: 17 km (10.6 mi)

Walking time: 6 hrs

Ascent: 650 m (2.132 ft)

Descent: 650 m 2.132 ft

Extra day accommodation at the Volcano Huts is not included in the package. Please [contact us](#) directly to check on availability.

There are many more trails around the Volcano Huts. Other options can be found in the "[Þórsmörk Volcano Trails](#)" page.

In order to change the return date of your Highland Ticket, please contact us directly.

OPTION 2

ÞÓRSMÖRK - FIMMVÖRÐUHÁLS - ÞÓRSMÖRK

Climb up the hills leading to the pass of Fimmvörðuháls, walking along the Kattarhryggir ridges with views to the impressive mountain of Útigönguhöfði up to Morinsheiði heath. At the end of the Morinsheiði plateau, enjoy the view of the lava stream that flowed down from the Fimmvörðuháls volcano in March and early April 2010. As you gain height above Morinsheiði we come to the lava and then to the two craters Magni and Móði that erupted prior to the main Eyjafjallajökull crater. Head back to Þórsmörk with the magnificent view over the glaciers and this beautiful valley, spend the night at the Volcano Huts.

Distance: 20 km (12.5 mi)

Walking time: 6 - 7 hrs

Ascent: 900 m (2953 ft)

Descent: 900 m

Extra day accommodation at the Volcano Huts is not included in the package. Please [contact us](#) directly to check on availability at the hut.

In order to change the return date of your Highland Ticket, please contact us directly.

OPTION 3

ÞÓRSMÖRK - FIMMVÖRÐUHÁLS

The route across Fimmvörðuháls lies between two glaciers, Eyjafjallajökull and Mýrdalsjökull, and connects Skógar to Þórsmörk.

This is one of the most popular hiking trails in Iceland, but possibly also one of the most dangerous due to the rapid changes in the weather that may occur during any season. While it can be calm and sunny in the lowlands of Skógar and Þórsmörk the weather at the peak of the trail (approx. 1000m above sea level) can be totally different. Brute force winds, rain, fog and even a snowstorm with almost no visibility are not uncommon. It is therefore recommended that hikers have extra warm clothes in their backpack.

The largest part of the route is marked with stakes and the trail itself is mostly obvious except at the top where it is covered with snow and can be unclear. All who hike across Fimmvörðuháls should be equipped with a good map, compass and a GPS device.

From Skógá and down to Þórsmörk on the other side there is little to no water.

Distance: 24-30 km (15.5 mi)

Walking time: 8-12 hrs

Ascent: 900 m (2953 ft)

Descent: 900 m

The bus departs from Skógar towards Reykjavík at 10:00 am, for which you would have to stay overnight in Skógar camping or in one of the few hotels/hostels in the town.

In order to return from Skógar, please contact us so we can modify your Highland Bus return date and place.

OTHER

Risks and safety

The Laugavegur Hiking Trail is truly a rewarding trek in good conditions but keep in mind that weather, bad luck and insufficient preparation can change your journey into a bad experience. Mobile service is available on some parts of the trail but very limited in others. Electricity to charge mobile phones is not available, except at the Volcano Huts in Þórsmörk.

Weather is a deciding factor and can change very quickly. Very strong winds with heavy rain, hail, fog and even snow can occur with little warning. Sudden change in weather may cause a severe drop or rise in temperature. Always check the weather forecast and make sure that you stay warm, and that your equipment and clothes stay dry in your pack.

Most outdoor-related fatalities in Iceland are related to cold and bad weather, resulting in hypothermia.

Sudden rain or rise in temperature may cause flash floods in streams and rivers. Wait for other travellers to come by if you are unsure about crossing a river. Learn how to cross rivers before you go. Google it, then practice!

Wandering away from the trail can be rewarding in some places but be sure to find your way back to the marked trail. Make sure someone knows about your travel plans and stick to the plan, or inform someone about changes to your plan.

We strongly advise all travellers to list their travel plans online with [Safetravel.is](https://safetravel.is) and even download the Icelandic emergency App 112 for smartphones.

You can also sign your name at a safety list in all the huts along the trail but listing with [Safe Travel](https://safetravel.is) a far better way to ensure your safety.

Follow these steps and ensure your safety

- Leave your travel plan online with [Safetravel.is](https://safetravel.is)
- Stay warm and stay dry
- Keep your clothes and equipment dry in your pack
- Cross rivers where they are wide and with great caution
- Do not cross rivers if unsure and alone – wait for others to come by
- Carry a first aid kit and practice first aid procedures
- Carry a map & compass and/or a GPS – know how to use it!
- Share your safety tips & stories with other travellers on our [Facebook page](https://www.facebook.com/safetravel.is)

Leave no trace

Because of the unique nature of the Laugavegur Hiking Trail, thousands of hikers from all over the world come to experience its wonders. We all want to experience it in its most natural and unspoilt condition, so let's all try to make as little impact on its nature as possible. The soil and vegetation in the Icelandic highlands are especially fragile and any damage to it can cause massive erosion and take years to heal.

Tread lightly and stay on the path, don't litter and respect the land. Simple as that!

Share your tips, tricks and stories about how to minimize the impact on nature on our [Facebook page](#).

FAQ

- Will we be able to shower on the trek?

You can shower in the huts that have showers available, some huts do not have any shower facilities. Where showers are available there is a small fee to use them.

- How are the toilet facilities?

Some huts have flushable toilets, others have outhouses.

- Will the huts have running water?

There will be running cold water in all the huts. You will need to heat water to get hot water.

- Do the mountain huts have dormitory rooms/private rooms?

There is a private room upgrade available in Þórsmörk at the Volcano Huts. The rest of the mountain huts have no private rooms available, all rooms are dormitories.

- Can I charge my phone/camera in the hotels/huts?

We recommend bringing a power bank to charge your electronic devices. The huts do not have electricity. There is a slight chance the wardens will be able to charge for you for a fee of ISK 500.

- Can I connect to the internet?

It is not possible to connect to WiFi in any of the huts but at the Volcano Huts. You might be able to connect to 4G in some of them as well as along the trail.

- How is the phone coverage on the Laugavegur Trail?

Phone connection can be unstable on the trail and you might have to go to the nearest hilltop to find a network.

Further Questions? You should now be prepared for your upcoming highland adventure. If you have any questions then please don't hesitate to contact us at info@volcanotrails.is