



Laugavegur | Iceland
Laugavegur Trek
Hut to Hut Trekking Tour

From \$2,440 / 5 days

[Check Availability](#)

Duration: 5 days
Season: June–September
Difficulty: Moderate/Challenging
Accommodation: Mountain Huts

Arriving in Iceland feels like stepping into another world – quiet, powerful, and shaped by fire and ice. The Laugavegur trail leads you deep into the highlands across 56 km of ever-changing terrain: steaming geothermal fields, rhyolite slopes washed in color, black deserts, bright green valleys, and glaciers rising at the horizon. Each day brings new contrast and texture, each night a warm hut tucked into the wild. The hike is demanding enough to feel earned, yet accessible for strong, motivated trekkers who want to move with purpose. Four days here can shift your sense of scale and beauty – you leave with tired legs, a full heart, and the feeling that you’ve walked through something rare. The Laugavegur doesn’t just show you Iceland – it stays with you long after the trail ends.

Why Laugavegur Captures the Imagination



A trail considered one of the finest multi-day hikes on the planet



Steam vents, painted mountains, obsidian plains, and moss-bright valleys in one journey



A landscape that feels like myth – alive, shifting, and ancient



Days of contrast, evenings in cozy mountain huts beneath wide Icelandic skies

Laugavegur Trek

5 days

Guided and supported 5-day Laugavegur trekking tour with luggage transfer.

This classic route delivers unforgettable scenery: starting in the geothermal valley of Landmannalaugar, crossing the base of Eyjafjallajökull, and ending in lush Thorsmork. You'll hike with only a light daypack while your main luggage is transferred between huts. All meals are included for a comfortable, stress-free adventure.

Day 1: Reykjavik City to Landmannalaugar

The tour begins in Reykjavik with pickup from your hotel or designated bus stop starting at 8:30 AM. From there, we take a scenic journey from the South Coast into the Highlands, heading toward Landmannalaugar.

Along the way, we stop at several beautiful landmarks, including Hjalparfoss waterfall, Sigöldugljúfur canyon, and the volcanic crater lakes Hnausapollur and Frostastaðaháls, all set among striking lava fields and colorful terrain.

We arrive in Landmannalaugar around 1:00 PM for lunch before setting out on a warm-up hike through the Laugahraun lava field and up to the summit of Bláfell (about 10 km round trip). The views are spectacular and offer a perfect introduction to the Highlands.

After the hike, we unwind in the natural geothermal pool at Landmannalaugar — a relaxing finish before gathering for dinner.

Included Services

Road trip to Landmannalaugar • Lunch pack (day refreshment + snack) • Dinner • Hut accommodation (sleeping bag, shared space) • Luggage transport • Professional guide • Facility/campsite fee

Accommodation

We stay in mountain huts with shared accommodation and access to toilets and drinkable water. Hot showers are available for 1,100 ISK (about 8 EUR) and are not included in the tour. In Landmannalaugar, a small store offers coffee, tea, soft drinks, and snacks.



Hiking Distance: 8 km / 4.9 mi
Hiking Time: 4 hours
Elevation Gain: 470 m / 1540 ft
- Ascent
Elevation Loss:
- Descent

Day 2 Begins

Day 2: Landmannalaugar – Lake Álftavatn

The day begins with breakfast, and during that time everyone prepares their lunch pack for the hike. Trekkers carry only what they need for the day — lunch, snacks, and extra clothing. All remaining luggage is transported by 4x4 vehicle to the next campsite.

We start by hiking through the Laugahraun lava field toward Brennisteinsalda. Along the way, we pass bubbling hot springs, steaming rivers, colorful rhyolite mountains, and impressive lava formations as we make our way up to Hrafninnusker, about 1,100 meters above sea level. The views are outstanding, offering wide panoramas of volcanic landscapes and nearby glaciers. The area is also known for its rich obsidian deposits, a natural black volcanic glass.

Hrafninnusker lies roughly halfway between Landmannalaugar and Álftavatn, our final stop for the day. From there, we descend to Lake Álftavatn, where we stay overnight. A dry-toilet facility is available at Hrafninnusker.

Included Services

Breakfast • Lunch pack (refreshment + snack) • Dinner • Hut accommodation (sleeping bag, shared space) • Luggage transport • Professional guide • Facility fee

Accommodation

Mountain hut with shared accommodation, access to water toilets, and drinkable water. Hot showers are available for 1,100 ISK (8 EUR) and are not included in the tour.



Hiking Distance: 24 km / 14.9 mi
Hiking Time: 7 - 8 hours
Elevation Gain: 510 m / 1,673 ft
- Ascent
Elevation Loss: 925 m / 3,035 ft
- Descent

Laugavegur Trek

5 days

Day 3: Álftavatn – Emstrur

The day begins with breakfast and preparing your lunch and snacks for the hike. We start by taking in the views of Lake Álftavatn, set in the heart of the Highlands and surrounded by striking volcanic scenery. Its clear waters reflect nearby mountains and lava fields, creating a truly memorable landscape.

As we continue, the terrain shifts toward Mælifellssandur, with black sand plains, green hills in the distance, and impressive views of Mýrdalsjökull glacier, beneath which the Katla volcano rests. Along the way, we also have the chance to see the dramatic Markarfjótsgljúfur canyon.

We spend the night in the Emstrur hut, where dinner is served, followed by a short evening walk to explore the nearby canyon.

Included Services

Breakfast • Lunch pack (refreshment + snack) • Dinner • Hut accommodation (sleeping bag, shared space) • Luggage transport • Professional guide • Facility fee

Accommodation

Mountain hut with shared accommodation, access to water toilets, and drinkable water. Hot showers are available for 1,100 ISK (8 EUR) and are not included in the tour.



Hiking Distance: 15 km / 9.5 mi
Hiking Time: 7 - 8 hours
Elevation Gain: 260 m / 853 ft
- Ascent
Elevation Loss: 258 m / 846 ft
- Descent

Day 4 Begins

Day 4: Emstur – Thorsmörk

After breakfast and preparing for the day's hike, we begin our journey toward the stunning Þórsmörk valley. This stage of the trek is incredibly varied, offering wide views of volcanic plains, deep river canyons, and mountains sculpted by centuries of glacial activity.

As we move closer to Þórsmörk, the dramatic highland terrain gradually transitions into a greener, more sheltered landscape. The valley itself is a true highlight—an oasis filled with birch forests, winding trails, and protected pockets of vegetation framed by the glaciers Eyjafjallajökull and Mýrdalsjökull.

The contrast between the rugged Highlands and the lush, welcoming valley makes this one of the most memorable days on the Laugavegur trail.

Included Services

Breakfast • Lunch pack (refreshment + snack) • Dinner • Hut accommodation (sleeping bag, shared space) • Luggage transport • Professional guide • Facility fee

Accommodation

Mountain hut with shared accommodation, access to water toilets, and drinkable water. Hot showers are available for 1,100 ISK (8 EUR) and are not included in the tour. Spacious cabin with a well-equipped kitchen and a shared common room for dining and relaxing.



Hiking Distance: 15 km / 9.5 mi
Hiking Time: 6-7 hours
Elevation Gain: 150 m / 492 ft
- Ascent
Elevation Loss: 750 m / 2,461 ft
- Descent

Laugavegur Trek

5 days

Day 5: Thorsmörk – Reykjavík City

We wake up in the birch forest of Básar in the Þórsmörk valley and enjoy breakfast before heading out on a hike to one of the nearby peaks. From the top, we're rewarded with panoramic views of Eyjafjallajökull, Mýrdalsjökull, and the surrounding valleys and mountains of Þórsmörk.

After the hike, we return to the hut for lunch before beginning our journey back. A 4x4 truck will take us from Þórsmörk to the main road and onward to Reykjavík. Estimated arrival in the city, with drop-off at your hotel, is between 17:00 and 18:00.

A short hike through Stakkholtsgjá canyon and a sightseeing stop at Seljalandsfoss waterfall are optional additions on the way out of Þórsmörk.

Included Services

Breakfast • Lunch • Professional guide •
Transport to Reykjavík City in 4x4 Highland
Vehicle



To view a map of
the trek, simply
click this link below

<https://www.google.com/maps/d/u/0/edit?mid=1wJGCOOTeGO4iXROicOIV9K0RdJs520I&usp=sharing>



Hiking Distance: 5 km / 3.11 mi
Hiking Time: 2.5 - 3 hours
Elevation Gain: 275 m / 902 ft
- Ascent
Elevation Loss:
- Descent



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STAYING IN THE HIGHLANDS

RUSTIC ACCOMMODATION & HEARTY MEALS WITH HIGHLANDS CHARME

Rustic Mountain Huts



Our Laugavegur adventure blends the comfort of mountain huts with the rugged beauty of the Icelandic Highlands. Each hut is heated and offers simple, dorm-style sleeping arrangements with shared rooms featuring bunk beds or communal platforms with mattresses. In some huts, mattresses may be double-width, so sleeping close to a fellow traveler is part of the experience. The atmosphere is friendly and communal—perfect for unwinding together after a day on the trail.

Some huts offer electricity and hot water, but there are no personal charging stations, so bringing a power bank is essential. All huts and campsites have bathroom facilities, and hot showers are available for a small fee paid directly to the warden. Bathrooms include toilet paper and hand soap, but trekkers should pack their own toiletries such as shampoo, towels, and washcloths.

FRESH, HEARTY MEALS TO FUEL YOUR JOURNEY.

Eating on the Trail

Meals are a shared experience on this tour. Trekkers, guides, and the team prepare food together, creating a relaxed atmosphere where it's easy to connect with others after a day on the trail.

If you follow a specific diet—vegetarian, pescatarian, vegan, gluten-free, or anything else—we can arrange suitable options for a small additional cost. Ordering the supplement helps the guides plan well and ensures everyone enjoys meals that fit their needs. Just let us know your dietary requirements at checkout so we can prepare in advance.

Please bring a reusable water bottle. You can fill it at the huts and campsites, where the tap water is clean and safe to drink.

There are also fresh mountain streams along the way that many hikers use to top up their water during the day.



MEET OUR (YOUR) GUIDES

LOCAL EXPERTS WHO BRING THE TRAIL TO LIFE WITH GUIDANCE YOU CAN TRUST EVERY STEP OF THE WAY

Your Expert on the Trail



Our guides are the heart of this adventure. They know the Highlands inside and out and bring the landscape to life with stories, local insight, and a deep respect for the trail. Their focus is always on your safety, comfort, and experience. They set the pace, keep the group supported, and make sure everyone feels included—whether you're a seasoned hiker or experiencing Iceland's wilderness for the first time.

Along the way, they help with route decisions, river crossings, weather assessments, and daily planning, so you can simply enjoy the walk. They also create a welcoming atmosphere in the huts, help with meals, and encourage a sense of community within the group.

With their calm leadership and genuine enthusiasm, our guides turn a beautiful trek into an unforgettable journey.

REVIEWS FROM OUR TREKKERS

WHY GUESTS LOVE TREKKING WITH US

Real stories from real travelers

We often hear the same themes from our trekkers, and their words have become part of our story. Guests tell us how the Highlands surprised them—how the colors of Landmannalaugar felt unreal, how the silence along the trail stayed with them long after the hike was over, and how arriving in Þórsmörk felt like stepping into another world. Many share that they felt supported from the moment they met their guide, especially during river crossings or steep sections where steady leadership makes all the difference.

We're told that the huts felt friendlier than expected, that meals brought everyone together, and that the camaraderie became one of the best parts of the experience. Over and over, guests say the same thing: this trek wasn't just a hike—it was a journey that left them inspired, confident, and grateful to have shared the trail with others.





GOOD TO KNOW BEFORE YOU

HELPFUL DETAILS TO MAKE YOUR TREK SMOOTH AND ENJOYABLE

What's Included

Your journey is supported from the moment we meet.

Here's what you can count on:

- A knowledgeable, English-speaking local guide who knows the Highlands inside and out
- Multi-day trekking adventure with overnight stays in mountain huts and/or hotels (per itinerary)

- All accommodations during the tour
- Most meals on the trail, plus refreshments as noted
- Full access to cooking and kitchen equipment
- Transportation from Reykjavík to the trail and back
- Any transport needed during the tour
- All safety gear required for the journey
- Daily luggage transfer between huts

Rental Gear we can supply upon your arrival

- Hiking boots, poles, waterproof layers
- Sleeping bag rental
- Supplements for special dietary needs

Contact us for a full list of equipment available for rent.

What's not Included

Please plan for the following personal expenses:

- Flights to and from Iceland
- Pre- and post-tour accommodations
- Any meals not listed in the daily itinerary
- Personal hiking gear and sleeping bag (rentals available)
- Showers in the huts (approximately 1,000 ISK, paid on-site)
- Travel or medical insurance (recommended)
- Gratuities for guides
- Airport Transfers and Optional add-ons





Fitness Level & Daily Expectations

Your journey is supported from the moment we meet.

This trek covers multiple full days in varied terrain, so good physical fitness is important. Expect 3–8 hours of hiking per day with changes in elevation and volcanic surfaces underfoot. If you enjoy active days and steady challenges, you'll find this adventure deeply rewarding.

You'll only carry a light daypack with essentials—lunch, water, rain gear, river-crossing shoes, medication, and items needed for the day. Your main bag is moved each afternoon to your overnight hut.

For those who book a glacier hike, no prior experience is needed.

Your guide will show you how to use crampons, a harness, and an ice axe, and will lead the group at a comfortable, steady pace.

Group Size & Age Requirements

Groups are intentionally kept small—usually **6–16 hikers**—to ensure a comfortable pace and personal connection with your guide.

Accommodation in huts is always shared. Hotel nights (when included) are based on double occupancy, with single rooms available for an extra fee.

Minimum age is **18**, but teens **15+** may join with a parent or guardian on a case-by-case basis. Please reach out if traveling with someone under 18 so we can make arrangements.

Solo Travelers Welcome

Solo hikers fit naturally into our groups and are always welcome. Many of our guests join on their own and quickly connect with others on the trail. There's no extra charge for sharing a hut room, and you'll be part of a friendly, encouraging group from day one. If your itinerary includes a hotel night, single rooms can often be arranged for an added supplement, depending on availability. It's a great option for anyone who enjoys a little extra privacy before or after the trekking days.



Supported Trek / Luggage Transfer

Your main luggage is transported for you, making the hike more comfortable and allowing you to enjoy the trail with a light daypack. You'll only carry the essentials for the day—lunch, water, medication, sunglasses, river-crossing shoes, rain gear, and any extra layers you may need.



What to Bring

Clothing & Footwear

Bring comfortable, weather-ready layers that dry quickly and keep you warm:

- Waterproof hiking boots with solid ankle support
- Shoes for river crossings (sandals or old running shoes + warm socks)
- Waterproof, breathable jacket with hood
- Insulating jacket or warm layer

- Fleece or light wool mid-layer
- Long-sleeve shirts
- Quick-dry T-shirts (avoid cotton)
- Soft-shell hiking pants
- Waterproof rain pants
- Hat, gloves (two weights), sunhat
- Thermal base layers
- Wool or synthetic socks
- Comfortable clothes and shoes for the huts
- Swimwear for geothermal baths
- Gaiters (optional)

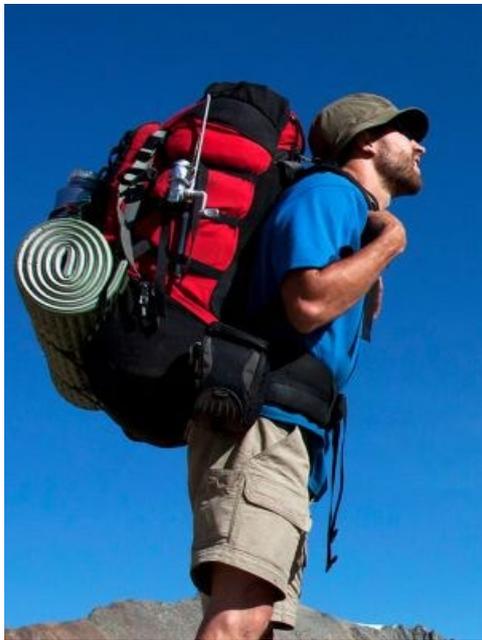
Packing Notes

Iceland's weather can change within minutes. Dressing in layers is the best way to stay comfortable—start with a light wool base, add insulation, and finish with a waterproof outer shell.

Luggage space is limited, so keep your main bag to **one duffel up to 20 kg**. If you need to store extra luggage, you'll find lockers at the BSI Bus Terminal in Reykjavík.

For glacier days, all technical gear (helmet, harness, crampons, ice axe) is provided. Minimum boot size for crampons is EU 35.

Notes:



...What to Bring

Gear & Personal Items

- Waterproof duffel for overnight gear (up to 20 kg)
 - Daypack (25–40 L)
 - Sleeping bag
 - Travel pillow
 - Small sit-pad (optional)
 - Hiking poles (optional but useful)
-
- Lightweight towel
 - Water bottle or hydration bladder (2 L)
 - Lunch box
 - Pocket knife
 - Headlamp
 - Sunglasses
 - Toiletries and personal medication
 - Earplugs
 - Portable power bank
 - Dry bags for electronics
 - Camera (always recommended)
 - A small treat or aperitif for the evenings (alcohol cannot be purchased in huts)

Notes:



Getting Here & Meeting Point

Most travelers arrive through **Keflavík International Airport (KEF)**. From there, it's a 45-minute transfer into Reykjavík by shuttle or taxi.

We strongly recommend flying in **the day before the trek**. Early-morning arrivals from North America can technically make the meeting time, but delays could cause you to miss the tour departure.

Your meeting point depends on the itinerary—it may be Reykjavík City Hall, Hallgrímskirkja, or the Reykjavík Campsite. Departure is usually between **7:00–7:30 AM**. After check-in with your guide, a scenic drive brings you straight into the Highlands to begin your journey.

Safety & Peace of Mind

Your safety is always our priority, and we want you to feel fully supported before and during your adventure. We strongly encourage all travelers to carry both travel and medical insurance. It's the best way to protect yourself in case of unexpected changes, illness, or delays.

For those looking for a simple option designed specifically for adventure travel, Redpoint offers coverage that works well for remote areas like the Highlands. Their plans include trip interruption, medical assistance, evacuation, and other protections that give you confidence while exploring Iceland's wilderness. Once your booking is confirmed, you'll have the opportunity to review and purchase their coverage if you choose. And of course, if you have questions, we're here to help.

About Volcanic Activity in Iceland

Iceland is known for its volcanic landscape—it's part of what makes the country so unique. Eruptions happen from time to time and are closely monitored by experts. We understand that news reports can raise concerns, so here's what you need to know from our local team on the ground:

- **Flights continue to operate normally.** International and domestic airports are open and running on schedule.
- **Recent eruptions have been very localized.** Services across the country, including in Reykjavík, are operating as usual.
- **Our tours take place far from active areas.** The regions we visit are unaffected and remain safe for travel.
- **Local authorities and guides monitor conditions constantly.** If anything were to impact your tour, we would update you immediately.

Travelers often tell us that understanding the situation clearly helps them feel at ease—and Iceland remains one of the safest adventure destinations in the world.

If you'd like more information, feel free to reach out. You can also visit official sites like Visit Iceland or the Icelandic Meteorological Office for daily updates.