

LAUGAVEGUR TRAIL ICELAND



Highlights

- Experience the cinematic landscapes and crisp clean air on this 4-day unique trekking journey in Southern Iceland
- Marvel at endless black deserts, rough volcanic mountain ranges, glistening glaciers and lush geothermal oasis of the majestic Icelandic Highlands
- Every day offers it's own unique beauty as the fire and ice trail leads through landscapes spanning gorges, glaciers and multicoloured rhyolite mountains
- Cross plateaus of solidified black volcanic rock that make you feel like you're taking a stroll on the moon
- Pull up a front-row seat to the soft pinkish hue of the midnight sun whilst camping in the vast landscapes
- Learn about the unique Icelandic geology and wonderful folk tales from your local guides
- Take on one of National Geographic's "20 Best Hikes in the World"
- Plus a chance to immerse yourself in the cyan geothermal warm waters of the Blue Lagoon
- Be in your element amid an environment of extreme elements
- #ewecandoit



WELCOME

Overview

It's a vast volcanic landscape where mighty forces shape the earth: geysers gush, mudpots bubble, ice-covered volcanoes rumble and glaciers cut great pathways through the mountains. This is your chance to immerse yourself in 70km journey by foot along the Laugavegur trail from Landmannalaugar to Thorsmörk. Experience the uninhabited wilderness of Iceland discovering the most varied scenery this exceptional country has to offer.

With steam rising from the ground and snowy peaks sparkling in the distance, the cinematic landscape is set for your incredible adventure. Your route travels along rugged fields of solid lava covered with thick green moss and patches of snow, across colourful rhyolite hills, icy glaciers, ancient lava fields and desolate highlands. You'll feel the chilling temperatures of crossing glacial rivers to soaking in warm geothermal hot springs that are dotted along the trail. Enjoy vast campsites and locally cooked meals as the sun hovers low in the sky for hours bringing changing tints to the majestic landscape, a photographers and adventurers paradise.

Get set for a colourful adventure with rhyolite hills streaked in orange gravel, pale blue tarns, black sand deserts, exquisite skylines of soft pinkish hues, green rolling hills, titanic icy masses of white glacier caps and the hues of azure at the famous Blue Lagoon will be one that you'll treasure for years to come.

Take on this **Nat Geo 20 Best Hikes in the World** with Adventurous Ewe and not only will you have an incredible and insightful trek, you can take pride in knowing your journey will help continue our support of the leading climate change charity, **Cool Earth**.





TRIP SUMMARY



Activity: Trekking
Duration: 6 days & 5 nights
Active days: 4 days trekking
Distance: Approx 68kms in total
Accommodation: Camping and hostel
Cost: Deposit: £175 per person
Remaining balance: £1,150 per person

Group size: 10 – 24 people
Level of difficulty: ■■■■■
Tough
Dates: July - August

ROUTE MAP

Get ready for an adventure



DAY 1 TREK

Landmannahellir to Landmannalaugar (6 hours trekking approx. 13.5 km)

DAY 2 TREK

Landmannalaugar to Álftavatn (9 hours trekking approx. 25 km)

DAY 3 TREK

Álftavatn to Emstrur (7 hours trekking approx. 15 km)

DAY 4 TREK

Emstrur – Thorsmörk (7 hours trekking approx. 15 km)



ITINERARY

2 boots. 68ms trek. Laugavegur Trail. 1 unique journey

DAY 1

Flight from UK to Keflavík, Reykjavik Iceland

Flight direct from UK to Reykjavik for the start of your adventure. Flights are not included in your Icelandic Adventure giving you the flexibility to travel from your nearest airport or extend your stay in Iceland if you wish. We will provide you with the recommended flights for this trip in order for you to take up the airport transfers included in Iceland. Alternately, you can book your flights through our flight agent. Return flights from the UK (LHR, STN or LTN) to Keflavík, Reykjavik (KEF). Flights operated by British Airways, Easy Jet, SAS or IcelandAir and cost between £150pp - £280 return. You will then be transferred to camp passing through areas of active volcanoes to arrive in Landmannahellir with dinner followed by briefing.

Included:

- Transfer from Keflavík, Reykjavik (KEF) airport to Landmannahellir camp
- Camping equipment and tents
- Dinner

DAY 2

Trek from Landmannahellir to Landmannalaugar (13.5kms)

Full of excitement with being immersed in a totally new environment, your trek begins one of the world's great hikes - the Laugavegur Trail. From Landmannahellir (590m) to Landmannalaugar (575m) your trail winds past lakes and the magnificent Domadalslava lava fields. Enroute the views of Lodmundur, a table mountain formed by a volcanic eruption, are amazing. The trail continues through grassy meadows, between rocky peaks and into stunning gorges making way towards the multi-coloured mountains of Landmannalaugar. Tonight you can enjoy a relaxing soak in the hot springs for which this area is known. Overnight camp surrounded by nature at its wildest.

Included:

- Local guides and support crew
- Camping equipment and tents
- Breakfast, lunch and dinner

DAY 3

Trek from Landmannalaugar to Álfavötn (25kms)

Today sees your longest and toughest day. From Landmannalaugar (575m) the trail traverses the ancient lava field of Laugahraun, formed in 1477. It's an area of much geothermal activity with steaming vents and bubbling hot springs. The route then crosses over the Hrafninnusker plateau at 1000m. From this vantage point the views are spectacular with rugged mountains dominating the skyline. The surrounding area is full of ravines, as rivers easily cut through the soft rock. Climbing for most of the morning with a height gain for 500m in 12km, you may find yourself crossing snowfields left over from the long Icelandic winter. From the hut at Hrafninnusker the trail descends over the lava slopes of Reykjafjöll. As the afternoon progresses the landscape changes considerably. Behind the land is barren with colourful rhyolite mountains but in front are dark tuff mountains and glaciers. Continuing on flatter terrain to the Álfavötn Valley you will reach camp which is idyllically located by the lake at 537m.

Included:

- Local guides and support crew
- Camping equipment and tents
- Breakfast, lunch and dinner

ITINERARY CONTINUED

2 boots. 68ms trek. Laugavegur Trail. 1 unique journey

DAY 4

Trek from Álftavatn to Emstrur (15kms)

Leaving the colourful rhyolite landscape in your tracks, the route journeys into the glacial areas and fast running streams of the Myradalsjokull Icecap. Here is probably the most intrepid part of your trek with wading through the ice-cold streams in Bláfjallakvisi. After a few short climbs and descents you'll reach an extraordinary desolate and surreal landscape - a black volcanic plain devoid of vegetation. Moving through this mesmerising landscape you'll encounter the raging Kaldaklofskvisi river with heading towards the deep canyon of the Markarfljot river. Tonights camp is next to the Emstrur hut near the river.

Included:

- Local guides and support crew
- Camping equipment and tents
- Breakfast, lunch and dinner

DAY 5

Trek from Emstrur to Thorsmörk (15kms)

Your final days trek sees you off along the Markarfljot canyon which is well over 100m deep, heading in and out of small valleys. As the trail draws closer to Thorsmörk the landscape becomes more green and wooded. It is a stark contrast to the barren lava flows encountered earlier in the trek. Three dramatic glaciers preside over the valley: Mýrdalsjökull, Eyjafjallajökull and Tindafjallajökull (jökull means glacier in Icelandic). With a final river crossing at the Pronga River, the trail descends leading to the finish line in Thorsmörk. After some well deserved celebrations you'll be transferred back to Reykjavik (2 ½ hours) by 4x4 bus with views of the glacial rivers as you travel overland to the main road. In the evening you'll have the chance to enjoy a celebration dinner in a great restaurant in down town Reykjavik and overnight in a local hostel.

Included:

- Local guides and support crew
- Hostel accommodation
- Breakfast, lunch and dinner

DAY 6

Reykjavik to UK

In the morning there is time for some optional excursions such as whale watching or a tour to the Blue Lagoon. In the afternoon you'll be transferred to Keflavik for your return flight back to the UK with a huge sense of achievement having just completed one of the world's great treks.

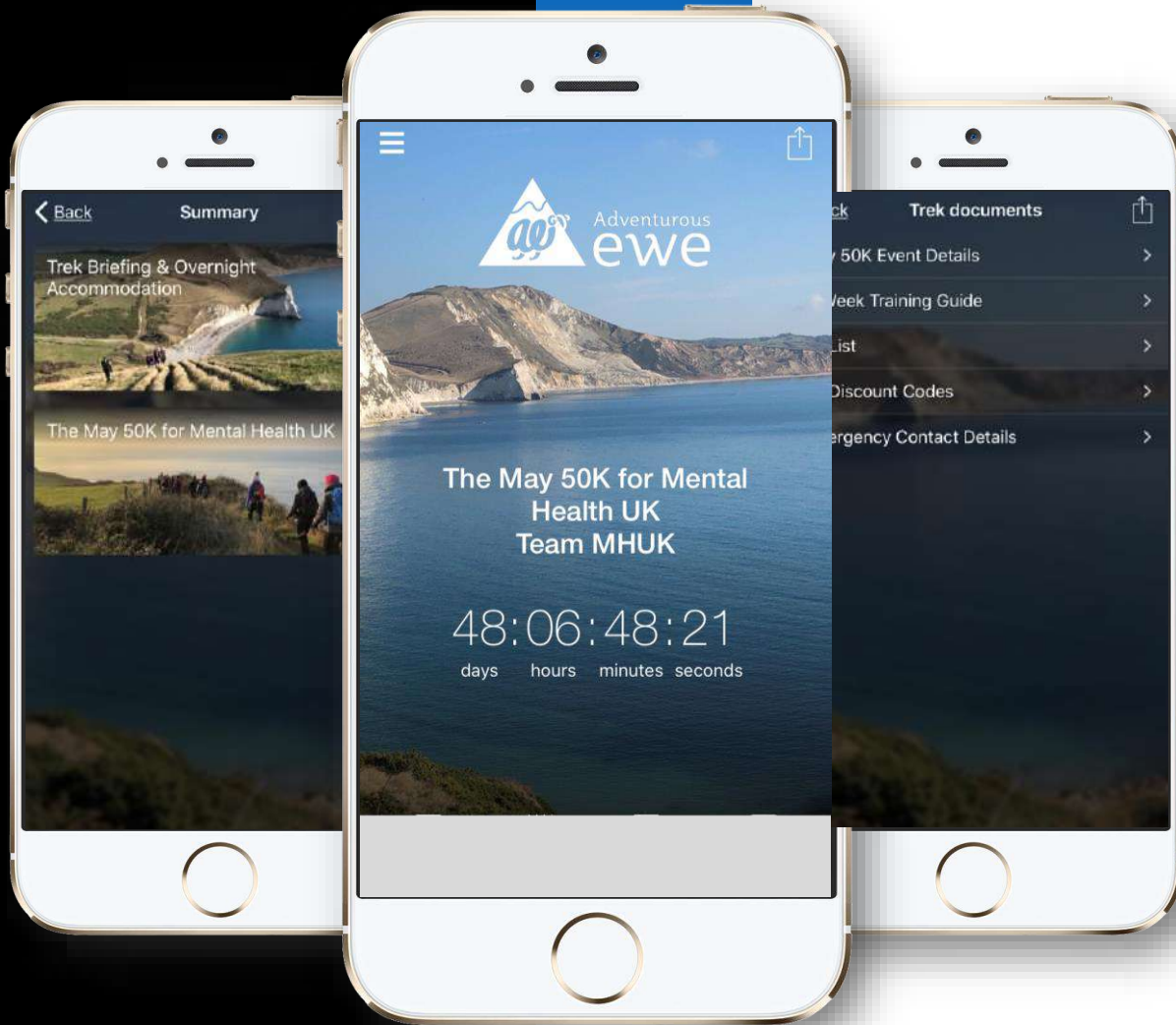
Included:

- Transfers
- Breakfast



TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY

Dates, trip overview



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts of your
adventure

01



Safety & well-being

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Laugavegur Trail Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something great. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

Leaders & crew

You will be accompanied by certified Adventurous Ewe Leaders for the trek together with a support crew who will discretely accompany you in support vehicles with your camping & catering equipment. They're a friendly bunch with a huge level of care and a great sense of humour. Rest assured they are fully experienced and remote first aid qualified. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders will carry safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

The Leaders and Crew will also be in constant radio communication with the support vehicle throughout your adventure.

Level of difficulty

The Laugavegur Trail Trek is graded as **'Tough'**. This is due to there being four consecutive long days of trekking along undulating and some steep sections of terrain.

The Icelandic Highlands are renowned for their ever changing weather conditions from cold, wind, rain, fog and sunshine. This adds another layer to your challenge which you need to be primed for

Preparation is key to help you get the most enjoyment and reward from this adventure. A good level of fitness, endurance and some gritty determination will help you conquer each day. A training programme will be provided to help you reach the start line knowing that you're set to enjoy the journey ahead.



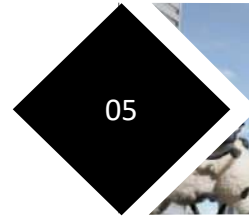
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04



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Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for event is **10 people** and the maximum group size is **24 people**.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 10 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

Training

A bespoke training programme will be provided when you join this trek to help you with your preparations. This includes info, videos and an exclusive discount code for a 28 day kettlebell training programme & app which is ideal for strength and endurance training for those short on time. Plus it has great nutritional tips. The more you are prepared, the more you will enjoy the challenge.

Our motto is:
Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Packing and kit tips will also be provided when you join us for this adventure.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



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Adventure with purpose

Adventurous Ewe is a **Snowdon Visit Specialist** and we also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

We've also teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

These partnerships mean that just by joining the flock and taking part in this adventure, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

Travel Admin

A quick snapshot of what you need to know...

Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

Visa

Currently there are no visa requirements for British national entering Iceland. For the most up to date info, please visit <https://www.gov.uk/foreign-travel-advice/iceland/entry-requirements>.

Insurance

Travel Insurance is an important part of any booking. It is compulsory that everyone who travels with us has taken out adequate travel insurance which includes, among other things, cover for the full value of your trip, medical (emergency, evacuation and repatriation) arrangements, activities undertaken, personal liability, cancellation, curtailment and loss of luggage and personal effects and COVID-19 travel cover.

For UK residents we have partnered with **Campbell & Irvine Direct** to provide you with a travel insurance. If you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote.

Vaccinations

For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit

<https://www.fitfortravel.nhs.uk/destinations/europe-russia/iceland>.





WHY ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

CARBON FOOTPRINT

We've crunched the numbers to work out the total carbon footprint of the Mt Toubkal Summer Trek, and plant or protect enough trees to suck 2x as much back out the atmosphere.

What's the number?

It works out on average at **94kg** of CO2 emissions per person, including all local transport, accommodation, food, activities, leaders, crew and office operations.

The only thing not included is travel to Morocco. Given that our beloved guests travel from all parts of the UK for this adventure we have no way of reliably knowing their travel plans therefore we're unable to include an individual number in the figure on display here.

What does the number mean?

To give you a snapshot of the numbers:

- Driving 1000miles/1609km would be approx. 281kg of CO2 in an average car (or 140.5kg per person if there was 2 of you).
- A return economy class flight London – New York would be approx. 1,619kg (1.66 tonnes) per person
- 10 trees in a temperate forest are estimated to remove approx. 250kg of CO2 from the air over a period of 5 – 10 years.

What are we doing about it?

Our adventures are relatively low-carbon by design, and we're working to develop long term carbon reduction plan. Following much research into climate change organisations, we carefully selected to support the environmental charity, [Cool Earth](#). They're a sustainable operation and work with rainforest communities across the globe to halt deforestation and it's impact on climate change. We invest 1% of our revenue into supporting critical conservation projects world-wide with [Cool Earth](#).

On a local level here in the UK, we're an ongoing [business member](#) of the Snowdonia Society, plus Jim and Sue, together with some of our local leaders, also help the Society with their local projects such as planting native trees in Snowdonia. This is to help preserve the landscape and enhance wildlife habitat here in Snowdonia.



TOURISM DECLARES CLIMATE EMERGENCY



Want to know more?

We believe that with great travel, comes even greater responsibility. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs. At Adventurous Ewe we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges. [Here](#) is our plan to do our part towards helping reduce factors that we can contributing to climate change as part of [Tourism Declares a Climate Emergency](#).

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at www.futureoftourism.org. #FutureofTourism



For more info please visit: <https://www.adventuroousewe.co.uk/pre-trip-info/travel-with-confidence/>



**TOURISM DECLARES
CLIMATE EMERGENCY**



ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabawelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventuroousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri
Snowdonia Society



TOP TIPS

Fire & ice adventure

- Train in your trekking kit. including wearing of your rucksack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your big challenge
- Have two bags – a daypack for the trek with your trekking kit (waterproofs, warm layers, beanie, gloves, snacks, water, first aid & any medication) and your main luggage/travel bag which you will be transferred from campsite to campsite (duffle style bag)
- Pack your kit inside a dry bag both in your main travel bag and your daypack
- Bring a warm sleeping bag and down jacket for the campsites
- Bring your own facemask (optional) and hand sanitiser (essential)
- Look after your feet – blister prevention
- Trekking poles are a great way to provide stability and support your knees whilst hiking
- Bring some of your favourite snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak./platypus and flask that you can refill and avoid plastic bottles
- **Most importantly.....SMILE AND ENJOY THE ENTIRE EXPERIENCE**



TOP TIPS

Camping

- Packing your clothing, sleeping bag, sleeping matt and other items inside separate dry bags to help keep items dry and organised
- Have a spare dry bag for dirty/wet clothes
- Remove your hiking boots before entering the tent to keep your tent as clean as possible
- Keep all camera, mobile phone, batteries, head torch warm at night (in sleeping bag)
- Use down jacket as a pillow plus you know where it is if you need to get up at night
- Always sleep with your head at the higher end of the tent if pitched on uneven ground
- Put your kit bag at your feet to stop you sliding down your sleeping mat
- Have your trek clothes at the top of your bag ready for the next day
- Have small biodegradable bags or paper bags for rubbish bag in your tent
- When in camp have a pack of cards, book, headphones, etc.
- Ensure you keep warm in camp. Have a spare set of warm clothes and shoes to change into
- Don't forget to check out the night skies too.





COST

Deposit: £175 per person payable on booking

Remaining balance: £1150 per person payable 6 weeks prior to start of trip

We've got you covered – financial protection

If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection arranged by Towergate Travel through Zurich Insurance PLC.

Pay in instalments, interest free

We're well aware that adventures can be a significant investment, so we've set out to make it easy to afford. Once you've put down your deposit, you can pay the remaining balance off in monthly instalments with no extra charges so you can get out there and live your dream.

Cancelled trips

If you book on a trip that we are forced to cancel due to the pandemic, you will have the option to join another trip at a later departure with no admin costs or receive a full refund or credit note (excluding flights or insurance payments as these have their own booking conditions directly with the supplier).and prompt refunds.

If you choose to cancel your trip within 30 days of departure despite no official advice against travel

We respect your decision if you no longer wish to travel regardless of the destination or official advice. If you choose to cancel your trip, we will happily make those arrangements for you though please note, if there is no F&CO advice against travel, our standard cancellation terms will apply.

Fundraising

You're most welcome to use this trek as a fundraising activity for the charity of your choice.

INCLUSIONS & EXCLUSIONS

LAUGAVEGUR TRAIL ICELAND TREK

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app
- Financial protection of your booking
- Public liability insurance
- Risk assessment and emergency management planning
- Monthly payment plan available
- **Free Water-To-Go Bottle to help reduce our plastic footprint in Iceland**

During your trip:

- Safety briefing
- Certified Local Icelandic Mountain Leader
- UK Mountain Leader for groups over 10 people
- Local ground crew and kitchen crew
- Landrover support vehicles and all camping equipment
- Camping tents
- Vehicle transfers as outlined in your itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- 4 nights camping accommodation
- 1 night hostel accommodation
- All meals as outlined in your itinerary
- Filling of water bottle/s and thermos (please provide your own water bottles and thermos for refilling)
- All trip management and hygienic cleaning procedures of equipment before, during and post trek.

NOT INCLUDED

- Return flights from UK to Reykjavik Iceland. These can be booked via our flight operator (ATOL protected)
- Travel insurance (mandatory)
- Clothing and equipment listed on your Kit List
- Water bottle/s and/or camelbaks/platypus and thermos for filling and refilling. Please provide your own bottles as this is to minimise the use of plastic bottles
- Lunch on day 1 and day 6 (whilst travelling)
- Personal snacks and electrolytes
- Personal spending money
- Any costs incurred with retiring from the trip early ie. hotel accommodation, change of travel tickets, any medical costs, etc
- Tips for local crew.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your trekking journey.

BAGS

- ❑ **Main kit bag (duffle bag)** – with all your items not needed whilst on the trek itself. This bag will be transported from campsite to campsite
- ❑ **Daypack** – 25 litre rucksack to carry your kit required on the trek. An internal dry bag and/or rain cover is recommended

CLOTHING

- ❑ **Waterproofs** - breathable waterproof jacket with hood. Waterproof over-trousers – it is recommended that they have a long/full length zip so you can put them on whilst still wearing boots. Both of these items are essential and we recommend Goretex or Paramo fabrics
- ❑ **Base layers** – two sets of synthetic wicking properties ie. merino wool. Second set can be used for sleeping
- ❑ **Fleece jacket / wind-stopper shell** – extra layer of warmth
- ❑ **Down jacket** (ideal to keep warm when you stop for a break and in camp at night)
- ❑ **Trousers** – lightweight pair and a soft shell /windproof pair of comfy trekking trousers. Avoid cotton they absorb moisture easily and thereby have a cooling effect
- ❑ **Headwear** - warm woolly beanie hat and cap/sunhat
- ❑ **Gloves** – warm wind-stopper gloves
- ❑ **Wicking/merino wool t-shirts** - 4 days of trekking
- ❑ **Casual clothes** for the evenings, celebration meal & travel
- ❑ **Underwear** - Merino wool or wicking material, not cotton. How many pairs is up to you
- ❑ **Swim wear and towel** for hot springs and Blue Lagoon

FOOTWEAR

- ❑ **Hiking boots** – well-worn in with ankle support and waterproof for the hike
- ❑ **Trainers** – or other comfy shoes for camp
- ❑ **Trekking sandals or river shoes** – for river crossings
- ❑ **Socks** – recommend merino wool hiking socks and some casual wear socks
- ❑ **Flip-flops** – for hostel (optional)

EQUIPMENT

- ❑ **Sleeping bag** – 4 season with a comfort level of -10 degrees Celsius. Pack inside in a waterproof bag. For extra warmth and protection of your sleeping bag, use a sleeping liner (silk or fleece).
- ❑ **Sleeping matt or thermarest** – full length
- ❑ **Water bottle** – (essential) 2-3 litre capacity or a platypus / camelbak system.
- ❑ **Thermos** – (optional)
- ❑ **Head torch** & spare batteries
- ❑ **Sunglasses** – strong UVA/UVB protection preferable
- ❑ **Trekking pole(s)** - optional. Please train with these prior to your trek

TRAVEL ADMIN

- ❑ **Passport**
- ❑ **Flight tickets**
- ❑ **Travel insurance policy and emergency number**
- ❑ **Debit/credit cards**
- ❑ **Cash** - Icelandic króna (including 5 x 100 króna coins if you wish to use the showers at camp)

ADDITIONAL ITEMS

- ❑ **Hand sanitiser** (essential)
- ❑ **Face mask**
- ❑ **Sunscreen and lip block** – SPF40 as a minimum
- ❑ **Camera** – enclose in a dry bag
- ❑ **Toiletries** – including biodegradable toilet roll & disposable bag (for toilet paper rubbish on the hike if needed) and toiletries for overnight accommodation
- ❑ **Towels x 2** – for showering at hostel/campsite and a small towel for river crossings
- ❑ **Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, antihistamines, electrolytes, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.

NICE TO HAVE

- ❑ **Favourite snacks**, both sweet and savoury
- ❑ **Electrolytes**
- ❑ **Duct tape** for emergency repairs – (wrap some around your trekking pole or water bottle rather than carrying a whole roll)
- ❑ **Ear plugs** for camping and the hostel
- ❑ **Reading material / card games** for camping
- ❑ **Spare dry bag** for dirty or wet clothing
- ❑ **Inflatable pillow**
- ❑ **Portable charger**

EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Ashmei who produce sustainable high performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC
ADVENTURES

CONTACT US

For any further info or any questions,
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Online chat on our website at
<https://www.adventurousewe.co.uk/>



@Adventurous Ewe





We look forward to welcoming you to the stunning Icelandic Highlands for this iconic trekking adventure.