

Northern Lights Winter Trek



Duration: 5 days

Iceland lies on the edge of the Arctic Circle and is home to some of Europe's greatest wild landscapes. A land of incredible contrast and natural beauty, its wild volcanic landscapes, mountains, glaciers, hot springs, geysers and waterfalls, combined with its rich history, literature and folklore make it a fascinating country to explore.

We discover this stunning scenery on this fantastic trekking challenge in southern Iceland, as we trek through a striking mix of geothermal valleys and beautiful mountain scenery, streams and waterfalls. There will be snow underfoot so it's challenging walking, but no technical expertise required as we take advantage of seeing this beautiful region in winter.

Staying in a spectacular environment surrounded by lakes and mountain scenery, miles from the nearest big towns, the dark skies offer a great chance of seeing the spectacular Aurora Borealis (Northern Lights) and we watch each evening – the icing on the cake on this memorable challenge!

DETAILED ITINERARY

Day 1: Depart London to Keflavik

Depart London on our flight to Keflavik. On arrival we will be met by our guides and transferred to our hut in Útlfjótuvatn in southern Iceland. Tonight we will hear all about the wonderful challenge ahead and have our first opportunity to look out for the Aurora Borealis (Northern Lights). Appearing in many colours, most commonly pale green and pink, as ripples or clouds of light, they can be vividly bright. Night hostel.

Day 2: Lake Þingvallavatn

Today we head to the shores of Þingvallavatn, the largest natural lake in Iceland. This area is known for its hiking, and we follow horse tracks and old sheep trails, passing numerous geothermal hotspots. It's a beautiful area, made more dramatic in the winter. The exact route depends on the path conditions, but this is a wonderful introduction to our surroundings. Night hostel.

Trek approx 4-5 hours

Day 3: Around Hveragerði

A wonderful walk near the small town Hveragerði, known for its hot springs and fumaroles, or steam vents. We spend the day trekking over the rolling hills and valleys before descending into the Sauðardalur Valley. A short transfer takes us back to base, where we anticipate another evening watching out for the Northern Lights. Night hostel.

Trek approx 4-6 hours

DETAILED ITINERARY (cont.)

Day 4: Geothermal Valley

A wonderful day awaits, as we set off from Reykjadalur and climb up into the hills. The smell of sulphur is evident before we see the steam vents, hot springs and bubbling mud pools, surrounded by colourful minerals. It's an impressive sight, and we have plenty of time to explore this dramatic and otherworldly valley. There may be a chance for a dip in a natural pool (for the brave!) before continuing on through the valley, where we meet our awaiting transport and return to Reykjavík. We head out into this exciting city to celebrate our achievements this week. Night hotel.

Trek approx 4-6 hours

Day 5: Fly Reykjavik to London

We have the morning free to explore Reykjavik, or head off for an optional trip to the Blue Lagoon, a thermal spa approx 45 mins away. We then head off to the airport for our afternoon flight.

(Lunch not included)

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

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CHALLENGE GRADING

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trek lies within the **Yellow** range.

The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a spectrum which reflects the difficulty of these factors; trip duration, accommodation and living conditions are also taken into account.

The Challenge Factor icon shows the most challenging aspect – the cold; the wintry conditions make the full days and terrain more challenging and tiring.

The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.