



TREK TRAINERS • GUIDED EXPEDITION

Iceland's *Laugavegur* Trail

Six days through volcanic highlands, glacial rivers, and ancient obsidian fields — guided by a physician and an exercise physiologist.

JULY 10-15, 2027

12 spots • \$4,500 per person

55 km
TOTAL DISTANCE

6
TRAIL DAYS

3
CLIMATE ZONES

4
MOUNTAIN HUTS

All-In
FULLY GUIDED

THE ROUTE

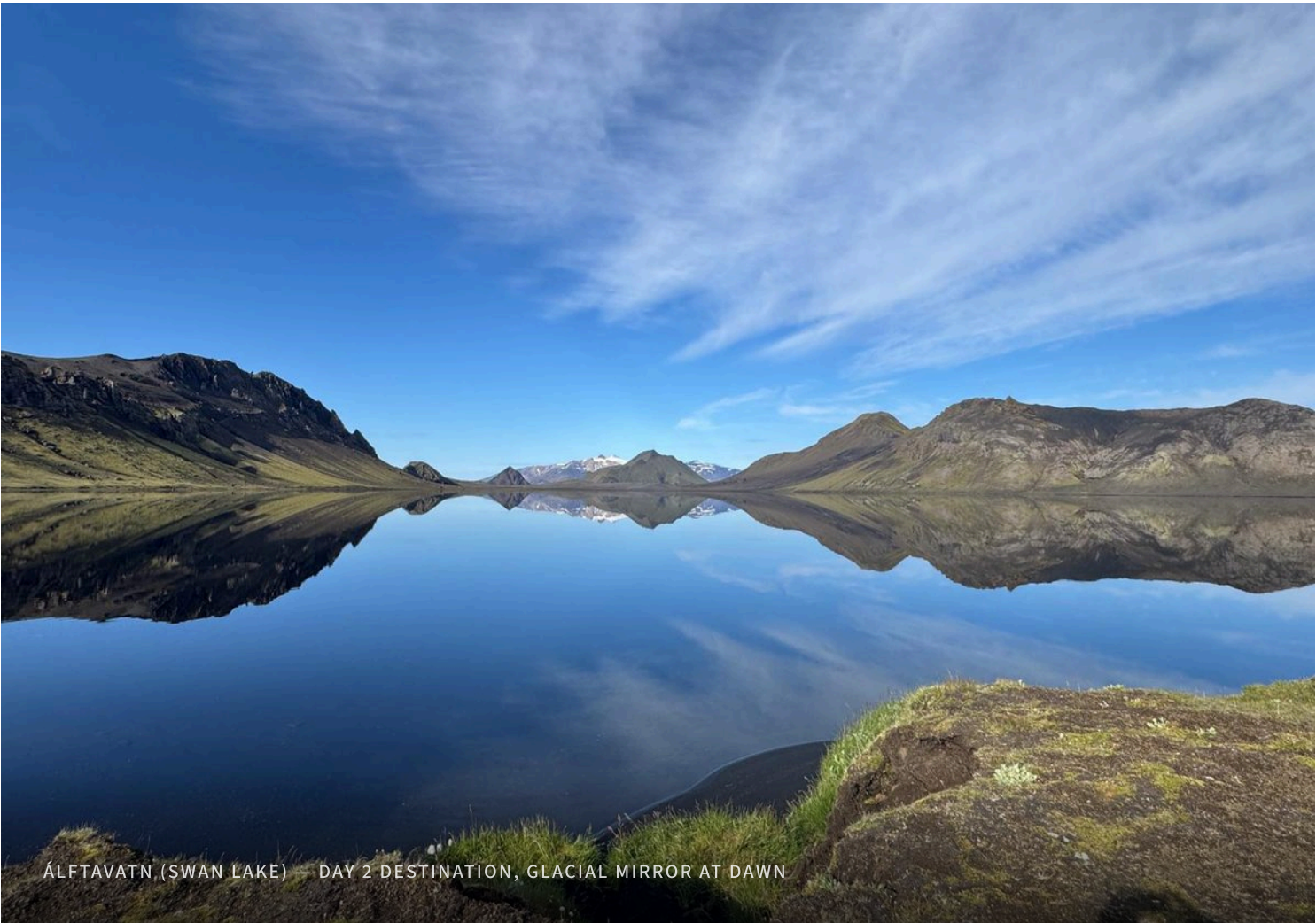
From fire to ice to the sea

The Laugavegur is Iceland's most celebrated trail — a 55-kilometer traverse that opens in vivid rhyolite highlands, passes over obsidian ridges and steaming geothermal fields, descends into a landscape of glacial lakes and black sand, and finishes at Þórs Mörk beneath the glacier cap of Eyjafjallajökull.

We complete the full route in six hiking days, staying in staffed mountain huts each night. No camping gear. No resupply logistics. Just the trail, the landscape, and the people beside you.



ÁLFTAVATN JUNCTION — THE MIDPOINT OF THE ROUTE



ÁLFTAVATN (SWAN LAKE) — DAY 2 DESTINATION, GLACIAL MIRROR AT DAWN

THE JOURNEY

Six days on the trail

DAY	ROUTE	DISTANCE	EST. TIME	ASCENT	DESCENT
1	Landmannalaugar → Hrafninnusker Rhyolite highlands · obsidian fields · geothermal springs	7.5 mi	4–5 hrs	600m / 1,970 ft	100m / 330 ft
2	Hrafninnusker → Álftavatn Volcanic ridge descent · glacial lake arrival	7.5 mi	4–5 hrs	100m / 330 ft	600m / 1,970 ft

DAY	ROUTE	DISTANCE	EST. TIME	ASCENT	DESCENT
3	Álftavatn → Emstrur/Botnar River crossings · black sand desert · canyon views	9.3 mi	6–7 hrs	150m / 490 ft	250m / 820 ft
4	Emstrur/Botnar → Þórsmörk Birch woodland · river braids · valley arrival	9.0 mi	7 hrs	200m / 660 ft	400m / 1,315 ft
5	Þórsmörk → Fimmvörðuháls Pass Twin glacier corridor · Fimmvörðuháls extension	9.3 mi	5–6 hrs	900m / 2,950 ft	minimal
6	Fimmvörðuháls Pass → Skógar 25+ waterfalls · Skógafoss · south coast finish	7.5 mi	5 hrs	minimal	1,100m / 3,610 ft

ON THE TRAIL

What you'll experience

Every section of the Laugavegur delivers something distinct. Here is what to expect — drawn from our August 2026 expedition.

The Obsidian Highlands — Day 1

The trek opens at Landmannalaugar in a landscape unlike anywhere else on Earth: vivid rhyolite mountains painted in shades of yellow, green, pink, and red, threaded with geothermal steam vents and obsidian lava fields from the 1477 Torfajökull eruption. The climb to Hrafninnusker is gradual but otherworldly.



LOOKING BACK ACROSS THE HIGHLAND PLATEAU ON THE APPROACH TO HRAFNINNUSKER — DAY 1



HRAFNINNUSKER HUT — 1,100M ELEVATION, DAY 1 OVERNIGHT

Hrafninnusker — Day 1 Overnight

At 1,100 meters, Hrafninnusker is the highest hut on the Laugavegur and one of the most dramatic. Perched above the snowfields, surrounded by obsidian outcrops and active fumaroles, it is a reminder that Iceland's volcanic landscape is very much alive beneath your feet.

The Ridge Traverse — Days 1–2

The high traverse between Landmannalaugar and Áltavatn crosses exposed obsidian ridges with sweeping views in every direction. Weather can change rapidly here — this is the section where proper layering and wind protection matter most. The views more than justify the exposure.



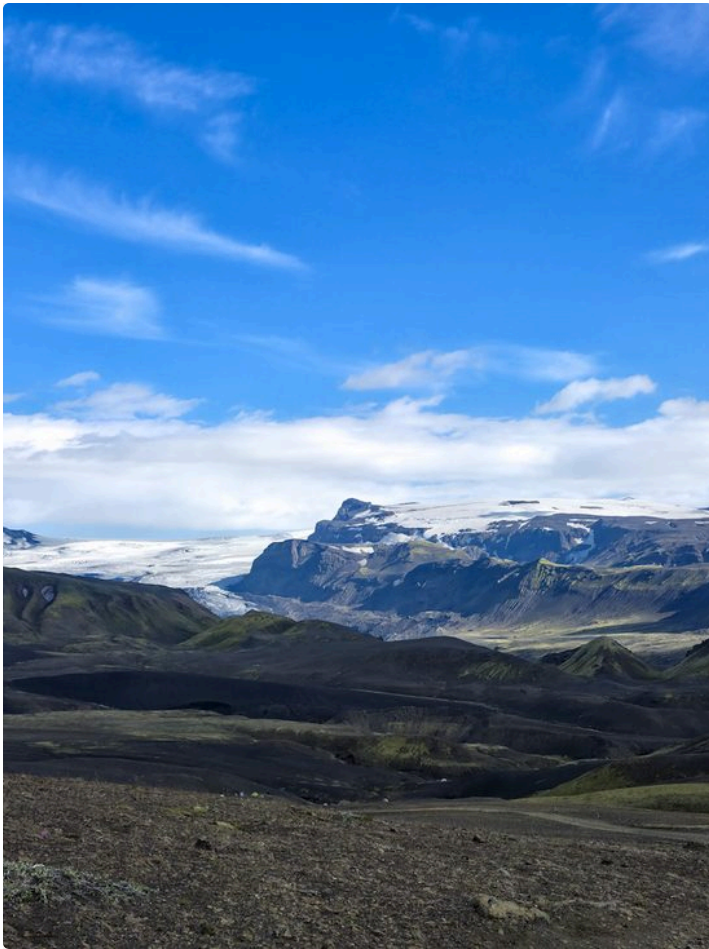
OBSIDIAN RIDGE — DAYS 1–2 HIGH TRAVERSE



DAY 3 RIVER FORD — BRAIDED GLACIAL STREAMS, ~4°C

Glacial River Crossings — Day 3

Day 3 includes the trail's iconic river fords across braided glacial streams. Water temperatures hover near 4°C. Our team pre-scouts conditions and coaches each participant through a safe crossing technique. Keen Newport sandals and neoprene socks make it manageable — and one of the trip's most memorable moments.



BLACK SAND DESERT WITH GLACIER PANORAMA ON THE APPROACH TO ÞÓRSMÖRK — DAY 4

Þórsmörk Valley — Day 4

The descent into Þórsmörk is the trail's great arrival: a sudden drop from volcanic highland into a lush glacial valley threaded with braided rivers and sheltered birch woodland. The approach ridge delivers a panoramic view of the entire valley floor — Eyjafjallajökull behind you, the green bowl of Þórsmörk ahead. For many hikers, this moment is the emotional peak of the trek.

Fimmvörðuáls Pass — Day 5

Day 5 climbs from Þórsmörk onto the high pass between Eyjafjallajökull and Mýrdalsjökull — crossing a volcanic lava field still raw from the 2010 eruption. The terrain shifts from birch woodland to exposed snow-dusted lava in under two hours. Trail markers guide the route across this otherworldly landscape to the overnight huts perched at 1,000m, where the twin glacier views are unobstructed in every direction.



CROSSING THE 2010 LAVA FIELD ON THE APPROACH TO FIMMVÖRÐUÁLS PASS — DAY 5



APPROACHING THE FIMMVÖRÐUÁLS HUTS WITH EYJAFJALLAJÖKULL BEHIND — DAY 5 OVERNIGHT

The Huts at the Pass

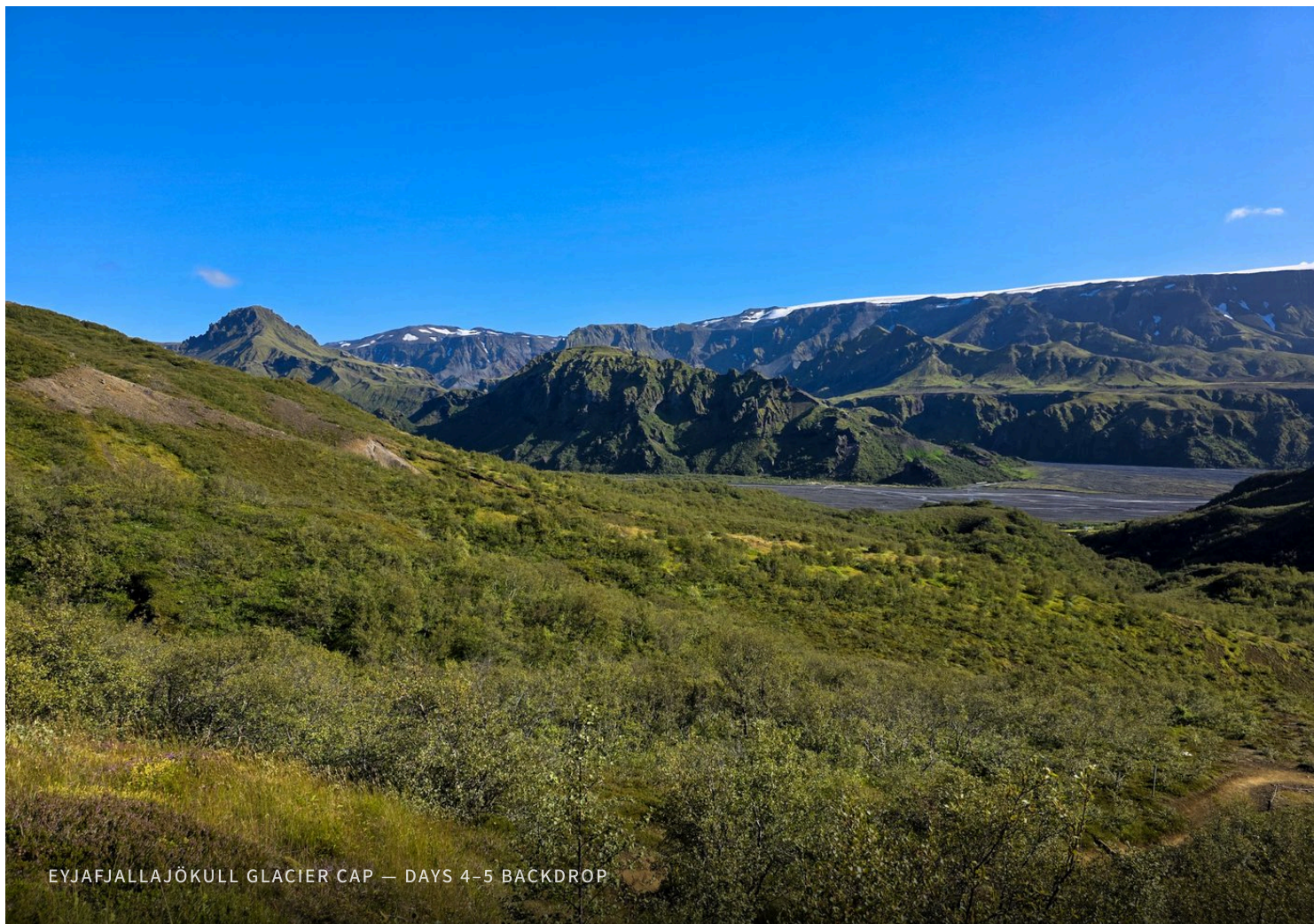
The Fimmvörðuáls mountain huts sit at the apex of the route, surrounded by nothing but lava, ice, and sky. Arriving here — with the glacier looming directly overhead — is one of the trip’s defining moments. The huts are warm, staffed, and stocked. After a demanding climb, they feel like a reward.

Skógafoss — Day 6

The final descent from Fimmvörðuáls follows the Skógá River down to Iceland’s south coast — past more than 25 waterfalls in a single descending valley. The day ends at Skógafoss, a 60-meter curtain of water that marks the trail’s dramatic finish. It is one of the most celebrated trail endings in the world, and it earns every superlative.



SKÓGAFOSS MARKS THE END OF THE TRAIL — A 60-METER WATERFALL ON ICELAND’S SOUTH COAST — DAY 6



EYJAFJALLAJÖKULL GLACIER CAP — DAYS 4-5 BACKDROP



SKÓGÁ RIVER VALLEY — DAY 6 DESCENT CORRIDOR

THE FINISH

25 waterfalls to the coast

The final day follows the Skógá River from Fimmvörðuháls Pass down to the south coast — past more than 25 waterfalls in a single descending valley. It is one of the most dramatic trail finishes in the world. The day ends at Skógafoss, a 60-meter curtain of water visible from miles away.

THE PACKAGE

All-inclusive at \$4,500

Every logistical detail is handled. You focus on the trail.

Hut Accommodations

Six nights in staffed mountain huts — Hrafninnusker, Álftavatn, Emstrur, and Þórsmörk

All Meals on Trail

Breakfast and dinner at each hut; packed lunch and snacks for every hiking day

Ground Transportation

Reykjavík pickup, highland bus to trailhead, and return transfer from Skógar

Expert Icelandic Guide

Local licensed guide for all six trail days

Medical Oversight

Physician-level sports medicine assessment on trail — injury prevention, foot biomechanics, and real-time care

Trek Trainers Coaching

16-week training plan, gear consultation, and biomechanical assessment before departure

Not included: International airfare · Reykjavík hotel nights before/after the trek · Travel insurance (required) · Alcoholic beverages · Personal gear

YOUR LEADERS

Guided by clinicians, not just climbers

Trek Trainers was founded on the premise that expedition guiding and sports medicine belong together. Every expedition is co-led by a physician and an exercise physiologist.

Mike Ferrara, Ph.D.

AT, R., FNATA • EXERCISE PHYSIOLOGIST

Fulbright Scholar, retired university dean, and NATA Hall of Fame honoree. Mike has led expeditions in Peru's Cordillera Huayhuash, Iceland's highlands, and the White Mountains. He brings biomechanical rigor to every aspect of preparation and on-trail decision-making.

Dr. Arul Mahadevan

MD • TREK TRAINERS CO-FOUNDER

Practicing physician with extensive guiding experience across South Asia and high-altitude terrain. Dr. Mahadevan manages group medical protocols, altitude physiology, and real-time clinical assessment on every Trek Trainers expedition.



IS THIS RIGHT FOR YOU?

Who this trek is for

The Laugavegur is a moderate-to-challenging multi-day trek. No technical mountaineering experience is required, but a solid aerobic base and previous multi-day hiking experience are essential.

Daily distances range from 7 to 9+ miles with significant elevation change. Weather can shift rapidly. Our 16-week customized training program is designed to bring you to the trailhead ready. We want you to thrive on this trek, not just survive.

IDEAL CANDIDATE HAS:

- ✓ Comfortable hiking 8–10 miles in a day
- ✓ Willing to commit to a 16-week training plan
- ✓ Comfortable with cold, wet, and variable conditions
- ✓ Ready to be coached — not just carried — to the finish

RESERVE YOUR SPOT

12 spots. July 10–15, 2027.

\$4,500 per person · all-inclusive

Group minimum is 6. Spots filled on a first-come basis. Reply to the accompanying email or contact us directly.

EMAIL

trektrainers@gmail.com

WEB

trektrainers.com

Trek Trainers · Led by Mike Ferrara, Ph.D. & Dr. Arul Mahadevan · trektrainers@gmail.com