



# THE FIRE & ICE EXPEDITION



## EXPEDITION DETAILS

**Provisional Departure Date:** 4th-11th July 2020

**Duration:** 7 Days

**Min Team Size:** 10 Members

**Max Team Size:** 24 Members

**Provisional Expedition Fee:** £1395

**Deposit:** £295 per person

**Minimum Fundrasing:** £500

## ITINERARY

Day 1: UK -Reykjavik, expedition brief, team meal

Day 2: Morning in Reykjavik, afternoon transfer to Landmannalaugar, Geothermal Pools

Day 3: Begin trek, Landmannalaugar - Alftavatn

Day 4: Trek Álftavatn - Emstrur (Botnar)

Day 5: Trek Emstrur (Botnar) - Þórsmörk

Day 6: Early transfer to Reykjavik, explore the town and sites, visit Blue Lagoon, team meal and celebration!

Day 7: Fly back to UK

## EXPEDITION AIMS

Trek from Landmannalaugar, to Þórsmörk via Iceland's most famous, and one of the top 10 trails in the world; the Laugavegur Trail. The trail takes us through incredibly varied terrain, from hot fumaroles and geothermal pools, to volcanic ash fields and old lava spills, right

down to the lime green mountains of Þórsmörk.

Along the way we will witness and be able to study the incredible geographical history of the area. During good weather the famous volcano that erupted in 2011; Eyjafjallajökull can be witnessed, as we trek over

old, extinct volcanoes. After 3 hard days of trekking we will get the chance to celebrate in Þórsmörk, the breathtaking Icelandic glacial valley before taking overland vehicles back to Reykjavik where we will rest up in one of the "10 Wonders of the World"; The Blue Lagoon!



# ICELAND - INFORMATION

**Country:** Known as “The Land of Fire & Ice”, Iceland is a sparsely populated North-Atlantic island, famous for its geysers, fjords, volcanoes, glaciers and incredible landscapes. Traditionally dependant on the fishing industry until 2008, Iceland has become a popular tourist destination. Its winter provides the opportunity to see the infamous Northern Lights, whereas its summer opens up the mountains to provide world renowned trekking for outdoor enthusiasts worldwide.

**Climate:** During the summer months there are 24 hours daylight, this can be problematic for light sleepers but can be easily solved with an eye mask! Thanks to the Gulf Stream, temperatures average at about 10-15 degrees celsius during the

summer but can drop much lower. It can also be as high as 20 degrees plus.

**Natural Disasters:** Iceland is volcanically and seismically active. In 2010 and 2011 volcanoes Eyjafjallajokull and Grimsvötn erupted respectively causing airline disruptions, future eruptions are possible therefore Icelandic authorities regularly monitor the volcanic and seismic activity so that they can provide warnings of suspected activity. Although such activity is extremely rare throughout the areas that we trek in, JT Expeditions regularly risk assess and use the advice of the authorities for volcanic, seismic and flooding activity and make required contingency & emergency plans accordingly.



# THE TREK

## **Day 1: Landmannalaugar - Alftavatn 24km 8-9Hours**

Starting from Landmannalaugar, we begin the ascent up onto the volcanic fields. This is the hardest day of trekking as we will cover up to 600 metres of ascent over rugged terrain. The area is extraordinary, hot fumaroles continually pump out steam and the terrain is littered with Obsidian and volcanic ash. We descend at camp next to Lake Alftavatn with running water, toilet facilities, and the best meal with a view you could ask for!

## **Day 2: Alftavatn - Emstrur 16km 6-7 Hours**

After an exciting river crossing the terrain is mainly flat and undulating.

Much of the day is spent in valleys with mountains all around, therefore it is the perfect opportunity to take photos and enjoy the scenery around you. The campsite is nestled away into a valley, providing shelter from the open landscapes and wind.

## **Day 3: Emstrur - Pormsork 18km 6-7 Hours**

This section changes from open volcanic landscape, to lush lime green mountains and birch forests. Upon arrival in Pormsork we have time to wash, sort our gear and relax in the volcano huts cafe and sauna...





# EXPEDITION & IN COUNTRY OVERVIEW

## INCLUDED IN THE FEE:

**Accommodation:** We will be staying in a quality hostel situated in Reykjavik. Whilst on the trek we will stay in tents at designated campsites finishing with a night in a Porsmork mountain hut. Each of the campsites have running water, toilet facilities and some have showers.

**Food:** All necessary meals for the trek are included as well as breakfasts and dinners in Reykjavik

**Travel:** We will use local buses and private transfers whilst in Iceland, these are incredibly efficient and cost effective. We will also use overland buses to transport us in and out of the National Park which can carry the whole team plus their equipment.

**Leaders :** A UK Expedition Leader (Jake Thompsett) plus an assistant for teams over 12

**Pre Expedition:** A 2 day training expedition is also included in the

Brecon Beacons National Park (see details below).

**Equipment:** Stoves, safety & medical equipment are included

## EXCLUDED FROM THE FEE:

**Flights:** Flights are not included as well as any associated taxes and transport to and from the UK airport. We will assist you in making the correct bookings

**Insurance:** It is mandatory that you purchase a sufficient travel insurance policy covering you for all the essential requirements for the duration of the expedition. Details of this will be issued at a later date

**Extras:** Lunch and drinks in Reykjavik spending money, any visas or vaccinations are not included. Personal equipment and clothing (aside from safety equipment, gas and stoves) are also excluded. Further details provided upon booking



# INCLUSIONS & EXCLUSIONS

## INCLUDED IN THE FEE:

### **Accommodation:**

- 2 night Reykjavik hostel: Based on a twin/double sharing
- 4 nights camping: tent hire also included

### **Food:**

- 2 x breakfast in Reykjavik
- 2 x dinner in Reykjavik
- All trekking food (breakfast, lunch, dinner and snacks)
- Sufficient water for the trek

### **Transfers:**

- In country airport transfers
- Transfer to and from the National Park
- Main luggage transfers during the trek
- Safety and emergency support

### **Equipment:**

- Stoves, safety & medical equipment

### **Expedition Leaders:**

- Expedition Leaders are included. They are all Advanced First Aid and Mountain Leader Summer qualified as a minimum. Jake Thompsett will lead this expedition with the help of an assistant expedition leader where required.

### **Safety:**

- Risk Assessments and Emergency Plans
- Public Liability, Professional Indemnity and Employers Liability Insurance
- First Aid Qualified Staff
- Emergency Communications

### **Extras:**

- Blue Lagoon entry and transfers

- Training expedition in the Brecon Beacons including camping fees/ accommodation, 1x dinner, 2x breakfasts, 2x lunches, stove hire and all instructional training

## EXCLUDED FROM THE FEE:

### **Food and Drink:**

- 2 x Lunches in Reykjavik
- Extra trekking food and snacks (aside from three meals a day during the trek)
- Alcohol

### **Travel:**

- Flights and associated taxes are not included
- Transfer to and from the UK airport

### **Insurance:**

- Travel Insurance (mandatory) for the expedition

### **Equipment:**

- Personal clothing and equipment (aside from tents and stoves)

### **Extras:**

- Transport to and from training expedition
- Friday night meal during training expedition
- Vaccinations
- Personal spending money and items of a personal nature (gifts, souvenirs etc.)
- Visa fees (if necessary)

# THE TRAINING EXPEDITION

**Date:** TBC April/May 2020

**Duration:** 2 Days 1 Night Bunkhouse, 1 Night camping

**Location:** Brecon Beacons National Park

**Fee:** Included in the Expedition Fee

**Excluded:**

Transport to and from the Training Expedition is excluded as well as any personal insurance, spending money, and extra food and drink.

To aid you in your preparation, and to ensure everyone is up to standard, we have included in the Expedition Fee a 2 day training expedition in the Brecon Beacons, we will be self sufficient and cover similar distances to those in Iceland, to provide realistic training. We will also cover all aspects of the expedition and skills required such as camp craft, equipment, cooking and stove use. This is also a great opportunity to ask questions and discuss any other details about the expedition.

## EXPEDITION FITNESS

We will be self sufficient whilst trekking in Iceland but the bulk of our equipment will be carried by our support vehicle. The best preparation you can do is to spend as much time in the hills as possible prior to leaving, as well as doing cardio vascular training. The fitter you are, the more enjoyable the trip will be for you. If you have any questions or worries, please get in touch. We will ensure that you have the best chance of being prepared for this expedition





## FURTHER INFORMATION

This is a general outline for the expedition, therefore upon booking or enquiry, you will receive expedition joining instructions providing further detail relevant to the expedition.



### JT Expeditions

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