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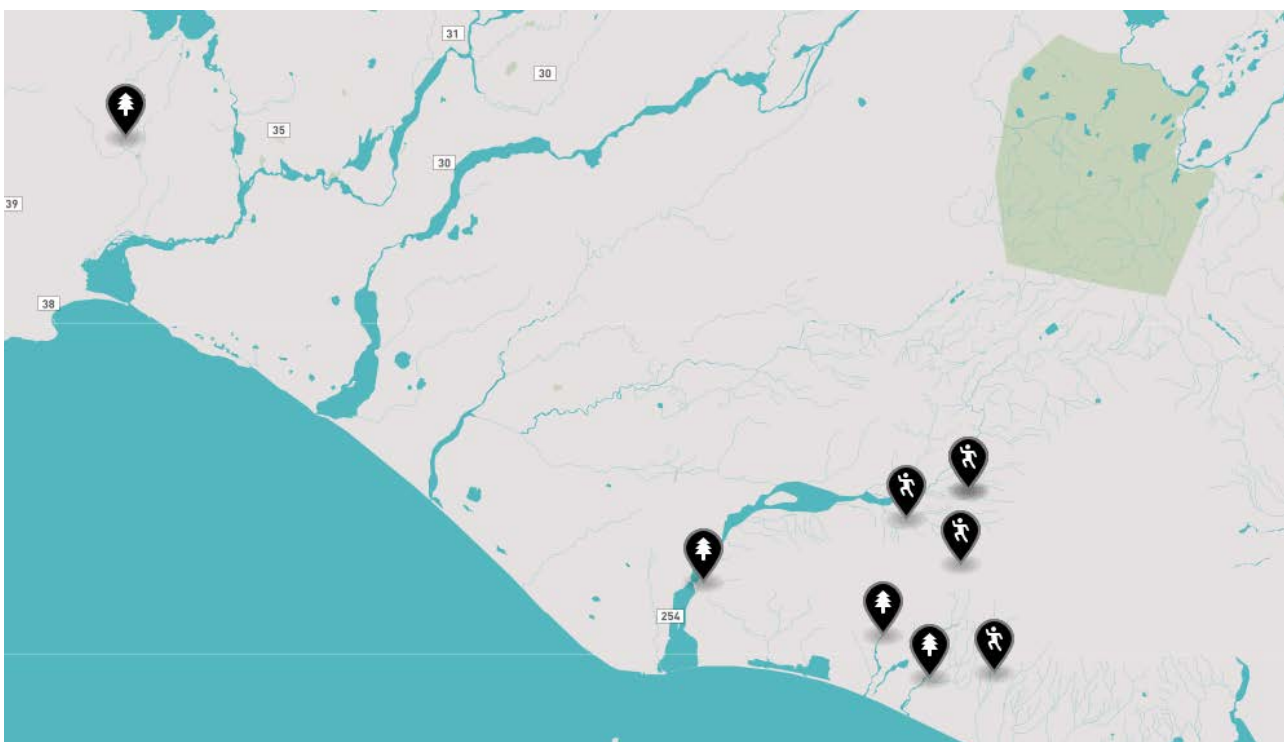
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24 HOURS IN

South Iceland

BY ARNA VILBORG

Adventurer | Polar Explorer | Summiteer



MY PERFECT 24 HOURS IN SOUTH ICELAND

A perfect day for me is spent hiking in the outdoors all day long. If you want to experience Iceland's nature to the fullest, you have to start early enough though. There is just too much to see!

So take your breakfast with you and get going. The drive from Reykjavík to **Reykjadalur** will not take you more than 40 minutes. Once you arrive, walk up to the hot springs for a bath. On the way you are able to witness a lot of geothermal activity. It is still always fascinating to me what nature is capable of. This whole tour should take you about three hours in total.

Afterwards drive to **Sólheimajökull** for a glacier walk/climb. The estimated time for that is about 3.5 hours. It is definitely doable for kids as well (starting at the age of ten) since the walk is not that hard. You will get the necessary gear for the ice at the parking lot station. I highly recommend this tour since it is a really special hiking experience you won't get to do in a lot of places. There are two waterfalls nearby as well, **Skógafoss** and **Seljalandsfoss**. The rough beauty of this area is just stunning!

At last, visit the **Seljavallalaug pool**. This is an old pool which is located in a valley underneath the volcano Eyjafjallajökull. It's built around a cliff and it takes about 30 minutes to reach from the place where the road ends. This is your well-deserved wellness moment after a long day full of action.

Back in the car, go to **Thórsmörk**. If you don't want to drive yourself, hop on the mountain bus which will take you to the mountain ridge where the so called Volcano Huts are located. Sleeping there gives you the opportunity to start hiking right away in the morning, without losing time. This route is very scenic and includes some fun river crossings.

Have a good night's sleep and start your second day of hiking all fresh and well-rested!

On to another day full of adventures! **Magni and Móði** are two new craters formed in an eruption in 2010. The scenery on the way is mesmerising and the route passes between two glaciers. Or you could hike a route called Tindfjallahringur to the top of the mountain **Rjúpnafell**. The views you get throughout the whole tour are just amazing. If the weather is bad, the **Stakkholtsgjá** canyon is a good option.

*Enjoy exploring,
Arna*

REYKJADALUR

ESCAPE

Reykjadalur, Iceland

Make your way to the hot springs from here. Up and down again is about three hours max.

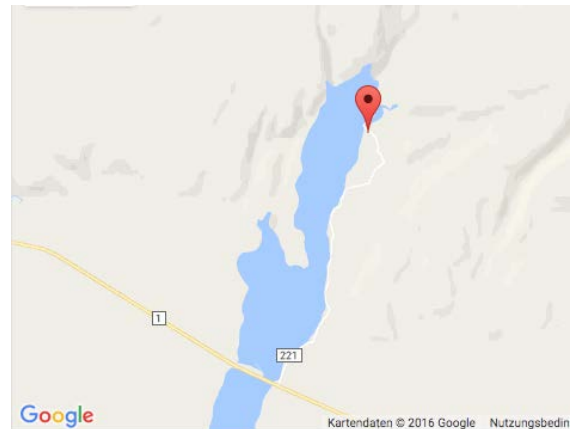


SÓLHEIMAJÖKULL

FITNESS & HEALTH

Sólheimajökulsvegur, Iceland

This is where you start the glacier walk. How exciting!

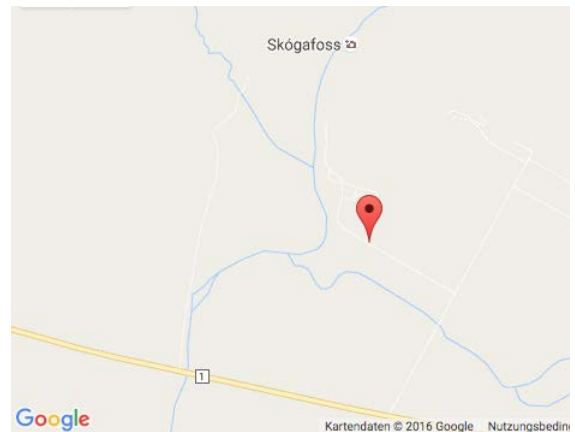


SKÓGAFOSS

ESCAPE

Skogafoss Waterfall, Iceland

One of two waterfalls you will come across during your glacier walk.



SELJANADSF OSS

ESCAPE

Seljalandsfoss Waterfall, Iceland

One of two waterfalls you will come across during your glacier walk.



SELJAVALLALAUG POOL

ESCAPE

Seljavallalaug, Iceland

Located underneath the volcano Eyjafjallajökull, this old pool invites you to take a relaxing swim after hiking all day long.



TÓRSMÖRK

ESCAPE

Þórsmörk, Iceland

A rather bumpy road will take you to the middle of nowhere where cosy huts for staying overnight will await you.



MAGNI AND MÓÐI

FITNESS & HEALTH

Magni, Iceland

The hike along the young craters Magni and Móði is a very scenic tour, starting from Thorsmörk.



RJÚPNAFELL

FITNESS & HEALTH

Þórsmörk, Iceland

The Tindfjallahringur tour leads you all the way up to the top of mount Rjúpnafell.



STAKKHOLTSGJÁ CANYON

FITNESS & HEALTH

Stakkholtsgjá, Iceland

This is a beautiful little tour, no longer than two hours there and back. The mystical walk through the canyon leads you to a spectacular waterfall at the end.

