

FAQ for IMG40-41-42 Backpacking tours

What type of sleeping bag do I need for this tour? What temperature rating do I need?

- Aim for lightweight and warm bags. We recommend goose down with high “fill power” or top of the line synthetic bags. A Classic 750 bag from Mountain Equipment is a good example of a bag we recommend.

Can Icelandic Mountain Guides accommodate dietary requirements due to allergy or religious reasons?

- Yes, we can accommodate such requirements. We can also accommodate vegetarian dietary requirements.
- **Gluten free and Vegan diet will cost a little extra – 1.000 ISK pr. day.**

Meeting point and time

- **IMG40/42 Rivers and Glaciers of Vatnajökull:** 6:45 am at the Grayline Bus Company. The address is Hafnarstræti 20.
- **IMG41 Núpssataðarskógar – Skaftafell:** 7:30 am at the service center in Skaftafell. You will take the 8:00 am bus to Kirkjubæjarklaustur but get off the bus at the road leading to Núpsstaðarskógur. **Please note that you need to stay in Skaftafell the night before.**

At the end of IMG40, is it possible to catch a bus back to Reykjavík the same day?

- No, it's not possible. You will have to stay an extra night with the group in Núpsstaðarskógur. Dinner and breakfast is included. The next day, you will be driven to Kirkjubæjarklaustur where you can catch a bus to Reykjavík.

At the end of IMG41, is it possible to catch a bus back to Reykjavík the same day?

- No, it's not possible. You will have to stay an extra night in Skaftafell. Tent accommodation is included as well as dinner with the group and guide. The next day, you will be able to catch a bus to Reykjavík.

How much should my backpack weigh, all gear included?

- Tents, mattresses, food and cooking gear are distributed equally across the group.
 - o The weight of this gear can vary between 4 and 6 kg.
- Females: Total weight should be between 12 and 14 kg in total.
- Males: Total weight should be between 14 and 18 kg in total.

River crossing shoes – what type?

- The most important thing when choosing shoes for crossing the rivers is to have shoes with good grip since the bottom of the rivers can be very slippery and/or rocky.
- We recommend passengers to bring either an old pair of sneakers or a pair of sturdy sandals for crossing the rivers. The sneakers don't dry easily though and can be a heavy addition to your backpack.

Note: *The rivers can be very cold so bring warm socks such as neoprene socks.*

What is included and what is not included in the price?

Included

- **IMG40:** Guide for 5 days, transport from Reykjavík to the starting point of the hike, food for 5 days (from lunch on day 1 to breakfast on day 6), cooking gear, tents, safety equipment for glacier crossing and transfer from Núpsstaðarskógur to Kirkjubæjarklaustur
- **IMG41:** Guide for 4 days, transport from Skaftafell to Núpsstaðarskógur, food for 4 days (from lunch day 1 to dinner day 4), cooking gear, tents and safety equipment for glacier crossing, night in a tent the last night in Skaftafell.
- **IMG42:** Guide for 9 days, transport from Reykjavík to the starting point of the hike, food for 9 days (from lunch day 1 to dinner on day 9), cooking gear, tents and safety equipment for glacier crossing, night in a tent the last night in Skaftafell.

Not included

- International flights to and from Iceland, transportation between Keflavík airport and Reykjavík, accommodation before and after the tour.
- **IMG40, 41 and 42: Bus transfer back to Reykjavík at the end of the tour is not included.**
- **IMG41: Bus transfer to Skaftafell is not included.**

What does the pick-up and drop off option include?

- They only include transfer between your accommodation and the Bus Company in Reykjavík where you start and end your tour.

Cancellation policy

- You can read all about our cancellation policy on our website [here](#).

Do you require a full payment at the time of booking?

- Yes, we do. It is not possible to pay a deposit or confirmation fee.

Is it possible to leave extra luggage somewhere back in Reykjavík while on the trip?

- If you are staying at the same hotel / guesthouse before and after the trek then you can leave your extra luggage there for no extra charge.
- The BSI Bus terminal can also store your bags for 500 ISK pr. bag pr. day.

Do all departures have an English speaking guide?

- Yes, every single one.

If you have any other questions about this tour, you can contact us at

incoming@mountainguides.is