

FAQ for IMG34 – Hiking at the end of the World.

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

- A basic sleeping bag with no specific temperature rating is sufficient for this trek since all the huts are heated.

Is it possible to rent a sleeping bag for the tour?

- Yes, it is possible. The price for a sleeping bag with sleeping bag linen is **7.500 ISK**.

Please contact us at incoming@mountainguides.is if you wish to rent a sleeping bag.

What are the sleeping arrangements like in the huts?

- The rooms have bunks and twin beds in Borgarfjörður Eystri. Passengers have to be prepared to share a bunk with other travellers from the group. All other huts have a continuous line of beds.

Is it possible to take a shower in the huts?

- Yes, it is possible to shower in Borgarfjörður Eystri (Day 1) which is the only place you can get a free shower. All the huts for the next days have shower facilities as well.
- It costs 500 ISK pr. shower (Approximately 5 min) and you can only pay cash. It is possible to exchange to coins from the wardens.

Is it possible to charge batteries and phones in the huts?

- It is possible to charge batteries and phones in Borgarfjörður Eystri (Day 1) and all the huts have a solar panel outside so it is also possible to charge batteries there for a small price.

Do the huts have running water?

- Yes, all the huts have running (cold) water and the guesthouse in Borgarfjörður Eystri has also hot water.

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

- If you have booked a flight from Reykjavík to Egilsstaðir in the morning of day 1, then the meeting point is the Reykjavík Domestic airport at 6:45 am. The flight departs at 7:30 am.
- If you are meeting the group in Egilsstaðir, then the meeting point is the Egilsstaðir airport at 8:30 am.

How much luggage do we carry during the hikes?

- All of your larger luggage is transported for you between huts by the support vehicle.
- You have to carry your daypack which needs to contain some extra clothes, (e.g. rain coat, rain trousers, extra socks, gloves, hat etc.), water bottle and food for the day.

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?

- Guide for 5 days, transportation in the Eastern Fjords, food for 5 days (from lunch day 1 to lunch day 5), sleeping bag accommodation (hostel and mountain huts), cooking gear and transfer of luggage (domestic flights between Reykjavík and Egilsstaðir are optional).

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.

Do passengers assist with preparing breakfast and dinner during the trek?

- This is by no means necessary but guides always welcome assistance from passengers with preparing meals and washing up after.

Is it possible to leave extra luggage somewhere back in Reykjavík while we are 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, all departures will have an English and German speaking guide.

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

incoming@mountainguides.is