

FAQ for IMG441 Three Peaks Challenge

What type of sleeping bag do I need for this tour? 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 pr. sleeping bag is 8.500 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. Passengers have to be prepared to share a bunk with other travellers from the group. Some huts also have a continuous line of beds.

Is it possible to take a shower in the huts?

- Yes, it costs 500 ISK pr. shower and you can **only pay cash**.

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

- Yes, it costs 500 ISK pr. charge and you can **only pay cash**.

Do the huts have running water?

- Yes, all of them.

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

- You will be picked up from your accommodation in Reykjavík between 8:30 and 9:00 am.

How much luggage do we carry during the hikes?

- 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.
- The rest of your luggage will be back in the hut or the car.

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

Included

- Qualified glacier guide for 6 days, transportation for 6 days, food for 6 days (from lunch day 1 to lunch day 6), sleeping bag accommodation (mountain huts), cooking gear, safety equipment for climbing when needed, bird watching tour to Ingólfshöfði.

Not included

- International flights to and from Iceland, transportation between Keflavík airport and Reykjavík, accommodation in Reykjavík before and after the trek.

Is all necessary climbing gear provided?

- Yes, all climbing gear (crampons, axe, line and belt) is provided by Icelandic Mountain Guides.

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.

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

- 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 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. Selected departures will also have an English and French speaking guide.

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

incoming@mountainguides.is