

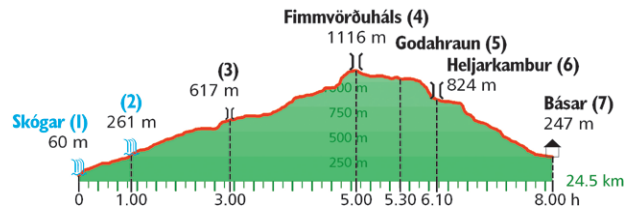
1 Skógar – Fimmvörðuháls, 1116 m – Þórsmörk

8.00 hrs



An impressive crossing over a col and passing steaming lava

From the Fimmvörðuháls pass, the trail leads directly along the crater of the volcano which erupted in 2010. Afterwards, a breath-taking view of Þórsmörk opens up, sporting its bizarre rock formations, deeply cut canyons with caves and waterfalls, as well as its glacial snouts reaching far down into the deep.



Location: Skógar, 60 m, located on the Ring Road.

Starting point: SkógafoSS, 60 m, in Skógar.

Getting there: Bus connections along the Ring Road in both directions and to all of the huts in the Þórsmörk.

Height difference: 1300 m in ascent, 900 m in descent.

Grade: Long, strenuous walk. Currently, the trail sometimes ascends through deep ash. Well-marked. Some precipitous stretches during the descent are secured by ropes or chains. For routes con-

tinuing from Þórsmörk (e.g.: BAsar – Húsadalur): be sure to get an update on the state of the bridges!

Accommodation/refreshment: Skógar: campsite and hotels. Þórsmörk: BAsar hut, camping, self-catering; Húsadalur: camping, rooms, simple restaurant.

Alternatives: Extend the walk to 2 days by spending the night in the hut on the Fimmvörðuháls. In summer, a warden is present; 20 beds, kitchen, self-catering. Another possibility is to climb up to the volcano from the Þórsmörk (BAsar hut) and then climb back down (about 5 hrs).

From the campsite (1) to the right of the SkógafoSS, the trail ascends steeply along a stepped path and always follows the Skóga river (waterfalls). Narrow secondary valleys are easily crossed and the ascent is a constant one. An hour later, reach an especially pretty waterfall (2); another one that follows crashes into a narrow gorge. Take a peek at it and return to the waymarked trail to con-

tinue ascending. Pass scores of other waterfalls and some spring water rivulets (be sure to replenish your drinking water), reach a **footbridge (3)** to change over to the other bank. At this point, the trail is new and very well marked as it follows the river in up-and-down walking; at the same time, deep ash makes the going strenuous. Within sight of the hut, the trail branches; our destination (Þórsmörk) is signed to the left. This trail is somewhat shorter, but very steep. A right turn leads, in a good 5 hrs, to the **Fimmvörðuskáli hut**.

From the **pass (4)**, you can spot the volcano and the steaming lava. Descend over a snowfield then continue on the level, sometimes over ash, heading towards the crater until almost reaching it. Take a look, if you wish. Now the trail winds through the **Godahraun** lava field (5). Afterwards, enjoy lovely views, followed by a steep descent, then an easy scramble secured with ropes. Now cross over a bottleneck, **Heljakambur (6)**. From here, a difficult trail branches off to Hvannárgil. Our trail leads straight as an arrow over the flat-top mountain **Morinsheiði**. Afterwards, descend moderately along the left flank of a ridge and then over a ridgeline. To the left, a downwards view opens up into the Strákagil; the trail is stepped and secured. Now a last steep descent leads to the valley floor where lush stands of birch suddenly appear. Level with the river, an arrow points the way to the **BAsar hut (7)**.

The mighty SkógafoSS.

