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18 **Trekking route: Hellismannaleið (3 days)**

- Day 1 Rjúpnaveilir – Áfangagil
- Day 2 Áfangagil – Landmannahellir
- Day 3 Landmannahellir – Landmannalaugar

24 **Day-walks: Landmannalaugar**

- Walk 1 To Brennisteinsalda (with Laugahraun and Grænegil)
- Walk 2 To the summit of Bláhnúkur
- Walk 3 Skalli circuit
- Walk 4 To the crater lake of Ljótípollur
- Walk 5 Over Suðurnámur and Háalda to Stórhver

34 **Trekking route: Laugavegur (4 days)**

- Day 1 Landmannalaugar – Hrafninnusker
- Day 2 Hrafninnusker – Álftavatn
- Day 3 Álftavatn – Emstrur
- Day 4 Emstrur – Þórsmörk

44 **Day-walks: Þórsmörk/Goðaland**

- Walk 1 Over the summit of Valahnúkur and the mountain ridge of Merkurran (Þórsmörk)
- Walk 2 Tindfjöll circuit (Þórsmörk)
- Walk 3 From Þórsmörk to Goðaland
- Walk 4 Into Stakkhóltsgjá gorge
- Walk 5 Útigonguhofði circuit (Goðaland)

54 **Trekking route: Fimmvörðuháls (1-2 days)**

- Day 1 Básar – Fimmvörðuháls
- Day 2 Fimmvörðuháls – Skógar

60 **Trekking route: F235/Sveinstindur – Hólaskjól (3 days)**

- Day 1 Road F208, Intersection to F235 – Sveinstindur
- Day 2 Sveinstindur – Skælingar
- Day 3 Skælingar – Hólaskjól

68 **Trekking route: Strútsstígur (3 days)**

- Day 1 Hólaskjól – Álftavatn
- Day 2 Álftavatn – Strútsskáli
- Day 3 Strútsskáli – Hvanngil

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