



# Run wild in **ICELAND**

**RUNNING DAY TOURS  
REYKJAVÍK & AKUREYRI**



**arcticrunning.is**

Running tours with some of the most experienced runners in Iceland





# Day Tours FROM REYKJAVÍK

## MORNING RUN / MIDNIGHT RUN

A guided running tour through the beautiful running trails of Reykjavík. The tour passes many interesting areas and the combination of route selection and the knowledge of our guides gives a good view of the city. This is the perfect way to experience Reykjavík in a whole new way.

**Distance:** 5 - 12 km (adjustable).

**Available:** Every Day, all year.

**Departure:** 06:30 (for morning run) 22:00 (for midnight run).

**Pick up:** At your hotel / guesthouse.

**Duration:** 1 hrs - 1h30.

**Running gear:** According to weather.

**Mininum:** 2 passangers.

**Price:** 8.900 ISK.



To book now please call +354 857 9797

**“Best way to experience the raw beauty of Iceland!”**

Reviewed January 15, 2014

My husband and I hooked up with Arctic Running for 3 days and LOVED every minute of it.

## VOLCANO AND HOT SPRINGS

This tour goes from the National Park of Lake Þingvellir, by the volcano Hengill and through Reykjadalur where we enjoy a nature bath in the valley of hot springs. The tour finishes with a run down to the town of Hveragerði where we get picked up and driven back to our accommodation in Reykjavík.

**Distance:** 16 - 20 km.

**Available:** Every day from June 13<sup>th</sup> - September 14<sup>th</sup>.

**Departure:** 08:00.

**Pick up:** At your hotel / guesthouse.

**Duration:** 6 - 8 hrs.

**Mininum:** 2 passangers.

**Note:** Bring swimming suit and a towel.

**Price: 39.000 ISK.**

**Included:** Transportation to/from running location and a local running guide.

## BLUE LAGOON RUN

This wellness trip offers a guided trail run by the lava fields of the Blue lagoon. After a 5 - 10 km run we relax in the waters of the Blue lagoon before heading back to Reykjavík.

**Distance:** 5 - 10 km.

**Available:** Every Day, all year.

**Departure:** 09:00.

**Pick up:** At your hotel / guesthouse.

**Running gear:** According to weather.

**Duration:** 6 hrs.

**Price: 33.900 ISK.**

**Included:** Entrance to the Blue lagoon, transportation and a local running guide.





# Day Tours FROM REYKJAVÍK

## FIMMVÖRÐUHÁLS VOLCANO RUN

Fimmvörðuháls is one of the most popular hiking and running trails in Iceland. The route lies between the glaciers Eyjafjallajökull and Mýrdalsjökull in the South of Iceland. Our run starts by the Skógarfoss waterfall and goes past the craters formed in the 2010 eruption; through the pass between the two glaciers and downhill to Þórsmörk. This tour starts at Skógar and ends at Þórsmörk.

**Distance:** 25 km.

**Available:** Every day from June 13<sup>th</sup> to September 15<sup>th</sup>.

**Departure from Skógar:** 12.00.

**Running gear:** According to weather.

**Duration:** 7 - 8 hrs.

**Elevation:** 1000 m.

**Minumum:** 2 passangers.

**Note:** The tour starts at Skógar and ends at Þórsmörk. Bus transport from Þórsmörk and back to Skógar is an available add on.

**Price without transfer from Reykjavík: 33.900 ISK.**



To book now please call +354 857 9797

**ALL RUNNING TOURS ARE AVAILABLE FOR MIN. 2 PAX AND WE ALSO OFFER TAILOR MADE TOURS AND SELF GUIDED TOURS.**

## **RUNNING THE GOLDEN CIRCLE**

We start by visiting the UNESCO Heritage site of Þingvellir National Park, the home of the ancient Viking parliament and the the Mid-Atlantic ridge. From there we continue to the famous Geysir hot spring area (by bus) where the reliable Strokkur geyser erupts with 3 to 7 minutes intervals. Now we run from Geysir 15 - 20 km to the mighty Gullfoss waterfall before a bus takes us back to Reykjavík. This is truly the runners way of doing the Golden Circle!

**Distance:** 15 - 20 km.

**Available:** Every Day from June 13<sup>th</sup> to September 14<sup>th</sup>

**Departure:** 10:00.

**Meeting point:** BSÍ Reykjavík bus terminal.

**Running gear:** According to weather.

**Duration:** 9 hrs.

**Minumum:** 2 passangers.

**Price: 39.900 ISK.**

## **JOURNEY TO THE CENTRE OF THE EARTH**

This is guided trail running tour takes place in the National Park of Snæfellsnes peninsula. Among other attractions in the national park the tour passes the volcano of Snæfellsjökull glacier which some say hides the path to the centre of the earth. After a two hour drive to the peninsula we start our run through the wonders of this magical place. After the run we take a moment to stretch before we head back to the city.

**Distance:** 26 - 30 km.

**Available:** Wednesday, Saturday and Sunday from June 1<sup>st</sup> to August 31<sup>st</sup>.

**Departure:** 08:00.

**Pick up:** At your hotel / guesthouse.

**Duration:** 8 - 10 hrs.

**Minumum:** 2 passangers.

**Price: 54.000 ISK.**

**Included:** Transportation and a local running guide.



# Day Tours

## FROM AKUREYRI

### MORNING RUN / MIDNIGHT RUN NEAR AKUREYRI

A guided running tour along interesting running trails just outside of Akureyri. The tour goes through the capital of the North, to one of the most popular forests in Iceland, Kjarniskógur. The forest has ideal paths for trail running that leave a lasting impression of Akureyri and its surroundings.

**Distance:** 5 - 12 km.

**Available:** Every Day, all year.

**Departure:** 06:30 (for morning run) 22:00 (for midnight run).

**Pick up:** At your hotel / guesthouse.

**Be ready dressed to run.**

**Duration:** 1 - 1h30.

**Mininum:** 2 passangers

**Price:** 8.900 ISK.



To book now please call +354 857 9797

## **“Would go back to Iceland just for one of their longer tours”** *Reviewed March 28, 2014*

My husband and I did a short morning run with Arctic Running. They were so friendly, knowledgeable, and down to earth. Not only did they fill us in on historical information but they also had great recommendations for places to go in town and ultra runs to do in Iceland.

### **CASCADE AND CANYON**

Trail run from the powerful waterfall Dettifoss, along the Glacial River Canyon and it's magnificent rock formations. This once in a lifetime trail running experience ends where the power of nature has formed the amazing horseshoe-shaped canyon of Ásbyrgi

**Distance:** 33 km.

**Available:** Every day from June 18<sup>th</sup> to August 31<sup>st</sup>.

**Departure:** 08.00.

**Meeting point:** Akureyri bus terminal, Hafnarstræti 82.

**Duration:** 8 - 9 hrs.

**Mininum:** 2 passangers.

**Price:** 49.900 ISK.

### **VALLEY ADVENTURE**

Off trail and a wild run through the valley of Þorvaldsdalur, a 30 min drive from Akureyri. The valley is open in both directions and goes up to 500m above sea level. We run off trail on challenging ground from the south of the valley to the north where it opens up towards the biggest fjord of the North Eyjafjörður.

**Distance:** 25 km.

**Note:** Streams and rivers are crossed on the way.

**Available:** Every day from June 18<sup>th</sup> to August 31<sup>st</sup>.

**Departure:** 10:00.

**Pick up:** At your hotel / guesthouse 15 min before departure.

**Duration:** 4 - 5 hrs.

**Mininum:** 2 passangers.

**Price:** 24.900 ISK.





# Day Tours FROM AKUREYRI

## MÝVATN RUNNING ADVENTURE

This tour goes from Akureyri to the spectacular waterfall Goðafoss where we take our first stop. The trail run begins at the craters that were formed by steam explosions about 2300 years ago. We head along the south side of lake Myvatn with peaceful and diverse birdlife on our way to Dimmuborgir. Dimmuborgir, the city of trolls, have rough and magical lava formations and we run from there to Mt. Hverfjall where we get an amazing view over the lake Myvatn and its surroundings. From Hverfjall we get picked up and head to the wonderful Nature Baths of Myvatn. After the bath we drive back to Akureyri taking the route north of Mývatn.

**Available:** Every day from September 1<sup>st</sup> to June 30<sup>th</sup>.

**Departure:** 08.00.

**Pick up:** At your hotel / guesthouse.

**Duration:** 7 - 8 hrs.

**Mininum:** 2 passangers.

**Price:** 63.300 ISK

**Included:** Transportation to/from running location, a local running guide and entrance to Myvatn Nature Baths.



To book now please call +354 857 9797



# Longer Tours

## DETTIFOSS TRAIL

85 km in 3 days

This tour starts by the magnificent Lake Mývatn and passes by some of it's best known geological wonders. On the second day we enter the National Park of Vatnajökull and will run by phenomena like the waterfall of Dettifoss and the horse shoe shaped canyon of Ásbyrgi.

### Departure dates:

25.07 - 27.07.2014

03.07 - 05.07.2015

14.08 - 16.08.2015

15.08 - 17.08.2014

14.07 - 16.07.2015



And more longer tours available all year round



# Longer Tours

## RUN TO THE HILLS

You choose 5 - 30 km run each day for 8 days

This tour goes around many of the national parks and nature reserves of the country. We visit the northern territory of Vatnajökull National Park with highlights such as Askja, Dettifoss and Ásbyrgi. We also run around Landmannalaugar area and its beautiful and colourful mountains. The geological wonders by Lake Mývatn and the nature baths will also be visited as well as the Snæfellsjökull National Park, which was formed around a volcano hidden under a glacier in the esoteric peninsula in the West.

**Departure dates:**

18.07 - 25.07.2014    17.07 - 24.07.2015  
08.08 - 15.08.2014    07.08 - 14.08.2015

## EXPERIENCE THE ARCTIC

4 days WINTER TOUR

This tour offers some of the most peaceful and magical places to be found in Northeast Iceland. The run goes by the edge of the arctic only 3 km south of the Arctic Circle at the northernmost point of Iceland's mainland. The area is characterized by the spreading of the Mid Atlantic Ridge, with canyons and valleys. The area has been affected with irregular earthquakes which take part in forming the magnificent landscape best described as the highlands down by the sea.

**Departure dates:**

07.11 - 10.11.2014    06.03 - 09.03.2015  
30.01 - 02.02.2015    03.04 - 06.04.2015 - Easter departure



To book now please call +354 857 9797

# ARCTIC RUNNING ALLOWS YOU TO RUN IN ICELAND AND ENJOY THE BEAUTIFUL ICELANDIC NATURE

## ABOUT ARCTIC RUNNING

Arctic Running offers running and trail running tours for all people that like to exercise and enjoy nature at the same time. We offer both day tours and longer overnight tours in addition to offering running events all around Iceland. In addition to our tour selection we also offer tailor made running tours and private tours for groups and individuals.

### ARCTIC RUNNING IN GREENLAND

Arctic Running offers multi day tours in East Greenland, day tours from Tasiilaq and Kulusuk and tailor made tours in all Greenland. For more information contact [info@arcticrunning.is](mailto:info@arcticrunning.is) or +354 857 9797

### OUR GUIDES

Our guides are some of the most experienced runners in Iceland and will help you enjoy trail running in Iceland whilst exploring the environment and its beautiful nature.

**For a closer look at Arctic Running tours and events, visit [arcticrunning.is](http://arcticrunning.is).**



For Longer Tours and Running Events in Iceland  
please visit our website [www.arcticrunning.is](http://www.arcticrunning.is)

Book now: +354 857 9797  
or [info@arcticrunning.is](mailto:info@arcticrunning.is)



**Run wild in Iceland!**