

*Run Wild in*  
**ICELAND**



**Experience the Arctic Running**



[arcticrunning.is](http://arcticrunning.is)



## Run Wild in Iceland

Arctic Running offers a great selection of running adventures for all levels around the capital area and the beautiful southern interior of Iceland. We make sure that you enjoy the best of each season while exploring the stunning nature of our country. All of our guides are highly experienced trail and ultrarunners with great knowledge of the Icelandic environment and ever-changing conditions.

We offer both day tours and longer overnight combo tours in addition to plan events all around Iceland. We love to create **tailor-made running adventures** for groups and individuals and to support international runners competing in races in Iceland.

With our wide selection of running tours, from demanding and strenuous runs (+3 hours) to moderate runs (30-90 minutes), all runners should find something that suits them.

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## Day Tours from Reykjavik

### Hot Spring Valley Tour

- *Enjoyable run in a colourful geothermal area*

The trail leads to the hot springs of Reykjadalur where you will be able to enjoy a relaxing bath in a natural pool after exploring this amazing geothermal area.

Duration: 4-5 hours with pick-up

### Volcano City Trail Tour

- *A must in the midnight sun!*

With only a 15 minute drive from the city center you will reach the remote lava field area of Burfell Volcano where you will run through a magnificent lava tunnel.

Duration: 2 hours with pick-up

### Mt. Esja Panoramic Tour

- *All-year mountain playground*

You will love the trails of the Esja Mountain Range if you are an experienced trail runner. The tour includes a 600 meter climb with a stunning view over Reykjavik.

Duration: 3 hours with pick-up

### Blue Lagoon Lava Run & Wellness

- *Treat yourself for a day*

This Wellness Tour offers a trail run by the moon like landscape surrounding the Blue Lagoon. After the run you can relax in the Blue Lagoon and enjoy some of their spa treatments.

Duration: 6 hours with pick-up

### City Sightseeing Running Tour

- *For the busy traveller*

Explore the city in a unique way and stay on track with your training program while on vacation.

Duration: 1-1.5 hours or as requested

**Check out [www.arcticrunning.is](http://www.arcticrunning.is)  
for prices and booking**

## Longer Day Tours in the Southern Highlands \*

### Thorsmork Exploring & Wellness

- *We love this place!*

You will find yourself in a magical environment with a mix of glaciers, rocks and wooded areas. Thorsmork is a valley situated between the glaciers Tindfjallajokull and Eyjafjallajokull.

Duration: 1 day

15-30 km / 9-19 mi

### Laugavegur Trail

- *The most famous trekking route in Iceland*

The run starts in Landmannalaugar, surrounded by colourful geothermal mountains and hot springs and ends in the magical green area of Thorsmork.

We suggest that you cover this beautiful route in two or three days but the more experienced ultrarunner should consider the Arctic Running Ultra Challenge.

Duration: 1, 2 or 3 days

53 km / 33 mi

### Fimmvorduhals

- *Run across glaciers and volcanoes*

The route lies between the famous glaciers Eyjafjallajokull and Myrdalsjokull. The Tour starts by the beautiful Skogarfoss waterfall and goes past many stunning waterfalls, canyons and the craters formed in the 2010 eruption; through the pass between the two glaciers and down to the magical area of Thorsmork.

Duration: 1 day

24 km / 15 mi

### Arctic Running Ultra Challenge

- *Laugavegur & Fimmvorduhals*

Be one the brave ones and combine these two epic trails for the ultimate trail running challenge. You will get champagne and a special prize when you finish!

Duration: 1, 2 or 3 days

80 km / 50 mi

\* It is possible to combine longer day tours for a more challenging 2-4 multi-day adventure.



## Iceland - A Trail Running Paradise!

Essentially it is Iceland's beautiful and unspoiled nature that makes it such a unique destination. Iceland is the outdoor enthusiast's dream, where volcanoes, glaciers, hot springs and powerful waterfalls set their mark on the landscape.

### About the Arctic Running Team

We at Arctic Running are passionate runners and love exploring Iceland on the run. It is a great pleasure for us to introduce you to our favourite trails, Icelandic culture and local cuisine.



**Birgir Saevarsson**

*Manager, Lead Running Guide*



**Elisabet Margeirsdottir**

*General Manager, Running Guide*

Birgir is our front runner. He fell in love with trail running after 14 years of road racing. He focused on the marathon distance and has four 2:35ish marathons under his belt. He thrives on challenges and moved to ultra distance mountain runs in 2013.

Elisabet has been a passionate runner for over ten years and ran her first marathon in 2005. Since 2009 she has competed in many ultra trail races like Laugavegur Ultra in Iceland, Ultra Trail Mt. Fuji in Japan, Ultra Trail du Mt. Blanc, Lavaredo Ultra Trail and Transgrancanaria.





## Tripadvisor reviews



“ *This was the coolest vacation I had ever done. Our guides, Biggie and Elisabet were extremely knowledgeable, professional, flexible and fun.* ”

- **Joe McConaughy**, Boston, USA  
(Pacific Crest Trail Record Holder)

“ *Fantastic morning run out to a local trail around Volcano. Highly recommend taking a run with the team whilst in Reykjavik and surrounds for short or multi day runs. Very professional and friendly team, really enjoyed the run and chat along the way. Looking forward to coming back and explore more of what Iceland has to offer.* ”

- **Leigh**  
(Sydney Australia)

**Book your running adventure now:**

[www.arcticrunning.is](http://www.arcticrunning.is) • [info@arcticrunning.is](mailto:info@arcticrunning.is)

