











DESCRIPTIVE ICONS (DI)

DI	Short name	Interpretation	Tour abbrev*
	Season	Indicates when (time of year) the tour is available.	All tours
	Duration	How long (approximatively) it takes to run the trail.	All tours
	Guide	A member of Arctic Running is guiding and running in front of the participants.	All tours
	Transport	Arctic Running provides transport from your accommodation to the tour starting point and back after the tour.	All tours
	Photos	The tour guide takes pictures while the tour takes place and send them to you.	All tours
	Hut	In some Longer tours, we sleep in a hut. Meal and services in the huts along the way included.	TEW, LT
	Nature reserve	Many of our tours take place in a protected areas that are considered unique because of their beautiful nature or cultural heritage.	VCTT, HSVT, LT, FVH, UCT
	Glacier	A part of the trail is a run on a glacier and/or we have a glacier view.	TEW, LT, FVH, UCT
	Black deserts	A part of the trail is a run on a black deserts and/or a view over a black deserts. It is mostly uninhabitable volcanic desert area.	LT, UCT
	Woodland	About 2% of the total area in Iceland is wooded covered land. It is mostly natural birch shrubs. A part of the trail is a run through a woodland area.	VCTT, TEW, LT, UCT
	Canyon	We run through canyons formed in the 2010 eruption in Eyjafjllajokull.	FVH, UCT
	Lava	Extensive Lava field landscape. Large expanse of nearly flat-lying lava flows. In VCTT we run through a lava tunnel.	VCTT, LT, FVH, UCT



DI	Short name	Interpretation	Tour abbrv*
	Crater	We'll see and run by a roughly circular depression in the ground caused by volcanic activity.	VCTT, FVH, UCT
	Volcano	A volcano developed when a rupture in the crust of the Earth allowed hot lava and volcanic ash to escape from a magma chamber below the surface. We'll see and run by a volcano.	VCTT, BLRW, LT, FVH, UCT
	Hot springs	Indicates we run through geothermal area with a hot springs. Caution: The boiling and steaming geothermal vents are dangerous. Do not walk on them or attempt to touch them.	HSVT, LT, UCT
	Cave	We'll see and explore lava cave on the trail.	VCTT
	Waterfall	There's a view of a waterfall(s) on the trail.	HSVT, LT, FVH, UCT
	Nature bath	It is possible to go to a natural geothermal pool. Remember to carry swim suit and towel if you want to relax in the bath.	HSVT, BLRW, LT, UCT

*Tours and the tours abbreviation:

Day Tours	Abbrv.	Longer Tours	Abbrv.
Volcano City Trail Tour	VCTT	Thorsmork Exploring & Wellness	TEW
Hot Spring Valley Tour	HSVT	Laugavegur Trail	LT
Mt. Esja Panoramic Tour	MEPT	Fimmvorduhals	FVH
Blue Lagoon Lava Run & Wellness	BLRW	Ultra Challenge Tour	UCT
City Sightseeing Running Tour	CSRT	Running the Golden Circle	RGC
		Hengill Volcano and Hot Springs	HVH