

Stages and nights - Iceland from North to South

Night n°	Distance from Asbyrgi	Distance From Skogar	Km by Day	Type	Location	Water	Resupply	Comments
1 – 2	13,5	458,6	13,5	camp	Vesturdalur	Y	N	Bad weather I stay one more night !
3	33	445,1	19,5	camp	Dettifoss	N	N	No water – just 2 jerrycans
4	46	425,6	13	wild	LacEillifsvötn	Y	N	Good fishing spot !
5 – 6	71	412,6	25	wild	Reykjahlíð - Lac Myvatn	Y	Y	Last possibility for resupply
7	96	387,6	25	wild	Sendjafall	Y	N	Stream a little bit further
8	120	362,6	24	hut	Refuge de Botni	Y	N	Full hut, camp outside
9	141	338,6	21	hut	Regufe de Dyngjufell	Y	N	Dry stream possible – take water before!
10	169	317,6	28	camp	Camp de Dreki	Y	parcel possible	Stony soil, shower for 5ISK
11	198,6	289,6	29,6	wild	Gigöldur	N	N	At the bottom of a mountain far from glacier rivers
12	215,6	260	17	hut	Refuge d'urgence de Kistufell	Y	N	Stream indicate in the hut book
13	227,6	243	12	wild	Pont avant Gjallandi	N	N	Take water before !
14	249,6	231	22	wild	Vonaskarrö	Y	N	Amazing !
15	277,6	209	28	wild	Au sud du lac Hagongulon	N	N	Take water before !
16	309,6	181	32	wild	Refuge de Versalir	Y	N	Hut closed...
17	334,6	149	25	wild	lac Porisvatn	N	N	Take water before !
18	374,6	124	40	wild	Lac Frostastadavatn	Y	N	Super spot !
19	380,6	84	6	camp	Camp de Landmannalaugar	Y	Y	Too many people !
20	390,6	78	10	hut	Refuge de Hrafninnusker	Y	N	I camp. Lots of wind !
21	401,6	68	11	camp	Camp de Alffavatn	Y	N	Lots of wind, nice spot
22	417,6	57	16	camp	Refuge de Emstrur	Y	N	Good shelter
23	431,1	41	13,5	camp	Camp de Langidalur - Þórsmörk	Y	Y	Resupply possible but very expensive !!!
24	458,6	27,5	27,5	camp	Cascade de Skogafoss	Y	Y	Congratulations ! well done ! You crossed Iceland !