

# WALKING AND TREKKING IN ICELAND

100 days of walking and multi-day treks

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Iceland is a country of extraordinary beauty, and this book introduces walkers and backpackers to this 'Land of Ice and Fire'. The routes described cover 100 days of walking across the whole country (49 day walks and 51 days on long-distance treks), to take in its amazing volcanic and glacial landscapes.

With Reykjavik now an established city-break destination, Iceland is easy to get to. Once there, the routes described include both popular and lesser-known trails, from coastal walks and off-island trails, to the remote interior and ice-caps. Most routes are signposted and waymarked, and a number of easy 'starter' treks and walks are included, but there are also rugged mountain routes and glacier crossings – including the classic Laugavegur trail.

Despite Iceland's reputation for being expensive, this guide offers plenty of tips for budget travellers and full details on mountain huts, campsites and public transport. *Walking and Trekking in Iceland* will enable readers of all abilities, and all budgets, to explore all that's great about this unique destination.

## Key marketing points

- Hugely successful guide
- Explores all that's great about Iceland, in a way that is achievable for most walkers
- Includes the classic Laugavegur Trail
- Hints and tips for budget travellers

## About the author

Paddy Dillon is a prolific walker and guidebook writer, with over 50 books to his name and contributions to 25 other books. He has written extensively for several outdoor magazines and other publications and has appeared on radio and television.

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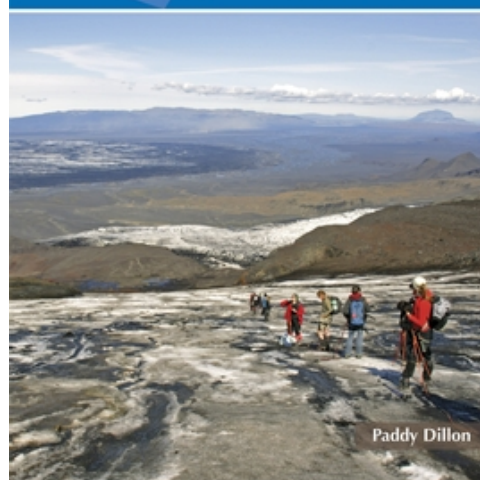
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