

Fjallabak Nature Reserve

Southern Region · Iceland

TRAVEL GUIDE

Tripomatic



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Overview

Fjallabak Nature Reserve is a highland area in the south of Iceland, known for its coloured rhyolite mountains, lava fields and hot springs. Landmannalaugar is the best-known base and the start of the Laugavegur trek.

The reserve is open to visitors only for a short season. Roads are rough, and you need a 4x4 vehicle or a highland bus.

When to visit

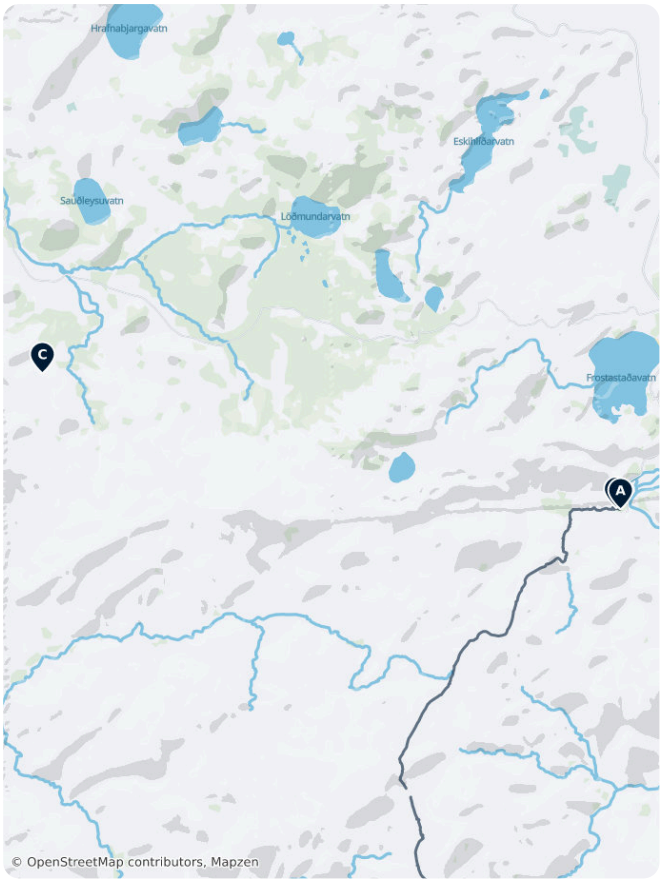
The highland roads open about mid-June and close in September, depending on snow. Summer weather is cool, and it can be wet and windy. Huts must be booked in advance.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for hiking	-3° / 2° Feels like -11°	-8° / -18°	23 rainy days · Dry air
February	Poor Poor for hiking	-3° / 2° Feels like -11°	-8° / -18°	21 rainy days · Dry air
March	Poor Poor for hiking	-2° / 2° Feels like -9°	-8° / -18°	22 rainy days · Dry air
April	Poor Poor for hiking	1° / 4° Feels like -6°	-5° / -14°	21 rainy days · Dry air
May	Poor Poor for hiking	4° / 9° Feels like -2°	-1° / -7°	19 rainy days · Dry air
June	Poor Poor for hiking	8° / 12° Feels like 3°	2° / -3°	20 rainy days · Dry air
July	Poor Poor for hiking	10° / 14° Feels like 6°	4° / 1°	21 rainy days · Dry air
August	Poor Poor for hiking	9° / 13° Feels like 5°	4° / -1°	21 rainy days · Dry air
September	Poor Poor for hiking	6° / 9° Feels like 0°	1° / -4°	22 rainy days · Dry air
October	Poor Poor for hiking	2° / 6° Feels like -5°	-3° / -11°	22 rainy days · Dry air
November	Poor Poor for hiking	-2° / 4° Feels like -9°	-6° / -16°	21 rainy days · Dry air
December	Poor Poor for hiking	-3° / 2° Feels like -11°	-8° / -18°	23 rainy days · Dry air

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- A Landmannalaugar has a warm stream where you can bathe, surrounded by multicoloured mountains and a lava field. Short walks start from the hut.
- B Laugavegur Hiking Trail is a four-day trek of about 55 km from Landmannalaugar to Þórsmörk. Huts must be booked early.
- C Rauðufossar is a set of waterfalls reached on a short walk or drive from the road.



Fjallabak Nature Reserve – Plan Your Trip

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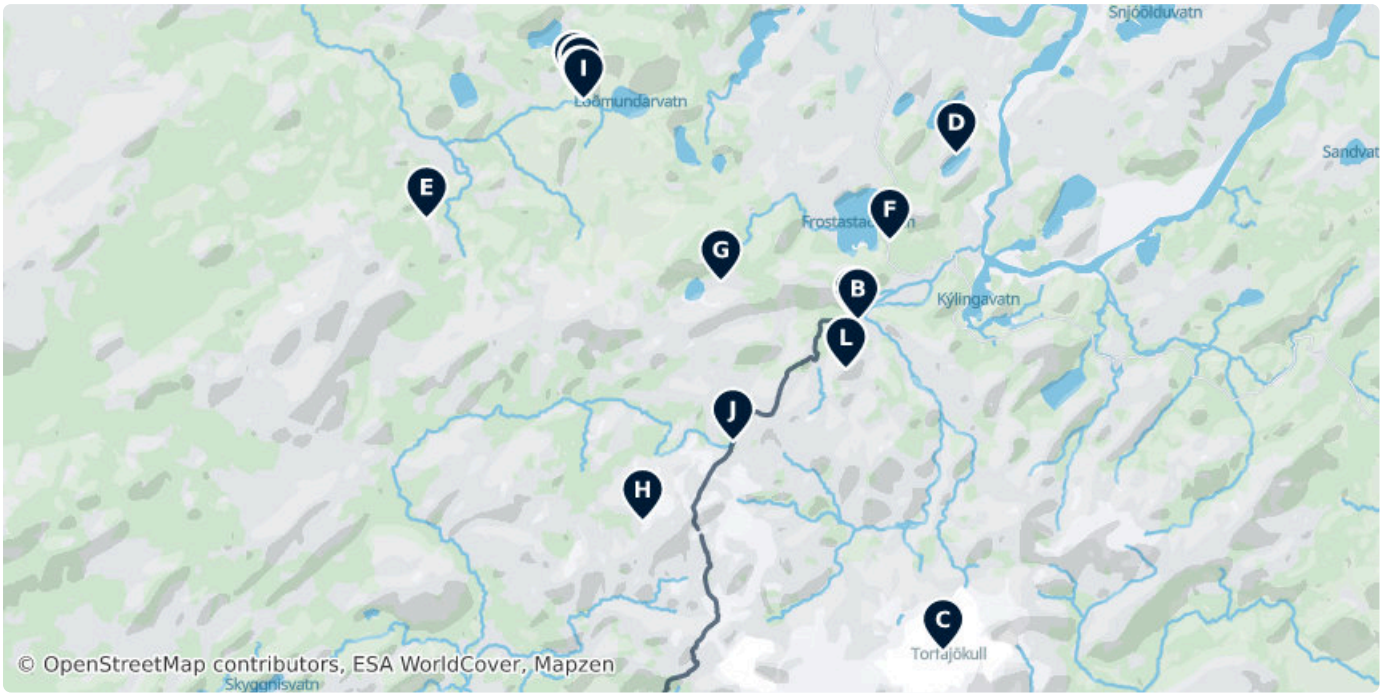
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Getting there

- **By bus**: Highland buses run from Reykjavík to Landmannalaugar in summer. The trip takes about 4 hours.
- **By car**: Only 4x4 vehicles can use the F-roads. River crossings can be deep. Check road conditions first.
- **From Reykjavík**: Reykjavík is about 190 km away.

Friðland að Fjallabaki's Crown Jewels

This highland reserve encompasses 47,000 hectares of Iceland's southern interior, shaped by the massive Torfajökull volcanic system. The landscape is characterized by colorful rhyolite mountains, sprawling obsidian lava fields, and intense geothermal activity. Key features include the natural hot springs of Landmannalaugar, the cobalt-hued Bláhnúkur peak, and the red-walled Ljótipollur crater lake. Accessible only by 4x4 vehicles during the summer, the area serves as the primary gateway to the 55-kilometer Laugavegur hiking trail.





A Laugavegur Hiking Trail

The 34 mile long hike starts in Skogar village and ends at Thórsmörk.

Iceland (63.99088, -19.06345)

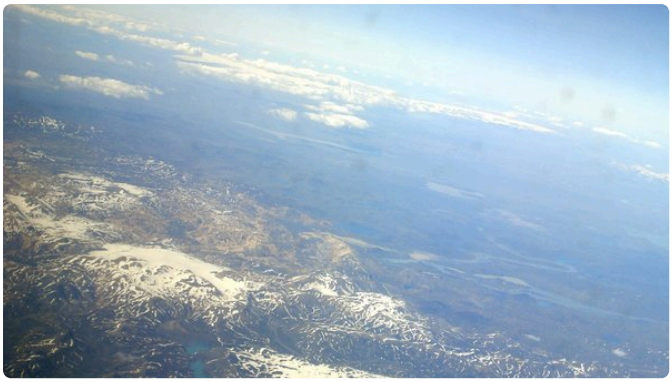


B Landmannalaugar

Highland base camp featuring natural geothermal hot springs and the Laugahraun lava field, serving as the northern trailhead for the Laugavegur hike.

Landmannalaugar, 851 (63.99058, -19.06136)

landmannalaugar.info



C Torfajökull

Torfajökull is a rhyolitic stratovolcano, with a large caldera capped by a glacier of the same name and associated with a complex of...

Iceland (63.89672, -19.00631)

D Ljótipollur

An explosion crater lake formed in 1477, known for its deep red volcanic walls and turquoise water.

Ljótipollur, Rangárþing ytra, Iceland (64.03765, -18.99781)

E Rauðufossar

A waterfall fed by the Rauðufossafjöll mountains, notable for its bright orange and red riverbed caused by iron-rich rocks.

(64.01934, -19.34011)

F Stútur

A small, moss-covered volcanic crater located near the road, offering a quick climb for views of the surrounding lava fields.

Iceland (64.01314, -19.04068)



G Fjallabak Nature Reserve

Established in 1979, this 470-square-kilometer reserve protects a landscape of rhyolite mountains, geothermal vents, and the Torfajökull caldera.

Iceland (64.00160, -19.14996)

fjallabak.is

H Ice cave at Hrafntinnusker

Geothermal ice caves located near the Hrafntinnusker campsite, formed by hot steam melting the underside of permanent snowpacks.

(63.93362, -19.20057)

I Landmannahellir

A natural lava cave historically used as a shelter for farmers and sheep during the annual autumn highland roundup.

(64.05304, -19.23874)

J Storihver

A major geothermal area on the Laugavegur trail featuring boiling mud pots, steam vents, and vibrant green moss.

Iceland (63.95632, -19.14214)

K Blahnukur

A prominent viewpoint at the top of a rhyolite peak, providing panoramic views of five glaciers and the colorful Landmannalaugar mountains.

(63.97680, -19.06924)

L Bláhnúkur

A 940-meter rhyolite peak named 'Blue Peak' for its distinct blue-grey color, formed by volcanic ash and lava flows.

Iceland (63.97677, -19.06917)

M Kringla

Basic mountain hut located at the Landmannahellir highland station, providing rustic accommodation for hikers.

(Unnamed Road), 851, Iceland (64.05746, -19.24474)

N Höfði

One of several mountain huts at Landmannahellir, serving as a base for exploring the western Fjallabak region.

Iceland (64.05634, -19.24099)

O Gil

Mountain hut at the Landmannahellir campsite, used by travelers and horse-trekking tours in the highlands.

Iceland (64.05613, -19.24063)

P Sáta

Small accommodation hut in the remote Landmannahellir area, typically open during the summer months.

(Unnamed Road), 851, Iceland (64.05754, -19.24497)

Q Fit

Rustic mountain shelter located near Landmannahellir, offering basic amenities for highland explorers.

(Unnamed Road), 851, Iceland (64.05739, -19.24468)

R Dyngja

Mountain hut at the Landmannahellir station, providing essential lodging in the remote volcanic interior.

(Unnamed Road), 851, Iceland (64.05754, -19.24512)

S Hlíð

Highland hut situated in the Landmannahellir area, part of a cluster of shelters for summer hikers.

(Unnamed Road), 851, Iceland (64.05323, -19.24015)

T Fell

Basic accommodation hut at the Landmannahellir base, used primarily by hikers and those on organized highland tours.

Iceland (64.05642, -19.24125)

Icelandic Peaks and Mountains

This collection features the volcanic summits of the Fjallabak Nature Reserve in Iceland's southern highlands. The area is defined by its diverse geology, ranging from the obsidian fields of Hrafntinnusker to the colorful rhyolite slopes of Brennisteinsalda and the blue-grey ash of Bláhnúkur. These peaks provide vantage points over the Torfajökull caldera, geothermal valleys, and the Laugavegur trekking route, showcasing the unique mineral compositions and volcanic activity of the Icelandic interior.



A Kirkjufell

Palagonite mountain located near the Eldgjá volcanic fissure in the southern highlands.

Iceland (63.98221, -18.94998)

B Bláhnúkur

Rhyolite mountain known for its distinct blue-grey color. The summit offers panoramic views of the Landmannalaugar valley and five different glaciers.

Iceland (63.97677, -19.06917)

C Hrafntinnusker

Volcanic peak known for its dense deposits of black obsidian glass and active geothermal steam vents along the Laugavegur trail.

Iceland (63.93298, -19.18084)

D Reykjakollur

Rhyolite peak located within the Landmannalaugar geothermal area.

Iceland (63.97968, -19.03853)

E Símonarsker

Small peak situated in the obsidian-rich landscape near Hrafntinnusker.

(63.90135, -19.14797)

F Stöðull

Mountain peak in the southern highlands of the Fjallabak Nature Reserve.

Iceland (63.93876, -19.15436)

G Sauðanef

Mountain peak located in the rugged Fjallabak interior.

Iceland (63.92899, -19.08102)

H Hellan

Peak in the volcanic highlands of South Iceland.

(63.93399, -19.01465)

I Skalli

High rhyolite plateau reaching 1,027 meters, offering expansive views over the Vondugil canyon and Landmannalaugar.

Iceland (63.95305, -19.04280)

J Hattur

Distinctive peak located north of the Torfajökull glacier in the southern highlands.

Iceland (63.94155, -19.05619)

K Brennisteinsalda

Colorful rhyolite volcano featuring active sulfur vents, iron-stained rocks, and green moss-covered slopes.

Iceland (63.98088, -19.09539)

L Reykjaföll

Group of rhyolite mountains located south of the Landmannalaugar base camp.

Iceland (63.92856, -19.13911)

M Sátubarn

Small peak located near the larger Sata mountain in the Fjallabak region.

Iceland (64.03157, -19.29450)

N Norðurnámur

Rhyolite mountain providing a vantage point over the Frostastaðavatn lake and the Laugahraun lava field.

Iceland (64.02037, -19.01521)

O Litlhöfði

Small peak situated near the banks of the Tungnaá river.

Iceland (63.99034, -19.24601)

P Norðurbarmur

Part of the volcanic mountain rim system surrounding the Landmannalaugar area.

Iceland (63.99064, -19.04177)

Q Stórhöfði

Prominent peak in the Fjallabak Nature Reserve, located near the Tungnaá river.

Iceland (64.00515, -19.18584)

R Háalda

High summit reaching 1,128 meters, offering panoramic views of the Torfajökull caldera and the surrounding highland desert.

Iceland (63.99105, -19.16024)

S Herbjarnarfell

Volcanic mountain located in the northern reaches of the Fjallabak Nature Reserve.

Iceland (64.07924, -19.26401)

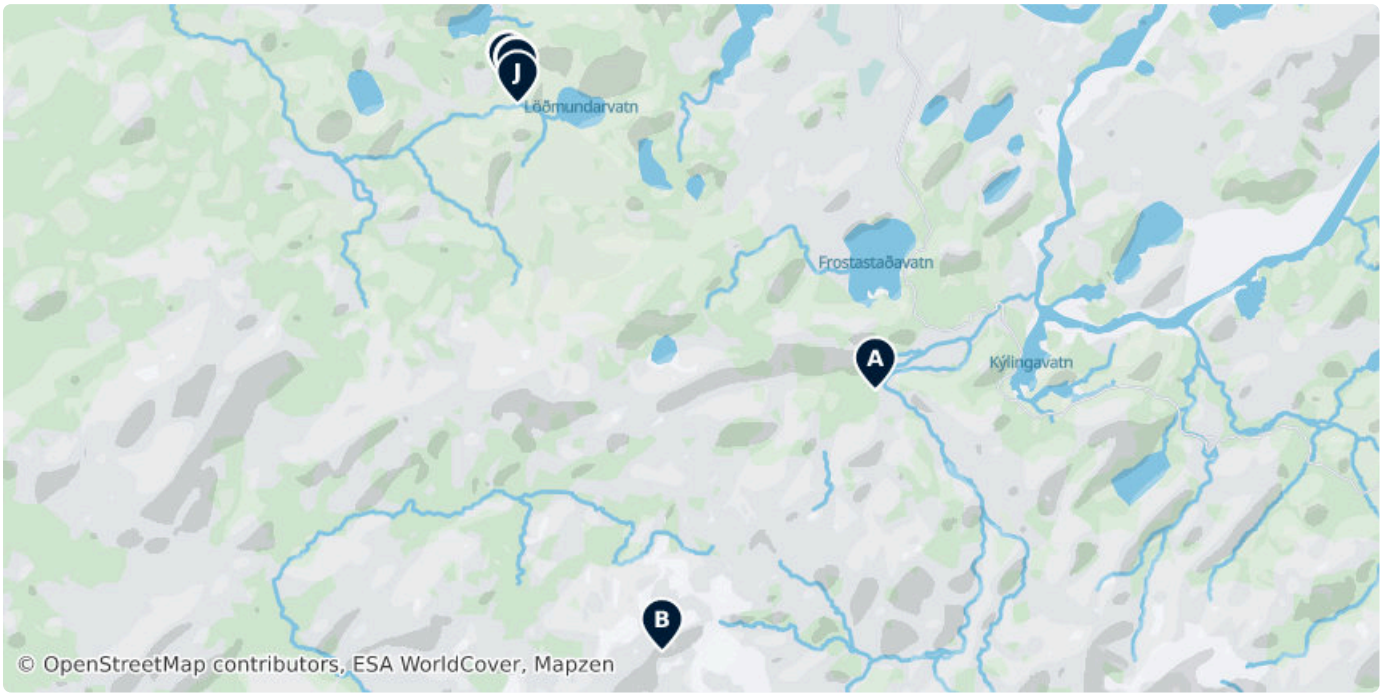
T Fitjafell

Peak located in the highland region west of the Landmannalaugar geothermal area.

Iceland (64.02834, -19.21614)

Alpine Huts and Shelters

These alpine huts and shelters provide essential accommodation across the Fjallabak Nature Reserve and along the Laugavegur trekking route. Ranging from the central hub at Landmannalaugar to the remote Höskuldsskáli outpost at 1,100 meters, these facilities offer sleeping bag accommodation and basic kitchen amenities. Many of these cabins, particularly the cluster at Landmannahellir, serve as primary base camps for exploring obsidian fields, rhyolite mountains, and historic volcanic caves used by shepherds.





A Landmannalaugar

Located in the Fjallabak Nature Reserve, this mountain station features a natural geothermal hot river and serves as the northern trailhead for the Laugavegur trail.

Landmannalaugar, 851 (63.99058, -19.06136)

landmannalaugar.info

B Hrafntinnusker Hut

The highest hut on the Laugavegur trail, situated at 1,100 meters. It is surrounded by obsidian fields, geothermal vents, and often experiences lingering snow patches throughout the summer.

Hrafntinnusker, 851 (63.93329, -19.16799)

fi.is/en/mountain-huts/all-mountain-huts/hrafntinnusker

C Dyngja

One of several mountain cabins at Landmannahellir, providing basic sleeping bag accommodation for hikers and horse riders exploring the northern Fjallabak region.

(Unnamed Road), 851, Iceland (64.05754, -19.24512)

D Fit

Basic mountain cabin located at Landmannahellir, providing shelter for travelers exploring the volcanic landscapes near the Hellisfjall mountain.

(Unnamed Road), 851, Iceland (64.05739, -19.24468)

E Sáta

Mountain cabin at Landmannahellir offering simple shelter and bunk beds in the remote Icelandic highlands.

(Unnamed Road), 851, Iceland (64.05754, -19.24497)

F Gil

Small cabin within the Landmannahellir area, providing essential shelter for those trekking through the Fjallabak Nature Reserve.

Iceland (64.05613, -19.24063)

G Höfði

Part of the Landmannahellir hut complex, this basic shelter accommodates hikers near the historic lava cave used by centuries of shepherds.

Iceland (64.05634, -19.24099)

H Kringla

Basic highland cabin at Landmannahellir, offering sleeping bag spaces for groups navigating the trails between Landmannalaugar and the north.

(Unnamed Road), 851, Iceland (64.05746, -19.24474)

I Fell

Simple mountain hut located at Landmannahellir, providing shelter near the volcanic peaks of the Fjallabak interior.

Iceland (64.05642, -19.24125)

J Hlíð

Mountain cabin at the Landmannahellir site, offering basic amenities for travelers visiting the nearby natural cave and volcanic craters.

(Unnamed Road), 851, Iceland (64.05323, -19.24015)

DATA SOURCES

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