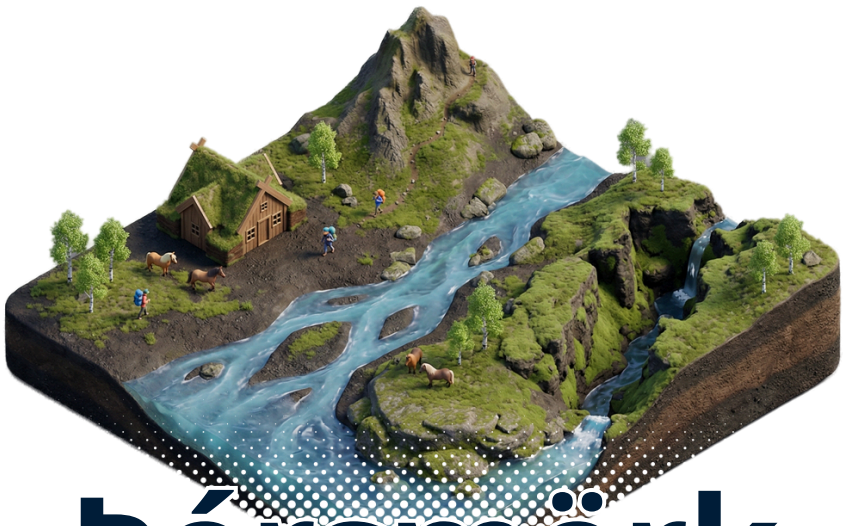


Þórsmörk

Southern Region · Iceland

TRAVEL GUIDE

Tripomatic



© OpenStreetMap contributors, ESA WorldCover

Overview

Þórsmörk, the Valley of Thor, is a green valley between three glaciers in south Iceland. Birch woods, rivers and mountain ridges make it one of the best places for hiking in the country.

It is a remote area. Access is by 4x4 vehicle or special bus, and roads cross rivers without bridges. Most visitors come for a day trip or stay at a mountain hut.

When to visit

The valley is open from about late June to September, depending on snow. Outside this season roads are closed and huts are mostly shut. Summer weather is cool and can change fast.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for hiking	1° / 5° Feels like -7°	-3° / -11°	24 rainy days · Dry air
February	Poor Poor for hiking	1° / 5° Feels like -7°	-3° / -11°	22 rainy days · Dry air · Windy
March	Poor Poor for hiking	2° / 5° Feels like -6°	-3° / -11°	23 rainy days · Dry air
April	Poor Poor for hiking	3° / 6° Feels like -4°	-1° / -8°	21 rainy days · Dry air
May	Poor Poor for hiking	5° / 9° Feels like 0°	2° / -2°	20 rainy days · Dry air
June	Poor Poor for hiking	9° / 12° Feels like 4°	5° / 2°	20 rainy days · Dry air
July	Poor Poor for hiking	11° / 14° Feels like 7°	7° / 5°	21 rainy days · Dry air
August	Poor Poor for hiking	10° / 13° Feels like 6°	7° / 4°	21 rainy days · Dry air
September	Poor Poor for hiking	8° / 11° Feels like 2°	5° / 1°	23 rainy days · Dry air
October	Poor Poor for hiking	5° / 8° Feels like -2°	2° / -4°	22 rainy days · Dry air
November	Poor Poor for hiking	2° / 7° Feels like -5°	-1° / -9°	22 rainy days · Dry air
December	Poor Poor for hiking	1° / 5° Feels like -6°	-2° / -11°	24 rainy days · Dry air

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

Top sights

- A Thórsmörk is the main valley, with birch woods and rivers.
- B Valahnúkur is a hill with a steep path and wide views over the valley and glaciers.
- C Stakkholtsgjá is a narrow canyon with a waterfall at its end, near the valley entrance.
- The Fimmvörðuháls trail connects to Skógar, and the Laugavegur trek ends here after starting at Landmannalaugar in Fjallabak.



Þórsmörk – Plan Your Trip

Turn the places from this guide into a real itinerary, with smart routing, time estimates, and everything you need for a perfect trip.

3M+ downloads · 4.6 stars · 15 years of trip planning

App Store · Google Play

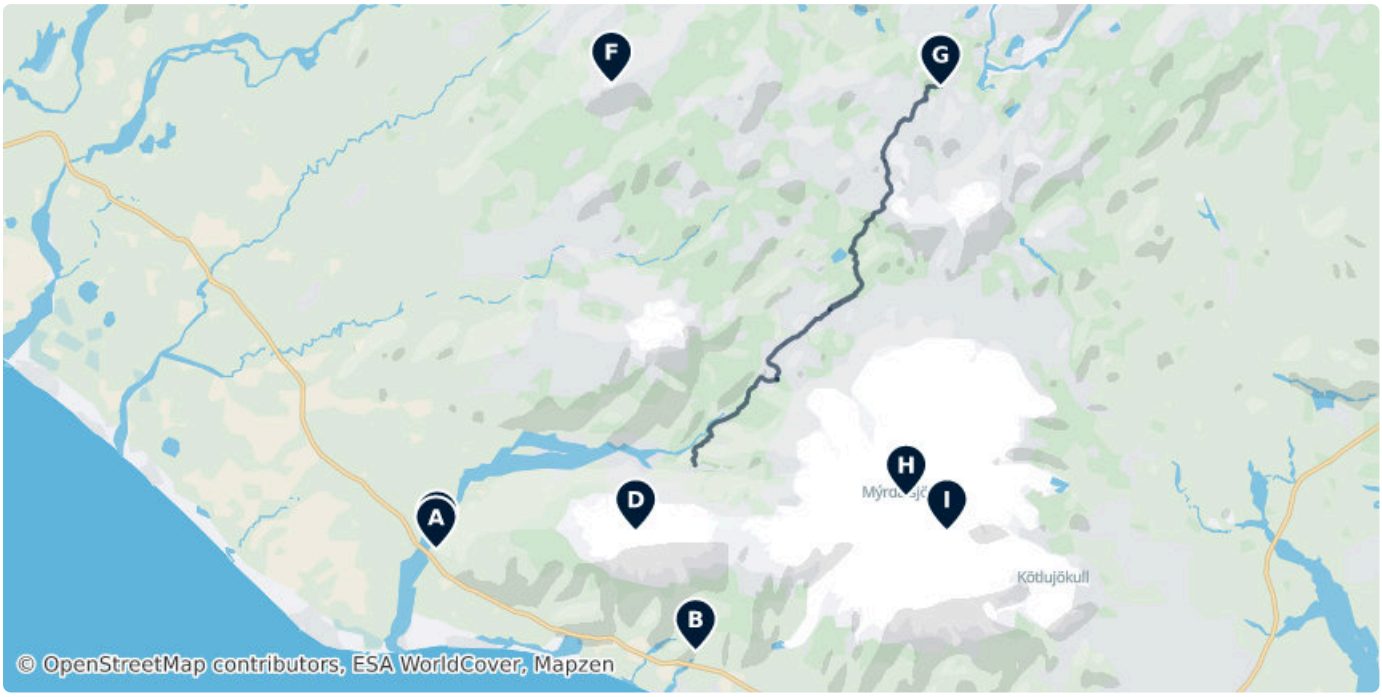
Scan to download the app

Getting there

- **By bus**: Special highland buses run daily in summer from Reykjavík and the south coast. They cross rivers.
- **By car**: Only high-clearance 4x4 vehicles can drive the final track. River crossings can be deep, and normal rental insurance often excludes water damage.
- **On foot**: Walk in from Skógar along the Fimmvörðuháls trail, a long day hike.

Þórsmörk Essentials

Þórsmörk is a glacial valley in the southern Icelandic highlands, enclosed by the Eyjafjallajökull, Mýrdalsjökull, and Tindfjallajökull glaciers. This region features the Krossá river, native birch forests, and the dramatic Stakkholtsgjá canyon. It serves as the terminus for the 55-kilometer Laugavegur trail and the Fimmvörðuháls pass. The landscape contains a diverse mix of black volcanic sands, green moss-covered ridges, and active volcanic systems including the subglacial Katla and the infamous Eyjafjallajökull.





A Seljalandsfoss

Waterfall with a 60-meter vertical drop featuring a unique pathway that allows walking behind the cascade.

Iceland (63.61546, -19.98817)

Mo–Su

Open 24/7

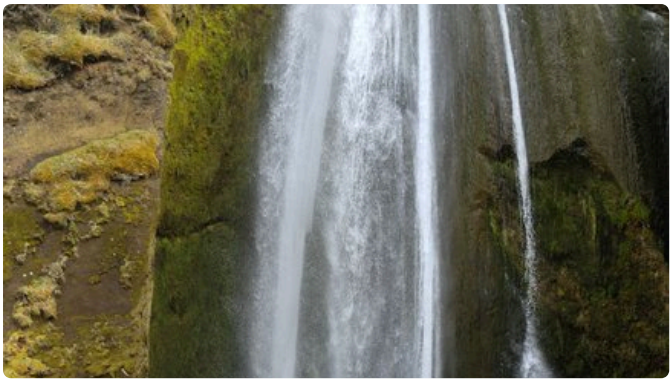
seljalandsfoss.org



B Skogafoss

Spectacular waterfall approximately 60 meters high and 25 meters wide, featuring powerful cascades that often produce rainbows and panoramic views from the top.

Iceland (63.53210, -19.51129)



C Gljufrafoss

A 40-meter waterfall partially hidden within a short canyon, accessible by trail and staircase.

Iceland (63.62076, -19.98634)

Mo–Su

Open 24/7



D Eyjafjallajökul

Eyjafjallajökull, sometimes referred to by the numeronym E15, is one of the smaller ice caps of Iceland, north of Skógar and west of...

Iceland (63.62999, -19.62139)



E Laugavegur Hiking Trail

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

Iceland (63.99088, -19.06345)



F Hekla

Hekla, or Hecla, is an active stratovolcano in the south of Iceland with a height of 1,491 m.

Iceland (63.99270, -19.66582)

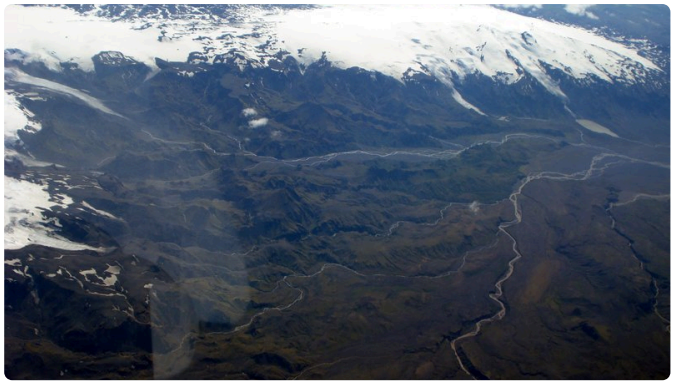


G Landmannalaugar

Geothermal area in the Fjallabak Nature Reserve known for its multicolored rhyolite mountains and natural hot springs. It serves as the northern starting point for the Laugavegur hiking trail and features a mountain hut and campsite.

Landmannalaugar, 851 (63.99058, -19.06136)

landmannalaugar.info



H Mýrdalsjökull Glacier

Fourth largest Icelandic glacier, with an ice cape covering a volcano.

Iceland (63.65814, -19.12445)



I Katla Volcano

Katla is an active volcano in southern Iceland. This particular volcano has been very active historically with at least twenty documented...

Iceland (63.62999, -19.04997)

Hidden Gems of Iceland

This collection features unique sites across Southern Iceland, from the 1973 U.S. Navy DC-3 plane wreck on Sólheimasandur's black sands to the isolated Þrídrangaviti Lighthouse perched on a basalt pillar. The list includes the reconstructed Viking-era farmstead at Stöng and the hidden Gljúfrabúi waterfall tucked inside a canyon. Explore the volcanic landscapes of the Gjáin valley, the Þjófafoss waterfall on the Þjórsá river, and Seljavallalaug, one of Iceland's oldest outdoor swimming pools built into a mountainside.

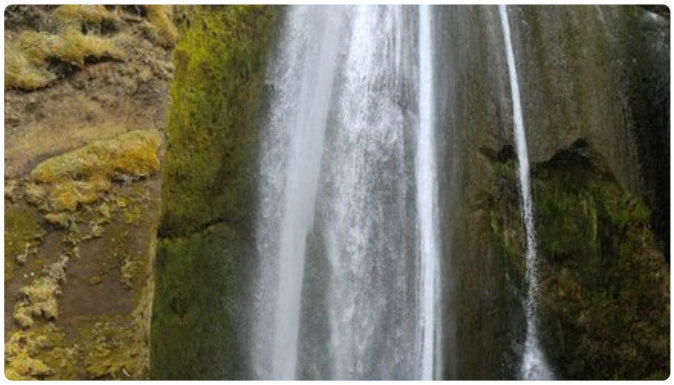




A DC-3 Plane Wreck

Abandoned U.S. Navy DC-3 aircraft wreck lies on a black sand beach, known for its striking and surreal appearance. The site features a relatively intact fuselage set against a dramatic Icelandic landscape.

(Unnamed Road), 871, Iceland (63.45912, -19.36503)



B Gljufrafoss

A 40-meter waterfall partially hidden within a short canyon, accessible by trail and staircase.

Iceland (63.62076, -19.98634)

Mo–Su

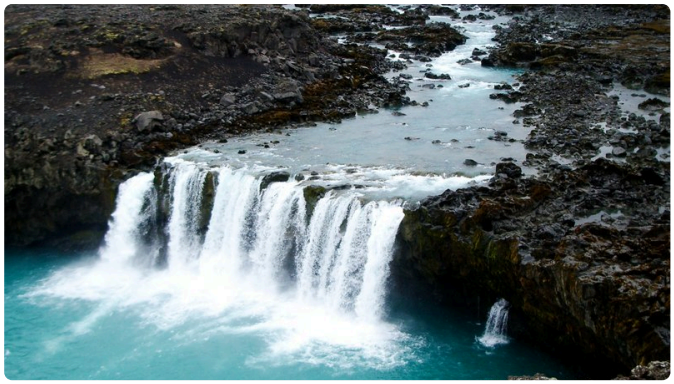
Open 24/7



C Gjain

Gjáin is a small valley with small waterfalls, ponds, and volcanic structures situated in Þjórsárdalur in the south of Iceland.

Iceland (64.15018, -19.73626)



D Thjofafoss

Þjófafoss is located on the river Þjórsá on the east side of the Merkurhraun lava fields in the south of Iceland, at the southwest tip of...

Iceland (64.05674, -19.86658)



E Stöng Commonwealth Farm

Þjóðveldisbærinn Stöng is a reconstructed viking-era farmstead in Iceland, located in the Þjórsárdalur valley near road 32 in Árnessýsla...

Þjóðveldisbær 1, 804 (64.12013, -19.82043)

thjodveldisbaer.is/en, +354 488 7713



F Seljavallalaug

Seljavallalaug is a protected 25-metre outdoor pool in southern Iceland.

Iceland (63.56611, -19.60770)



Thridrangar Lighthouse

Isolated lighthouse built in 1939, perched atop a 36-meter high basalt rock pillar in the Westman Islands. Accessible only by helicopter, it stands on the highest of three sea stacks known as Háidrangur.

(63.48871, -20.51328)

facebook.com/TridrangarLighthouse/

Iconic Waterfalls of Iceland

This collection features a diverse range of South Iceland's waterfalls, from the 60-meter vertical drops of Seljalandsfoss and Skógafoss to the bright blue glacial waters of Brúarfoss. The list includes the 122-meter Háifoss, Iceland's third-tallest cascade, and unique geological sites like Gljúfrabúi, tucked inside a hidden canyon, and Nauthúsafoss, accessible through a narrow ravine. These landmarks showcase specific features including basalt columns, volcanic chasms, and pathways that allow access behind the falling water.





A Seljalandsfoss

Waterfall with a 60-meter vertical drop featuring a unique pathway that allows walking behind the cascade.

Iceland (63.61546, -19.98817)

Mo–Su

Open 24/7

seljalandsfoss.org



B Skogafoss

Spectacular waterfall approximately 60 meters high and 25 meters wide, featuring powerful cascades that often produce rainbows and panoramic views from the top.

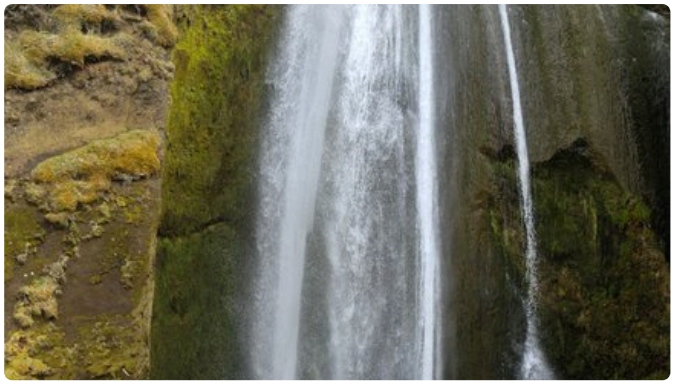
Iceland (63.53210, -19.51129)



C Bruarfoss Waterfall

Waterfall in a spring-fed river surrounded by dense birch shrubbery, notable for its striking blue waters.

Hlauptunga, 801, Iceland (64.26423, -20.51587)



D Gljufrafoss

A 40-meter waterfall partially hidden within a short canyon, accessible by trail and staircase.

Iceland (63.62076, -19.98634)

Mo–Su

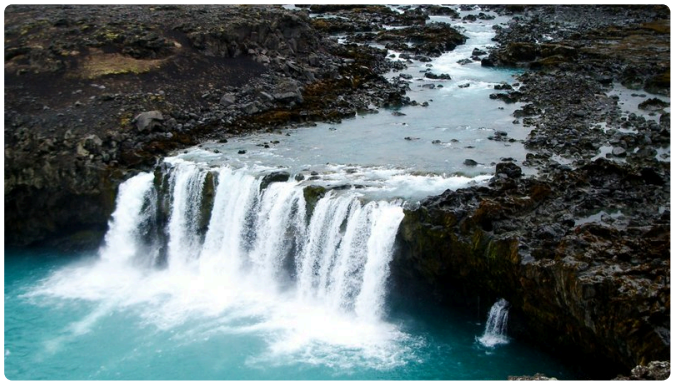
Open 24/7



E Háifoss

With the height of 122 meters, Háifoss is the third highest waterfall in Iceland.

Iceland (64.20792, -19.68699)



F Thjofafoss

Þjófafoss is located on the river Þjórsá on the east side of the Merkurhraun lava fields in the south of Iceland, at the southwest tip of...

Iceland (64.05674, -19.86658)



G Kvernufoss

A 30-meter waterfall tucked away in a gorge near Skógar. It features a trail that allows visitors to walk behind the cascade.

Iceland (63.52869, -19.48051)



H Gluggafoss

Also known as Merkjárfoss, this waterfall is unique for the "windows" or holes eroded into the soft palagonite rock through which the upper part of the falls flows.

Iceland (63.72131, -19.89224)



I Ófærufoss Waterfall

Ófærufoss is a waterfall situated in the Eldgjá chasm in the western part of Vatnajökull National Park, Iceland.

Iceland (63.96422, -18.61732)



J Sigöldufoss

Located in the Highlands near Landmannalaugar, this waterfall is notable for its clear turquoise water and surrounding basalt column formations.

Iceland (64.16967, -19.12923)



K Árbæjarfoss

A wide, tiered waterfall on the Ytri-Rangá river, frequently used as a location for salmon fishing.

Iceland (63.86276, -20.34130)



L Hlauptungufoss

One of three waterfalls on the Brúará river, characterized by its vibrant blue glacial water and wide, rushing cascades.

Iceland (64.25343, -20.51694)

Mo–Su

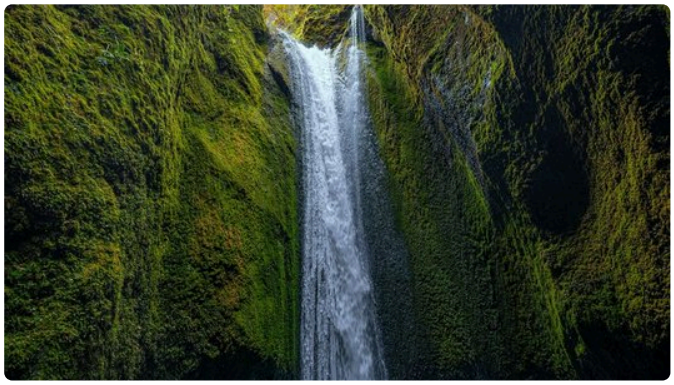
Open 24/7



M Íráfoss

A tall, narrow waterfall located near the Ring Road, often visited as a quieter alternative to the nearby Seljalandsfoss.

Iceland (63.57652, -19.82842)



N Nauthúsafoss

Hidden within the narrow Nauthúsagil ravine, this waterfall is reached by a trail where rowan trees grow horizontally from the canyon walls.

Iceland (63.67032, -19.73793)



O Fosstúnsfoss

A small waterfall located on the Seljalandsá river, situated just downstream from Seljalandsfoss.

Iceland (63.61878, -19.98705)



P Midfoss

Situated on the Brúará river, this waterfall serves as the middle cascade between Brúarfoss and Hlauptungufoss.

Iceland (64.25793, -20.51519)

Mo–Su Open 24/7

DATA SOURCES

Map data	© OpenStreetMap contributors, ESA WorldCover, Mapzen
Data	© OpenStreetMap contributors, Wikidata, Wikipedia, Tripomatic, Official websites

IMAGE CREDITS

- Seljalandsfoss — "Seljalandsfoss at Sunset" by Ævar Guðmundsson, CC BY 2.0
- Skogafoss — "Wodospad Skógafoss" by Jerzystrzelecki, CC BY 3.0
- Gljufrafoss — "Iceland" by Hansueli Krapf, CC BY-SA 3.0
- Eyjafjallajökul — "Eyjafjallajökull" by Sigurdur Jonsson, CC BY 2.0
- Laugavegur Hiking Trail — "Laugavegurinn-bru" by Reen Eversdijk, CC BY 2.0
- Hekla — "Gated field with a snowcovered Hekla in the background" by Sverrir Thorolfsson, CC BY 2.0
- Landmannalaugar — Julien Weber, CC-BY-SA
- Mýrdalsjökull Glacier — "Þórsmörk and Eyjafjallajökull glacier in Iceland" by TommyBee, Public domain
- Katla Volcano — "Katla volcano, Heimaey, Suðurland, Iceland" by Diego Delso, CC BY-SA 4.0
- DC-3 Plane Wreck — "Iceland" by Hansueli Krapf, CC BY-SA 3.0
- Gljufrafoss — "Iceland" by Hansueli Krapf, CC BY-SA 3.0
- Gjain — "Gjáin Herbst 2004, GNU-FDL" by Reykholt, CC BY-SA 3.0
- Thjofafoss — "The waterfall Þjófafoss viewed from Merkurhraun lava fields" by Grunkhead, CC BY-SA 3.0
- Stöng Commonwealth Farm — "Þjóðveldisbærinn Stöng", CC-BY-SA
- Seljavallalaug — "A closeup of the surface of the water at Seljavallalaug, Iceland." by BiT, CC BY-SA 3.0
- Thridrangar Lighthouse — "Thridrangar Lighthouse, Southern Iceland" by voilier.evidence@gma..., CC BY 3.0
- Seljalandsfoss — "Seljalandsfoss at Sunset" by Ævar Guðmundsson, CC BY 2.0
- Skogafoss — "Wodospad Skógafoss" by Jerzystrzelecki, CC BY 3.0
- Bruarfoss Waterfall — "Cascade de Brúarfoss, Islande" by G.Mannaerts, CC BY-SA 4.0
- Gljufrafoss — "Iceland" by Hansueli Krapf, CC BY-SA 3.0
- Háifoss — "Háifoss waterfall in Iceland." by G8w, CC BY-SA 3.0
- Thjofafoss — "The waterfall Þjófafoss viewed from Merkurhraun lava fields" by Grunkhead, CC BY-SA 3.0
- Kvernufoss — "Kvernufoss, waterfaal, Iceland" by Bromr, CC BY-SA 3.0
- Gluggafoss — "Gluggafoss" by Kay Wiese, CC-BY-SA
- Ófærufoss Waterfall — "The Ófærufoss in 2012." by Borvan53, CC BY-SA 3.0
- Sigöldufoss — "Sigöldufoss" by Sygic Travel User, CC-BY-SA
- Árbæjarfoss — "The Árbæjarfoss, a waterfall in south Iceland." by Bromr, CC BY-SA 3.0
- Hlauptungufoss — "Hlauptungufoss" by Tomasz Wisła, CC-BY-SA
- Íráfoss — "Íráfoss" by Sygic Travel User, CC-BY-SA
- Nauthúsafoss — "Nauthúsafoss" by Jen Neino, CC-BY-SA
- Fosstúnsfoss — "Vodopád" by Tomáš Pavelka, CC-BY-SA
- Midfoss — "Midfoss" by Tomasz Wisła, CC-BY-SA

A free travel guide — not for sale. Travel guide generated with AI on November 23, 2026. Text and layout by Tripomatic, licensed under CC BY-SA 4.0. Map data © OpenStreetMap contributors, available under the ODbL. Photos are under their own licences, as credited on this page.