

[GNR] GREAT NORSE RUN ICELAND





Halló there!

Welcome to The Great Norse Run. If you're reading this then you're mad enough to have asked for more information about this ten day, heart-pumping, jaw-dropping trip. It also means you're someone we'd like to sit around a campfire with and watch the sparks mingle with the stars :-)

You're our kind of awesome.

So this is our Iceland adventure. Beautiful scenery, great trails, and a climate that's perfect for running. Plenty of clean fresh air. With its abundance of mountains, volcanoes, glaciers, rivers, lakes, caves, and otherwise rough terrain waiting to be tackled, Iceland is made for adventure.

But, it's also a place that welcomes you with arms wide open. Widely known as "The Land of Fire and Ice", Iceland is home to some of the largest glaciers in Europe, and some of the world's most active

volcanoes. We're gonna be passing over and by these whilst waving goodbye to stress with a ten-day, 209-mile trip of a lifetime.

En-route you'll drink Brennivín and eat fermented shark. You'll veer wildly towards the Eyjafjallajökull Volcano, stare longingly at the Hofsjökull glacier, and together with two dozen new friends, slowly clap your hands above your head in true Skol war-cry style.

Each day is an opportunity for a new experience, and to put a smile on your face. Hot spring parties with ice-cold beers, pumping music, majestic silence, and eye-poppingly stunning scenery create memories that will last a lifetime.

This is our time. Our adventure. Let's get lost. Properly lost. Go forth and be awesome!



The leaders

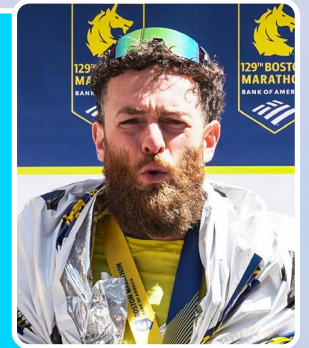
Nicola Soraghan

Nic has qualified to race for the Irish national team, but decided to turn that down to organise and lead collaborative and inclusive adventures in far-flung places around the world. Organised, pragmatic and loves bringing out the best in people.



Tom Beard

Tom finds the awesome in everything and inspires those around him to achieve the previously unthinkable. Always looking for the next adventure, Tom passionately believes in the power of people, nature and positivity to overcome anything that faces us.



The Founders

Danny Bent

Community Builder

Emotionally supporting this motley crew in the build up to this adventure will be Danny Bent, world record holder, author, happiness guru, and powerhouse of positivity. With Danny's unashamedly unique approach to bringing a smile to people's faces, your Icelandic adventure will live long in your mind.



Nick Carter

Logistics

Logistically supporting the leaders and helping to herd the team in the right direction is Nick Carter. Nick is a professional adventurer, expedition organiser and public speaker.



Outline Itinerary

Day 1



After your arrival, grab a burger at The Big Lebowski, chill out in a thermal bath, or look around the town. You're welcome to arrive earlier, but be sure to be in Reykjavik by lunchtime. At 14:15 our coach will leave for the expedition start point. Lunch will be provided en route to Akureyri in the far north where we'll overnight at a nice campsite in with a cooked dinner.

Day 4



Today is flat. Very flat. You'll take in stark wilderness views, with the tongue of the Hofsjokull glacier just visible in the distance. Today is our first (very) wild camp.

🏃 14 m 🏔 715 ft

Day 2



Wake up early if you'd like to take a ceremonial toe-dip in the northern Icelandic waters, then start your official Great Norse Run. This day will begin on the main road out of Akureyri; which will dwindle to a dirt track, which will reduce to a path. Civilisation will be very much in the rearview mirror. Night in the barn of a far-flung Icelandic horse farm.

🏃 25 m 🏔 1,000 ft

Day 5



Mind over matter today. Deep in the heart of the Icelandic desert, you need to stay mentally strong to keep on going. Tired legs, but amazing views of two huge glaciers in the distance. Overnight near a remote mountain hut at the foot of the biggest glacier.

🏃 18 m 🏔 965 ft

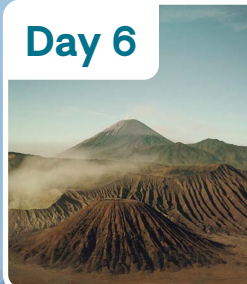
Day 3



Today will be slightly more challenging. We rise slowly (then less slowly) towards the desert plateau. A river babbles to our left, but disappears as we hit the scramble to the top. Now the expanse of the Icelandic interior begins, a place not many get to see. Beautiful shades of grey from ground to sky, as far as the eye can see. We'll camp overnight next to thermal springs.

🏃 30 m 🏔 3,600 ft

Day 6



Today is all about fire and ice, running between two huge icecaps – very peaceful, very surreal. Watch out for the active volcano to your left! You'll have your first river crossing today. Cold? We prefer 'very bracing'. Make sure you know where your spare socks are! Still surrounded by grey, but bits of green are just visible on the horizon. Wild camp.

🏃 30 m 🏔 1,800 ft

Outline Itinerary

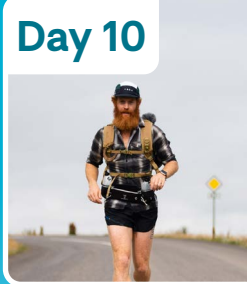
Day 7



Today is your last day in the interior desert – prepare to see the colour green again. River crossings will be challenging today, expect to get quite (very) wet. Enjoy a celebratory meal in the evening to make up for it. You might actually see someone from outside of our group today, as we cross a small road; but probably not. Wild camp.

🏃 25 m 🏔️ 1,000 ft

Day 10



After the rest day, you'll be feeling renewed and replenished (well, good enough to get to the finish). You'll run through the stunning national park today, with views to sooth your soul, and natural wonders to inspire your legs to go the extra miles. Save some memory in your camera for this day.

🏃 25 m 🏔️ 1,800 ft

Day 8



Running out of the desert into a national park. Expect Lord of the Rings and Game of Thrones scenery. Other-worldly shaped hills, ridiculous colours and multi-coloured rainbow cliffs. Geothermal plooms all around. Enjoy, it's your rest day tomorrow!

🏃 27 m 🏔️ 2,000 ft

Day 11



Just one more (small-ish) icecap to run past, then expedition's end. The Great Norse Run comes to an official close, celebrated with tea and medals. Team bus back to Reykjavik. We'll be staying in Reykjavik, with a reasonably rowdy party that evening.

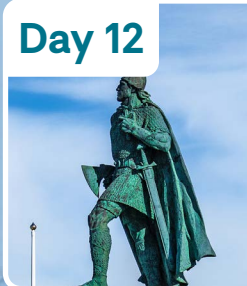
🏃 19 m 🏔️ 1,000 ft

Day 9



You'll take a rest from running today, but still get some adventure in with amazing walks on multi-coloured cliffs, the smell of sulphur all around. There will be activities for those who want them, and absolutely nothing for those who don't. Thermal streams are just five minutes walk away to wash away your pains.

Day 12



Depart for the airport from Reykjavik with sore feet, new friends, possible hang over, and thousands of new memories. Ran across the whole country of Iceland? Tick.



Kit list Running kit

Required items	Qty	Notes	✓	Optional tems	Qty	Notes	✓
Hydration system or water bottles	1	Make sure it's easy to carry. Plan to carry 1–2 litres (3 pints)		Waterproof trousers	1	Often not worth the hassle	
Lightweight water-proof jacket	1	Mostly to keep the wind off		Waterproof gaiters	1	Better than the waterproof trousers. Plus it makes you look sexy	
Good quality running shoes	2	You can get away with one pair, but at your own pair-ill!		Buff or neck protector	1	Bright colours preferred, so you look the part	
Non-rubbing underwear	3	Whatever works best for you		Running sunglasses	1	It can be dazzlingly bright in Iceland. Sometimes	
Good quality running or expedition socks	6	Six pairs, not six socks... obviously		Lightweight running base layer	2	For covering your arms in a cold wind, and may reduce rubs	
Running bottoms and tops	3	Three full sets, assume mostly long sleeve and long trousers		Very small (<3 kg) running / bum bag	1	You'll carry snacks, a small radio or tracker, water and first aid	
Running tape (e.g. zinc oxide or Second Skin)	2	We will have some, but bring your own tape as well		Suntan lotion	1	You never know! For your face, the bar kind avoids stinging eyes.	
Running gloves	1	When a wind gets up you'll be glad of a pair of running gloves					
Sandals	1	Lightweight sandals for river crossings					



Kit list Campside kit

Required items	Qty	Notes	✓
Warm jacket	1	Preferably waterproof / shower-proof	
Warm trousers	1	Preferably waterproof / shower-proof	
Thermal base layer top and bottom	1 ea		
Camp shoes / normal shoes	1	Better if waterproof, but not essential	
Camp socks	3	The thicker the better	
Hat	1	Warm beanie type hat	
Towel and flannel	1	Don't bother with 'quick-dry'. They don't	
Swimming costume	1	Yes, really	
Medium size dry bag	1	It can rain in Iceland!	

Required items	Qty	Notes	✓
Large personal rucksack or duffel	1	Large duffel bag (remember: roll clothing, don't fold it)	
Metal spoon, fork and knife	1	No disposable plastic	
Plastic / expedition mug and plate	1		
Wash kit	1	Include nail clippers and wet wipes	
Sleeping bag	1	Rated down to -5°C / 4 seasons	
Travel pillow / real pillow	1	A real pillow is bulky, but you can't put a price on a good night's rest	
Inflatable sleeping pad / roll mat	1	Full length, as comfortable as possible	
Fine weather clothes (top, mid, bot)	3	Pack for three days in a pretty cold place. Jumpers, long trousers, etc.	
Fine weather jumper and trousers	1 ea		



Kit list Campside kit

Optional items	Qty	Notes	✓
Silk inner liner for sleeping bag	1	Very nice to have. Will keep you more toasty	☐
Portable battery	2	We are not able to provide you with power	☐
Personal stereo and headphones	1	Epic music goes with epic adventures	☐
Camera	1	Lightweight, or camera phone	☐
Headlamp	1	The camp will be lit, but it's good to have one	☐
Ear plugs and eye mask	1	People snore; this shuts them up!	☐







Book online now www.greatnorserun.com