



HEINABERG, HJALLANES, HOFFELL



WELCOME TO VATNAJÖKULL NATIONAL PARK

Vatnajökull National Park, established in 2008, encompasses all of Vatnajökull glacier as well as extensive areas around it. Today's park covers about 14% of Iceland and has the greatest surface area of any national park in western Europe.

In general, national parks are protected areas that are considered unique because of their nature or cultural heritage. The uniqueness of Vatnajökull National Park stems primarily from the great variety of landscape features created by the joint forces of rivers and glacial ice, combined with volcanic and geothermal activity.

Gamlabúð, at Höfn, is one of two Vatnajökull National Park visitor centres south of the glacier. It is open all year and provides information about the park and its surroundings, hiking trails, services and activities. There is also an exhibition about the interaction of man and nature, glaciers and geology.

In summer, visitors are invited to join park rangers on hikes. Our emphasis is on dynamic guiding, giving guests a very personal experience of nature and the national park.

Reindeer – Rangifer tarandus







PLEASE KEEP THE FOLLOWING IN MIND

- Respect your surroundings and the pristine nature. Show care, e.g. by the shore, the rivers and glaciers.
- Do not discard or bury waste. All waste, including toilet paper shall be carried to your destination and disposed of in the appropriate containers.
- Do not disturb natural formations or sensitive vegetation.
 Do not remove plants or rocks. Do not stack cairns or markers
- Keep to marked paths where possible. Footprints on sensitive vegetation take a long time to heal.
- Protect wildlife and show care by the birds' nesting areas.
- Do not pollute water.

- Take care that dogs or other pets do not disturb vegetation or interfere with other animals or travelers.
 Owners must clean up after their animals on the trails.
- Inform people of your itinerary. The weather can turn quickly and your preparation should take that into
- Use organised campsites for overnight staying
- Respect the rules of conduct and instructions by the landowners. Show other hikers kindness and respect.
- Leave rest stops in the best possible condition.
 Take your pictures and memories with you but leave nothing behind.

In case of an accident or need for assistance, call or message the 112 National Emergency Number.

HEINABERG AND HJALLANES

Three large outlet glaciers characterise the area consisting of Hjallanes (west of the river Kolgríma) and Heinaberg (east of the river). It is rare to find glaciers so close to a whole district. Large herds of reindeer can often be seen in the area, from autumn through to spring.

During the Little Ice Age and in the early 20th century the Skálafellsjökull and Heinabergsjökull glaciers were adjoining in front of Hafrafell. Hjallanes was covered by a glacier, and signs of this can be seen: glacial erratics, striations and whalebacks.

When Heinabergsjökull was at its maximum size it blocked the entrance to Vatnsdalur and Heinabergsdalur. As a result water accumulated in the valleys. Occasionally, water forced its way under the glacier and burst onto the lowland. Glacial outbursts floods from Vatnsdalur were notorious for destroying farmland.

The Heinaberg farm stood below Heinabergsfell, until it was abandoned in the 1930s. The farm is named after Heinar, distinctive rock ridges with columnar jointed basalt that are located nearby. The name Heinar is possibly derived from their similarity to the slick, smooth stones used to sharpen blades – heinar in Icelandic. Alternatively, the name may derive from heiðnar, meaning "heathen".

HOFFELL

Hoffellsjökull is among the larger glaciers that descend southwards from the Vatnajökull ice cap. It has bulldozed itself deep into the sedimentary outwash plain, down to 300 m below sea level. The glacier is retreating rapidly, and a side result is a formation of a large glacial lake.

Hoffellsjökull flows across an eroded central volcano: The extinct Geitafell central volcano was active 5–6 million years ago. Erosion and post-glacial uplift have exposed rocks that formed deep in the crust. For example, the Geitafellsbjörg outcrops, east of Hoffells-jökull, are a plutonic intrusion and composed mainly of gabbro.

The mountains east of Hoffellsjökull are the habitat of rare vascular plants and lichens. Birch woodlands grow there too. Hoffellsfjöll are steep, high mountains: excellent for hikers who want a physical challenge. Some trails are unmarked, and hikers must be well equipped and experienced in route finding.

Pyramidal Saxifrage - Saxifraga cotyledon

HIKING TRAILS

A number of trails are within the national park and in its vicinity.

To help hikers choose suitable routes, their lengths in kilometres and estimated hiking time are given, along with colours indicating path difficulty, in accordance with the ratings explained here below.



BI Ea For the most part good trails with a smooth surface, without any significant obstructions or difficulties.



REI

Routes and trails which may include lengthy rough, difficult sections, and obstructions such as unbridged brooks or small rivers, loose gravel, steep sections,



BLACK: Difficult Routes and trails involving obstacles and difficulties, such as sizeable unbridged rivers, steep slopes and cliff barriers, which may prove hazardous to the inexperienced or in poor conditions.

As seen above, blue indicates easy trails and black the most difficult ones. For more information on any routes, you are welcome to visit Gamlabúð, the National Park Visitor Centre in Höfn.

HOFFELL

name of the point of the point of the point of the park – view point – car park. Points of interest: Scenic view across an outlet glacier, old shorelines of a glacial lagoon.

M Hoffellsjökull car park – Geitafellsbjörg – jeep track – Húsberg – car park. Points of interest: Glacially eroded landforms (western part), land modification by rivers (eastern part), plutonic rock, dike intrusions, distinctive vegetation.

04 Geitafellstindur ← 12 km (4-5 hrs) Hoffellsjökull car park – Geitafellsbjörg – Geitafell – Geitafellstindur – return.

Points of interest: Spectacular view of Hoffellsjökull and surroundings, plutonic rock, dike intrusions, distinctive vegetation.

05 Hoffell – Hoffellssjökull car park ←→ 7.5 km (2-2,5 hrs) Hoffell Guesthouse – Hoffellsjökull car park – return

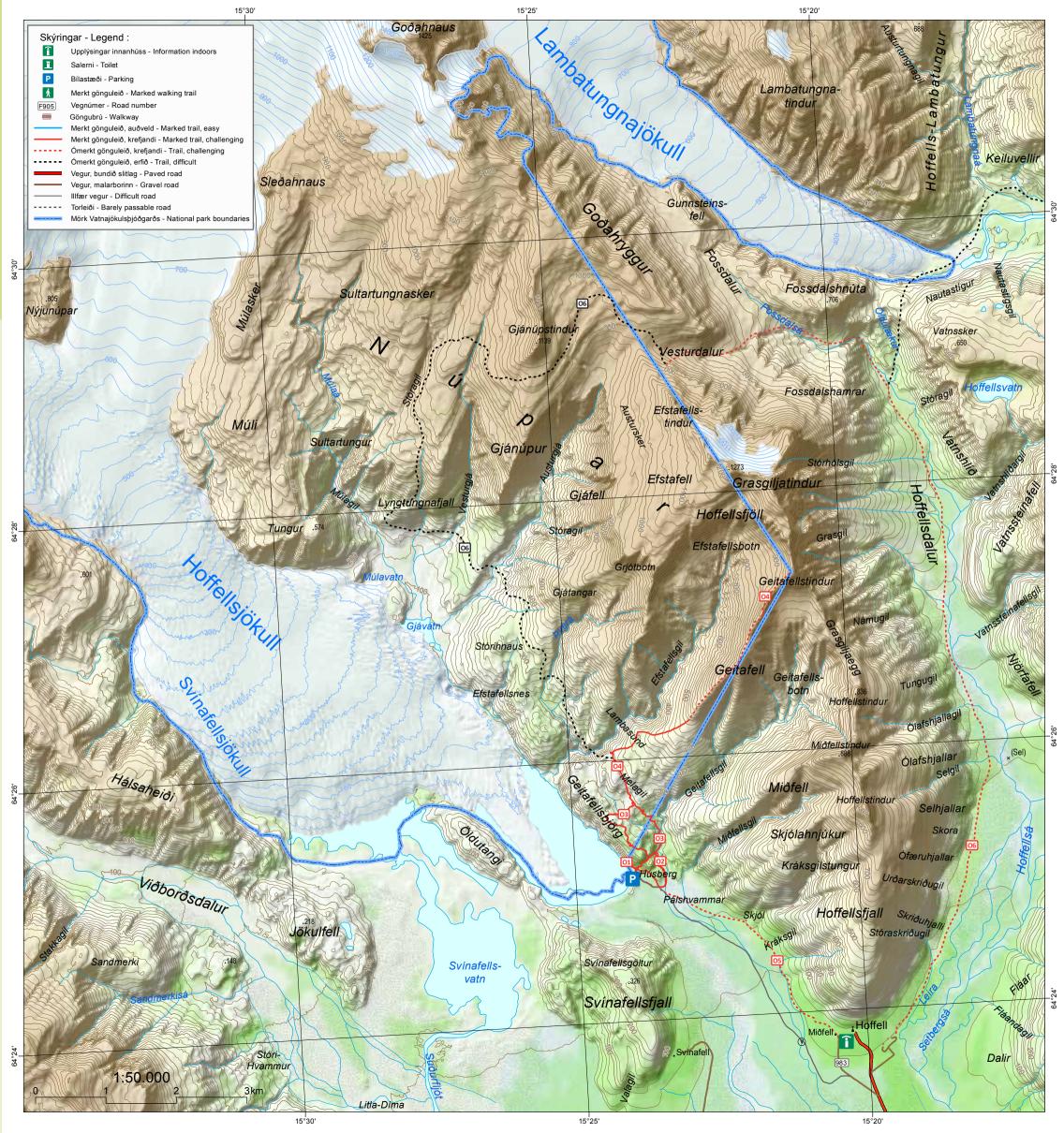
Points of interest: Retreating glacier, progression of vegetation, terminal moraine.

06 Núpar route <> 27.5 km

Hoffellsjökull car park – Geitafell – Efstafellsgil – Efstafell – Pverá –
Stórihnaus – Austurgjá – Gjánúpstangi – Vesturgjá – Lyngtungnafjall
– east of Stóragil – below Gjánúpstindur – Vesturdalur – Fossdalur –
Fossdalshnúta – Hoffellsdalur.

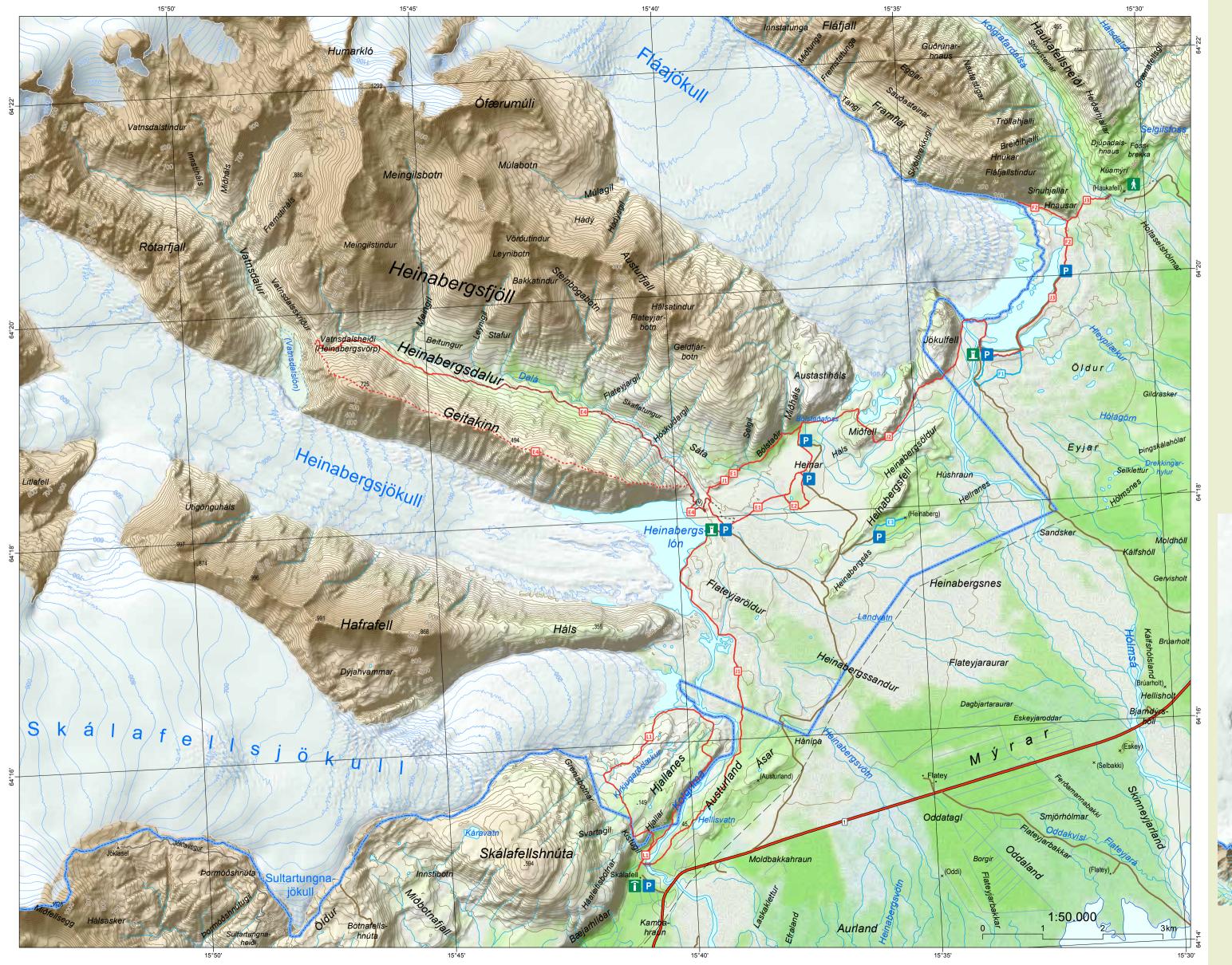
Points of interest: Scenery, old glacial-lagoon shorelines, dike intrusions, plutonic rock.

Note: Very difficult route and only suitable for experienced mountaineers; limited telephone connection. It is strongly recommended that a travel plan is left with <u>safetravel.is</u>.



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HJALLANES

L1 Hjallanes <> 8 km (3-4 hrs) Skálafell – Skálafellsjökull –Kolgríma – Skálafell. Points of interest: Glacial eroded bedrock (whalebacks),

erratics, striations, moraines and kettle holes.

HEINABERG

Points of interest: Kame and kettle topography, moraines, kettle holes, ponds, glacial eroded bedrock, waterfalls, columnar jointed basalt, ruined sheepsheds.

Points of interest: Columnar jointed basalt.

Points of interest: Cultural landscape of an area flooded

Points of interest: Former ice blocked valley, old shorelines, water-eroded rocks, kame terraces, dike intrusions, scenic view, reindeer, waterfalls, canyons. Note: It is possible to cycle to the end of the track in

E1 Heinaberg <> 6 km (2-3 hrs) Heinabergslón car park –Bólstaðafoss – Heinar – car park.

† E2 Heinar <> 1.8 km (30 min) Heinar car park – Heinar – car park.

E3 Heinaberg Farm ← 1.8 km (30 min)
Heinabergsfell car park – farm ruins – car park. by glacial bursts.

É4 Heinabergsdalur (Vatnsdalur) ぐ**⊃ 17.5 km** (6-7 hrs) Heinabergslón car park – Heinabergsdalur – Vatnsdalsheiði – Geitakinn – car park.

Heinabergsdalur, and back again: 7.5 km one way, from Heinabergslón car park.

OTHER HIKING TRAILS IN THE VICINITY

 \nearrow J1 Skálafell – Heinabergslón \longrightarrow 7.5 km.

🏌 J2 Heinabergslón – Fláajökull (Hólmsá river) → 8.3 km.

🏌 J3 Fláajökull (Hólmsá river) – Haukafell → 4.5 km.

👬 F1 Historical Trail く⊋ 2.6 km.

F2 Geological Trail ←→ 3.6 km.





