

The Call of the Wild: Remote Runs in Spectacular Nature

If you're looking for a rugged and remote setting for your run, head to the lava fields of Iceland or the mountainous wilds of New Zealand. Hike along the trails of the Scottish Highlands, and explore the depths of Charyn Canyon. These dramatic locations offer untouched natural beauty in abundance.



Above and opposite: almost 80 percent of Iceland is uninhabited, which makes it an ideal destination for trail running. Numerous gravel tracks crisscross the island, through fertile lowlands with rugged, rocky outcrops, many just 20 kilometers (12 miles) or so from the capital.

Iceland

A dream destination for runners around the globe, Iceland offers a wealth of running options, be it around the capital Reykjavík or out along the barren, volcanic coastline, with nothing but the birds and the breeze alongside you. This is the most sparsely populated country in Europe—you'll have no problem escaping from civilization.

For proper, hard-core running, your best bet is to pack a bag with a tent and some warm clothes and food, and just run in any direction from Reykjavík city center. You could even run from the airport. Better still, hire a car for a week and spend days upon days exploring the endless waterfalls, geysers, and hot springs.

Pick the time of year wisely. Iceland's weather offers spectacular effects. From January to April, and again from late August to mid-April, the clear skies and pitch-black nighttime darkness bring the green aurora of the northern lights. During the remaining months, the weather will be kinder and less harsh, but by no means hot. ►

