

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# ICELAND

## Adventure in the Land of Fire and Ice



July 14 - 20, 2019

# ICELAND

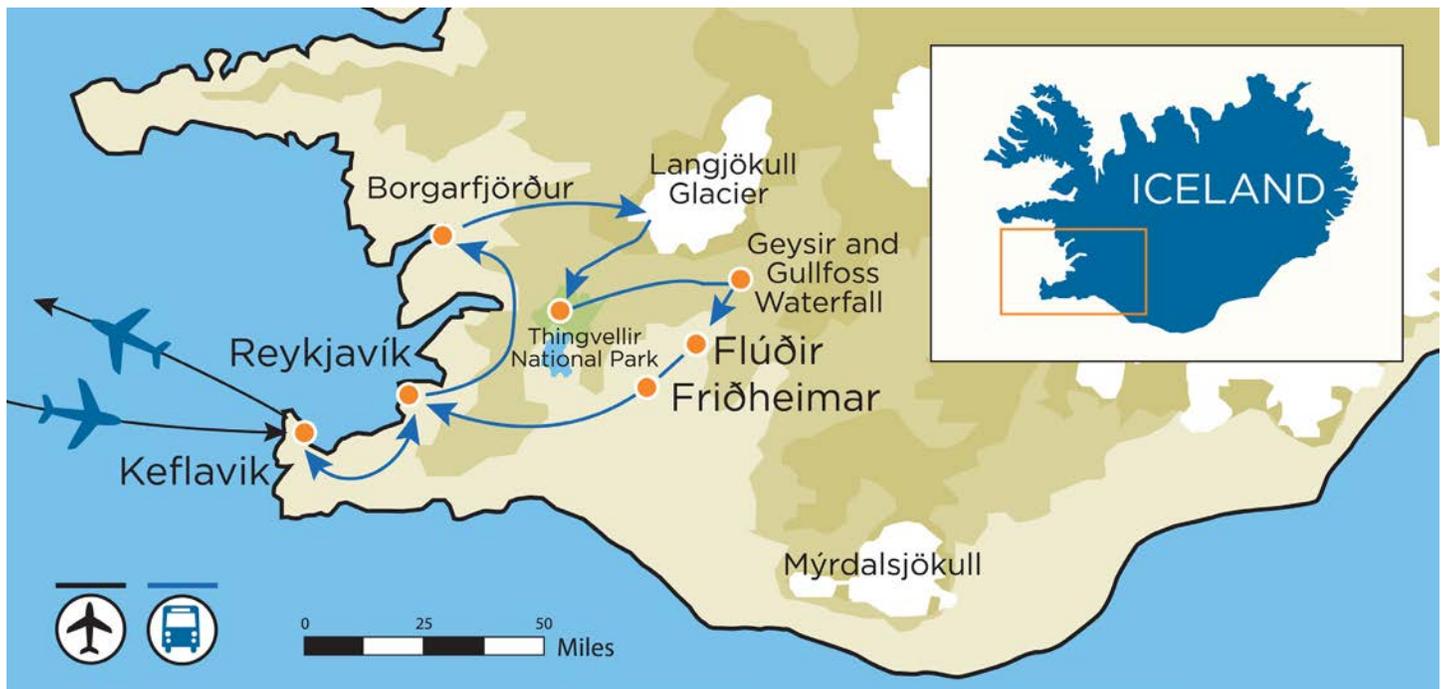
## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

### TRIP HIGHLIGHTS

- ▶ A cultural and multi-activity discovery of a pure, natural, and unspoiled land
- ▶ Take a thrilling ATV ride through rugged terrain on a volcanic peninsula
- ▶ Hike in Snæfellsjökull National Park, exploring moss-covered lava fields, pebbled beaches, and imposing cliffs
- ▶ Take in the natural beauty of Þingvellir National Park and Gullfoss Waterfall
- ▶ Ride on horseback to the Secret Lagoon and relax in the hot springs

### TRIP ROUTE



# ICELAND

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July 14 - 20, 2019

### QUICK VIEW ITINERARY

- Day 1: arrive Reykjavík, visit Reykjanes Peninsula, ATV ride, afternoon food tour
- Day 2: visit Snæfellsnes National Park, enjoy a boat trip in Breiðafjörður Bay
- Day 3: visit a Lava Cave, visit a goat farm, Europe's largest natural hot spring
- Day 4: snowmobiling, explore Thingvellir National Park
- Day 5: horseback ride to the Secret Lagoon, lobster feast!
- Day 6: see an Icelandic horse show, afternoon to explore, farewell dinner
- Day 7: visit the Blue Lagoon, depart for the US

### TRIP PRICE

Main Trip: \$5,590

Optional Single Accommodations: \$850

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

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### your adventure in depth

#### DAY 1

Sunday  
7/14/19

### Arrive in Reykjavík

Velkomin! As the Iceland summer sun skims the midnight horizon, sunset melts into sunrise in this country of lush meadows and snow-capped mountains, hot springs and geysers, braided flood plains, frozen lava fields, and glaciers on top of volcanoes. You will hear stories of the Saga ages and the island's Viking history, learn about Icelandic traditions and way of life and see where the world's first parliament was held. You also get to see life in today's countryside, and view homesteads of the "hidden people"— the elves, trolls, and ghosts, who have set their historic mark on this fascinating and surreal landscape.

#### Arrival and Meet Guide

After meeting as a group for the first time at the airport, you will be met and welcomed by your Icelandic guide, and begin exploring the northernmost capital in the world, Reykjavík.

#### Reykjanes Peninsula

Go on a sightseeing tour on the Reykjanes peninsula, with its vast lava fields and geothermal activity. Go from the bridge between the continents to the Reykjanes Lighthouse, situated on the breathtaking coastline, and then to Grindavik harbor for a welcome breakfast in a local cafe.

#### ATV Ride

Breakfast is followed by a thrilling (one hour) ATV ride through the rugged terrain of the volcanic peninsula. Quad biking in Iceland is a fun activity, and the ATVs are automatic and easy to drive, so no experience is needed. The ride takes you through various lava-fields and the old harbor. You'll ride through rocky mountain paths towards the summit of Mt. Hagafell, with 360 degree panoramic views and be able to see the Blue Lagoon, volcanic craters, and Mt. Fagradalsfjall.

#### Visit to Hafnarfjörður Town

Visit Hafnarfjörður town, one of Iceland's most important ports long before Reykjavík was even a village. It is picturesquely located among craggy lava fields, and has a thriving port and fishing industry. Learn about the "hidden people", the elves and dwarfs, who are so closely knit into traditional Icelandic history.

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

---

### your adventure in depth

#### DAY 1

Sunday  
7/14/19  
Continued...

### Arrive in Reykjavík - Continued

#### Reykjavík Bus Tour and Afternoon of Food!

Enjoy a city sightseeing tour of Reykjavík by bus as well as a local food walk through the Old Harbour area. You will taste Icelandic delicacies and take a short tasting course at a local Icelandic cheese shop. Lastly, you will visit a chocolate factory for desert! Of course, you will also visit the Farmer's market, an Icelandic design company and clothing brand, connecting heritage and modernity.

#### Check-In and Dinner

Check-in at the hotel this afternoon for a well-deserved rest after a busy day! Dinner is on your own tonight in the hotel, or in one of Reykjavik's many restaurants.

#### Accommodations

Skuggi Hotel

#### Meals Included

breakfast, lunch

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

### your adventure in depth

#### DAY 2

Monday  
7/15/19

### Reykjavík to Reykholt via Snæfellsnes Peninsula

Stretching from soaring peaks on its eastern boundary to the ghost-haunted shores of the Atlantic in the west, Snæfellsjökull National Park is a microcosm of Iceland's bewitching geography. Its crowning glory, Snæfellsjökull Glacier, rises 4,800 feet above sea level; its underlying volcano has been dormant for nearly 1,800 years.

**Leave Reykjavík** Head out early this morning and drive under the sea tunnel to the Snæfellsnes peninsula.

**Snæfellsnes National Park** Spend most of your day driving and walking in Snæfellsnes National Park. You'll get stunning views all along the way. Declared a National Park in 2001, the area has an astonishing variety of natural landscapes, including moss-covered lava fields, pebbled beaches, and rugged cliffs.

**Lunch** Enjoy lunch on your own today in a local cafe.

**Breiðafjörður Bay Boat Trip** Board a boat for an unforgettable trip on Breiðafjörður Bay where you will cruise between countless islands populated by millions of birds. On the way back to shore, you will see fishermen returning with their catch of the day.

**Dinner** Drive about two hours from the park to your hotel. Enjoy dinner as a group.

#### Accommodations

Hotel Húsafell

#### Meals Included

breakfast, dinner

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

### your adventure in depth

#### DAY 3

Tuesday  
7/16/19

#### Accommodations

Hotel Húsafell

#### Meals Included

breakfast, dinner

### Reykholt

The town of Reykholt—a little hamlet set in the wide open spaces of a fertile, pastoral valley—is a highlight of any visit to the west coast.

#### Visit Cave Viðgelmir

Visit the largest and most spectacular Lava Cave in Iceland this morning, Cave Viðgelmir. Hailed as the mightiest of Iceland's caves, its diversity and grandeur is unrivalled. Just shy of 5,250 feet, the cave features amazing colors and lava formations that lurk in the depths of the earth.

#### Lunch

Enjoy lunch on your own today at a local restaurant.

#### Visit a Goat Farm

Stop for a visit with Johanna Bermann at her Icelandic goat farm. In the year 2000, Johanna secured the last 4 hornless goats in Iceland, then on the brink of extinction, and bred them back to a sustainable population. She established the Icelandic Goat Conservation Center, and there are now over 800 Icelandic goats in the country!

#### Visit the Snorrastofa Museum

Arriving in Reykholt, you will visit the Snorrastofa Museum. This fascinating and excellent museum is the best place to learn about Iceland's rich history of saga events, characters, and writing.

#### Local Brewery

Visit a local brewery at Steðji farm. This is a fun way to get to know Icelandic beer culture, see how beer is brewed, and taste the delicious, local, glacier-water-brewed beer.

#### Visit Europe's Largest Natural Hot Spring

You will end the day by soaking in the Krauma Spa at Deildartunguhver, the largest natural hot spring in Europe. Drawing on the geothermal reserves of the area, it pumps out a staggering 180 liters of boiling water each second, and the billowing clouds of steam created by this mighty fissure are truly impressive.

#### Dinner

Drive back to your hotel and enjoy dinner as a group.

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

### your adventure in depth

#### DAY 4

Wednesday  
7/17/19

### Reykholt to Flúdir

Welcome to this charming village of Flúdir, with its rolling hills, streams, geothermal springs, greenhouses and mild weather. It's the ideal location for our explorations of the Golden Circle, and to simply enjoy this area's beauty.

#### Snowmobile Experience

Start today with a thrilling experience, going by snowmobile at the top of Langjökull glacier and into a man-made ice tunnel, which takes you right into the blue ice. A once-in-a-lifetime experience!

#### Drive through the Kaldidalur Valley

Drive through the haunting and barren beauty of the Kaldidalur Valley along the "notorious" mountain road. You will pass four glaciers, then travel through a vast gray desert where ferocious sandstorms can appear in seconds, transforming what was once a clear vista of majestic ice caps and volcanic sands into an impenetrable cloud of grit and dirt. As the route climbs along the ridge, it affords spectacular views of the glaciers.

#### Thingvellir National Park

Your next destination is historic Thingvellir National Park. You will see the spectacular natural amphitheater, where almost every important moment in Iceland's history has taken place. Today Thingvellir is still regarded with reverence by Icelanders, its historical weight reinforced by a serene natural beauty. Thingvellir sits right on top of the Mid-Atlantic Ridge, and you can clearly see the dividing plates and the lake-filled-valley that has developed between the plates.

#### Great Geysir Hot Spring and Gullfoss Waterfall

Continue on to the Great Geysir hot spring area and Gullfoss Waterfall (the Golden Waterfall), two of Iceland's most famous sights. Although the Great Geysir itself has been inactive since the 1960s, its neighbor geyser, Storokkur, fires off a 30-meter-high spout every few minutes.

#### Dinner

Dinner tonight is at the hotel, with local slow food specialties!

### Accommodations

Hotel Flúdir

### Meals Included

breakfast, lunch, dinner

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

.....

### your adventure in depth

#### DAY 5

Thursday  
7/18/19

Accommodations  
Hotel Flúdir

Meals Included  
breakfast, lunch, dinner

### Flúdir

Enjoy another spectacular day in the area of Flúdir.

#### Horseback Ride and Þjórsárdalur Valley

Head to the farm Syðra-Langholt, where the young couple Arna and Steini and their team await you for a super ride on the famous, gaited Icelandic horse! We ride for 1.5 hours on a good trail from the farm and might even be crossing a river on our sturdy horse.

From the farm we drive toward the Þjórsárdalur valley with a stop at the beautiful Hjálparfoss waterfall. We leave our car at the Viking ruins (Stöng) and walk along to the paradise valley Gjáin. Gjáin is a tiny valley with lots of small picturesque waterfalls, clear, tranquil ponds and amazing delicate volcanic structures. It is a beautiful sample of everything Icelandic nature has to offer.

Enjoy a special picnic lunch in an Icelandic forest.

#### Secret Lagoon Ride and Soak

On our way back to the hotel we soak into the natural hot springs of the Secret Lagoon. The pool's steam rising into the air gives it a magical feeling, and the temperature of the hot springs water stays at 100-104 degrees Fahrenheit all year round. Changing rooms with showers are on site.

#### Lobster Feast

End this wonderful day with an amazing lobster feast at Restaurant Mika, where they specialize in "... a culinary journey of famous lobster dishes and handmade chocolate."

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

.....

### your adventure in depth

#### DAY 6

Friday  
7/19/19

### Flúdir to Reykjavík

Head from Flúdir back to Reykjavík today.

#### Hydroponic Geothermal Tomatoes and a Horse Show

After breakfast and check-out from the hotel, go by bus to Friðheimar, a charming farm where tomatoes are grown in geothermally heated greenhouses, and the farm also breeds and raises prize winning Icelandic horses! Here you'll see a beautifully arranged Icelandic horse show with music and Icelandic flags. Lunch is on your own today at the cozy Greenhouse restaurant.

#### Relax or Chose an Optional Activity

Drive just one hour back to Reykjavik and check into the hotel. For the afternoon, you can either relax, explore Reykjavik, or choose to continue your adventure with various optional tours (at an additional cost), such as whale watching, that you can do on your own from the hotel.

#### Farewell Dinner

Enjoy a celebratory and festive Farewell Dinner to celebrate the end of a fantastic adventure!

#### Accommodations

Skuggi Hotel

#### Meals Included

breakfast, dinner

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

### your adventure in depth

#### DAY 7

Saturday  
7/20/19

### Reykjavík and Depart

The Blue Lagoon geothermal spa is one of the most visited attractions in Iceland. The spa is located in a lava field in Grindavík on the Reykjanes Peninsula, southwestern Iceland. The warm waters are rich in minerals like silica and sulfur and bathing in the Blue Lagoon is reputed to be beneficial for the skin. The water temperature in the bathing and swimming area of the lagoon averages from 99-102°F.

**Free Morning** This morning you will have leisure time to shop, walk, and sightsee in Reykjavík.

**Blue Lagoon** Depart Reykjavík and spend time at the famous Blue Lagoon for a soak in the warm, mineral rich waters of this surreal outdoor spa.

**Lunch** Lunch is available for purchase at the Blue Lagoon, optionally served in the lagoon on floating tables, or in the dining room.

**Note About Flights** For those on Icelandair flights, which leave early evening, you will be transferred to the airport at 2pm from the Blue Lagoon Spa. If you are on a Delta flight, which departs in the morning, you will be transferred to the airport from our hotel in Reykjavik in the morning, unless you decide to depart the following day in order to do the Blue Lagoon Spa experience.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included  
breakfast

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

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### Accommodation Details

**Skuggi Hotel** Skuggi Hótel is a brand new hotel in Reykjavik's city center. Its timeless, modest, and clear-cut design reflects the style of the hotel. All rooms are well-designed and equipped with standard amenities for a comfortable stay.

The hotel is perfectly located near one of the oldest streets in Reykjavik, Hverfisgata, and is within walking distance from Iceland's main shopping street Laugavegur, which is home to a variety of designer shops, cafés, restaurants, gift shops, and exciting nightlife.

**Hotel Húsafell** Conservative architecture in harmony with mother nature were the guidelines in the planning of Hotel Husafell. It is a unique natural gem in a magnificent landscape.

**Hotel Flúdir** Hotel Flúdir is located in the quiet and charming village of Flúdir, with its rolling hills, streams, geothermal springs, greenhouses, and mild weather. It's the ideal location for your explorations of the Golden Circle, and to simply enjoy this area's beauty.

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

---

your adventure  
in depth

### Included/Not Included

#### Included:

- ▶ All accommodations based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ English-speaking guide throughout the trip
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages not included above
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### Activity Level:

Moderate

**Active**

High Energy

Challenging

We rate this trip as Active. Our Active Adventures get you on your feet! You should be in good physical condition for these trips and comfortable walking on uneven surfaces, such as cobblestone streets, biking well-maintained paths and natural trails, or kayaking in calm waters.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before April 15, 2019.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

### Money:

Icelandic currency is the Krona. ATMs will be accessible most days of the trip. Credit cards can be used in most places; Visa and MasterCard are more widely accepted than American Express. If you want to buy small souvenirs at the farms, such as homemade wool, you may need some local money in cash.

Suggested Gratuities: Gratuities are not common in Iceland.

### Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Iceland, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to [www.cdc.gov/travel](http://www.cdc.gov/travel) and navigate to the page about Iceland.

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

**Arrive:** Arrive at Keflavik International Airport (KEF) on July 14, 2019 by 6:30am.

**Depart:** Depart Keflavik International Airport (KEF) on July 20, 2019 after 5:00pm.

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

**pack your  
bags!**

the fine print

As you get ready to pack for your adventure, have a look at The AdventureWomen Store at [www.theadventurewomenstore.com](http://www.theadventurewomenstore.com) - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

Iceland's summer is from mid-June to mid-August, with average daily temperatures of 58 degrees F in July. (It can be warm enough to wear a light shirt, or cold enough to send you looking for your down jacket!). During this time, almost continual daylight illuminates the land, and occasional rain and drizzle can be common in the south. Light woolens, polypropylene fabrics, and wind- and rain-proof clothing are essential. Dressing in layers works best in Iceland's changeable weather. Casual clothes are ideal for all parts of this trip.

### Clothing and Gear:

- Duffel bag or small suitcase
- Daypack and rain cover
- 1 pair medium weight hiking boots
- 4-5 pairs wool socks
- 2-3 long sleeve shirts
- 2-3 short sleeve shirts
- 1 wool sweater/fleece jacket
- 2 pairs hiking pants
- 1 pair hiking shorts
- 1-2 sets of nicer clothes for dinners
- 1 waterproof/windproof jacket
- 5-7 pairs underwear
- 2-4 sports bras
- 1 wool/fleece hat
- 1 pair wool/fleece gloves
- 1 bathing suit
- Sleepwear

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2 spare passport photos in case your passport is lost or stolen
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

**pack your  
bags!**

the fine print

### Essentials Continued:

- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

# ICELAND

## Adventure in the Land of Fire and Ice

July 14 - 20, 2019

.....

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a