

ICELAND

The Land of Fire and Ice on Horseback



June 5 - 12, 2020

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TRIP HIGHLIGHTS

- ▶ Three to five hours of unforgettable bliss tölting on an Icelandic horse each day
- ▶ Explore Iceland's diverse and colorful landscapes from volcanoes to glaciers and waterfalls to black sand beaches
- ▶ After an active day in the saddle, relax in hot springs and spas
- ▶ Discover Iceland's unique history and island culture
- ▶ Taste the best of Icelandic cuisine from seafood to skyr

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive in Iceland, explore Reykjavik, first horseback ride, welcome dinner
- Day 2: visit the Snorrastofa Museum, three hour horseback ride, soak in a hot spring
- Day 3: horseback ride with glacier views, picnic by a waterfall, taste local beer
- Day 4: boat trip in Breiðafjörður Bay, explore the Snæfellsnes Peninsula, afternoon ride
- Day 5: five hour horseback ride along the beach, enjoy a picnic lunch
- Day 6: another day of horseback riding on the beach, soak in the hot tub
- Day 7: a final day of horseback riding on the beach, farewell dinner
- Day 8: say goodbye to your horses, depart Iceland

TRIP PRICE

Main Trip: \$6,990

Optional Single Accommodations: \$600

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your adventure in depth

DAY 1

Friday
6/5/20

Arrive in Iceland

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.

Meet Your Guide

You'll be met by your guide at the Reykjavík airport early this morning to start your adventure! If you are arriving into Reykjavík before the official start of the trip, be ready early - you'll be picked up at approximately 7:30am to meet the group!

Breakfast

On the way from the airport, take a quick detour to see the hot springs of Krýsuvík before enjoying a light breakfast at a cozy harbor café.

Explore Reykjavík

Head out on foot into Reykjavík and explore the city. You'll have the opportunity to taste several local delicacies during your tour.

Meet Your Horses

Change into your riding gear and meet your horses! Set off on your first gentle ride on the Álfanes Peninsula, a hidden gem in the outskirts of Reykjavík. Enjoy the rich bird life of the area, including ducks, geese, terns, and golden plovers, while riding by views of Bessastaðir, the residence of the Icelandic President.

Check Into Your Hotel

Drive to Húsafell Nature Reserve, where you'll check into your hotel.

Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore Iceland!

Accommodations

Hotel Húsafell

Meals Included

lunch, dinner

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DAY 2

Saturday
6/6/20

Reykholt

Developed from ponies taken to Iceland by Norse settlers in the 9th and 10th centuries, the Icelandic horse is mentioned in literature and historical records throughout Icelandic history; the first reference to a named horse appears in the 12th century. Horses were venerated in Norse mythology, a custom brought to Iceland by the country's earliest settlers.

Visit the Snorrastofa Museum

Enjoy a visit to the Snorrastofa Museum where you will learn about Snorri Sturluson, a famous 13th century Icelandic historian, poet, and politician.

Today's Ride

Today's ride is about three hours, and over mostly even terrain. Have a picnic lunch somewhere along the trail. (Pack your bathing suit for later!)

Visit Europe's Largest Natural Hot Spring

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 at the SPA

Sit down for dinner right at the SPA restaurant after enjoying the hot tubs, steam baths, and an open-fire relaxation room.

Accommodations

Hotel Húsafell

Meals Included

breakfast, lunch, dinner

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DAY 3

Sunday
6/7/20

Reykholt

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.

Today's Ride Head back to the horses after breakfast for a ride with glacier views. With a little luck in weather you should be able to see the Langjökull and Eiríksjökull glaciers as well as a nearby icefield. Ride to Lambafoss, a beautiful waterfall in the river Lambá, where you will enjoy a picnic lunch. The ride will take about three hours.

Beer Tasting After the ride, stop at a local microbrewery to learn about and taste Icelandic beer.

Waterfalls Drive through an area famous for greenhouse horticulture. Stop to buy some fresh Icelandic products on the way to the charming Hraunfossar waterfalls. Enjoy a prosecco toast with your local snacks at the waterfalls before heading back to your hotel for the evening.

Dinner Enjoy dinner as a group at your hotel this evening.

Accommodations

Hotel Húsafell

Meals Included

breakfast, lunch, dinner

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DAY 4

Monday
6/8/20

Accommodations
Holy Ram Lodge

Meals Included
breakfast, lunch, dinner

Snæfellsjökull Peninsula

The tölt gait is known for its explosive acceleration and speed; it is also comfortable and ground-covering. There is considerable variation in style within the gait, and thus the tölt is variously compared to similar lateral gaits such as the rack of the Saddlebred, the largo of the Paso Fino, or the running walk of the Tennessee Walking Horse. Like all lateral ambling gaits, the footfall pattern is the same as the walk (left hind, left front, right hind, right front), but differs from the walk in that it can be performed at a range of speeds, from the speed of a typical fast walk up to the speed of a normal canter.

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. While you're cruising, the boat will dredge some shellfish. Try some fresh scallops sushi style, raw with soy and wasabi, right on deck! On the way back to shore, you will see fishermen returning with their catch of the day.

Lunch Enjoy lunch at a local restaurant in the harbor.

Explore the Peninsula Head out for some sightseeing along the coastline of the Snæfellsnes Peninsula. Stop at Mt. Kikjufell, the most photographed mountain in Iceland, and walk along the beautiful black lava beaches of Djúpalónssandur. Measure your strength at Dritvík, where stones have traditionally been used to determine who is strongest and who is weakest; this determined who got sought-after assignments on fishing boats that set out into the rich fishing grounds around the Peninsula.

Afternoon Ride Take a one to two hour introductory ride on the beach near the farm.

Check into Your Lodge Check in at your lodge, where you can enjoy the cozy lounge and the hot tub.

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DAY 5

Tuesday
6/9/20

Snæfellsjökull Peninsula

Fall in love with Icelandic horses on this adventure. This iconic breed is best known for its comically shaggy coat and long mane, although experienced riders also praise it for its famously smooth gait, a fast but very smooth trot or “tölt”. Ride free as the Vikings once did, exploring the remarkable landscapes on your trusty horse.

Riding on the Beach

Enjoy breakfast at the lodge before setting out on your horse. Ride along the beach, over sparkling streams and rivers, and through the rough black lava fields of Búðarhraun. Today’s ride will be about five hours and 20 kilometers. The timing of your rides over the next few days depends on the tides.

Lunch

Stopping for a picnic lunch on the beach is a wonderful way to spend time appreciating the Icelandic landscapes surrounding you.

Dinner at the Lodge

Head back to your lodge for a well-deserved dinner. Take advantage of the hot tub to rest tired muscles.

Accommodations

Holy Ram Lodge

Meals Included

breakfast, lunch, dinner

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DAY 6

Wednesday
6/10/20

Snæfellsjökull Peninsula

For centuries, the interior of Iceland was virtually inaccessible, for years at a time playing host only to outlaws in hiding. The highlands of Iceland are an untamed mingling of rocky deserts, jagged peaks, volcanoes, ice caps, valleys, and hot springs. Most of the numerous glaciers, such as Vatnajökull, Langjökull and Hofsjökull, are part of the Icelandic Highlands.

Another Day on Horseback

Head out again today for a five hour, 20 kilometer ride along the beach. You'll cover different ground each day, and each day will give you new views of the dramatic landscape. Much of your ride will have striking views of the Snæfellsjökull Glacier, made famous by Jules Verne.

Picnic Lunch

Enjoy another picnic lunch today.

Relax at Your Lodge

Relax at your lodge this evening. Kick up your feet and share stories with the women in your group.

Accommodations

Holy Ram Lodge

Meals Included

breakfast, lunch, dinner

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DAY 7
Thursday
6/11/20

Snæfellsjökull Peninsula

The Norsemen were pastoral people who relied heavily on a succession of successful farming years in order to survive. Norwegian settlers who inhabited the coasts of Iceland in the late ninth century brought their farming traditions with them. The settlers brought sheep, cattle, horses, and goats from Norway to supply their farms with animals.

One Last Ride

Enjoy one last five hour ride along the stunning beaches of the Snæfellsnes Peninsula. Have a picnic lunch and spend time soaking in the remoteness of the area.

Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

Accommodations
Holy Ram Lodge

Meals Included
breakfast, lunch, dinner

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DAY 8

Friday
6/12/20

Depart Iceland

Enjoy one last morning in Iceland.

Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

If you'd like to stay a few extra nights in Reykjavík, let us know and AdventureWomen can arrange a hotel for you.

Meals Included
breakfast

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.

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Accommodation Details

Hotel Húsafell

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

Holy Ram Lodge

After a long and exciting day in the saddle, it's good to come 'home' and relax with a book or sit on the sofa chatting with your fellow riders while enjoying the fabulous view. Nothing is better than a relaxing soak in the hot tub with the sound of the sea, a beautiful sunset, or a sky full of stars!

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Included/Not Included

Included:

- ▶ All hotel accommodations throughout the trip
- ▶ 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 to and from Iceland
- ▶ 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

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Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as High Energy. You should be in good physical condition and horseback ride on a regular basis. You should meet these requirements:

- ▶ You feel comfortable and safe in the saddle in all gaits
- ▶ You feel comfortable riding at higher speeds over rugged terrain
- ▶ You feel comfortable following the speed of the herd over long distances
- ▶ You are not afraid of riding uphill or downhill at higher speeds
- ▶ You have compassion and understanding for the horse's abilities and limits.
- ▶ You don't mind long hours outside in any weather

Please note: You do not need any prior knowledge of Icelandic Horses or the special gait tölt. You will ride English Style, but Western Style riders will get used to the riding. You will ride three to five hours a day, with breaks for lunch and shorter stops in between.

You must notify us if you weigh more than 190lbs. We need to make sure we can find a horse suitable for you.

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.

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The deposit for this trip is \$800, and is nonrefundable and nontransferable. 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 March 7, 2020. A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

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!

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 and navigate to the page about Iceland.

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.

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Arrive: Arrive at Keflavik International Airport (KEF) on June 5, 2020 by 8:00am.

Depart: Depart Keflavik International Airport (KEF) on June 12, 2020 after 4:00pm.

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

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.

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Packing Considerations: On this trip, you can expect temperatures from 40° to 55°F. The weather in Iceland is notoriously variable and often very windy. When it is sunny, you need to wear strong sunscreen. Good layers of thermal underwear paired with a windproof jacket will keep you warm and snug even in colder temperatures. Good gloves and socks are important as well. Always remember: A warm rider is a happy rider!

If you want to bring your own riding gear:

Please see and follow the restrictions of the Icelandic Veterinary Authority in regards to bringing used riding clothes to Iceland: <http://www.mast.is/english/frontpage/import-export/import/ridingequipment/>

Icelandic horses are not vaccinated and are therefore susceptible to infectious agents from abroad. Visitors are asked to adopt strict biosecurity measures.

Importing the following equipment without proper disinfection is strictly prohibited:

- ▶ Used riding equipment, such as saddles, bridles, nosebands, pads, rugs, whips, etc.
- ▶ Used riding gloves

Cleaning and disinfection: Used riding clothes and boots should be washed in a washing machine or dry cleaned prior to entering the country. Used riding clothes and boots that cannot be placed in a washing machine or dry cleaned should be washed and disinfected as follows:

- ▶ Rinse thoroughly with detergent
- ▶ Dry
- ▶ Spray with 1% VirkonS® (10g per liter of water)
- ▶ Store for at least five days prior to bringing the clothes into contact with horses in Iceland

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Clothing and Gear:

- Duffel bag or small suitcase
- Daypack
- Knee-high rubber riding boots
- Slippers to wear inside
- 4-5 pairs wool socks
- 2-3 long underwear tops
- 2-3 long underwear bottoms
- 2-3 wool sweaters/fleece jackets
- 2 pairs good-quality riding pants (not jeans, even if you are used to riding in them at home)
- 1 set of nicer clothes for the farewell dinner
- 1 waterproof/windproof jacket
- 5-7 pairs underwear
- 2-4 sports bras
- 1-2 thin balaclavas/buff to wear underneath your helmet
- 2 pairs wool gloves (must be new)
- 1 bathing suit
- Sleepwear

Heavy-duty rain gear (jacket and pants) and helmets will be provided.

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag

- Travel alarm clock with spare batteries or phone
- Binoculars (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen water bottle
- 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
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

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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.

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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

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

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