

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## ICELAND

# Iceland: The Land of Fire and Ice



June 19 - 25, 2022



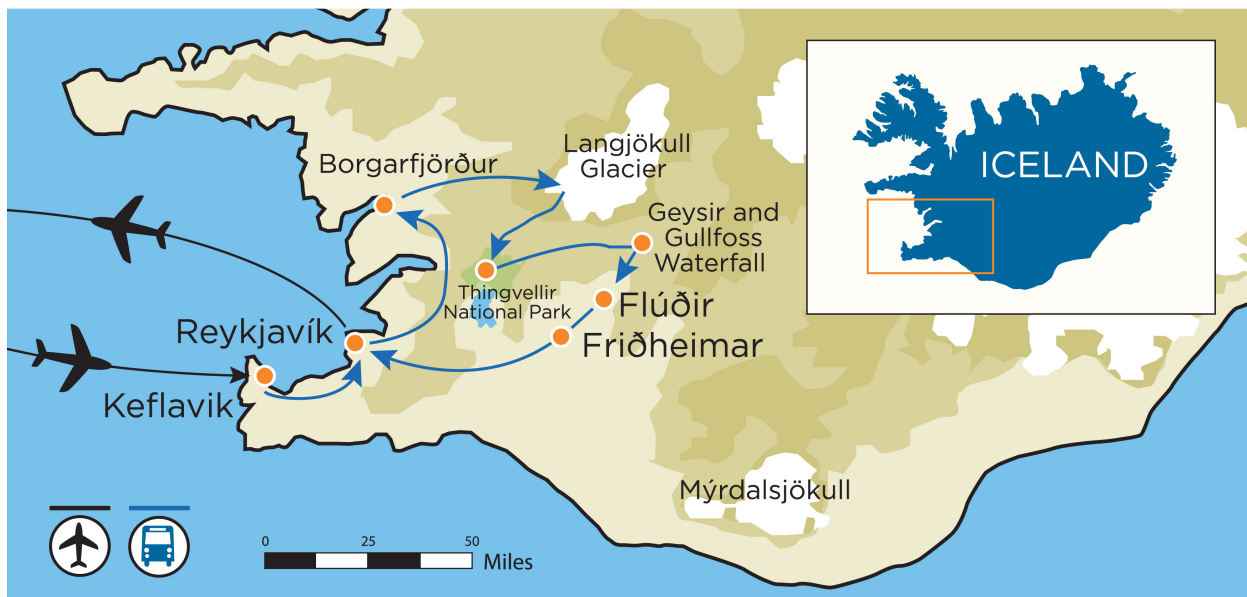
# ICELAND

## Iceland: The Land of Fire and Ice

### TRIP HIGHLIGHTS

- ▶ A week of active fun in Iceland riding horses, ATVs, and snowmobiles - to hot springs, lava fields, and waterfalls
- ▶ Taste Icelandic delicacies from skyr to lobster, chocolate to microbrews
- ▶ Soak in natural hot springs and enjoy a dip in the Secret and the Blue Lagoons
- ▶ Visit Iceland's largest and most spectacular lava cave, Cave Viogelmir, just shy of 5,250 feet
- ▶ Be wowed on a wildlife cruise in Breiðafjörður Bay

### TRIP ROUTE



## ICELAND

# Iceland: The Land of Fire and Ice

### 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 on an Icelandic pony, soak in the Secret Lagoon, lobster feast!
- Day 6 see an Icelandic horse show, afternoon to explore, farewell dinner
- Day 7 visit the Blue Lagoon, depart Iceland

### ACTIVITY LEVEL

Active

### TRIP PRICE

Main Trip: \$6,195

Optional Single Accommodations: \$850

# ICELAND

## Iceland: The Land of Fire and Ice

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your adventure  
in depth

DAY 1  
Sunday  
6/19/22

### Arrive Reykjavik, 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.

During your adventure, you'll get to know your Icelandic guide, who will lead you as you ride ATVs, hike, and ride Icelandic horses. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

#### Arrival Information

Arrive at Keflavik International Airport (KEF) today by 7:00am.

#### Pick-up and Transfer

You'll be met by your guide at the Reykjavik airport early this morning to start your adventure! If you are arriving into Reykjavik before the official start of the trip, meet your guide at 6:00am in the lobby of the Skuggi Hotel.

#### Reykjanes Peninsula

Explore 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 to a local café.

#### ATV Ride

Ride an ATV through rocky mountain paths towards the summit of Mt. Hagafell, with 360-degree panoramic views. Two women will go on each ATV, and you'll have a chance to switch drivers halfway through. You need to present your valid driver's license to drive the ATV.

#### Afternoon of Food

Taste Icelandic delicacies and take a short tasting course at the home of a local Icelandic cheese maker. Lastly, you will visit a chocolate factory for dessert!

#### Check-in and Dinner

Check-in at the hotel for a well-deserved rest after a busy day! Then enjoy a festive welcome dinner with your fellow travelers.

Accommodations  
Skuggi Hotel

Meals Included  
breakfast, lunch,  
dinner

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DAY 2  
Monday  
6/20/22

### Reykjavík to West Iceland

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.

#### Snæfellsjökull National Park

Head out of Reykjavík via the under-sea tunnel, and spend most of your exploring in Snæfellsjökull National Park, enjoying 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. Explore with the other women on your trip on foot for different vantage points in this amazing natural setting.

#### Lunch on Your Own

Enjoy lunch on your own today in a local café.

#### 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

Leave the park and drive about two hours to your hotel. Enjoy dinner as a group when you arrive!

Accommodations  
Hotel Húsafell

Meals Included  
breakfast, dinner

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your adventure  
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DAY 3  
Tuesday  
6/21/22

### West Iceland

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 unrivaled. Just shy of 5,250 feet, the cave features amazing colors and lava formations that lurk in the depths of the earth.

#### Visit a Goat Farm

Stop for a visit with Johanna Bermann at her Icelandic goat farm. In the year 2000, Johanna secured the last four 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!

#### Hraunfossar Waterfall

Visit the beautiful Hraunfossar waterfall, where cascades of spring water flow down the huge Hallmundarhraun lava field and trickle across the rugged landscape.

#### 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.

Accommodations  
Hotel Húsafell

Meals Included  
breakfast, dinner



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your adventure  
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DAY 4  
Wednesday  
6/22/22

### West Iceland to Flúdir

The charming village of Flúdir, with its rolling hills, streams, geothermal springs, greenhouses and mild weather is the ideal location for your explorations of the Golden Circle. Make sure to soak in the beauty of your surroundings.

#### Drive through the Kaldidalur Valley

Depending on the weather, drive through the haunting and barren beauty of the Kaldidalur Valley; you will pass four glaciers, then travel through a vast gray desert where ferocious sandstorms can appear in seconds. As the route climbs along the ridge, you'll get 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

Continue 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.

#### Snowmobile Experience

Board a super truck and head through the Mars-like landscape to a glacier hut. Put on your snowmobile gear and learn how to operate your snowmobile. Drive off into the amazing glacial landscape. Two women will be on each snowmobile, and there will be a chance to switch drivers halfway through. You will need a valid driver's license to drive the snowmobile.

#### Dinner

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

Accommodations  
Hotel Flúdir

Meals Included  
breakfast, lunch,  
dinner

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your adventure  
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DAY 5  
Thursday  
6/23/22

### Flúdir

Enjoy another spectacular day in the area of Flúdir trying new activities and immersing yourself in surreal Icelandic landscapes with your new friends.

#### Horseback Ride and Þjórsárdalur Valley

Head to the farm Syðra-Langholt, where you'll get to take an hour and a half ride on the famous, gaited Icelandic horse! Head out on a trail from the farm, and you might even cross a river on your sturdy horses!

From the farm, drive toward the Þjórsárdalur Valley, enjoying a stop at the beautiful Hjalparfoss waterfall along the way. Stretch your legs 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 perfect example of the natural beauty that Iceland has to offer. Enjoy a picnic lunch in an Icelandic forest today.

#### Secret Lagoon

On your way back to the hotel, stop for a soak in 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."

Accommodations  
Hotel Flúdir

Meals Included  
breakfast, lunch,  
dinner



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DAY 6  
Friday  
6/24/22

### Flúdir to Reykjavík

Head from Flúdir back to Reykjavík today.

#### Learn Icelandic Dress

Drive to Tungufell Farm, where the woman of the house is a farmer, artist, and seamstress. She has designed and sewn beautiful examples of Icelandic National Dress and will explain the clothing to you.

#### Take in a Horse Show

Head to Friðheimar, a charming farm where tomatoes are grown in geothermally heated greenhouses. 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. Enjoy lunch at the cozy Greenhouse restaurant.

#### Relax or Choose an Optional Activity

Drive back to Reykjavík and check into your hotel. For the afternoon, you can either relax, explore Reykjavík, or choose to continue your adventure with various optional tours (at an additional cost), including whale watching or a bike rental, that you can do on your own from the hotel.

If you are interested in taking an optional tour, please let us know, and we can get you information and prices. You will need to choose your tour one month before your trip, and you can pay for it in Reykjavík.

#### Farewell Dinner

Enjoy a celebratory farewell dinner with your new friends to celebrate the end of a fantastic adventure!

Accommodations  
Skuggi Hotel

Meals Included  
breakfast, lunch,  
dinner

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DAY 7  
Saturday  
6/25/22

### Depart Iceland

The Blue Lagoon geothermal spa is one of the most visited attractions in Iceland. The spa is 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 said to be beneficial for your skin. The water temperature in the bathing and swimming area of the lagoon averages from 99-102°F.

**Free Morning** Enjoy your last few hours in Reykjavik this morning before you check out at 11AM.

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

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

**Transfer to the Airport** For those on Icelandair flights, which leave early evening, you will be transferred to the airport late afternoon from the Blue Lagoon Spa. If you are on an earlier flight, you will be transferred to the airport from your hotel in Reykjavík in the morning, unless you decide to stay longer in order to do the Blue Lagoon Spa experience.

**Departure Information** Depart from Keflavik International Airport (KEF) today after 5:00pm.

*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, lunch

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### Accommodation Details

#### Skuggi Hotel

Skuggi Hotel is in Reykjavík's city center. 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 Reykjavík, 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.

Amenities: En suite bathrooms with soap, shampoo, conditioner, hair dryer; electricity (outlet type C or F); Wifi

#### Hotel Húsafell

Conservative architecture in harmony with mother nature were the guidelines in the planning of Hotel Húsafell, a National Geographic Unique Lodge of the World. It is a natural gem in a magnificent landscape.

Amenities: En suite bathrooms with soap, shampoo, conditioner, hair dryer; electricity (outlet type C or F); Wifi

#### 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.

Amenities: En suite bathrooms with soap, shampoo, conditioner, hair dryer; electricity (outlet type C or F); Wifi

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### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ Activities as indicated in the itinerary
- ▶ English-speaking guide throughout your trip
- ▶ All ground transportation
- ▶ One group transfer on arrival and departure
- ▶ Drinking water available from taps to refill personal bottles
- ▶ Gratuities for hotel staff and waitstaff

### Not Included:

- ▶ International airfare to and from Iceland
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for main guide and driver

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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