

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## ICELAND

# Iceland: Searching for the Northern Lights



March 6 - 12, 2022



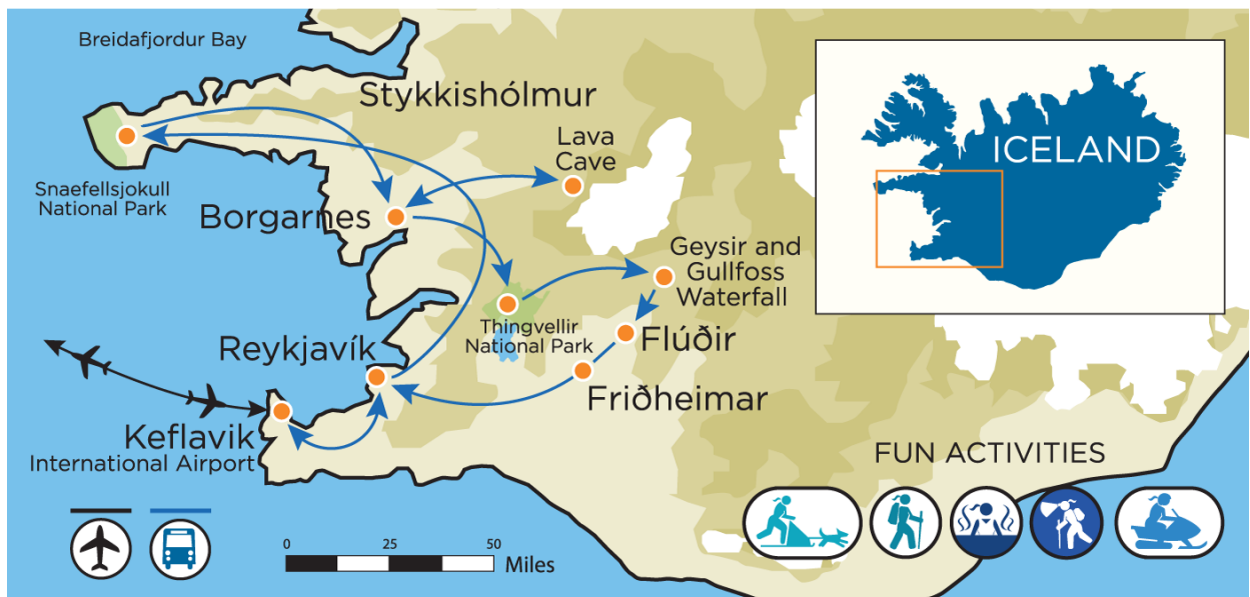
# ICELAND

## Iceland: Searching for the Northern Lights

### TRIP HIGHLIGHTS

- ▶ Enjoy nightly hunts for the Northern Lights spontaneously blazing across Iceland's night sky
- ▶ Discover Iceland's dazzling winter beauty by dogsled and snowmobile
- ▶ Explore geysers, waterfalls, and lava caves
- ▶ Dip into steaming thermal pools and indulge in the excellent local cuisine

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1 arrive Reykjavík, explore the city, visit a planetarium
- Day 2 visit Snæfellsjökull National Park, soak in the geothermal pool at your hotel
- Day 3 explore a lava cave, visit the Krauma SPA
- Day 4 enjoy dogsledding, explore Thingvellir National Park, see Gulfoss Waterfall, soak in the Secret Lagoon
- Day 5 discover sparkling waterfalls in winter, enjoy snowmobiling
- Day 6 visit a farm, explore the Sky Lagoon, farewell dinner
- Day 7 depart Iceland

### ACTIVITY LEVEL

Active

### TRIP PRICE

Main Trip: \$5,695

Optional Single Accommodations: \$700

# ICELAND

## Iceland: Searching for the Northern Lights



your adventure  
in depth

DAY 1  
Sunday  
3/6/22

### Arrive Reykjavik, Iceland

Visit Iceland for crisp winter nights and a rare opportunity to search for the northern lights. If atmospheric conditions are right, the Aurora Borealis will roar into your view with a mesmerizing show: rippling ribbons of light radiate in neon green, red, and gold; the intensity of Northern Lights displays in Iceland will leave you awe-struck and always produces extraordinary night photography.

Get to know your expert Icelandic guide, who will help you learn about local traditions and foods, as well as guide you as you walk on a glacier, drive a snowmobile, and search for the Northern Lights. 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 10am in the lobby of the Skuggi Hotel.

#### Explore Reykjavik

As soon as it gets a little bit lighter out, set off on a tour of Reykjavik on foot and by bus. Discover this small but charming Nordic capital, including its historic buildings, the main shopping streets, a sculpture garden, the Opera House, and the mighty Hallgrímskirkja Church which towers over the city center.

#### Perlan

After lunch at a local bistro, head to Perlan, a huge glass dome on top of a hill. Built in 1991 as water storage, it now also houses a museum, planetarium, and a restaurant. Enjoy amazing views over all of Reykjavik from the observation deck, and if you're lucky, you might be able to see all the way to Snæfellsjökull Glacier. Visit the on-site planetarium before heading back into town.

#### Dinner

Enjoy a festive welcome dinner with the group tonight as you get to know your fellow AdventureWomen travelers.

Accommodations  
Skuggi Hotel

Meals Included  
breakfast, lunch,  
dinner

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DAY 2  
Monday  
3/7/22

### 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 day 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.

#### Evening Activities

Enjoy a soak in the geothermal pool before dinner. Spend some time outside this evening looking for the Northern Lights - you're in the perfect location to see them here, as there is very little light pollution.

Accommodations  
Hotel Hamar

Meals Included  
breakfast, dinner

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your adventure  
in depth

DAY 3  
Tuesday  
3/8/22

### West Iceland

Enjoy a full day exploring the stunning and dramatic landscapes of Iceland. The contrasts seem to be made for beautiful photographs.

**Explore a Cave** Equipped with safety gear and led by a guide, you'll head into one of Iceland's largest lava caves in the Hallmundarhraun lava field. Experience the magnificent underground lava and, at some point, experience total and complete darkness.

**Visit a Goat Farm** Stop for a visit at the Icelandic goat farm owned by Johanna Bermann. 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. You may have the chance to come face to face with Bambi, the famous goat from Game of Thrones!

**Lunch** Enjoy lunch on your own today at a local restaurant.

**Waterfalls and Hot Springs** Back up on the surface, visit the Hraunfossar lava waterfalls and Deildartunguhver, the largest natural hot spring in Europe. Drawing on the geothermal reserves in 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.

Next to the hot spring is the Krauma Spa, where you can enjoy a sauna, various hot tubs, and the relaxation room with a crackling fireplace.

**Dinner** Enjoy dinner at your hotel this evening, and make sure to spend some more time outside searching for the northern lights!

Accommodations  
Hotel Hamar

Meals Included  
breakfast, dinner

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your adventure  
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DAY 4  
Wednesday  
3/9/22

### West Iceland to Flúdir

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

#### Morning Dogsledding

One of the highlights of your week is sure to be today's 45-minute dogsledding excursion. Feel the crisp air on your cheeks as you speed across the snow!

#### 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.

#### Secret Lagoon

On your way to your 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.

Accommodations  
Hotel Flúdir

Meals Included  
breakfast, dinner

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DAY 5  
Thursday  
3/10/22

### Flúdir

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

#### Waterfalls of the South

Set out to discover the waterfalls of Iceland's South Shore. If the weather is good, you might be able to walk behind Seljalandsfoss waterfall and up the stairs to admire Skógarfoss waterfall from above, complete with stunning ocean views!

#### 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.

#### Picnic Lunch on Own

Today you will pick up some food on your own to create a picnic lunch to enjoy during the snowmobiling experience.

#### Explore the Area

At the Skógar Heritage Museum, you'll experience what it was like to live in an ancient turfhouse. Visit the Sólheimarjökull glacier and its beautiful lagoon, and then stop at the Lava Center, a brilliant multi-media exhibit about plate tectonics and volcanic eruptions.

#### Evening at Leisure

Enjoy the lovely hot tubs in the garden at your hotel this evening!

Accommodations  
Hotel Flúdir

Meals Included  
breakfast, dinner



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DAY 6  
Friday  
3/11/22

### Flúdir to Reykjavík

Head from Flúdir back to Reykjavík today.

#### Explore Þjórsárdalur Valley

This morning, enjoy the Þjórsárdalur Valley, with 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.

#### Farm Visit and Lunch

Head to Friðheimar, a charming farm where tomatoes are grown in geothermally heated greenhouses. The farm also breeds and raises prize winning Icelandic horses which you will see during a visit to the stables. Enjoy lunch at the cozy Greenhouse restaurant.

#### Sky Lagoon

After arriving in Reykjavík, spend some time at the brand new Sky Lagoon for a soak in the warm, mineral-rich waters of this surreal outdoor spa. Just opened in 2021, this new oceanfront geothermal lagoon is a great way to relax after a busy day.

#### 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  
3/12/22

### Depart Iceland

Say goodbye to your new friends as you leave Iceland and head home today.

**Free Morning** Enjoy your last few hours in Reykjavik this morning before you check out of the hotel.

**Transfer to the Airport** You will be transferred to the airport from your hotel in Reykjavik to catch your flight home today.

**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

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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 Hamar

Located about an hour outside of Reykjavik, Icelandair Hotel Hamar is a relaxing accommodation built on an 18-hole golf course. Enjoy the natural beauty and green views from your room or have a soak in one of the geothermal-heated outdoor hot tubs.

Amenities: En suite bathrooms with soap, shampoo, conditioner, hair dryer; electricity; 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