

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## ICELAND

# The Land of Fire and Ice on Horseback



July 8 - 15, 2022



# ICELAND

## The Land of Fire and Ice on Horseback

### 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



## ICELAND

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### QUICK VIEW ITINERARY

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

### ACTIVITY LEVEL

High Energy

### TRIP PRICE

Main Trip: \$6,995

Optional Single Accommodations: \$650

# ICELAND

## The Land of Fire and Ice on Horseback



your adventure  
in depth

DAY 1  
Friday  
7/8/22

### 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.

During your adventure, you'll get to know your Icelandic guide, who will lead you as you ride across the countryside on Icelandic horses. She is also your 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 8:00am.

#### 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, be ready early - you'll be picked up at approximately 7:30am to meet the group!

#### Explore Reykjavik

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

#### Meet the Horses

Change into your riding gear and meet your horses! Set off on your first gentle ride. Enjoy the rich bird life of the area, including ducks, geese, terns, and golden plovers, while riding.

#### 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  
Skuggi Hotel

Meals Included  
breakfast, dinner

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your adventure  
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DAY 2  
Saturday  
7/9/22

### West Iceland

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!)

#### Europe's Largest Natural Hot Spring

End the day by soaking in the Krauma Spa at Deildartunguhver. The hot water originates in Europe's most powerful hot spring Deildartunguhver, at a temperature of 100°C (212° F). Krauma has a total of six baths, five warm and one cold. No extra chemicals are needed to keep the pools clean, as the water is constantly being replaced because of the rapid natural flow rate of the hot springs. In the changing room has a separate locker for every guest. The room has a spacious dressing table with large mirrors and good lighting.

#### 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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your adventure  
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DAY 3  
Sunday  
7/10/22

### 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.

#### 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. Enjoy a picnic lunch along the way. 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  
7/11/22

### 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

Sailing around Breiðafjörður's innumerable islands, this popular aquatic voyage offers a glimpse of the fjord's fairytale-like scenery: variegated rock faces, areas of historical interest, along with the strongest ocean currents anywhere on Iceland's coasts. During the summer, the area abounds with birdlife: shags, puffins, black-legged kittiwakes, arctic terns, fulmars and eider ducks. Even the king of Icelandic birds, the white-tailed eagle, sometimes makes an appearance. A definite highlight of the tour is the towing of the dredge along the ocean floor, when different kinds of shellfish are scooped up from the bottom of the ocean: scallops, sea urchins, crabs, starfish, sea cucumbers, some of which can be eaten fresh (scallops and sea urchins, for example).

#### Lunch

Enjoy lunch on your own today at a local restaurant.

#### 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 Djúpálónssandur. 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.

#### Check in to Your Lodge

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

Accommodations  
Lava Water  
Snæfellsnes  
Meals Included  
breakfast, lunch,  
dinner

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your adventure  
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DAY 5  
Tuesday  
7/12/22

### 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. If the tides permit, ride along the beach, over sparkling streams and rivers, and through the rough black lava fields of Búðarhraun. Today’s ride will be about four to 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  
Lava Water  
Snæfellsnes  
Meals Included  
breakfast, lunch,  
dinner



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your adventure  
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DAY 6  
Wednesday  
7/13/22

### 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. 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  
Lava Water  
Snæfellsnes  
Meals Included  
breakfast, lunch,  
dinner

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DAY 7  
Thursday  
7/14/22

### 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 if the tides permit. 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  
Lava Water  
Snæfellsnes  
Meals Included  
breakfast, lunch,  
dinner

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DAY 8  
Friday  
7/15/22

### 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.

#### Departure Information

Depart from Keflavik International Airport (KEF) today after 4:00pm.

*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 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

#### Lava Water Snæfellsnes

The Lava Water Snæfellsnes is a family-owned farm in the southern part of the Snæfellsnes peninsula. Enjoy a quiet stay surrounded by the beautiful natural landscapes of this part of Iceland.

Amenities: Shampoo, hair dryer; electricity; 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(s) throughout the 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