

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## ICELAND

# The Land of Fire and Ice on Horseback



June 19 - 26, 2024



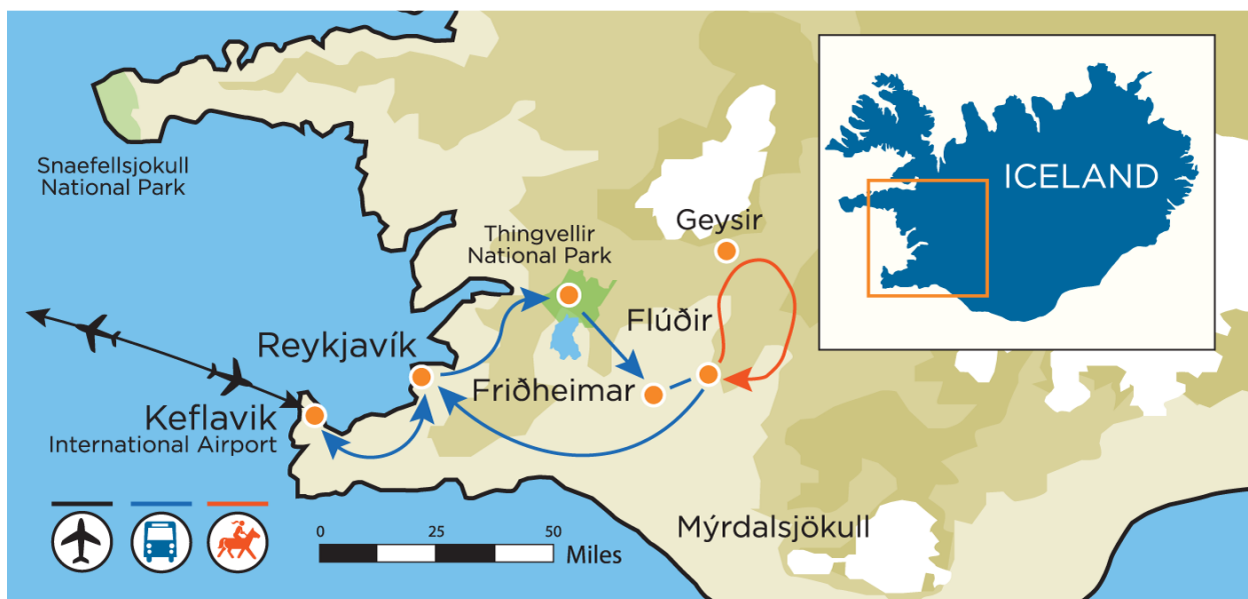
## ICELAND

# The Land of Fire and Ice on Horseback

### TRIP HIGHLIGHTS

- ▶ Unforgettable tölting on an Icelandic horse
- ▶ Soak in a natural pool and enjoy a dip in the Secret and Sky Lagoons
- ▶ Visit Thingvellir National Park and Gullfoss Waterfall
- ▶ Meet local women - from a farmer to artisans - and learn about their craft

### TRIP ROUTE



## ICELAND

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### QUICK VIEW ITINERARY

- Day 1 arrive in Iceland, visit Thingvellir National Park, Geysir hot springs, and Gullfoss waterfall
- Day 2 meet a local wool artisan, horseback riding, visit Secret Lagoon
- Day 3 continue exploring Iceland by horseback, meet a female clothing designer
- Day 4 enjoy more time on horseback, meet a local woman and learn about Icelandic costume
- Day 5 more riding, soak in an authentic natural pool
- Day 6 continue experiencing the beauty of Iceland on horseback
- Day 7 more horseback riding, picnic lunch, visit Sky Lagoon, farewell dinner
- Day 8 depart

### ACTIVITY LEVEL

High Energy (experienced riders)

### TRIP PRICE

Main Trip: \$7,395

Optional Single Accommodations: \$1,000

# ICELAND

## The Land of Fire and Ice on Horseback



your adventure  
in depth

DAY 1  
Wednesday  
6/19/24

### Arrive in South Iceland

Velkomin! Welcome to Iceland, a geological wonderland so wild and spectacular it sets an unparalleled standard for adventure—for every generation. As the Iceland summer sun skims the midnight horizon, sunset melts into sunrise in this country of lush meadows, hot springs and geysers, braided flood plains, and glaciers on top of volcanoes.

#### Arrival Information

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

#### Pick-up and Transfer

Meet your guide at Keflavik International Airport at 7:00am. Drive to Reykjavik for breakfast.

#### Stop at the Tack Shop

After breakfast, stop at an Icelandic tack shop to buy riding gloves and any other last-minute equipment you might need.

#### 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.

#### Lunch

Enjoy a delicious lunch at a very special restaurant in Friðheimar followed by a stable visit. Continue to the Geysir hot springs and the beautiful Gullfoss waterfall.

#### Check In

Check in to the hotel which will be your home for the next 6 nights.

#### Welcome Dinner

Tonight, you will enjoy a welcome dinner to kick off the start of an amazing trip!

Accommodations  
Álftröð Country  
Hotel  
Meals Included  
breakfast, lunch,  
dinner

# ICELAND

## The Land of Fire and Ice on Horseback



your adventure  
in depth

DAY 2  
Thursday  
6/20/24

### South 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.

#### Tölt Lessons

After breakfast, drive to a local farm for a riding lesson to learn to ride the tölt gait. Each group will have a 30-minute lesson. While you are not riding, you can watch the other riders while enjoying coffee and Icelandic cakes. You can also learn from a local woman how to comb, spin, and dye the wool from Icelandic sheep.

#### Lunch

Enjoy Langoustine soup at Mika Restaurant - a real specialty!

#### Enjoy Your First Ride!

Set out from the farm after lunch and enjoy your first 2-hour ride with your horse.

#### Soak at the Secret Lagoon

Enjoy a soak this afternoon in the geothermally heated water at the Secret Lagoon. The pool's steam rising into the air gives the place a magical feeling and the warm water stays at a temperature of 100-104°F all year round. Nearby there is even a little Geysir which erupts every five minutes, showing off for you as you relax in the hot spring. Changing rooms with showers are available on site.

#### Dinner

Enjoy dinner at the hotel this evening.

Accommodations  
Álftröð Country  
Hotel  
Meals Included  
breakfast, lunch,  
dinner

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your adventure  
in depth

DAY 3  
Friday  
6/21/24

### South Iceland

Southern Iceland has some of the country's most diverse landscapes, including glaciers, volcanoes, volcanic islands, geothermal areas, glacial rivers, black sands, vast meadows, marshes, lakes, untouched highlands, and long black beaches.

#### Today's Ride

After breakfast, head out for today's ride which will last for about 3-4 hours through the beautiful countryside of Iceland. Stop along the way for a picnic lunch.

#### Meet a Fashion Designer

This afternoon you will have the opportunity to meet with a local fashion designer who also happens to love horses! Visit her farm and hear about the inspiration for her unique clothing designs.

#### Relax This Evening

Enjoy dinner at the hotel and relax in the hot tub this evening.

Accommodations  
Álftröð Country  
Hotel  
Meals Included  
breakfast, lunch,  
dinner

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your adventure  
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DAY 4  
Saturday  
6/22/24

### South Iceland

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.

### Today's Ride

After breakfast at the hotel, return to the farm and head off on today's riding adventure. Ride underneath basalt columns along the canyon of the river. Stop at a little local museum along the way where you will peek into the old days of farming life in Iceland. Enjoy a picnic lunch before setting out.

### Learn about Icelandic Costumes

Icelandic costume design is a tradition that has lasted since the 19th century. Meet with a local woman who will teach you about this creative pastime before heading back to the hotel for dinner.

Accommodations  
Álftröð Country  
Hotel  
Meals Included  
breakfast, lunch,  
dinner

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your adventure  
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DAY 5  
Sunday  
6/23/24

### South Iceland

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.

#### Today's Ride

Enjoy a wonderful 3-5 hour ride into the uninhabited wilderness and take in wonderful views of the wild green mountainside, follow little creeks with spring water, and get a wonderful feeling of freedom while atop your horse!

#### Natural Pool

On your way back to your hotel, stop for a soak in one of Iceland's many natural pools. This is a truly authentic experience without changing or other facilities, so enjoy the thrill of being one with nature!

#### Rest at the Hotel

Rest at the hotel this evening. Enjoy a delicious dinner and maybe a soak in the hot tub!

Accommodations  
Álftröð Country  
Hotel  
Meals Included  
breakfast, lunch,  
dinner



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your adventure  
in depth

DAY 6  
Monday  
6/24/24

### South Iceland

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.

**Continue Riding** After breakfast, return to the horses for a thrilling 3-plus hour ride through breathtaking wilderness, only greeted by sheep, wild geese, and the occasional arctic fox! Enjoy a picnic lunch along the way.

**Barbecue** Return to the hotel for a shower and a barbecue with Icelandic delicacies.

Accommodations  
Álftröð Country  
Hotel  
Meals Included  
breakfast, lunch,  
dinner

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your adventure  
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DAY 7  
Tuesday  
6/25/24

### South Iceland to Reykjavik

The Icelandic goat, also known as the 'settlement goat,' is an ancient breed of domestic goat believed to be of Norwegian origin and dating back to the settlement of Iceland over 1,100 years ago. This breed of goat was on the verge of extinction during the late 19th century, but recovered prior to World War II, only to precipitously decline again. As of 2012, the population was recovering.

#### One Last Ride

Leave the hotel after breakfast to meet the horses for one last ride! Today they know that they are on their way home and will show you how fast an "Icy" can tölt! The lanes through the charming countryside with small dairy and sheep farms make for a fast ride!

Stop for a picnic lunch at a local farm before saying goodbye to your wonderful horses and driving back to Reykjavik.

#### 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

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  
Skuggi Hotel

Meals Included  
breakfast, lunch,  
dinner

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DAY 8  
Wednesday  
6/26/24

### Depart Iceland

Enjoy one last morning in Iceland.

#### Free Morning

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

#### Transfer to the Airport

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

#### 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

#### Álftröð Country Hotel

Álftröð is a 30-minute drive to Geysir and Gullfoss Waterfall and a 40-minute drive to the Thingvellir National Park. There is a 360° mountain view from the guest house and views of the most famous volcanoes in Iceland including Hekla, Eyjafjallajökul, and Tindfjöll. Enjoy the hot tub under the midnight sun!

#### Skuggi Hotel

The comfortable 3-star Skuggi Hotel offers an ideal spot in a shopping area just outside shopping streets and bars. Guests will benefit from 24-hour reception, ironing service and room service and also appreciate a lift, a safe deposit box and free parking available on-site.

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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