

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# ICELAND

## Land of Fire and Ice



July 7 - 13, 2024



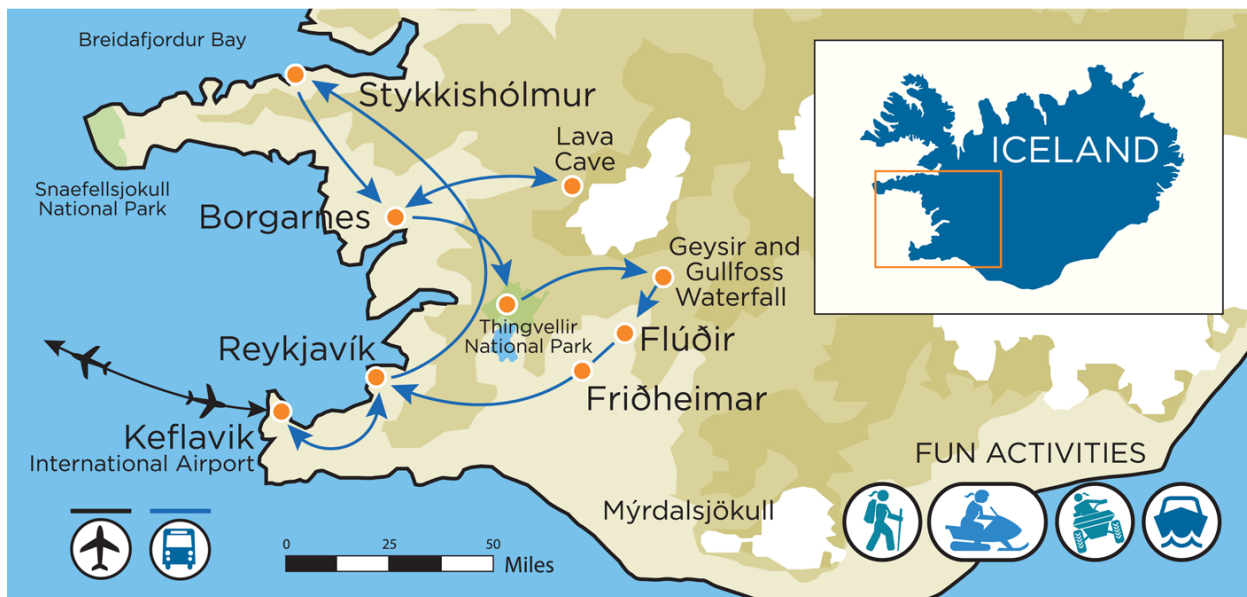
# ICELAND

## 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 and more!
- ▶ Soak in natural hot springs and enjoy a dip in the Secret and the Sky Lagoons
- ▶ Visit Iceland's largest and most spectacular lava cave, Cave Viogelmir, just shy of 5,250 feet
- ▶ Be wowed on a scenic cruise in Breiðafjörður Bay

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1 arrive Reykjavík, ATV ride, welcome dinner
- Day 2 enjoy a boat trip in Breiðafjörður Bay, visit Snæfellsnes Peninsula
- Day 3 visit a Lava Cave, a goat farm, and Europe's largest natural hot spring
- Day 4 explore Thingvellir National Park, snowmobiling
- Day 5 horseback ride on an Icelandic pony, soak in the Secret Lagoon, lobster feast
- Day 6 enjoy a stable visit, indulge at Sky Lagoon, farewell dinner
- Day 7 depart Iceland

### ACTIVITY LEVEL

Active

### TRIP PRICE

Main Trip: \$6,595

Optional Single Accommodations: \$1,000

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your adventure  
in depth

DAY 1  
Sunday  
7/7/24

### Arrive Reykjavik, Iceland

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.

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! For those arriving a day early, you will meet your guide at 8:00am in the lobby of the Skuggi Hotel.

#### Explore Reykjavik

After breakfast, head out on foot into Reykjavik and explore the city.

#### Lunch

Today's lunch will be in a local bistro.

#### ATV Ride

Your quad bike tour takes you on a route along the lovely Lake Hafavatn, and a variety of terrains to have fun on. Then it's onwards and upwards as you bike to the top of Hafrafell mountain - the high point of your journey. From there you should be able to see the Hengill mountain range, Iceland's third most active volcanic system, together with Hellisheiði, the geothermal power plant for the capital area. A spectacular view over Faxaflói bay and the whole capital region, Bláfjöll mountain range and Esja, Reykjavik's house mountain, is waiting for you.

#### Check In and Relax

Check-in at the hotel for a well-deserved rest after a busy day!

#### Welcome Dinner

Taste Icelandic delicacies and take a short tasting course prepared by a local.

Accommodations  
Skuggi Hotel

Meals Included  
lunch, dinner

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DAY 2  
Monday  
7/8/24

### 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.

#### 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 on Your Own

Enjoy lunch on your own today in a local café.

#### Snæfellsjökull National Park

Spend some time 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.

#### Dinner

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

Accommodations  
Hotel Hamar

Meals Included  
breakfast, dinner

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DAY 3  
Tuesday  
7/9/24

### West Iceland

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

#### 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 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 a tasty lunch with the group today.

#### 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 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

Enjoy dinner at your hotel this evening.

Accommodations  
Hotel Hamar

Meals Included  
breakfast, lunch,  
dinner

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DAY 4  
Wednesday  
7/10/24

### West Iceland to Geysir

Geysir is one of the highlights of Iceland's Golden Circle and lies in one of the most active geothermal areas in the country.

#### 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.

#### Lunch on Your Own

Enjoy lunch on your own today.

#### Snowmobile Experience

We'll drive up towards Langjökull Glacier in a specialized Super-Jeep. It is an exciting experience in itself. After arriving at our glacier base camp, you will be provided with a snowmobile suit, gloves, balaclava and helmet for your snowmobile ride. Langjökull Glacier is home to several enormous ice-filled volcanic craters, rimmed in by imposing volcanoes and set in the breathtaking Icelandic interior. The views from the flanks of Langjökull are quite incredible. In the distance rests Eiríksjökull glacier, the highest mountain in west Iceland, the dome-shaped Hofsjökull glacier, and Kerlingarfjöll Mountain range.

#### Dinner

Enjoy a tasty dinner with the group tonight.

Accommodations  
Hotel Geysir

Meals Included  
breakfast, dinner

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your adventure  
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DAY 5  
Thursday  
7/11/24

### Geysir

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

#### Pjósárdalur Valley and Horseback Ride

Drive toward the Pjósárdalur 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.

Then head to the Syðra Langholt horse farm, where you'll get to take a brief ride on the famous, gaited Icelandic horse. Take in the wonderful landscape and get to know the friendly Icelandic horses.

#### 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 experience of famous lobster dishes and handmade chocolate.

Accommodations  
Hotel Geysir

Meals Included  
breakfast, lunch,  
dinner



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DAY 6  
Friday  
7/12/24

### Geysir to Reykjavík

Head from Geysir 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.

#### Stable Visit

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 enjoy a guided tour of the horse stables and learn all about the Icelandic horse, which is known for its diversity of gaits, coat colors, strength, health and good spirit. 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  
7/13/24

### Depart Iceland

#### Free Morning

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

#### Reykjanes Peninsula

On your way to the airport, explore the Reykjanes peninsula, with its vast lava fields and geothermal activity and breathtaking coastline.

#### 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.*

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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 Geysir

The trademark of Iceland, the great Geysir, gave the hotel its name and Geysir is situated right outside the front door of the hotel. Haukadalur is one of Iceland's most famous historical sites, both ancient and today. The geothermal field surrounding the Great Geyser is the definitive geyser, having given its name to the geological phenomena. Strokkur, another famous geyser located at the hot spring area, gives a performance every few minutes, shooting a tower of water and steam 30 meters into the air.

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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