



## Iceland: A Multisport Adventure in the Land of Fire and Ice

**DURATION** | 7 Days

**TRIP LEVEL** | Active

# Trip Overview

Welcome to Iceland! Kick off your adventure with a walking tour of Reykjavik, then rev up for an exhilarating ATV ride and panoramic views of the Blue Lagoon and Mt. Fagradalsfjall. Over the course of your 7-day adventure, you'll indulge in a cheese tasting with Iceland's Queen of Cheese, set sail around Breiðafjörður Bay, watching for puffins as they nest and swim, followed by an easy trek through the Snæfellsnes National Park, and even learn how to drive your own snowmobile across this glacier wonderland. You'll saddle up for a delightful trail ride on an Icelandic horse then take a relaxing soak in Iceland's renowned geothermal pool and magical lagoons, knowing that a sumptuous lobster feast awaits you. Wrap up your Iceland adventure with a horse show at Friðheimar Farm and a festive farewell dinner.

## Trip Highlights

- Experience a week of active fun in Iceland riding horses, ATVs, and snowmobiles through hot springs, lava fields, and waterfalls.
- Savor Icelandic delicacies from skyr to lobster, chocolate to microbrews.
- Soak in natural hot springs at the Secret and Sky Lagoons, and explore the magnificent Cave Viogelmir.

## Map View



Arrival: Arrive at Keflavik International Airport (KEF) on Day 1 by 7:00 AM

Departure: Depart Reykjavík, Iceland (KEF) on Day 7 after 5:00 PM

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# Trip Itinerary

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## Day 1

### Welcome to Iceland!

Arrive at Keflavik International Airport (KEF) in Reykjavík in the morning or the day before. After breakfast at the hotel, you'll head out on foot to explore Reykjavík with lunch in a local bistro. In the afternoon, your quad bike tour takes you along Lake Hafravatn and across a variety of terrains. Then it's onwards and upwards to the top of Hafrafell mountain – the high point of your journey-- to see the entire mountain range, Iceland's third most active volcanic system. A spectacular view over Faxaflói bay and the whole capital region, Bláfjöll mountain range and Esja, Reykjavík's house mountain, is waiting for you. Settle in at the hotel for a well-deserved rest after a busy day and a taste of Icelandic delicacies.

Meals: lunch, dinner | Overnight: Hotel Reykjavik Saga



### Hotel Reykjavik Saga

Hotel Reykjavik Saga is an elegant 4-star hotel that opened in July 2022. Ideally situated at the very heart of the Reykjavik city center, the hotel is a stone's throw away from picturesque Lake Tjörninn, the cathedral, art museum, shops and restaurants. The hotel is on Lækjargata, a historic street in the center of Reykjavik and has been designed in a modern style that reflects Icelandic tradition. Location and environment have been fully considered throughout the design process.

Amenities: En suite bathrooms with soap, shampoo, conditioner, hair dryer, flatscreen TV, coffee / tea maker, electricity (outlet type C or F); blackout curtains, Wifi



# Trip Itinerary

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## Day 2

### Wildlife and Snæfellsjökull National Park

Embark on a popular aquatic voyage around Breiðafjörður's innumerable islands offering a glimpse of the fjord's fairytale-like scenery. 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 highlight of the tour is the towing of the dredge along the ocean floor when different kinds of shellfish are scooped up including scallops, sea urchins, crabs, starfish, sea cucumbers, some of which can be even eaten fresh. You'll enjoy lunch on your own in a local café, then explore Snæfellsjökull National Park, enjoying an astonishing variety of natural landscapes, including moss-covered lava fields, pebbled beaches, and rugged cliffs. Leave the park and drive about two hours to your hotel. Enjoy dinner as a group when you arrive!

Meals: breakfast, dinner | Overnight: Hotel Hamar



### 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: complimentary toiletries, flatscreen TV, Wi-Fi, air conditioning



# Trip Itinerary

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## Day 3

### Spectacular Lava Cave and Sauna Experience

Visit spectacular Cave Víðgelmir, the largest Lava Cave in Iceland. Just shy of 5,250 feet, the cave features amazing colors and lava formations deep in the earth. Stop for a visit at the Icelandic goat farm owned by Johanna Bermann, who in 2000 bred the last four hornless goats in Iceland from the brink of extinction to a sustainable population and established the Icelandic Goat Conservation Center. You may even come face-to-face with Bambi, the famous goat from Game of Thrones! Enjoy lunch with the group then visit the beautiful Hraunfossar waterfall, where spring water cascades down into the Hallmundarhraun lava field.

End the day by soaking in the Krauma Spa at Deildartunguhver at a temperature of 100°C (212° F). Enjoy dinner at your hotel this evening.

Meals: breakfast, lunch, dinner | Overnight: Hotel Hamar



# Trip Itinerary

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## Day 4

### Thingvellir National Park, Great Geysir Hot Spring and Waterfall

Next up is historic Thingvellir National Park with its extraordinary natural amphitheater, where almost every important moment in Iceland's history has taken place. Continue to the Great Geysir hot spring area and Gullfoss Waterfall (the Golden Waterfall), two of Iceland's most famous sights. You'll enjoy lunch on your own today, then then drive in a specialized Super-Jeep towards Langjökull Glacier, home to enormous ice-filled volcanic craters. After arriving at the glacier base camp, you will be provided with everything you need for an exhilarating snowmobile ride. Enjoy a tasty dinner with the group tonight.

Meals: breakfast, dinner | Overnight: Hotel Geysir



### 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.

Amenities: complimentary toiletries, hair dryer, safe, flatscreen TV, tea / coffee maker, Wi-Fi



# Trip Itinerary

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## Day 5

### Walk to Picturesque Waterfalls and Horse Farm Discovery

Drives toward the Þjórsárdalur Valley, enjoying a stop at the beautiful Hjalparfoss waterfall along the way. Stretch your legs at Viking ruins (Stöng) and walk to Gjáin, a tiny valley with picturesque waterfalls, tranquil ponds, and delicate volcanic structures--perfect examples of Iceland's natural beauty. Enjoy a picnic lunch in an Icelandic forest, then head to the Syðra Langholt horse farm, where you'll get to take a brief ride on the famous, gaited Icelandic horse. On your way back to the hotel, stop for a soak in the natural hot springs of the Secret Lagoon where the temperature of the water stays at 100-104 degrees Fahrenheit year-round. End this wonderful day with a lobster feast at Restaurant Mika, which specializes in lobster dishes and handmade chocolate.

Meals: breakfast, lunch, dinner | Overnight: Hotel Geysir





# Trip Itinerary

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## Day 6

### Farm Visits and Farewell Dinner

Drive to Tungufell Farm, where the woman of the house is an artist and seamstress who designs beautiful examples of Icelandic National Dress. 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. After arriving back in Reykjavík, spend time at the Sky Lagoon for a soak in the warm, mineral-rich waters. Opened in 2021, this outdoor spa is a great way to relax after a busy day. Enjoy a celebratory farewell dinner with your new friends to celebrate the end of a fantastic adventure!

Meals: breakfast, lunch, dinner | Overnight: Hotel Reykjavik Saga



### Hotel Reykjavik Saga

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# Trip Itinerary

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## Day 7

### Depart Iceland

Enjoy your last few hours in Reykjavik this morning before you check out of the hotel. On your way to the airport, explore the Reykjanes peninsula, with its vast lava fields and breathtaking coastline. Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home. Depart from Keflavik International Airport (KEF) today after 5:00 PM.



# What's Included

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## What's 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

*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.*

