

Iceland



Explore
Hike
Bike

8 Days/7 Nights

Adventure.com

Hiking & Biking Tour - Escorted



...2015

** 7 nights at a choice of accommodation from guesthouse to four star hotel in Reykjavik

** For travelers 14 + -- (due to glacier hike & ice climb crampons which fit on hiking boots)

This activity tour offers a week long stay in Reykjavik with daily hiking and biking tours in Southwest Iceland. Included is a bike tour of Reykjavik, a mountain bike ride through geothermal mountain valleys, a hike in the mountains and the nearby nature reserve, and a glacier walk and ice climbing near to the famous Eyjafjallajökull volcano. You will climb Mt. Esja, the city mountain of Reykjavik, bike through lava fields and along the sea shore of the Atlantic Ocean. You will explore pure Icelandic nature, geothermal springs and get the chance to bathe in a natural hot river and in the famous mineral-rich Blue Lagoon. Daily departures are offered from the beginning of June to the end of August.

The Daily Itinerary:

Day 0:

Leave North America for short overnight flight on Icelandair.

Day 1:

Welcome to Iceland!

Early arrival at Keflavik Airport and you'll be met and taken into Reykjavik and dropped at the accommodations where you'll spend the next 7 nights. You can drop your stuff and go exploring in the world's most northerly capital. We'll suggest lots of things to see in town. You'll have breakfast every day and some restaurant ideas for lunch and dinner on your own. This will give you a chance to sample some of Reykjavik's fine restaurants.

Day 2:

Explore Reykjavik

You'll start your hiking and biking week with an easy and fun bike tour to explore Iceland's capital city. It will include many stops: Reykjavik's south facing beach Aegissitha, the University of Iceland campus, the culture center of Nordic House, Reykjavik's Old Harbor. You'll also get through the narrow streets and public squares of the city center - Reykjavik's Catholic Cathedral, the Parliament building, the city pond Tjornin. The tour lasts about 2.5 hours and covers about 7 km (4.3 miles).

Day 3:

Lava hike, south shore bike ride and the Blue Lagoon

You'll set off from the water spring of Hafnarfjordur, it's a 15-20 minute walk over rugged lava landscape to the mountain. A relaxed walk up with plenty of stops to get information and hear stories about the mountain and surrounding landscapes. Once at the summit of Helgafell there's a break to enjoy the view and write names and comments in the guestbook before heading down. The round trip hike is 6.4 km (4 miles) with an elevation gain of 260m. In the afternoon there's a bus transfer to the fishing village of Grindavik for a 2-3 hour easy and interesting tour. You'll cycle past some of the oldest remains of the salt

These tours (as is common with adventure touring everywhere) are subject to the guides assessment of conditions – if conditions aren't suited for a particular activity the itinerary may be rearranged, as traveler safety always comes first.

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Day 3 (continued)

fish production in Iceland and go on to Hopsnes Lighthouse in sight of the Island Eldey and overlooking several derelict ships. Riding along the harbor you'll follow the coast further to the west. The final leg is through the town. You'll ride about 12-14 km (7.5-8.5 miles), mostly flat, on a mix of gravel and paved roads.

After you ride you relax in the famous Blue Lagoon. Or use the indoor pool. A geothermal sauna is also on the site. Bathing in this surreal environment is a unique experience no one should miss. The bus will take you back to Reykjavik at 21:00.

For the Blue Lagoon bring along your swimsuit and toiletries. Towel is included in your package and provided by the Blue Lagoon.

Day 4:

Splash mountain bike tour

You'll head to the volcanic landscapes and green valleys of the Hengill mountain near Hveragerdi, south Iceland or a fun mountain biking tour. Ride on nature trails and splash through rivers and clear streams. This trip has it all; stunning unspoiled natural beauty, amazing geological wonders, fun and great biking adventures! Bike ride lasts for 4-5 hours, includes helmet and a packed lunch.

Bring along: Head wear, gloves, warm outer layers that are wind- and rainproof, swimsuit, towel and change of clothing. We recommend a day day back-bag for extra layers and water.

Day 5:

Glacial Hike & Ice Climbing

After a drive through lava heaths, lush green fields, steaming mountains of South Iceland you reach Solheimajokull. An experienced glacier guide will take you to explore this outlet glacier with its amazing ice formations, sink holes and jagged ridges. At an ice wall on the glacier you might try your hand at ice climbing. You will be provided with all the tools you need, making sure you are very safe as you brave the heights. (And it can be

plenty of fun to just watch, too!) After the glacier, you'll make a stop at the impressive Skogafoss waterfall, where 200 foot drops of water often produce a double rainbow. Then you'll head back to Reykjavik and be dropped at your accommodation. Packed lunch included.

Day 6:

Hiking Challenge

Today you'll see Iceland on your own two feet, with a 3-4 hour hike into the mountains and volcanic landscape of Southwest Iceland and you'll have the chance to soak in a natural hot river. Hike up into the beautiful valley of Reykjadalur. The valley also has an abundance of geothermal springs and you will witness many of them going up and down the valley. This is a great trek that everyone can participate in. Picnic lunch included. Hiking distance 7 km (4 miles)

Day 7:

Mt. Esja - The City Mountain of Reykjavik

Icelanders dream of someday climbing Mt. Esja, the iconic mountain that overlooks the capital city of Reykjavik. Tens of thousands make that dream come true every year. The well marked trails make for relatively easy ascent as your guide explains history and tells stories about the area. To reach the top there will be some cliffs to climb, but they're not too hard!

At the summit there is a great view to take in and a mountain guest book to sign - it's a nice place for a break with some refreshments, before heading down again. The round trip hike lasts 4-5 hours, covering about 16km (10 miles) with an elevation gain of 820m. About 7 hours total.

Day 8:

Time to say good bye ...

When it's time to leave your shuttle van will return you to Keflavik International Airport for your return flight. OR, if you're very lucky, you can take on more of Iceland!



This Hiking and Biking tour is the best of both worlds - fun, active days in the wild landscape of Iceland, and relaxed evenings to enjoy Reykjavik's many charms. You'll have breakfast at your accommodations each day, and your outfitter will pick you and return you there at the end of the day. Two days include lunch, others will include a stop to purchase it - or you can bring your own from the city grocery store. You'll want rain gear, good foot wear and some extra layers, but any special equipment needed will be provided by the outfitter. Make sure to bring your camera, though!

Hiking & Biking Prices 2015

Daily departures June 1 - August 31

Sequence of day's activities given herein is typical, but your arrival day will determine the starting activities.

Prices below are per person double occupancy (pp/do) and singles. We also have this program available with other hotels, including the

Guesthouse Borgatun *comfortable, bright, warm, basic, private bath, computer in lounge, near Laugardalur swimming pool. Good budget choice!*

Number in Party Price per person

2	\$3314 pp/do
1	\$3696 single

Fosshotel Lind *3 star city center hotel near harbor, shopping, and Kjarvalsstadir museum. Quiet but convenient*

Number in Party Price per person

2	\$3559 pp/do
1	\$4156 single

Grand Hotel Reykjavik, *situated in*

a quiet area within a short distance from all services, recreation and business centers. Spa and fitness center. 4 star design. Includes a superior room

Number in Party Price per person

2	\$ 4233 pp/do
1	\$ 5590 single



Finer Print: Price includes international airfare from the US east coast*, airport transfers 7 nights in double rooms in a choice of hotels, all with private baths, 6 days of hiking and biking, =with any special equipment needed, 7 breakfasts and 2 lunches.

***Flights:** Price includes round trip airfare, including fuel surcharge and US departure taxes to Iceland, from Icelandair's east coast gateways - Boston, New York, Newark and Washington Dulles International. We can also book flights from Icelandair's other gateways: Minneapolis, Denver, Seattle, Portland, Anchorage, Toronto, Edmonton, and Halifax, which may add to the price. Not all gateways have daily departures but we can arrange additional nights' accommodations before or after your tour.

***Not included** are Travel Insurance, 4 lunches - a stop will be made to purchase on days when its not included; dinners, other tours not specifically included.

Finest print: Please note that our tour prices are subject to revision until you book your tour by making a deposit.

Our contract rates for air aren't always available as we get close to travel dates. While we make every effort to keep prices on our webpages and their PDFs up to the minute, things can change quickly. We welcome phone calls or email about prices and any other details

Nature fees: There may be a new Nature Fee imposed by Iceland's government to support its many natural wonders. The fee will probably not be large but it will be an additional cost for travelers. Will know if/when details are settled



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