



Best of Iceland

7 days, Reykjavik to Reykjavik

Trip code ELBI

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Local guesthouse stay (Borgarfjörður)

- Goðafoss Waterfall visit
- Mývatn Lake visit
- Dimmuborgir, and Námaskarð stops
- Dettifoss Waterfall visit
- Vatnajökull Glacier visit
- Jökulsárlón Glacier Lagoon visit
- Reynisfjara Beach
- Stops including: Skógafoss Waterfall, and Seljalandsfoss Waterfall
- The Golden Circle: Gullfoss Waterfall, Geysir Hot Springs, and Þingvellir National Park
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2018 - December 31st, 2018

Itinerary



Itinerary Notes

Please note that due to high demand there may be limited availability when booking optional activities during the tour. Many of these can be pre-booked and we recommend that they are purchased in advance in order to secure space as they are quite popular. See the Available Extras below for details and add them in the Tour Extras section when confirming your trip.

Please also note that the weather near the Arctic Circle can be variable. Occasionally this will mean that we need to amend our itinerary to keep you safe. We will always endeavour to deliver a tour as close to the itinerary described as possible and ensure you see as much as possible, despite any bad weather.

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Reykjavik

Arrive at any time.

There are no activities planned until an evening welcome meeting.

There are pre-bookable activities available for this tour. Check out the "Available Extras" section of the Overview page for more information on these activities, and cost-saving bundles.



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

Reykjavik/Akureyri

Drive to Akureyri, stopping for lunch at a local cantina. Explore the town and opt to go on a whale-watching tour.

Eyjafjörður is a scenic spot to enjoy the local wildlife and small villages in the area.

If you have pre-booked whale watching, you will be going on the excursion this evening.



Meals included

Breakfast



Today's Activities

Private Vehicle

Reykjavik - Akureyri

5h-6h

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Akureyri

1h-2h

Take some time to roam around this quaint town.



Optional Activities - Day 2

Whale Watching from Akureyri

Akureyri

Head out to sea to spot whales off the coast. Some of the species spotted near Akureyri in Eyjafjörður include Bottlenose Whales, Mink, and Humpback Whales.

Please note that availability cannot be guaranteed and we recommend booking in advance

Stop at Goðafoss Waterfall en route to Mývatn Lake. Explore lava formations of Dimmuborgir and the geothermal area of Námaskarð. Visit Dettifoss Waterfall before arriving in Borgarfjörður for a night in a local guesthouse.

Head to Mývatn Lake, stopping en route at Goðafoss Waterfall. In Mývatn, explore lava formations of Dimmuborgir and the geothermal area of Námaskarð.

Visit Dettifoss Waterfall, one of the most powerful waterfalls in Europe.

Reach Borgarfjörður in the East Fjords region for a night in a local guesthouse.



Meals included

Breakfast



Today's Activities

Private Vehicle

Akureyri - Bakkagerdi

Settle in and scan the scenery from the convenience of a private vehicle.

Godafoss Waterfall Visit

Goðafoss

30m-1h30m

Take an excursion to one of the most impressive waterfalls in Iceland, the Goðafoss waterfall. Measuring 12m high and 30m wide, the waterfall is a must-see and a short drive from Akureyri. While Iceland is famous for its many spectacular waterfalls, Goðafoss is a favourite for visitors because it's easily accessible by car. There are also walking paths all around the falls making it easy to take fantastic photographs from different angles.

Mývatn Geothermal Lake Visit

Mývatn

Explore the beautiful scenery around Lake Mývatn. Formed during a volcanic eruption 2,300 yrs ago, the geothermal area is a haven for a massive number of birds. The nutrient rich water also attracts over ten species of migrating ducks to the area. Atlantic salmon and brown trout thrive in the river, feeding on the healthy midge fly population that swarm over the waters in the summer.

Dimmuborgir Lava Fields Visit

Mývatn

Walk the marked pathways to spot arches and pillars or check out lava caves. Meaning 'dark forts' in Icelandic, Dimmuborgir is an area of lava fields with black lava formations on display in dramatic fashion.

Námaskarð Visit

Námaskarð

Stop at Námaskarð to see the bubbling mud pools and steaming fumaroles. There are some wooden pathways around the area but most visitors prefer to get up close to look at the pools, but be careful, the mud in this area is thick and sticky and the residue from the steam can stain clothing.

Dettifoss Waterfall Visit

Dettifoss

Stop at the Dettifoss Waterfall in northeast Iceland, rumored to be the most powerful in Europe, with an average water flow of 193 m³/s. Take in the view of 45m high and 100m wide falls and take some photos to show off back home.

Day 4

Bakkagerdi/Hofn

Leave beautiful Borgarfjörður behind and travel down the coast driving through the beautiful and majestic eastern fjords. En route to Hofn, catch a glimpse of Vatnajökull glacier, the largest ice cap in Europe.

Höfn is known as the lobster capital of Iceland, so include a sample of this delicacy in your plans.



Meals included

Breakfast



Today's Activities

Private Vehicle

Bakkagerdi - Hofn

4h-5h

Settle in and scan the scenery from the convenience of a private vehicle.

Visit the Jökulsárlón Glacier Lagoon and nearby Diamond Beach, with a chance to see seals sunbathing on the bright blue ice. Opt to check out the lagoon by boat. Continue to Skaftafell National Park and opt to take a glacier hike. Continue to Vík.

Marvel at the Jökulsárlón Glacier Lagoon, with a chance to see seals sunbathing on the bright blue ice. The massive icebergs floating towards shore tower over visitors. Opt to check out the lagoon by boat. Stop by Diamond Beach, which gets its name from chunks of the Breiðamerkurjökull glacier that float to shore. As these blocks of glacier ice melt, they develop a crystal clear sheen, set against the black sand of the beach.

Continue on to Skaftafell National Park with time to explore before continuing on in the evening to the small town of Vík.

If you have pre-booked glacier hiking, you will be hiking today.



Meals included

Breakfast



Today's Activities

Private Vehicle

Hofn - Vik

3h-4h

Settle in and scan the scenery from the convenience of a private vehicle.

Jökulsárlón Glacier Lagoon Visit

Jökulsárlón

1h-2h

3km

Visit the Jökulsárlón Glacier Lagoon with views of the ice cap. The lake is the lowest point in the country and filled with icebergs drifting towards the sea, often with seals lounging on top. The blocks of ice coming off the glacier are typically 30m high, in dramatic shades of white and bright blue. Stop by Diamond Beach, which gets its name from chunks of the Breiðamerkurjökull glacier that float down to the coast's black sand shores.

Total distance: 3km.



Optional Activities - Day 5

Jökulsárlón Glacier Lagoon Boat Ride

Jökulsárlón

5700-9800ISK

30m-1h

Opt to take a boat ride around the lagoon to get closer to the floating icebergs with their seal passengers. The lagoon can be appreciated from the shore, but joining an amphibian boat tour allows you to get up close to the beautiful and unusually coloured icebergs floating in the water. This activity is offered from 1 May to 30 October, and is subject to availability.

Skaftafell National Park Glacier Hike

Skaftafell

Glacier Wonders is a superb glacier hiking tour from Skaftafell into the magnificent ice world of Falljökull glacier, a tongue of the mighty Vatnajökull, the largest glacier in Europe. Your certified glacier guide will show you astonishing crevasses which wind through the ice and incredible glistening ice formations. During this tour, you will learn how a living glacier moves and why this magical ice kingdom is constantly changing.

Total distance: 6km.

WHAT TO BRING

- Warm outdoor clothing
- Waterproof jacket & pants
- Headwear
- Gloves
- Good hiking boots are essential (rental boots available ISK 1000 extra)

Visit Reynisfjara Beach. Continue along the Golden Circle to Drumbo. Stop at the waterfalls of Seljalandsfoss and Skógafoss. Explore the Gullfoss Waterfall, Geysir Hot Springs and Þingvellir National Park. Arrive to Reykjavík in the early evening.



Meals included

Breakfast



Today's Activities

Private Vehicle

Vik - Reykjavik

4h30m-6h

Settle in and scan the scenery from the convenience of a private vehicle.

Reynisfjara Beach

Reynisdrangar

Visit Reynisfjara Beach, just outside of Vík. Its black sand and ominous rock formations offshore make for stunning photos. Take some time to watch the foaming white waves crash over the black sand (but don't get too close, the waves here can be extremely powerful), explore the shallow cave if weather and time permits, and get a photo of the basalt sea stacks.

Seljalandsfoss Waterfall Visit

Seljalandsfoss

30m-1h

Seljalandsfoss is a 60m (196 ft) tall waterfall located along the popular ring road. Behind the flow of water is a path, allowing visitors to peek behind the curtain of water cascading over the rocks above.

Skógafoss Waterfall Visit

Skógafoss

1h

Visit Skógafoss, one of the largest and most recognizable waterfalls in Iceland. The 60m (200 ft) high falls forms a constant mist that floats in the air, if viewed in the sunlight the mist can create rainbows. The sound and view of the thundering water cutting through the green hills make the falls a must-see on any trip to Iceland.

Gullfoss Waterfall Visit

Gullfoss

45m

Discover one of the most impressive waterfalls in Iceland, Gullfoss, and complete the circuit known as the Golden Circle. This massive waterfall cascades over three “steps” before spilling into a large crevice. Fed by a glacier lake, the water passing through the falls can be a dark grey depending on how much sediment gets pushed through the river.

Geysir Visit

Geysir

30m-45m

See a variety of geothermal pools and the erupting hot spring Strokkur. Geysir is one of the oldest geysers recorded in the world, but is most often dormant. Strokkur erupts a spray of boiling hot water straight into the air about every ten minutes.

Thingvellir National Park Visit

Thingvellir

2h-3h

Stop at Thingvellir National Park, a UNESCO world heritage site, to see the tectonic faults created by North American and Eurasian tectonic plates shifting apart. The Oxara river cuts through the largest rift in the valley, Almannagja, and leads to the Oxarafoss waterfall. Iceland’s parliament was also established in the area in 930. The park was later created to protect the remains of the open-air assembly grounds.

Day 7

Reykjavik

Depart at any time.



Meals included

Breakfast

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What are the main highlights of this trip?

Sleep in a local guesthouse in the eastern fjords region, marvel at the largest ice cap in Europe, gape at the Jökulsárlón Glacier Lagoon with seals floating on icebergs, photograph black-sand beaches and gushing waterfalls around this island nation

Itinerary Notes

Please note that due to high demand there may be limited availability when booking optional activities during the tour. Many of these can be pre-booked and we recommend that they are purchased in advance in order to secure space as they are quite popular. See the Available Extras below for details and add them in the Tour Extras section when confirming your trip.

Please also note that the weather near the Arctic Circle can be variable. Occasionally this will mean that we need to amend our itinerary to keep you safe. We will always endeavour to deliver a tour as close to the itinerary described as possible and ensure you see as much as possible, despite any bad weather.

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Is there an itinerary Disclaimer?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Are there Itinerary notes?

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What important notes should I be aware of before the trip?

1. Please note that this is a very busy tour and there are some long drive days.
2. The landscape of Iceland is unique and unlike most things you've seen. So is the weather. It is unpredictable and changeable, so be prepared to experience a variety of conditions during your time in Iceland. It's not uncommon to experience rain, sun wind and snow all in the same visit, so please pack accordingly. An Icelandic summer is also not what most people consider as summer temperature and in the highlands it can get quite cold.
3. If you wish to visit the Blue Lagoon, please know that this activity must be done before or after your tour. As this activity is very popular, we recommend booking it in advance.
4. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.
5. ACCOMMODATION NOTE:
Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

Please also note, if the start or finish accommodation for your trip is Hotel Cabin (Reykjavík); Standard rooms will be booked for Single occupancy only (including My Own Room) and Superior rooms will be booked for Twin/Double occupancy. This information also relates to any Pre/Post night bookings at Hotel Cabin.

6. OPTIONAL ACTIVITIES NOTE:

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

SNORKELLING IN THINGVELLIR NATIONAL PARK: Travellers with certain medical conditions cannot participate in this activity and it is non-refundable. Please read the following document to verify you are able to meet the activity requirements, as no refund can be issued if you are declined participation due to one of these conditions: <https://adventures.is/media/230104/arctic-adventures-snorkeling-silfra-guide.pdf>

What is the group leader like?

This G Adventures group trip is accompanied by one of our group leaders, known as a CEO (Chief Experience Officer). The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

How large will the group be?

Max 16, avg 12.

What meals are included in this trip?

6 breakfasts

What are the modes of transportation on my trip?

Private minivan/bus, walking.

What transportation will we take on this trip?

Private van/mini-buses are used on this trip.

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Standard hotel (5 nights), local guesthouse (1 night).

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops.

What kind of accommodation can I expect on this trip?

In Iceland we use small hotels, guest houses and inns. They are comfortable and clean but do not have many amenities. On occasion in remote areas or in order to stay somewhere unique and character-filled, we will have multi-share accommodations and/or shared facilities.

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

If you have not purchased My Own Room, please note that you may need to change rooms if you have booked pre/post nights for this tour.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

From Keflavik airport (KEF), you can reach the city centre in a few ways. You can take the Airport Shuttle (Fly Bus) - larger shuttle buses will take you to a bus terminal outside Reykjavik initially. From there, you'll transfer to smaller buses that will take you directly to your hotel.

For more information, please click [here](#)

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - [Welcome Pickups](#)

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBER

G Adventures Berlin office: +441858378000

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, from calls within North America only: 1 888 800 4100

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What should I take on my trip?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

Dressing in layers is recommended as weather can change dramatically, without notice.

What should be on my packing list?

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

ELBI:

- Antibacterial wipes/gel
- Batteries
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- First Aid Kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (This item is optional and is only useful through the months of August - March)
- Fleece top/sweater
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Long pants/jeans
- Moneybelt
- Nicer outfit for an evening out
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Pocketknife
- Reusable water bottle
- Shirts/t-shirts
- Small travel towel
- Socks
- Sunblock
- Sunglasses
- Sun hat/bandana
- Swimwear
- Toiletries (Preferably biodegradable)
- Warm gloves
- Warm hat
- Watch and alarm clock
- Waterproof backpack cover
- Waterproof pants
- Windproof rain jacket Note: The landscape of Iceland is unique and unlike most things you've seen. So is the weather. It is unpredictable and changeable, so be prepared to experience a variety of conditions during your time in Iceland. It's not uncommon to experience rain, sun wind and snow all in the same visit, so please pack accordingly. An Icelandic summer is also not what most people consider as summer temperature and in the highlands it can get quite cold.

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

As of 2025, various European countries are introducing ETIAS travel authorisation as an entry requirement for visa-exempt nationals.

We highly recommend you checking in advance how your nationality and country/s you are visiting may be affected. Further details can be found [here](#)

Last updated: January 27th 2025

How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

The currency in Iceland is the Icelandic Krona (ISK).

It is recommended to bring a combination of cash, credit and debit cards.

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

Tipping in Iceland is not customary. In many cases, a service charge is added to the bill which means that it is not necessary to add a tip. If you wish to express your satisfaction with the service in a bar or restaurant, then a gratuity of 10% or to round up the amount of the bill is perfectly acceptable.

Tipping during the tour program is similarly not expected, but it can be a way to express satisfaction with the persons who have assisted on your tour. Recommendations for tipping local guides would range from the equivalent of €3-5 per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €6-8 per person, per day can be used.

What activities are optional on this trip?

Akureyri

- Whale Watching from Akureyri

Jökulsárlón

- Jökulsárlón Glacier Lagoon
Boat Ride (5700-9800ISK per person)

Skaftafell

- Skaftafell National Park Glacier
Hike

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings in this dossier for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

Weather can change dramatically, even in the summer months. It is best to layer clothing to ensure you are prepared for any extremes.

How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.