



Iceland Camping on a Shoestring

9 days, Reykjavik to Reykjavik

Trip code ELRR

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Reykjavik

- Grábrók Crater Visit
- Hvítserkur Cliff Visit
- Kolugljúfur Canyon Visit
- Free time to explore Akureyri
- Golden Circle tour (including Gullfoss Waterfall, Geysir Hot Springs and Þingvellir National Park)
- Skógafoss Waterfall visit
- Seljalandsfoss Waterfall visit
- Reynisfjara Beach
- Camping equipment, including tent and sleeping mat (sleeping bags not included)
- 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, 2017 - August 30th, 2017

Itinerary



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 into Reykjavik.



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

Explore the West coast of Iceland en route to Akureyri. Stop and visit Grábrók Crater and Glanni Waterfall before continuing north to Hvítserkur Cliff and Kolugljúfur Canyon. Arrive in Akureyri in the evening and settle in to your campsite.

Icelandic people share a very strong belief in Huldafólk - or, the "hidden people". Learn more about this mystical influence as you drive through some of the most magical natural landscapes in Europe.



Today's Activities

Private Vehicle

Reykjavik - Akureyri

5h-6h

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

Grábrók Crater Visit

Grábrók

15m-30m

Formed in a fissure eruption around 3000 years ago, Grábrók is the largest of the three craters that line the incredible Borgarfjordur landscape.

Glanni Waterfall Visit

Borgarnes

15m

Stop at this small but beautiful tiered waterfall, believed to be the home to elves and trolls. The cascading waters against the backdrop of a rolling hilled Icelandic landscape will definitely make you reach for your camera.

Hvítserkur Cliff Visit

Vatnsnes

15m-30m

Get ready for one of those only-in-Iceland tales. Believed to be the remains of a troll caught in the daylight, Hvítserkur cliff is a rock formation jutting 15m up from the water on the coast of the Vatnsnes Peninsula. Keep your eye out for seals along the shore.

Kolugljúfur Canyon Visit

Víðidalsá

15m-30m

Kolugljúfur canyon is a gorge formed by the cascading waterfall flowing from the calm Víðidalsá river. The canyon gets its name from the giantess, Kola, who formed the canyon by the scraping of her fingertips.

Day 3

Akureyri

Enjoy a free day in Akureyri. Opt to visit Mývatn nearby and explore lava formations of Dimmuborgir and the geothermal area of Námaskarð, or go rafting.

With its laid back cafes, traditional Icelandic restaurants, and easy access to some of the most incredible sights in the world, this small town is the perfect place to spend some free time.



Today's Activities

Free Time

Akureyri

Get out and explore.



Optional Activities - Day 3

Mývatn Lake Visit

Mývatn

Situated in a volcanically active site in northern Iceland, Lake Mývatn is a eutrophic lake surrounded by rich, colourful wetlands. This makes a great stop for those looking to see local fauna, especially waterbirds.

Glacial River Rafting

Akureyri

24990ISK

Take a ride on the white rapids of the East Glacial River gorge through deep canyons, and stunning scenery of the Icelandic wilderness.

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.

Goðafoss Waterfall Visit

Goðafoss

Goðafoss means "Waterfall of the Gods" - and you'll know why when you see it. This waterfall is considered to be one of the most majestic in all of Iceland.

Day 4

Akureyri/Reykjavik

Spend the morning in Akureyri to explore this small town. Take in the sights of the surrounding mountain range, or enjoy a coffee with the locals at a street side cafe. Opt to take a whale watching tour. Return to Reykjavik in the late afternoon.



Today's Activities

Free Time

Akureyri

Spend another morning roaming around Akureyri before continuing back to Reykjavik.

Private Vehicle

Akureyri - Reykjavik

5h-6h

400km

Make the scenic journey back to Reykjavik.



Optional Activities - Day 4

Lystigarðurinn Gardens Visit

Akureyri

Take a visit to the most northerly botanical garden in the world; a characteristic that guarantees that you'll see species of plant native to Iceland alone.

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****

Day 5

Reykjavik

Free day to explore the city and surrounding area. Opt to explore this quaint town, or get your adrenaline pumping on one of the many activities available around Reykjavik.

Need help booking extra excursions while in Reykjavik? Speak to your sales agent about pre-booking activities for this day.

Want to do more with your tour? Pre-book any of the following activities to experience during your free time in Reykjavík: Hot Spring Hiking Tour (full-day), Þórsmörk Volcano Hike and Super Jeep Tour (full-day), Lava Caving by the Blue Mountains (Half-day). Please note that only ONE activity can be booked for this day.

Any optional activities listed on this day can also be booked upon arrival in Reykjavík.



Optional Activities - Day 5

Lava Caving by the Blue Mountains

Thingvellir

Go beneath the earth's surface to discover how Iceland was created. Walk and crawl through the Raufarholshellir cave that was carved out by flowing volcanic lava, and marvel at the multi-coloured rock formations left in its path.

Þórsmörk Volcano Hike

Þórsmörk

29990ISK

4h-6h

Begin hiking in the Þórsmörk valley surrounded by glaciers and their mighty glacial rivers. Make the journey up to the famous Eyjafjallajökull glacier, crossing narrow ridges and open plateaus before reaching the glacier itself. Take in the harsh volcanic landscape before reaching the snow covered highest point of our trek that provides amazing views over two of the worlds most powerful glacier covered volcanoes, Eyjafjallajökull and Mýrdalsjökull. Enjoy vast sweeping views of one of the most beautiful highland nature in Iceland.

Hot Spring Hiking Tour

Reykjavik

Explore geothermal phenomena within the Reykjadalur valley on this scenic hike. Do as the locals and relax in pools of water naturally heated by subterranean volcanic activity. The activity includes roundtrip transportation from Reykjavík.

Day 6

Reykjavik/Thingvellir

Drive to Thingvellir National Park and set up camp. Enjoy a Golden Circle tour including the ancient parliament side of Thingvellir, Gullfoss Waterfall and the erupting hot spring of Geysir. In the afternoon, opt for snorkelling, or rafting in a geothermal bath near by.



Today's Activities

Private Vehicle

Reykjavik - Thingvellir

45m

40km

Enjoy the short but scenic drive to Þingvellir National Park.

Golden Circle Tour

Reykjavik

5h-6h

Enjoy a tour of Iceland's most famous natural attractions. Tours typically start out with Þingvellir National Park, one of Iceland's most historic sites. From there make your way to the geothermal area near the Geysir hot spring. After, visit Gullfoss waterfall then hop on a snow machine to tour Langokull, Iceland's second largest glacier.

Free Time

Skógafoss

There is so much to do and see - don't waste a minute.



Optional Activities - Day 6

Thingvellir National Park Hike

Thingvellir

Take a walk in the park and get an introduction to the unique geography of Iceland and its seismic activity. Thingvellir is an important cultural and geographic site and was established as a National Park in 1928. Technically considered a Rift Valley, faults are clearly visible and it is where the great tectonic plates of America and Europe meet.

Silfra Fissure Snorkelling (from Thingvellir NP)

Thingvellir

2h-3h

Located in the heart of Þingvellir National Park, with clear, narrow blue water channels, Silfra Fissure is one of Iceland's most incredible spots for snorkelling. Float between the American and Eurasian continental plates and explore the incredible rock formations that make this spot regularly rated as one of world's top ten dive sites.

Day 7

Thingvellir/Skógafoss

Drive to Skógafoss waterfall, and take in the beauty of one of Iceland's most majestic sights. Settle into your campsite by the falls and opt to go on a hike, hike across a glacier, or visit the Skógar Museum.

Opt to hike the initial 2-5 km of the 25km long Fimmvörðuháls trail to see the cascading waterfalls above Skógafoss waterfall. On a clear day, end this hike by taking in the stunning the views of the whole coastline, surrounding mountains and glaciers. Or, try your hand (or foot) at hiking across the ice of the Sólheimajökull Glacier, through its bright blue caves and ridges.

Today's Activities

Private Vehicle

Thingvellir – Skógafoss

2h-2h30m

146km

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

Skógafoss Waterfall Visit

Skógafoss

1h

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

Free Time

Skógafoss

Get out and explore.

Optional Activities - Day 7

Glacier Hiking on Sólheimajökull from Skogar

Sólheimajökull – Skogar

4h-5h

Learn how to walk safely on the ice of the Sólheimajökull glacier, explore the ice formations and crevices. The ice flows from the larger Myrdalsjökull glacier to Sólheimajökull, an outlet glacier. The icy landscape with bright, blue caves and ridges is a unique hiking experience, one that is rapidly changing due to climate change.

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Skógasafn Museum

Skógafoss

2000ISK

Skogar Museum, is a cultural heritage collection of 15,000 regional folk craft artifacts exhibited throughout 6 historical buildings.

Day 8

Skógafoss/Reykjavík

Visit Reynisfjara Beach. Stop at Seljalandsfoss Waterfall and see Dyrhólaey Cape. Arrive to Reykjavík in the early evening for a final night in the bustling capital.



Today's Activities

Private Vehicle

Skógafoss – Reynisdrangar

30m

35km

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.

Private Vehicle

Reynisdrangar – Seljalandsfoss

45m-1h

61km

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

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.

Private Vehicle

Seljalandsfoss – Reykjavík

1h30m-1h45m

180km

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

Day 9

Reykjavík

Depart any time.

Your tour might be finished, but the adventure's far from over. Pre-book one of the following activities to experience after your tour ends: Glacier Hiking on Sólheimajökull, Hot Spring Hiking Tour, Snorkelling in

Þhingvellir National Park, Snowmobiling Tour on Langjökull glacier, Whale Watching from Reykjavik Harbour. If you do, we recommend booking accommodation for an extra night in Reykjavik.

Please note that only 1 full day activity can be booked per day.

And don't worry if you can't decide now. These activities are available for pre-booking any time before your tour starts, or they can be booked upon arrival in Reykjavik.



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.



Optional Activities - Day 9

Silfra Fissure Snorkelling (from Thingvellir NP)

Thingvellir

2h-3h

Located in the heart of Þingvellir National Park, with clear, narrow blue water channels, Silfra Fissure is one of Iceland's most incredible spots for snorkelling. Float between the American and Eurasian continental plates and explore the incredible rock formations that make this spot regularly rated as one of world's top ten dive sites.

Hot Spring Hiking Tour

Reykjavik

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Glacier Hiking on Sólheimajökull from Skogar

Sólheimajökull - Skogar

4h-5h

Learn how to walk safely on the ice of the Sólheimajökull glacier, explore the ice formations and crevices. The ice flows from the larger Myrdalsjökull glacier to Sólheimajökull, an outlet glacier. The icy landscape with bright, blue caves and ridges is a unique hiking experience, one that is rapidly changing due to climate change.

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What are the main highlights of this trip?

Explore Iceland's west coast, Take in the sights of Akureyri, Witness lava formations and geothermal mud pools, Camp in Thingvellir NP, visit Skógafoss waterfall – one of Iceland's most majestic sights

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

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

1. It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

2. In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport.

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. This trip includes a free day in Reykjavík (Day 5) to allow you to fully experience this city and amazing surrounding area. To help you get the most out of your time, G Adventures offers the option to pre-book a selection of the most popular activities departing from Reykjavík. Speak to your booking agent about including an activity into your itinerary for this day, or speak to your CEO on tour to book while in destination.

Glacier Hiking on Sólheimajökull -

Learn how to walk safely on the ice of the Sólheimajökull Glacier, then explore the ice formations and crevices. The ice flows from the larger Myrdalsjökull glacier to Sólheimajökull, an outlet glacier. The icy landscape with bright, blue caves and ridges is a unique hiking experience, one that is rapidly changing due to climate change.

Hot Spring Hiking Tour -

Explore geothermal phenomena within the Reykjadalur valley on this scenic hike. Do as the locals and relax in pools of water naturally heated by subterranean volcanic activity.

Rafting and ATVs -

Hop on an ATV and drive to the top of Hafrafell mountain to enjoy the stunning view of Reykjavík capital area and Esja mountain. Next, gear up for rafting along seven kilometres of the whitewater river of Hvítá, through a mix of serene canyons and rapids. Get the chance to jump from a cliff into the river.

Snorkelling in Þingvellir National Park -

Located in the heart of Þingvellir National Park, with clear, narrow blue water channels, Silfra Fissure is one of Iceland's most incredible spots for snorkelling. Float between the American and Eurasian continental plates and explore the incredible rock formations that make this spot regularly rated as one of world's top ten dive sites.

Whale Watching from Reykjavik Harbour -

Take a boat ride into Faxaflói bay to try and spot minke and humpback whales, dolphins, and porpoises. Each tour has an expert guide to maintain safety at sea and answer any questions you may have.

What is the role of the group leader during this trip?

This G Adventures group trip is accompanied by one of our group leaders. 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.

What is the maximum and typical number of participants on this tour?

Max 16, avg 12.

What meals are included in this trip?

No meals included

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private minivan, walking.

How will we travel between destinations?

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?

Multi-share hostel (4 nts), participatory camping (4 nts).

What should I expect from the accommodations on this trip?

Camping in Iceland is truly an adventure, taking you off the beaten track to get a first-hand experience of the beautiful wilderness and nature. While camping, we stay at designated campsites along the trek route. The campsites have basic facilities such as toilets, showers, and drinking water.

If you intend to use the showers or charge your electronics you will need to bring some coins with you. There are showers at all the campsites, however they cost 500 ISK for 5 minutes, payable only in coins. Bear in mind that early and late season tours may not have the luxury of showers or flush-toilets due to ground frost. The wardens can often charge some of your electronics for a fee of 500 ISK (The electrical current is 220V AC 50Hz. Most plugs are of the European two-pin type).

Each campsite visited on this tour will include a tent and a sleeping mat for every traveller (travellers are responsible for their own sleeping bags). All of the campsites we use are equipped with western flush-toilets. Along the trail, we pass through two other campsites with similar toilet facilities, on the first and second days. During the early and late season trips, these plumbing facilities may be out of order due to ground frost, in which case, the replacement will be to use outhouses. Between campsites, the “call of nature” can be answered according to the leave-no-trace rules of wilderness travel. Toilet paper must be buried, burned, or carried out.

Notes about food options on this tour:

Pingvellir - We recommend bringing food from Reykjavík to eat during your stay at this campsite. It will be possible stop at a supermarket and/or restaurants en route to Pingvellir but choices in the park will be more limited. There is a service centre near the campsite it is possible to buy basic meals, such as sandwiches.

Skógar - There is a small supermarket and restaurant near the campsite. There is an option to travel with the group to Vík for lunch or dinner.

What is the joining hotel?

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

What are the joining instructions?

Upon exiting the airport, there are shuttle bus services such as the Flybus which cost around 2500ISK. The bus will drop you off anywhere in Reykjavik. A shuttle or a taxi can also be arranged prior to your visit by letting the booking department know of your needs at booking@hlemmursquare.com.

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, 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 should I do if I can't find my airport transfer or experience arrival issues?

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 do I contact for arrival issues or in the event 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: +4915203076785

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 details should I be aware of when planning my departure day?

Reykjavik airport is well connected to major international airports around the world.

What are the packing guidelines and luggage restrictions?

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, as well as on and off transportation.

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

What should I pack for this trip?

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)

Essentials:

- Footwear (required) (Closed toe suggested)
- Flashlight/torch (Headlamps are ideal)
- Watch and alarm clock
- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Fleece top/sweater
- Waterproof backpack cover
- Binoculars (optional)
- Hat
- 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.
- Camera (With extra memory cards and batteries)
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Cash, credit and debit cards
- Long pants/jeans
- Moneybelt
- Day pack (Used for daily excursions or short overnights)
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Ear plugs
- Reusable water bottle
- Shirts/t-shirts
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear

What are 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](#)

All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum 6 months validity). USA, Canada, Australia and New Zealand passport holders do not need a visa to visit the Schengen area (see below), however they may not stay longer than three months in any 6-month period.

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.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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 emergency funds do I need access to 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!

What activities are optional on this trip?

Mývatn

- Mývatn Lake Visit
- Dimmuborgir Lava Fields Visit

Akureyri

- Glacial River Rafting (24990ISK per person)
- Lystigarðurinn Gardens Visit
- Whale Watching from Akureyri

Námaskarð

- Námaskarð Visit

Goðafoss

- Goðafoss Waterfall Visit

Thingvellir

- Lava Caving by the Blue Mountains
- Thingvellir National Park Hike
- Silfra Fissure Snorkelling (from Thingvellir NP)

Þórsmörk

- Þórsmörk Volcano Hike (29990ISK per person)

Reykjavík

- Hot Spring Hiking Tour

Sólheimajökull

- Glacier Hiking on Sólheimajökull from Skogar

Skógafoss

- Skógasafn Museum (2000ISK per person)

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. For travellers over 70 years a completed Medical Form is required. 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 general safety tips and free-time guidelines should I follow?

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 are the mandatory group rules regarding laws and behaviour?

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.

What are the mandatory travel insurance requirements for this 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 can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

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.

What are the age restrictions for this trip?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

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

However, on some 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.