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Sorry! There are no remaining departures for "Iceland Hike, Bike & Raft" (ELHB), [but here are some similar trips](#).



Iceland Hike, Bike & Raft

7 days, Reykjavik to Reykjavik

Trip code ELHB

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Cycling around the Golden Circle

- Hot springs hunt in Hellisheiði Mountain Range
- Hiking through the highlands of Iceland
- Whitewater rafting excursion on the Hvítá River
- Kayaking excursion on Hvalfjörður fjord
- 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 and onwards

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.



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/Laugarvatn

Enjoy a day of cycling through some of the greatest city and nature views in, and around Reykjavik.

Head out from Reykjavik towards Laugardalur park. Begin a cycling tour that will take you along the coastline, into the city, and around Elliðavatn Lake. Travel to the village of Laugarvatn which will be your base for the next couple of days.



Today's Activities

Biking

Reykjavik

Head outside of Reykjavík to start on an bike ride that will take you through some great views of the natural surroundings, and city life. Starting through Laugardalur park, cycle along the Reykjavík northern coastline and through the city. Follow the Elliðaár river towards Elliðavatn Lake, and circling the lake before completing your ride. Breaking a sweat with a view - what more could you ask for?

Minibus

Reykjavik - Laugarvatn

1h-1h30m

70km

It's bigger than a van, smaller than a bus, and just the right size for adventure.

Enjoy snorkelling in the clear water of the Silfra fissure where two tectonic plates collide. After, transfer to Selfoss to take a tour of the Golden Circle, including a walk in Thingvellir National Park and visits to the Gullfoss Waterfall and Geysir hot springs.

Thingvellir National Park is the meeting place of the two tectonic plates on which America and Europe rest. This rift is clearly visible in the huge fissures that scar the landscape surrounding the lake and lava fields. Continue on to Geysir, the world famous spouting hot spring, which gave all others its name, then Gullfoss waterfall, the Golden Falls, thundering down 32 meters into the Hvítá River Gorge. Return to Laugarvatn.



Today's Activities

Minibus

Laugarvatn - Thingvellir

It's bigger than a van, smaller than a bus, and just the right size for adventure.

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.

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.

Minibus

Thingvellir - Geysir

45m-1h

60km

It's bigger than a van, smaller than a bus, and just the right size for adventure.

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.

Minibus

Geysir - Gullfoss

15m

10km

It's bigger than a van, smaller than a bus, and just the right size for adventure.

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.

Minibus

Gullfoss - Laugarvatn

30m-45m

38km

It's bigger than a van, smaller than a bus, and just the right size for adventure.

Day 4

Laugarvatn

On a deep fjord created by the motion of glaciers over the years, kayak across clear blue waters. This sheltered lake leads to the Atlantic Ocean but affords calm waters for kayaking. Return to Laugarvatn.



Meals included

Lunch



Today's Activities

Minibus

Laugarvatn - Hvalfjörður

1h15m

94km

It's bigger than a van, smaller than a bus, and just the right size for adventure.

Kayaking

Hvalfjörður

5h-6h

Paddle out on Hvalfjörður fjord by kayak. Marvel at the depth of the lake and enjoy the stunning views all around.

Minibus

Hvalfjörður - Laugarvatn

1h15m

94km

It's bigger than a van, smaller than a bus, and just the right size for adventure.

Day 5

Laugarvatn

Transfer from Laugarvatn to Hveragerði. Spend the morning hiking in the Hellisheiði mountain range, and keep an eye out for hot springs. Return to Laugarvatn.



Today's Activities

Minibus

Laugarvatn - Hveragerði

45m

40km

It's bigger than a van, smaller than a bus, and just the right size for adventure.

Hellisheiði Mountain Range Hike

Hellisheiði

3h-5h

Hike around the mountain range of Hellisheiði, starting from just outside of the town Hveragerði. The volcanic water that runs from Hellisheiði rushes into a natural, hot stream in the valley perfect for a relaxing soak. Look for some of the hot springs and mud pools in the area before returning to town.

Minibus

Hveragerði - Laugarvatn

45m

40km

It's bigger than a van, smaller than a bus, and just the right size for adventure.

Day 6

Laugarvatn/Reykjavik

Enjoy a day on the wild and unpredictable Hvítá River, taking a rafting excursion through the canyons and rapids of this river. Enjoy a barbecue lunch. Return to Reykjavík for a final night out with the group.



Meals included

Lunch



Today's Activities

Minibus

Laugarvatn - Hvítá

1h15m

77km

It's bigger than a van, smaller than a bus, and just the right size for adventure.

River Rafting

Hvítá

4h-5h

7km

Paddle down the Hvítá River, taking on swirling whitewater and journeying through deep canyons on a thrilling rafting adventure.

Minibus

Hvítá - Reykjavik

2h15m

157km

It's bigger than a van, smaller than a bus, and just the right size for adventure.

Day 7

Reykjavik

Depart at any time.

What's included

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- Whitewater rafting excursion on the Hvítá River
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What are the main highlights of this trip?

Raft through the rivers and valleys of central Iceland, search for hot springs on a trek that brings the landscape to life, cycle through Reykjavik, kayak on deep fjords that lead down to the ocean.

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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.

How large will the group be?

Max 14, avg 10

What meals are included in this trip?

2 lunches

What are the modes of transportation on my trip?

Minibus, bike, raft, walking, kayak.

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?

Hostels (2 nts, multi-share), rural guesthouse (4 nts).

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?

Accommodation for this trip is in a converted boarding school in the Golden Circle region of Iceland. The rooms are twin share with shared bathroom facilities, and there is ample communal space to relax in the evenings. A short walk from the hostel are a swimming pool and hot springs.

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?

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.

We always recommend printing out the address of the hotel (in the native language as well as English if available), to show to your taxi driver.

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: +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

Are there any additional packing suggestions I should consider?

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 be on my packing list?

Documents:

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

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- 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, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Hiking/Trekking:

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

Wet Weather Trekking:

- Pack liners to waterproof bags
- Rain gear
- Waterproof footwear (For river crossings) 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.

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.

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 USD 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 €30-40 per person, per week can be used.

What activities are optional on this trip?

- No optional activities

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 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.

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.

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