



JOURNEYS  
with **G Adventures**

Last Updated: July 6, 2026



# JOURNEYS: EXPLORE ICELAND

9 days, Reykjavik to Reykjavik

Trip code ELENG

## WHAT'S INCLUDED

- Your Journeys Highlight Moment: Icelandic Farm Experience, Hvalfjörður
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Wellness Moment: Krauma Spa and Geothermal Baths, Reykholt
- Seljalandsfoss waterfall
- Visit the LAVA Centre
- Hveragerði geothermal garden
- Visit Jökulsárlón Lagoon
- Take an ice walk on a glacier in Skaftafell National Park
- Visit black sand beaches
- Explore Vatnajökull National Park
- Golden Circle tour including Thingvellir National Park, Gullfoss waterfall and Geysir Hot Springs
- Explore Snæfellsnes Peninsula including Snæfellsjökull National Park, Sagaland and Deildartunguhver Hot Spring
- 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 December 2nd, 2020 and onwards

# ITINERARY

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**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 is a lot to do in and around Reykjavik - should you wish to take advantage of the many optional activities, such as the Blue Lagoon thermal pools, we recommend booking a pre or post night.

Hotel accommodation in Iceland is very limited and rooms/facilities can be fairly simple with few amenities. Hotels are chosen for their location and access to the wonderful landscapes and natural wonders of Iceland. Hotels are often remote, all the better to enjoy the beautiful natural setting.

During winter months (generally November through early March) the itinerary and inclusions are highly subject to change based on weather conditions and less "daylight" hours. Your Expedition Leader will go over the schedule and advise you of any alterations on a daily basis. We appreciate your flexibility and understanding that this is completely outside of G Adventures control.

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.



### ACCOMMODATION

Fosshotel Reykjavik (or similar) Hotel



### TODAY'S ACTIVITIES

#### ACTIVITY

Your opportunity to meet your National Geographic Expedition Leader 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/SKAFTAFELL

Discover the beauty of Iceland's southern coast as we drive towards Skaftafell. Take in views of the infamous Eyjafjallajökull volcano, whose 2010 eruption sent massive clouds of ash into the atmosphere of the North Atlantic. See the stunning Seljalandsfoss waterfall, and follow a hidden path through a canyon to the secluded falls of Gljúfrabúi. Stop in Hveragerði, nicknamed the "hot spring village," where you will have the opportunity to taste bread baked in a hot spring. Then visit the Lava Center in Hvolsvöllur for a look at how volcanoes and earthquakes have shaped the island.



### Meals included

Breakfast



### ACCOMMODATION

Hali Country Hotel (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Reykjavik - Skaftafell 7h-8h 350km

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

Hveragerði geothermal garden and hot springs Hveragerdi

Visit the geothermal garden of Hveragerði, a hot spring village, where you have the opportunity to taste black bread and eggs baked directly in a hot spring. Learn how locals use the geothermal elements in daily life and have developed the community gardens and greenhouse to grow their town and promote green living.

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.

Lava Centre Hvolsvollur 1h

Visit this stunning interactive exhibition to learn about all aspects of Iceland's unique geography, including volcanoes, earthquakes and geothermal activity.

Day 3

## SKAFTAFELL

Continue exploring the southern shore, driving through sandy plains and moss-covered lava fields and stopping along the way at historical and geological sites. Visit Diamond Beach, scattered with icebergs that wash up on the black sands, and see iridescent ice formations in the Jökulsárlón glacial lagoon. Consider enhancing your experience by opting for the Jökulsárlón Glacier Lagoon Boat Ride, or take some time on your own to soak in the stunning scenery. Hike in Vatnajökull National Park to Svartifoss waterfall, framed by basaltic lava columns, and pause at a historic farmstead in Öraefi, home to one of Iceland's best preserved turf churches.



### Meals included

Breakfast



### ACCOMMODATION

Hali Country Hotel (or similar) **Hotel**



### TODAY'S ACTIVITIES

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.

Vatnajökull Glacier Visit

**Vatnajökull**

3h-4h

Stop at Vatnajökull Glacier, the largest ice cap in Europe, covering over 8% of Iceland. There are multiple volcanoes underneath the glacier as well as over 30 outlet glaciers that stem from Vatnajökull.

Hike to Svartifoss waterfall

**Skaftafell**

2h-2h15m

Enjoy a hike in Vatnajökull National Park to view Svartifoss waterfall. Also known as the black falls, the stunning site is surrounded by dark basaltic lava columns.

Private Vehicle

**Skaftafell**

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

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### Optional Activities - Day 3

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.

Day 4

## SKAFTAFELL/VIK

Embark on a guided walk atop a glacier in Skaftafell National Park, which was incorporated into Vatnajökull National Park in 2008. Strap on a pair of crampons and get close-up views of intriguing ice formations, deep sinkholes, and rugged crevasses. Later, stroll along the black sands of Reynisfjara beach, capturing images of the towering Reynisdrangar sea stacks.

Depending on the season and nesting habits of birdlife, we may also visit Dyrhólaey Cape. As well, it is possible to see puffins at Reynisfjara beach, Dyrhólaey Cape or near Vík in the summer months (15 May - 15 August).



### Meals included

Breakfast



### ACCOMMODATION

Hotel Dyrhólaey (or similar) **Hotel**



### TODAY'S ACTIVITIES

Private Vehicle

Skaftafell - Vik

5h-6h

230km

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

Skaftafell National Park Glacier Hike

Skaftafell

4h

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)

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.

Day 5

## VIK/GOLDEN CIRCLE/SELFOSS

This morning, learn about Icelandic cultural heritage at the Skógar Folk Museum and visit the awe-inspiring Skógafoss waterfall, opting to climb 400-odd steps to the viewing platform for spectacular vistas. Then set out on a tour of the celebrated Golden Circle. Stand in awe before the steaming Geysir, from which the English word “geyser” derives, and visit the mighty Gullfoss waterfall.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Hotel Ork Selfoss (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Vik - Selfoss 5h-6h 230km

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

Skógasafn Museum Skógafoss

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

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.

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.

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.

Begin the day with a walk in Thingvellir National Park, a UNESCO World Heritage site, where we'll see the meeting point of the North American and Eurasian tectonic plates. Continue to a traditional Icelandic farm—located in the narrow fjord of Hvalfjörður—to learn about rural Icelandic life and enjoy a farm-to-table lunch. We'll then make our way to the stunning Snæfellsnes Peninsula in western Iceland.

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.

Depending on the departure we may be staying in Snæfellsnes or Reykholt, both within easy driving distance to all sites on the peninsula



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Fosshotel Stykkisholmur (or similar) Hotel



### TODAY'S ACTIVITIES

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.

Private Vehicle Selfoss - Snæfellsnes 6h-8h

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

ACTIVITY

Visit a traditional Icelandic farm in the narrow fjord of Hvalfjörður or 'Whale Fjord'. Enjoy a visit and learn about local farming practices and daily life then sit down for a local lunch from the farmers' own produce, including Icelandic lamb.

Day 7

## SNÆFELLSNES REGION

Spend the day exploring the peninsula, including Snæfellsjökull National Park and its mystical glacier-topped volcano, which Jules Verne wrote about in his novel *Journey to the Center of the Earth*. See Búðir church, a tiny black church perched in the middle of a lava field; the Lóndrangar sea stacks; the iconic peak of Kirkjufell, featured in *Game of Thrones*; and the black pebble beach at Djúpalónssandur.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Fosshotel Stykkisholmur (or similar) Hotel



### TODAY'S ACTIVITIES

Explore Snæfellsnes Peninsula Snæfellsnes 11h 400km

Explore the Snæfellsnes Peninsula, visiting places such as Kirkjufell, or 'Church Mountain', on the north shore, Ólafsvík and Arnarstapi villages, and Djúpalónssandur pebble beach.

Snæfellsjökull National Park Snæfellsnes

Established in 2001 to protect the area's unique landscape, indigenous plants and animal life as well as the important historical relics, the park is the only Icelandic national park that stretches to the sea. Within the park is the Snæfellsjökull Glacier, a 700,000-year-old glacier-capped stratovolcano which many believe is one of the seven main energy centres of the earth. Surrounded in myth, the glacier also plays a big role as "the Center of the Earth" in Jules Verne's famed novel *Journey to the Center of the Earth*.

Day 8

## SNÆFELLSNES/REYKJAVIK

Venture to Borgarfjörður, a picturesque fjord that has provided the setting for many of Iceland's sagas. See the Hraunfossar and Barnafoss waterfalls; and step into Reykholt, the homestead of the 12th-century writer Snorri Sturluson. We'll also visit Deildartunguhver, Europe's most powerful hot spring, whose water heats most buildings in western Iceland. In the afternoon we'll take some much-needed time to relax at Krauma Spa and Geothermal Baths before continuing on to Reykjavík for our final evening.



### Meals included

Breakfast



### ACCOMMODATION

Fosshotel Reykjavik (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Snæfellsnes - Reykjavik 6h-8h

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

Sagaland Borgarfjörður

Explore the Borgarfjörður region which was the setting for most of the Icelandic sagas. The area's landscape, nature and culture heritage seemingly bring history to life.

Deildartunguhver Hot Spring Reykholt

Visit Deildartunguhver hot spring, the most powerful hot spring in Iceland whose water heats most buildings in the West of Iceland.

### ACTIVITY

Unwind at Krauma Spa, which offers five natural geothermal baths for a relaxing soak.

Depart at any time.



## Meals included

Breakfast

## What's included

- Your Journeys Highlight Moment: Icelandic Farm Experience, Hvalfjörður
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Wellness Moment: Krauma Spa and Geothermal Baths, Reykholt
- Seljalandsfoss waterfall
- Visit the LAVA Centre
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- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Tour the Golden Circle and see the geological wonders here, Head to Jökulsárlón glacier lagoon and view the icebergs floating by, Hike in Skaftafell National Park, Explore the beautiful Snæfellsnes Peninsula, Relax at the Krauma Spa and Geothermal Baths.

## **What are the main highlights of this trip?**

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## **Is there a disclaimer I should read before booking this trip?**

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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. PACE OF TOUR

Please note that this is a busy tour and there are some long drive days.

### 2. BLUE LAGOON

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.

### 3. 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.

### 4. 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.

### 5. Skaftafell National Park Glacier Hike

The hiking duration is around 3-4 hours and is marked as easy with a minimum age of 8 years old. The first part of the hike is around 30 minutes up Falljökull. Time spent on the glacier is 1.5 hours depending on the weather conditions. The guide will explain how glaciers move and show the unique features of the retreat patterns of both Virkiskökull and Falljökull.

## What is the group leader like?

All National Geographic Journeys with G Adventures group trips are accompanied by one of our Expedition Leaders. The aim of the Expedition 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. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## How large will the group be?

Max 16, Avg 12.

## What meals are included in this trip?

8 breakfasts, 2 lunches, 1 dinner

## 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 single 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 single travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Hotels - 8 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.

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.

## **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.

## 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 Expedition Leader. 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 Expedition Leader 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 Expedition Leader 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, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your Expedition Leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

## 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 NUMBERS

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

If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, and your call will be returned as soon as possible.

## 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)

### **Smart Dress:**

- Smart outfit (For evenings out)

### **Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear 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 not easily accessed. If you anticipate needing to do laundry we suggest you bring non-polluting/biodegradable soap for hand washing.

## 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](#)

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

## 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 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.

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work - Check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of cash and cards is best.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## 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 Expedition Leader for specific recommendations based on the circumstances and culture.

At the end of each trip if you felt your National Geographic Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €8-10 per person, per day can be used.

## What activities are optional on this trip?

### Jökulsárlón

- Jökulsárlón Glacier Lagoon  
Boat Ride (5700-9800ISK 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.

## **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 Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your Expedition Leader 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 or explore at your leisure. While your Expedition Leader 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 judgment 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.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

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 Expedition Leaders 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.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## 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 Expedition Leaders 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: 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 Expedition Leader who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. 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?

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/](http://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.