



## **Wellness Iceland**

7 days, Reykjavik to Reykjavik

Trip code ELRRW

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Wellness Moment: Yoga Practice in Thingvellir National Park, Thingvellir

- Your Foodie Moment: Rye Bread Cooking Class, Laugarvatn
- Your Wellness Moment: Geothermal Baths, Laugarvatn
- Your Wellness Moment: Reykjadalur Hike & Meditation, Reykjadalur
- Your Foodie Moment: Locally-Sourced Farm Dinner, Hveragerdi
- Your Wellness Moment: Black Sand Beach Mantra Meditation, Reynisdrangar
- Your Wellness Moment: Waterfall Guided Meditation, Seljalandsfoss
- Your Wellness Moment: Geothermal Rift Lake Yoga, Kleifarvatn
- Your Wellness Moment: Restorative Yoga, Hveragerdi
- Your Wellness Moment: Sky Lagoon Entrance, Reykjavik
- Arrival airport transfer
- Öskjuhlíð Hill hike
- Golden Circle sightseeing
- Þingvellir National Park visit
- Geysir Hot Spring visit
- Gullfoss waterfall visit
- Visit to an Icelandic Horse Farm
- Solheimajokull glacier hike (including all required equipment)
- Visits to Skógarfoss waterfall and Seljalandsfoss waterfall
- Dyrhólaey visit
- Sky Lagoon entrance and airport transfer
- Transport to/from all included activities and between all destinations

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 March 27th, 2025 and onwards

# Itinerary



## Itinerary Notes

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

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

Day 1

## Reykjavik

Arrive at any time. Enjoy an included airport transfer to your Reykjavik hotel and join the group for a welcome meeting. Take this opportunity to set your intention for the trip ahead.

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### Accommodation

Fosshotel Reykjavik (or similar)

Hotel

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### Today's Activities

Shuttle

Keflavik International Airport - Reykjavik

45m

45km

Please go to the Flybus booth inside the arrival hall before exiting the airport, and advise staff about your name and that you're doing a G Adventures trip. They will then hand you a ticket for the bus that brings you to your start hotel. The bus shuttles leave regularly (approx. every 30 minutes) from the airport to Reykjavik and you can take any of them with this voucher.

#### 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.

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### Optional Activities - Day 1

Harpa Concert Hall

Reykjavik

Harpa Concert Hall and Conference Centre is one of Reykjavik's greatest and most distinguished landmarks. Situated by the old harbour, the award-winning building serves as a concert hall and boasts a wide variety of hosted events where all musical genres play a part.

Day 2

## Reykjavik

Enjoy a CEO-led morning hike to Öskjuhlíð Hill. The rest of the day is yours to explore Reykjavik. Opt to visit the Nautholskvik Geothermal beach or Vesturbæjarlaug pools. Hop on a bike for a city tour of Reykjavik or go whale watching.



### Meals included

Breakfast



### Accommodation

Fosshotel Reykjavik (or similar)

Hotel



### Today's Activities

Free Time

Reykjavik

There's plenty to see and do in Reykjavik. Feel free to relax or try optional activities like hiking over glaciers, whale-watching off the coast, and snorkelling between two continents. Your CEO has more ideas if you need them. Just ask!

Öskjuhlíð Hill Walk

Reykjavik

Follow your CEO on a walk up Öskjuhlíð Hill. Reward yourself with panoramic views of Reykjavik and the tranquility of the surrounding trees and nature.



### Optional Activities - Day 2

Nauthólsvík Geothermal Beach

Reykjavik

Catch some arctic sunshine on this man-made sandy geothermal beach loved by locals. Fully equipped with changing facilities and showers, the beach also offers steam-baths and hot tubs.

Vesturbæjarlaug Pools

Reykjavik

Swim with the locals in Reykjavik's most popular outdoor pool. Vesturbæjarlaug has a 25m (82 ft) pool, steam, sauna, three hot-pots and one cold plunge.

Reykjavik City Tour

Reykjavik

Take a tour of the city, learning more about its history, architecture, people and culture.

Whale Watching from Reykjavik

Reykjavik

Take to the water from Reykjavik Harbour for whale watching. Try to spot minke and humpback whales, dolphins, and porpoises from your vantage point aboard the boat. As you explore Faxaflói bay and the surrounding water, feel free to ask the expert guide accompanying you any and all questions about the area.

Leave the city behind and explore the famous Golden Circle. Explore and practice yoga in Þingvellir National Park. Afterwards, take some time to relax and soak in natural pools and hot springs, then visit a local bakery for a rye bread geothermal baking demonstration. Later in the afternoon, visit the Geysir Hot Springs and the Gullfoss waterfall.



## Meals included

Breakfast | Lunch



## Accommodation

Hotel Ork Selfoss (or similar)

Hotel



## Today's Activities

Private Vehicle

Reykjavik - Hveragerdi

1h30m-2h

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

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.

### ACTIVITY

Enjoy a session of hatha yoga in one of the most extraordinary geological sites in Iceland. Practice yoga postures and breathing exercises where the Eurasian and North America tectonic plates meet. Achieve peace to the mind and body in this energy filled site.

### ACTIVITY

Learn to make rye bread in a geothermal bakery. Watch first hand as bakers dig out a pot of fresh bread from hot black sand. Taste the bread, served hot from the ground with some butter and take home the recipe for Iceland's famous rye bread.

## ACTIVITY

Experience the healing powers of geothermal springs. Soak in natural pools and allow your body and mind to relax and unwind. Listen to bubbling hot springs, warm up in steam rooms or take an arctic dip in a nearby refreshing lake.

Gullfoss Waterfall Visit

Gullfoss

45m

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

Geysir Visit

Geysir

30m-45m

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

Day 4

## Hveragerdi

Enjoy a morning hike around the Reykjadalur area. Take in the stunning landscapes, explore natural hot springs, and enjoy a CEO-led meditation. In the evening, visit a nearby horse farm and enjoy a dinner of locally-sourced produce.

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### Meals included

Breakfast | Dinner

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### Accommodation

Hotel Ork Selfoss (or similar)

Hotel

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### Today's Activities

Private Vehicle

Hveragerdi - Laugarvatn

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

#### ACTIVITY

Hike along the scenic Reykjadalur trail. Walk along the rolling hills and pools of bright blue water. Follow the steaming pools that line the footpath until you come to the hot springs - natural pools heated by geothermal activity. Enjoy a CEO-led meditation session.

#### ACTIVITY

Enjoy a meal at the farm, which emphasizes local dishes made with fresh ingredients sourced from the surrounding area.

Meet Icelandic Horses at a Farm

Álftröð

The Icelandic horse is a very unique breed. Although small and at times pony-sized, Icelandic horses are long-lived and hardy. At our guesthouse, stop by the farm and learn all you need to know about the Icelandic horse, with a focus on its gait and unique character.

Day 5

## Hveragerdi

Start the day strapping on your crampons for a glacier hike on Solheimajokul glacier. Later, enjoy a mantra meditation practice on the famous Reynisfjara black sand beach. Explore some of Iceland's most famous waterfalls, including Skogafoss and Seljalandsfoss and take time for inner reflection with a guided meditation session.



### Meals included

Breakfast



### Accommodation

Hotel Ork Selfoss (or similar)

Hotel



### Today's Activities

Private Vehicle

Hveragerdi - Vik

2h-3h

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

Sólheimajökull Glacier Hike

Sólheimajökull

3h

3km

Equipped with crampons and an ice axe, hike through the dramatic glacier valley and along the black sand flood plains to the edge of the ice. Enjoy stunning, panoramic views of the surrounding mountains, glaciers and the Eyjafjallajökull volcano. The guide will explain the volcanic history of the area and the effects of global warming.

#### ACTIVITY

The black sand and ominous rock formations offshore provide an intriguing backdrop for peaceful meditation. Take some time to watch the foaming white waves crash over the jet black shores and let the landscape unfold its secrets as you meditate.

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.

Dyrhólaey Cape Visit

Dyrhólaey

15m

Explore Dyrhólaey Cape, a small peninsula originally formed as a volcanic island. Check out the view from the top with glaciers and black lava heading into the sea. In the summer, keep an eye out for nesting puffins.

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.

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.

## ACTIVITY

Calm the mind and set intentions while participating in a guided meditation session set to the flow of cascading water.

Day 6

## Hveragerdi

Start the day with a yoga practice at the largest lake on the Reykjanes peninsula, renowned for its depth. Spend the rest of the day exploring the beautiful Reykjanes peninsula, including colourful geothermal areas, dramatic coastal cliffs, and a footbridge spanning two continents, before enjoying a farewell dinner together.

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### Meals included

Breakfast | Dinner

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### Accommodation

Hotel Ork Selfoss (or similar)

Hotel

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### Today's Activities

Private Vehicle

Hveragerdi - Reykjanes

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

#### ACTIVITY

The incredible depth of Kleifarvatn lake, which has no visible outlets, makes the perfect backdrop for a peaceful Vinyasa yoga practice. Take some time to be still before discovering the connection between mind and body as you move through a series of poses.

Following a morning restorative yoga practice, head to the Sky Lagoon. Enjoy one last soak or opt for a treatment, before heading to the airport with your included transfer.

You will arrive at the Sky Lagoon by 11:00am. An included airport transfer to Keflavik airport will depart at approximately 2pm from the Sky Lagoon. We advise to only book onward travel after 5:00pm.



## Meals included

Breakfast



## Today's Activities

### ACTIVITY

Slow down and open your body through a series of passive stretches allowing complete relaxation and rest.

Private Vehicle

Hveragerdi - Reykjavik

45m

45km

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

### ACTIVITY

Enjoy a uniquely Icelandic experience: a warm geo thermal bath overlooking the water near the city.

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## What are the main highlights of this trip?

Meditate atop the volcanic slopes of Mt Hengill, Learn to cook bread in a geothermal bakery, Marvel at the majestic manes of Icelandic horses, Hike behind the towering Seljalandsfoss waterfall, Practice meditation on Reynisfjara's black-sand beach, Suit up with a pickaxe to hike Sólheimajökull glacier

## Itinerary Notes

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

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## Is there an itinerary Disclaimer?

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

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

## Are there Itinerary notes?

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

1. 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.
2. The Northern Lights are a natural phenomenon, and sightings will be dependent on weather conditions. G Adventures cannot guarantee that travellers booked on this tour will experience the Northern Lights.
3. Please note that on this particular tour yoga mats will be supplied and you will not need to pack your own.
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.

## What is the group leader like?

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

## **How large will the group be?**

Max 16, avg 12

## **What meals are included in this trip?**

6 breakfasts, 1 lunch, 2 dinners

## **What are the modes of transportation on my trip?**

Private vehicle, walking.

## **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?**

Hotels (6 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 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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Once you are through to the Keflavik International Airport arrivals hall, please proceed straight out to the bus marked Flybus located right outside the arrival hallway.

Specify your hotel, and you'll be provided with a colored ticket to assist you in identifying your drop-off bus at the terminal. Feel free to go to our Flybus/ Reykjavik Excursions booth located on your right hand side in the arrivals hallway if you need any assistance.

When arriving at BSI Bus Terminal (Vatnsmýrarvegur 10, Reykjavík), you'll change to a smaller bus marked with the color that you were given at the airport that will take you to your hotel or designated bus stop. Make sure to check if you'll be dropped off at a designated bus stop or directly at your hotel.

All transfers booked through G Adventures have a flight delay guarantee, that is, if your flight is delayed. Flybus services every arriving flight and a Bus is scheduled to depart 35 to 45 minutes after every arrival. All Flybus tickets are flexible on the date, simply depart at a time most convenient for you.

If you wish to reconfirm or you experience any issues, you can contact our local partner, Flybus by ICELANDIA, on +354 5990000 or [info@icelandia.is](mailto:info@icelandia.is).

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

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

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

## What happens if I experience problems when arriving?

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

## Who should I contact in case of an emergency?

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

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBER

G Adventures Berlin office: +441858378000

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

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

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

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

## What should I take on my trip?

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

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

# What should be on my packing list?

## Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

## 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.)

**Wellness:**

- Flip flops or comfortable shoes (required)
- Yoga clothes or comfortable clothing (required)
- Journal
- Large towel (required)
- Face towel
- Water Bottle
- Yoga props

**Winter Weather:**

- Warm winter coat
- Waterproof gloves
- Waterproof pants
- Winter boots/shoes 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. For Glacier Hiking: Please note that hiking boots with ankle support are required, and are available for rental (1000 ISK per pair).

## What the visas and entry requirements for my trip?

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

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

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

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

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

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

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

Last updated: January 27th 2025

## How much spending money do I need for my trip?

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

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

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

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

## How much emergency money should I bring on this trip?

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

## Should I be tipping on my trip?

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

Tipping during the tour program is similarly not expected, but it can be a way to express satisfaction with the persons who have assisted on your tour. Recommendations for tipping local guides would range from the equivalent of \$3-5 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 €6-8 per person, per day can be used.

## What activities are optional on this trip?

### Reykjavik

- Harpa Concert Hall
- Vesturbæjarlaug Pools
- Whale Watching from Reykjavik
- Nauthólsvík Geothermal Beach
- Reykjavik City Tour

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

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

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

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

## What rules should I know before joining this trip?

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

## Is travel insurance required for my trip?

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

## What is Planeterra?

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

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

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

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

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

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

Weather can change dramatically so it's best to layer clothing to ensure you are prepared for any extremes.

## How can I share feedback about my trip experience?

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

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

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