










SOUTHERN ICELANDIC ADVENTURE

Southern Icelandic Adventure

From black sand beaches and volcanoes to multi-coloured mountains and icebergs, Southern Iceland is home to some of the most dramatic scenery in the world. Explore the highlights of Southern Iceland with minimal impact on the environment. We use local buses, camping accommodation and follow the 'leave no trace' outdoor ethical code to minimize our impact. A truly special eco-friendly 8 day adventure - become part of the spectacular landscapes in South Iceland.

 Region	Reykjavík & Reykjanes South Iceland The Highlands
 Activity	Hiking Off-season Puffins Summer
 Duration	8 days
 Group	4 to 15 people
 Code	EISL8VA
 Price	From €1,850
 Level	1/5
 Comfort	3/5
 Language(s)	English

ITINERARY

📍 Day 1 Reykjavik



Welcome to Iceland! We will greet you at the airport and escort you to your accommodation in the capital city. Evening at leisure exploring Reykjavik you can join a walking tour of the capital city or perhaps you'd like to visit a museum or eat at a local restaurant... We have lots of recommendations for your first evening in Iceland.

Accommodation: Guesthouse or youth hostel

Transport: Bus, 35 miles

Optional Activities: free walking tour of the capital city, traditional meal in local restaurant & museum visit

📍 Day 2 The dramatic south coast



This morning we will head to Skaftafell in Vatnajökull National Park. On the way we will visit Vik and the iconic black sand beaches of Reynisfjara - This area is so impressive that it has featured in many films and TV shows including Star Wars Rogue One, Star Trek Into Darkness and Game of Thrones! With dramatic North Atlantic Ocean waves, black sands, impressive basalt columns, a huge cave, interesting folklore history plus the chance of puffin sightings this is a destination not to be missed! Our scenic journey ends in Skaftafell where we will set up camp for the next three nights in a calm secluded spot overlooked by glaciers.

1 hour of walking

Accommodation: Camping

Transport: Local bus, 200 miles

📍 Day 3 Hiking & glacier walking in Vatnajökull National Park



A day in Skaftafell: an area with impressive geology, surprising wildlife and an interesting history. This morning we will go hiking in this intriguing place and to visit Svartifoss waterfall ('Black Falls'), famous for its tall black basalt columns. With views of Iceland's highest peak (Hvannadalshnukur) and largest Ice Cap (Vatnajökull) today's walk is one for the books! Then this afternoon we are in for a real adventure - we will go glacier walking on part of Vatnajökull glacier, the largest glacier in Iceland!

4-6 hours of walking & glacier walking

Accommodation: Camping

📍 Day 4 Jökulsárlón Glacier Lagoon



Today we have the chance to explore a truly magical place, Jökulsárlón ('glacial river lagoon') where we can enjoy a peaceful day visiting the deepest lake in Iceland and its many floating icebergs. Here lumps of ice from the glacier drift towards the sea making eerie noises as they go. If we are lucky we might spot seals playing and hunting along the icebergs– an enchanting place!

1-4 hours of walking

Accommodation: Camping

Transport: Local bus, 75 miles

📍 Day 5 **Lava Fields and Multi-Coloured Mountains**



Today we will visit the largest volcanic canyon in the world, Eldgjá and follow a beautiful mountain trail past Ófærufoss waterfall ('the impassable waterfall'). We love discussing the intriguing history and geology of this area as we travel together through the canyon like a true Icelandic Explorers, crossing rivers and lava fields. After an adventurous day in this impressive area we will head to Landmannagalaugar. Here we will set camp for the next two nights in a quiet spot sheltered by the distinctive multi-coloured mountains that this region is famous for. We can enjoy an evening stroll in this beautiful area and bathe in local hot springs before bed.

2-4 hours of walking

Accommodation: Camping

Transport: Local bus, 100 miles

📍 Day 6 **Hiking with volcanoes and rhyolite mountains**



Today we will go hiking to fully explore this extraordinary area of volcanoes and rhyolite mountains. We will follow winding trails and uncover the remarkable geology of this colourful region with its impressive formations like the volcanic Torfajökull. We will discover the valley of the Stórihver hot springs and cross Brennisteinsalda Mountain, the most colourful volcano in Iceland. We will explore the vast Laugahraun lava fields and perhaps we can even climb to the top of Blahnukur for an exceptional panorama view. We can finish the day by swimming or relaxing in a warm river near to our camping spot.

6 hours of walking

Accommodation: Camping

📍 Day 7 **Landmannalaugar – Reykjavik**



This morning is our last chance to enjoy the beautiful Landmannalaugar area. We have time to take a short walk and have a final swim in the hot water before we pack up camp and head to Reykjavik. On our scenic route back to the capital city we will pass Hekla, one of the most active volcanoes in Iceland! Tonight is a free evening in Reykjavik; why not spend your last night in Iceland enjoying the local cuisine at an Icelandic restaurant? Or perhaps you want to visit some of Reykjaviks famous landmarks or museums – we have lots of recommendations.

2-3 hours of walking

Accommodation: Guesthouse or Youth Hostel

Transport: Local bus, 120 miles

Optional Activities: traditional meal in local restaurant & museum visit

📍 Day 8 **Fly home**



Morning transfer to the airport and flight home

Please note that this itinerary, including walking distances and times, is indicative. Our guides aim to provide the adventure that is best suited to the weather, your interests and the demands of the group. Please be aware that in order to achieve this, changes to the program may be made.

Other trips you may like



Hidden Gems & Highlights of Southern Iceland: Each day of this unique adventure promises to bring something new as we explore the full flavours of Southern Iceland. From black sand beaches and volcanoes to multi-coloured mountains and icebergs Southern Iceland is home to some of the most extraordinary and dramatic landscapes...

DATES & PRICES

International departures:

No departure for now

Trip code: EISL8VA

Included

- All in country transfers
- Accommodation
- Full board (except meals in Reykjavik)
- Full supervision by a qualified expert guide
- Two nights in Reykjavik with free walking tour of the capital city
- The full Golden Circle Tour
- Multiple guided hikes with our professional guide (including hikes in the following areas: Skaftafell, Landmannalaugar, Vik, Jokulsarlon & Eldgja)
- Boat trips to and from the Westman Islands
- Glacier walking on part of the largest glacier in Iceland
- Swimming/bathing in hot springs & warm rivers

Not included

- Registration fee: €18 (free for under 12s)
- International flights
- Meals in Reykjavik (2 evening meals and one breakfast)

Additional Options

Please let us know if you would like to reserve any of the following optional activities:

- Icelandic meal in traditional restaurant: From €20

Museums in Reykjavik

There are lots of museums in Reykjavik, our personal favourites are:

- The National Museum of Iceland: €16 (free for under 18s)
- Aurora Reykjavik Northern Lights Centre: from €10
- Reykjavik City Museum and Settlement Exhibition: from €15 (free for under 17s)

Please let us know if you would like to plan museum visits to these museums or any others in Reykjavik ahead of time. Reservation in advance is not necessary.

Notes

Explanantion of difficulty level:

LEVEL 1 Very easy

Pace: Quiet

Daily Walking Time: 1 to 4 hours

Daily Elevation: 300 m

Preparation: No specific training required

Experience Accessible to anyone in good physical health You like to discover by taking your time. You alternate visits and short walks half-day on easy terrain without significant elevation. You prefer simple but comfortable accommodation without being luxurious.

Please note that our difficulty ratings may vary depending on the weather.

Terms and conditions

Booking conditions

Booking a trip with Altai Iceland implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. We reserve the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, we require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

Fixed fares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.

Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip. Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date we receive your cancellation or modification request in writing.

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact Altai Iceland in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altai Iceland may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Altai Iceland as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary

documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

You will be welcomed at the airport by a representative from our friendly team and accompanied for the duration of your holiday. Armed with an abundance of experience and a wealth of knowledge our professional Icelandic team know the country inside out. All activities are lead by our qualified guides who are all English speaking outdoor practitioners with a passion for everything Icelandic.

Food

This trip includes full board - we are proud of the varied, fresh and frankly delicious food we provide on our camping trips. Meals are based on a selection of local products and you will have the opportunity to try Icelandic delicacies such as skyr, smoked salmon and leg of lamb.

Each day will start with a hearty breakfast accompanied by plenty of tea and coffee. Then you will prepare your own picnic lunch for the day from a buffet style array of options - everyday there will definitely be sandwiches, fruit and cakes among the other options. Each evening meal will include meat, fish and vegetables - we offer fresh fruit and vegetables everyday.

Your help in the kitchen is expected and much appreciated, particularly in the evenings. We like when the whole group work as a team to cook dinner, it creates a pleasant atmosphere as we reflect on the days adventures together.

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.

Alcohol is very expensive in Iceland and you can only buy beer which is stronger than 2.25% alcohol in state run liquor stores. If you want to enjoy an evening drink after your days adventures, we recommend buying Duty Free alcohol in the airport. The tap water in Iceland is of very high quality and it is delicious.

Accommodation

First and last nights in Reykjavik - traditional style guesthouse / hostel close to the city centre, shared facilities.

The remaining nights will be spent camping in two different rustic campsites. Both are in fabulous locations putting you in the heart of Icelands wild landscape. We will provide you with state of the art 3 man tents, 1 per 2 people for maximum space and comfort plus a spacious mess tent for meals.

Transportation

We will use Icelands local bus services for all transfers in this trip. The local buses are generally punctual and comfortable and they are designed for Icelands rough terrain. In more rural areas it is not uncommon for local buses to cross rivers and follow roads which are more like tracks! We like using local buses whenever possible to support local services, it is an environmentally friendly way to travel and gives you a chance to meet other interesting travellers.

Budget & exchange

The currency in Iceland is Icelandic Krona (ISK). Please budget for:

- Meals in Reykjavik (2500-5600ISK)
- Showers in campsites (around 500-600ISK per shower)
- Drinks & personal expenses

Tips

Although the custom is not widespread here, if you are satisfied with the services of your guide, tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

Supplied equipment

- 3 man dome tents (1 per 2 people for maximum space and comfort)
- Self-inflating sleeping mat
- A mess tent with table, stools and cooking equipment if neccessary

Vital equipment

- A warm sleeping bag
- Walking boots
- Waterproof jacket (with a hood)
- Waterproof trousers
- A warm jumper or two
- Suitable underwear, t-shirts and walking trousers
- Thermals - top & long johns
- A swimsuit
- Warm gloves and hat (even in the summer - evenings can be chilly)
- Sunhat and sun cream
- Sunglasses (UV 400)
- Any personal medication
- Towel & toiletries
- A water bottle
- A small rucksack to use as a day bag
- Warm pyjamas
- Head torch & spare batteries (although it is nearly always light in the summer months)

Material

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

Our advice for keeping warm:

Winter in Iceland can be very cold, please think carefully about what clothes you bring, although we will provide warm outer layers, the layers you wear next to your skin make the biggest difference.

We recommend: No cotton. Bring dry spares of everything, even underwear and gloves.

Wear multiple layers including:

1. warm breathable base layer
2. second thermal layer
3. Wind and waterproof protective out layer

Helpful equipment

You may also consider packing

- Your camera
- Binoculars
- A notepad and pencil
- A thermos flask
- Plastic bags for wet/dirty clothing
- A comfortable evening outfit
- Walking poles
- Inflatable pillow
- Insect repellent

Luggage

Please bring a small rucksack to use as a day bag. You can bring this as hand luggage on the aeroplane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag. You will also need a larger bag to store your other clothes and belongings in, please ensure that this is a soft bag like a rucksack or holdall rather than a hard cased suitcase because it is more practical to transport. We recommend packing all of your clothes in plastic bags so that they stay dry in the event of wet weather.

Medicine

Your companion has a first-aid kit during the tour. However, we recommend that you bring your medications:

- Personal medication
- Anti pain medication Paracetamol
- Diarrhoea drugs
- Intestinal dressing
- Sun screen with strong protection for the lips and the skin
- Eye drops for the eyes
- Moisturizing cream for the treatment of superficial burns (blisters and sunburns)
- An adhesive elastic band
- a box of adhesive plasters and disinfectant compresses
- Double skin for blisters

Passport

Most travellers require a passport that is valid for at least three months after the return date. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required. You can check your requirements by clicking the following link provided by the Icelandic government: www.utl.is/index.php/en/

Visa

EU citizen do not need a visa as Iceland is part of the Schengen cooperation.

Travellers of other nationalities please check the following link of the Icelandic government to check: www.utl.is/index.php/en/visas

Mandatory vaccines

There are no specific health risks

Weather

Contrary to the name 'Ice-land' the weather in Iceland is relatively mild considering its location. In summer the average temperature is 10-13°C (50-55 °F) but warm summer days can reach 20-25°C. From June to September it is nearly always light with the return of night and the first Northern Lights appearances towards the end of August.

Electricity

Iceland uses Northern European electrical standards (50Hz/220 volts) and the standard Europlug socket with two round prongs.

Please be aware that some of our more remote campsites and refuges charge for electricity use.

Local time

Iceland uses Greenwich Mean Time (GMT) like the United Kingdom but does not observe daylight-saving time in the summer

Topography

Area: 39,768.5 m²

Population: 334,252 inhabitants (2016)

Capital: Reykjavik

Languages: Icelandic

Regime: Parliamentary Republic

Iceland is 20 million years old and is a volcanic island with around one eruption every 5 years. 11% of the island is covered with ice, 1% of the land is cultivated, 20% is grassland, 2% is lake, 40% is sand and the rest is desert.

Sustainable tourism

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously. We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.

If you have any questions regarding how to be a responsible traveller or concerning any other subject, please do not hesitate to contact us.