



**5-DAY ICELAND SUGGESTED ITINERARY**  
**Half board / Bed linen & towels at accommodation**  
**Guide on days 2 - 4**

*Please note that your itinerary may be subject to change according to weather conditions and other time constraints.*

**Please take time to check and read through your itinerary carefully**

<b>Day 1</b> <b>Saturday</b> <b>20 October 2018</b>	
	Group making own arrangements for transportation to and from the UK airport.
<b>Flight Information</b>	<p>09:10 Check in at London Gatwick Airport, South Terminal 11:40 Depart on WOW Air flight WW811 14:00 Arrive Keflavik International</p> <p><u>Wow Air</u></p> <p>Please ensure your group checks in a minimum of two and a half hours before departure. <b>Please note:</b> seat numbers will be allocated at check-in.</p> <p>Snacks and drinks are not provided but are available to purchase on board.</p>
<b>Reykjanes Peninsula</b>	<p><b>Gunnahver &amp; Reykjanes Geothermal Power Station</b> Take a walk amongst mud pools and steam vents and view the vigorously bubbling Gunnahver, Iceland's largest mud pool with a diameter of 20m. These form where steam generated from a geothermal reservoir emanates and condenses, mixing with surface water. Accompanying gases such as carbon dioxide and hydrogen sulphide make the water acidic, which causes alteration of the lava to clay. Nearby, see the Reykjanes geothermal power plant (exterior viewing only) and observe how the ocean shapes Iceland's coastal landscapes.</p> <p><b>Reykjanesviti &amp; Valahnukur</b> Reykjanesviti is Iceland's oldest lighthouse, built in 1878. It measures 31 metres (102ft) in height whilst its focal plane measures 73 metres above sea level. Nearby is Mt. Valahnukur, composed of tuff layers, pillow lava and breccia. The mountain was formed in a single eruption and shows evidence of the different phases of the eruption. Below is a magical stretch of coastline where you can clamber up grassy banks and peer over the indented cliff sides at crashing waves. From the coast you can see the striking, near-cylindrical island Eldey, a bird preserve 15km (9½ miles) offshore, which is part of the same volcanic rift line that formed Valahnukur.</p>

	<p><b>Bridge between Continents</b></p> <p>Drive past lava fields and crater rows to the Bridge between Continents, spanning a fissure acknowledged to be the Mid-Atlantic Ridge, which runs through Iceland. Crossing this symbolic bridge, witness the effects of continental drift.</p>
<b>17:30 Blue Lagoon</b>	<p>One of Iceland's most popular visitor attractions, the Blue Lagoon is a spacious bathing pool set in a moody landscape of mossy lava. Averaging a temperature of 30-40°C, its silica-rich geothermal seawater is drawn from a 2,000m deep borehole.</p> <p>A towel and one free drink is included in your entry price. Just bring your swimsuit to enjoy one of the most unusual hot baths on offer!</p> <p><i>Please note: Blue Lagoon ratios require that for children age 10-13 years old, at least 1 adult must accompany every 5 children, and 1 adult with every 10 students between 14-17 years.</i></p> <p><b>All swimmers are required to shower, without swimming costume, before entering the swimming pool. Please ensure all students are aware of this. This is for sanitation reasons and individual shower cubicles are available.</b></p> <p>Additional facilities include a restaurant, café, souvenir shop and toilets. Tel +3544208825</p>
<b>Accommodation</b>	Hotel Cabin, Borgartún 32, Reykjavík Tel: + 354 511 6030
<b>20:30 Supper</b>	At hotel.
<b>Evening</b>	Free time

<b>Day 2</b> <b>Sunday</b> <b>21 October 2018</b>	
<b>Breakfast</b>	To be taken from 08:00 (purchase lunch en route) then depart at 08:45.
<b>08:30 Guide consultation</b>	The group leaders should aim to meet the guide in the hotel lobby 30 minutes prior to departure. This is an excellent opportunity for you to speak with the guide, to ensure a full understanding of your specific requirements and expectations, allowing them to tailor their presentation and tour to meet your needs.
<b>09:30 Hellisheiði Geothermal Power Station</b>	An excellent interactive presentation, followed by a guided viewing of the turbines.  The world's sixth largest geothermal power plant is sited in a high temperature geothermal area just east of the capital. Drawing on steam and hot water reserves, the plant's 30 boreholes power six high-pressure 45MW turbines and one 33MW low-pressure turbine to produce 303MW of electricity and 400MW of thermal energy.  Tel: (+354) 591-2880
<b>Eyjafjallajökull flood plain</b>	Drive past the area affected by a jokulhlaup (glacier burst) from the 2010 Eyjafjallajökull volcanic eruption, where you'll note the aftermath of a glacial flood which washed down the valley damaging farmland, roads and bridges.
<b>Seljalandsfoss</b>	This waterfall's plume spills 60m over a former sea cliff, now sited far inland due to isostatic rebound. Subject to weather & ice conditions it is possible to walk behind the waterfall. Please seek advice from your guide. W.C.
<b>14:00 Glacier Walk</b>	This very popular trip takes you on an exploration of the frozen glacier tongue of Sólheimajökull. A wonderland of ice sculptures and deep crevasses await your discovery. The experienced glacier guide will teach you how to use basic ice equipment, crampons and ice axes.  Sturdy comfortable walking boots are required and they should be firm at the front to ensure the crampons fit securely. Please make sure you have energy bars or chocolate and a drink with you.  You will have approximately 1-1.5 hours on the ice, depending on the group size and ability.  Operated by Asgard – Beyond Tel. <a href="tel:+3547796000">+354 779 6000</a> or +354 867-5456  Please note, depending on the route used it can sometimes take between 20-45 minutes to walk to the glacier. W.C. at car park only, approx. 300 ISK.
<b>Accommodation</b>  <b>Supper</b>	Hotel Dyrhólaey, Brekkur, Mýrdalur, Tel: +354 487 1333  At hotel - your guide should call the hotel 2-3 hours before arrival to confirm the time for supper. Please check with reception whether your group will be making up their own packed lunches or having them prepared by the hotel in the morning.
<b>Evening</b>	Free time

<b>Day 3</b> <b>Monday</b> <b>22 October 2018</b>	
<b>Breakfast</b>	To be taken from 08:00 (collect packed lunch) then depart at 09:00.
<b>Vík</b>	At this tiny coastal town, walk down to the black sand beach and view the remarkable sea stacks – Reynisdrangar. Whilst geologists talk of volcanic plugs, folklore tells a different version of how this spectacular natural monument was formed. Debris from the Katla eruption of 1918 extended Vík's coastline by 500m and you can see how the locals have responded to the threat of 'jokulhlaup' at different stages in the village's history. Just west of the town, observe the dyke built to protect the settlement from future flooding. Facilities include a souvenir shop, café and toilets.
<b>Important note for visits to beaches</b>	<b>Please ensure you keep well away from the sea. The local recommendation is at least 20 metres, but we suggest you err on the side of caution. Freak waves can occur with very little warning and potentially fatal consequences.</b>
<b>Reynishverfi</b>	Walk along the black volcanic beach to see magnificent basalt cliffs and caves. Take photos standing and sitting on the basalt columns!  Black Beach café (call 659-7141 to check if open) and separate toilets (payable if not using the café)
<b>Loftsalir</b>	Weathering landscape and amazing display of unusual rock formations, near Dyrhólaey.
<b>Dyrhólaey</b>	The name means 'door hill island' – with its 120m high natural rock arch this prominent headland is likely to have been formed in a submarine eruption similar to that of Surtsey Island in 1963. On a clear day, enjoy spectacular views of the volcano Eyjafjallajökull and icecap Mýrdalsjökull.
<b>Skógafoss</b>	Another of Iceland's most impressive waterfalls – with a wide, thundering curtain of water 60m high. See farms evacuated during the Eyjafjallajökull eruption, as they were cloaked with ash from the volcano. W.C.
<b>13:00 Lava Centre</b>	Newly built in 2017, the LAVA Centre in Hvollsvöllur is ideally located to reveal the volcanic forces at work in the country. Dedicated to Iceland's range of volcanoes – and in particular the eruption of Eyjafjallajökull in 2010 – the centre features interactive educational tools which explore the art and science of Iceland's unique geology. Tel. +(354)8919820
<b>Urriðafoss</b>	Urriðafoss is Iceland's most voluminous waterfall, located in Þjórsá, which is the country's longest river at 230 km. This mighty river drops down (360 m <sup>3</sup> /sec) by the edge of Þjórsárhraun lava field in beautiful and serene surroundings. Located just off road nr.1
<b>Hveragerði</b>	The small 'greenhouse' town of Hveragerði is a place of abundant geothermal activity, its surrounding hills dotted with hot springs. Observe the many ways in which the inhabitants utilise this natural resource as you tour the town or take a short hike to the hot springs that appeared after the Olfus earthquake in 2008.
<b>16:30 Earthquake simulator Hveragerði</b> <b>(pay locally)</b>	Visit the small shopping mall to view a fissure next to the Tourist Office and experience the earthquake simulator ( <b>pay locally</b> approx. ISK300 (£2.50) per person. Tel +354 4834601
<b>Accommodation</b>	Farm Vatnsholt, Vatnsholt 1-2, 801 Selfoss Tel: +354 8997748
<b>Supper</b>	At hotel - your guide should call the hotel 2-3 hours before arrival to confirm the time for supper. Please check with reception whether your group will be making up their own packed lunches or having them prepared by the hotel in the morning.
<b>Evening</b>	Free time

<b>Day 4</b> <b>Tuesday</b> <b>23 October 2018</b>	
<b>Breakfast</b>	To be taken from 08:00 (collect packed lunch) then depart at 09:00.
<b>Gullfoss</b>	These double falls drop around 33m then plunge into a mile-long gorge – one of Iceland's most photographed waterfalls. Café, souvenir shop and toilets can be found here.
<b>Geysir</b>	Visit the site of Geysir, a spouting hot spring that gave its name to all the world's geysers. Although it doesn't often spout nowadays, its neighbour 'Strokkur' erupts every 10-15 minutes reaching a height of around 30m. One of the trio of natural wonders on the Golden Circle route. Café, souvenir shop and toilets are available.
<b>Efstidalur dairy farm</b>  (Optional stop for home-made ice-cream).	Visit a working dairy farm where the barn has been converted into a restaurant, with windows into the cow shed, where you can watch the cows and calves in their daily environment.  The farm makes its own milk products such as ice-cream, skyr, feta cheese and more. (Small home-made soft ice from – ISK 400 or one scoop ISK 450, payable locally).  Tel: +354 4861186 or +354 848-1622 (Please ask your guide to call ahead if you wish to visit)
<b>Pingvellir (Thingvellir)</b>	This National Park is where Iceland's parliament was established in 930AD. The site straddles the Mid-Atlantic Ridge, its rift valley forming where the Eurasian and North American tectonic plates pull apart at an average of 3cm a year. From the Hakið Visitor Centre enjoy an overview of the site and its geology. Then, walk among the rifts and see ropy pahoehoe lava from a shield volcano eruption, as you learn of the events that shaped Iceland's early history. As you gaze into the water-filled fissure Peningagjá, note how clear the water is, having been filtered through lava before it enters the lake. Facilities include Visitor Centre and toilets - payable.
<b>Accommodation</b>  <b>Supper</b>	Hotel Cabin, Borgartún 32, Reykjavík Tel: + 354 511 6030  <a href="#">School to choose.</a>
<b>Evening</b>	Free time

<b>Day 5</b> <b>Wednesday</b> <b>24 October 2018</b>	<b>NO GUIDE TODAY</b>
<b>Breakfast</b>	To be taken from 08:00 (purchase lunch en route) then depart at 09:00.  Load bags onto coach for departure.
<b>Option 1</b> <b>Reykjavik</b>	Sightseeing in Iceland's compact capital, population 120,000. Visit the old port, central lake (Tjörnin), City Hall with its huge relief map of Iceland – weekdays only, Hallgrímskirkja Church (pay locally to visit the top of the observation tower). Shops open at 10am or 11am. A few souvenir shops open at 9am.  We have a self-guided trail that we can send to you, on request.
<b>Option 2</b> <b>Swimming</b>	Geothermal swim at Laugardalslaug open air swimming pool, <a href="#">Sundlaugarvegur, 105 Reykjavik</a> , Tel: +354 553 4039 Tel. +354 411 5100. Check the website for current opening times and prices.  <a href="http://www.sundlaug.is/reykjavik-sundlaugar/14-laugardalslaug">http://www.sundlaug.is/reykjavik-sundlaugar/14-laugardalslaug</a>  Please note: all swimmers are required to shower, without swimming costume, before entering the swimming pool. Please ensure all students are aware of this. This is for sanitation reasons and some pools will not always have individual shower cubicles. There are however 4 male and 4 female shower cubicles at the Laugardalslaug pool.  Be careful! – The water is quite shallow at the bottom of the slide.
<b>12:45 Transfer</b>	Transfer to Keflavík Airport. Meet your coach, as arranged with the driver.
<b>Flight Information</b>	13:50 Check in at Keflavik Airport 15:50 Depart on WOW Air flight WW814 20:30 Arrive at London Gatwick Airport, South Terminal  <b><u>Wow Air</u></b>  Seat numbers will be allocated at check-in.  Snacks and drinks are not provided but are available to purchase on board.

### Additional Information

1. A guide will accompany the group on all but the first and last day in Iceland. (A guide can be provided on the other days if required at extra cost)
2. Your breakfast and evening meal are provided every day. Packed lunch on two days only.
3. Dietary requirements, as listed on your confirmation, will be passed to our suppliers. However we do recommend that you check with the hotels or restaurants on arrival to make sure that appropriate arrangements have been made.
4. Any extras ordered at restaurants not on your agreed menu must be paid for locally. Please note that desserts are not included unless specified on the meal option form.
5. Please arrive for your meals by the times stated on the itinerary, as we cannot guarantee the booking if you are late.
6. Liaise with your driver and guide on a daily basis to arrange lunch stops
7. Blue Lagoon – Remember your swimming costume (pack in hand luggage if visiting at the beginning or end of your trip).
8. Swimming in Icelandic pools – Please note for reasons of hygiene, it is compulsory to shower, without a costume, before entering the swimming pool. Please remember to bring your own towels.
9. On days where lunches are not provided provisions can be purchased from supermarkets, shops and cafes en-route to your destination (Packed lunches can be provided at extra cost). Lunches are provided following nights at a rural farm/guesthouse in the South Coast or Skaftafell area as indicated above.
10. Once out of Reykjavik evening options are more limited. Some accommodation has DVD facilities; in general, after a long day out in fresh air, most groups are simply glad to relax or write up/prepare for the next day. Some groups compile quizzes as the days go by. Some bring their own DVDs or devise their own evening activities. Occasionally other groups may be staying at your accommodation, especially during school holidays.
11. WCs - Restaurants and service stations are still free. Some WCs in the countryside e.g. waterfalls have a donation box. Thingvellir currently charges 200 ISK and has a turnstile. Payment in coins or by credit/debit card.
12. **ICELANDIC BEACHES** - Please ensure you keep well away from the water's edge; the local recommendation is at least 20 meters, but we suggest you err on the side of caution. Freak waves can occur with very little warning and potentially fatal consequences.

Your invoice is based upon the itinerary included in this document. Should any of the following circumstances change, the costing would have to be recalculated.

- Changes in dates, student or staff numbers
- Change to the itinerary content and route
- Whilst in Iceland, should you request a visit to an additional site, which extends **your** journey, you must arrange to pay for this directly to the bus company **before leaving Iceland.** **We are unable to invoice you for this upon your return to the UK. Thank you for your cooperation.**

Emergency contacts will be advised at a later date.  
Discover the World contact number: +44 1737 218 800.