

Wellness Iceland - ELRRW



<p>Turkode 25062</p>	<p>Destinasjoner Island</p>	<p>Turen starter 3344060https://rest.gadventures.com/places/</p>
<p>Turen destinasjon 3344060https://rest.gadventures.com/places/</p>	<p>Reisen er levert av  adventures the great adventure people</p>	<p>o dager Fra : NOK 26 410</p>

Oversikt

The otherworldly landscapes of Iceland offer perhaps the closest thing one can have to an out-of-body travel experience. Equal parts rugged and tranquil, the country's beauty offers the perfect sanctuary from daily distractions back home. Your soothing journey across the country's southern coast starts with a hike up Öskjuhlíð Hill overlooking the mosaic-like architecture of Reykjavik. Private transportation offers you the luxury of time to see the iconic sights of the Golden Circle and Thingvellir National Park before heading to the stunning black-sand beaches of Reynisfjara for a unique meditation session. And, of course, a visit to Iceland wouldn't be complete without a stop at the Blue Lagoon, a naturally-heated hotspot for travellers willing to go halfway around the world just to unwind.



Reiserute

Reykjavík
 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.

Reykjavík/Hveragerði

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.

Hveragerði

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.

Hveragerði/Reykjavík

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

Viktig Informasjon

Product Line Code

ELRRW

What's Included

Your Welcome Moment: Meet Your CEO and Group Your Wellness Moment: Yoga Practice in Thingvellir National Park, Þingvellir 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, Hveragerði 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, Hveragerði. 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. Dyrholaey visit. Blue Lagoon entrance and airport transfer. Transport to/from all included activities and between all destinations.

Highlights

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 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.

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.

Important Notes

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.

Group Leader Description

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.

Group Size Notes

Max 16, avg 12

Meals Included

6 breakfasts, 1 lunch, 2 dinners

Transport

Private vehicle, walking.

Solo Travellers

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.

Accommodation

Hotels (6 nts).

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.

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Joining Instructions

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. Please go to the Flybus booth inside the arrival hall before exiting the airport, and let the staff know 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 (approximately every 30 minutes) from the airport to Reykjavik, and you can take any of them with this voucher. Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details! If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day. Getting to your hotel from Keflavik International Airport: Upon exiting the airport, there are shuttle bus services such as the Flybus which cost around 2500ISK. The bus will drop you off anywhere in Reykjavik. A shuttle or a taxi can also be arranged.

Arrival Complications

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.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible. EMERGENCY CONTACT NUMBER G Adventures Berlin office: +44 7817 262559 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 to Take

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.

Packing List

Cold Weather: • Long-sleeved shirts or sweater • Scarf • Warm gloves • Warm hat • Warm layers Documents: • Flight info (required) (Printouts of e-tickets may be required at the border) • Insurance info (required) (With photocopies) • Passport (required) (With photocopies) • Required visas or vaccination certificates (required) (With photocopies) • Vouchers and pre-departure information (required) Essentials: • 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 • 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 • Toiletries (Preferably biodegradable) • Watch and alarm clock • Waterproof backpack cover • Windproof rain jacket Health & Safety: • Face masks (required) • Hand sanitizer (required) • Pen (Please bring your own pen for filling out documents.) • Rubber gloves Wellness: • Flip flops or comfortable shoes (required) • Large towel (required) • Yoga clothes or comfortable clothing (required) • Face towel • Journal • 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).

Visas and Entry Requirements

Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation. While we provide the following information in good faith, it is vital that you check yourself and understand that you are fully responsible for your own visa requirements. All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum 6 months validity). USA, Canada, Australia and New Zealand passport holders do not need a visa to visit the Schengen area (see below), however they may not stay longer than three months in any 6-month period. 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.

Spending Money

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.

Money Exchange

The currency in Iceland is the Icelandic Krona (ISK). It is recommended to bring a combination of cash, credit and debit cards.

Emergency Fund

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!

Tipping

Tipping in Iceland is not customary. In many cases, a service charge is added to the bill which means that it is not necessary to add a tip. If you wish to express your satisfaction with the service in a bar or restaurant, then a gratuity of 10% or to round up the amount of the bill is perfectly acceptable. Tipping during the tour program is similarly not expected, but it can be a way to express satisfaction with the persons who have assisted on your tour. Recommendations for tipping local guides would range from the equivalent of \$3-5 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. At the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €30-40 per person, per week can be used.

Optional Activities

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

Health

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.

Safety and Security

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 jewelry 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.

A Couple of Rules

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.

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 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. G Adventures can provide you with the appropriate coverage. 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.

Planeterra Foundation - the non-profit partner of G Adventures

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.

Local Dress

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

Feedback

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 customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/ Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for Planeterra's monthly news to learn more about how to give back and support the people and places we love to visit.

Minimum Age

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.

International Flights

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.

Max Pax

Group Leader

Chief Experience Officer (CEO) throughout.

Travel Style

Wellness

Priser / Datoer

Ved skriftlig aksept av vårt tilbud bekrefter du/dere at våre betingelser er både lest og forstått og at evt kansellerings gebyrer kan tilkomme ved en evt. avbestilling av reisen

Tilgjengelige datoer	Pris (1 voksen)	Pris (1 barn)	Status reise
Sun, 22 May 22 / Sat, 28 May 22	NOK 26 410	På forespørsel	Garantert
Sun, 19 Jun 22 / Sat, 25 Jun 22	NOK 28 207	På forespørsel	Garantert
Sun, 17 Jul 22 / Sat, 23 Jul 22	NOK 28 207	På forespørsel	Garantert
Sun, 14 Aug 22 / Sat, 20 Aug 22	NOK 28 207	På forespørsel	Garantert
Sun, 11 Sep 22 / Sat, 17 Sep 22	NOK 26 410	På forespørsel	Garantert
Sun, 25 Sep 22 / Sat, 01 Oct 22	NOK 26 410	På forespørsel	Garantert

Vi vil komme tilbake til deg med et tilbud på den forespurte reisen/pakken i løpet av 48 timer. Alle tilbud er uforpliktende og er vanligvis gyldige i 7 dager. Vi gjør oppmerksom på at reserverte tjenester kan bli kansellert innenfor disse 7 dagene og at pris kan endres inntil en endelig bestilling er mottatt.



VIRKE



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