



Iceland: Fire and Ice Trek

Bucket-List Adventures Brochure

FROM ALEX A MESSAGE

Having loved to travel, seek adventure and explore new places, I created **Endeavours Adventures** to utilise the power of adventure as a force for good in the world.

We exist to curate **sustainable**, legendary **adventures** at **bucket list locations** right across the globe. I truly mean it when I say that adventure can be **life-changing**, so join us today to help change the world, meet new friends and discover your potential!

Welcome to our mission – **To Make Adventure A Global Force for Good!**

A. Taylor
Alex Taylor
Founder



ICELAND: FIRE AND ICE TREK

Challenge overview



RATED ONE OF THE TOP 20 **BEST HIKES** IN THE **WORLD** BY NATIONAL GEOGRAPHIC...

Challenge yourself on an adventure across the volcanos and glaciers of Iceland with the Laugavegur trail, a unique and immersive experience which takes adventurers deep into the heart of Iceland. Begin at the **geothermal hot spots** of Landmannlaugar and hike through to the **green valleys** of Thórs mörk on a journey like no other.

Find yourself trekking:

- ❄ Through **bright rhyolite mountains**
- ❄ Past vast **Icelandic canyons**
- ❄ Across **deserts of black sand**
- ❄ Past **glaciers** and **glacial lakes**
- ❄ Ancient **volcanos**
- ❄ Next to **waterfalls**

All that date back thousands of years.



7 DAYS, 5 of which are trekking
or 12 DAYS with the extension trip



INCLUDES: See page 7



STANDARD REGISTRATION FEE:

DEPOSIT: £

INSTALEMENT PAYMENTS:

5 monthly instalments of £



WHERE AM I GOING?



Laugavegur trail



Extension trip



Laugavegur trail:



D2 - Landmannalaugar



D5 - Markarfljót canyon



ICELAND: FIRE AND ICE TREK

Itinerary



Day 1: Arrive in Iceland

Arriving in Iceland (KEF International), you will be met by a member of our team and board a shuttle bus into the Reykjavik, where we have a briefing and can prepare for the challenge, staying overnight.

✓ **Accommodation:** *Hostel*



Day 2: Start of Trek & Hot Springs

After meeting the guides and a private transfer minibus you will arrive in Landmannalaugar. Here, there will be an opportunity to bathe in the hot springs, have lunch and refresh yourself before we begin trekking!

We start out by crossing the 500-year-old Laugahraun lava flow that is still giving heat to the hot springs. Climbing past numerous Sulphur vents, we top a succession of rolling rhyolite hills before descending to the steaming hot springs of Stórhver.

As you climb, an incredible viewpoint reveals itself of the region, showcasing all the forces of nature on the trail: steam rises in all directions from unseen vents, whilst thick glaciers and black volcanic rock can be seen all around.

Hike: 5hr / 12km

- ✓ **Included:** *In-country transport, professional guide, luggage transport*
- ✓ **Meals:** *Breakfast, lunch, dinner*
- ✓ **Accommodation:** *Mountain hut*





ICELAND: FIRE AND ICE TREK

Itinerary



Day 3: Hrafninnusker - Álftavatn

Heading south from our mountain hut into the canyon complex to the south of Hrafninnusker, we then descend into the gorges of Jökultungur, and come across hundreds of bubbling hot springs and mud pools. The route winds southwards, crossing old snow patches and climbing ridges where we have views across dark volcanic plains towards lake Álftavatn and the Mýrdalsjökull and Eyjafjallajökull glaciers.

Crossing the southern edge of the Torfajökull Massif, we descend a long slope towards the black sands and palagonite ridges around Lake Álftavatn (Swan Lake).

Hike: 4-5hr / 12km

- ✓ **Included:** Professional guide, luggage transport
- ✓ **Meals:** Breakfast, lunch, dinner
- ✓ **Accommodation:** Mountain hut



Day 4: Álftavatn - Emstrur

We start the day by crossing several rivers as head southwards again and towards the Mýrdalsjökull Icecap. We descend then to the green oasis of Hvanngil, a surreal 5-kilometer-wide, black sand plain where vast green volcanos and mountains formed under the ice caps show themselves.

Heading towards Hattfell, another ancient volcano, we reach the Emstrur region where farmers used to graze their sheep in summer. Finally, we visit the magnificent Markarfljót canyon which is cut almost 200 meters down into the rocks south of Hattfell.

Hike: 6-7hr / 16km

- ✓ **Included:** Professional guide, luggage transport
- ✓ **Meals:** Breakfast, lunch, dinner
- ✓ **Accommodation:** Mountain hut



ICELAND: FIRE AND ICE TREK

Itinerary



Day 5: Emstrur River to Þorsmork

Today, we trek through the magnificent Markarfljót Canyon, which was carved out by thundering floods, caused by volcanic eruptions under the ice cap.

After entering a green and well-vegetated valley, we hike through thick birch forest, where even the lava ridges are covered with trees and stunning arctic flowers that bloom for a few weeks each summer. The valley is guarded on all sides by tremendous, fast-flowing rivers and steep glacier-clad mountains.

We end the day with a celebratory BBQ!

Hike: 6-7hr / 17km

- ✓ **Included:** Professional guide, luggage transport
- ✓ **Meals:** Breakfast, lunch, dinner
- ✓ **Accommodation:** Mountain hut



Day 6: Song Cave

This morning we trek to the Sönghellir Cave (Song Cave) and hike up to the viewpoint of Valahnjúkur, from where we can see over the icecaps of Mýrdalsjökull (1460m) and Eyjafjallajökull (1666m).

Then, we catch the bus back Reykjavik, where you will have plenty of time to explore Reykjavik.

Hike: 4hrs / 7km

- ✓ **Included:** Professional guide, luggage transport, bus
- ✓ **Meals:** Breakfast, lunch
- ✓ **Accommodation:** Hostel



Day 7: Final Day / Day 1 of Extension Trip

Spend the morning exploring the capital, recovering and saying goodbye to your new friends before heading back to the airport.

- ✓ **Meals:** Breakfast



WHAT AM I GETTING FOR MY MONEY?

WHAT'S INCLUDED

- ✓ Airport transfer to and from your accommodation
- ✓ Accommodation in Iceland for the duration of the trip
- ✓ All meals specified
- ✓ Professional, English speaking local guides
- ✓ Luggage transport during the trek (you will only need to carry a day bag during the trek)
- ✓ Transport in country
- ✓ Entrance fees, national park fees, activity fees as specified in the itinerary
- ✓ Safe drinking water during the trek
- ✓ Endeavours Adventures representative in-country
- ✓ 24/7 UK emergency line and support whilst on the challenge

WHAT'S NOT INCLUDED

- ✗ Travel insurance
- ✗ Meals not specified
- ✗ Flights to & from Iceland
- ✗ Visa's (if applicable)



THE SPIRIT OF ICELAND - SIGHTS, THRILLS AND CULTURE TOUR

Extension trip

COMPLETE YOUR EXPERIENCE WITH THE **ULTIMATE ICELANDIC TOUR...**

Starting with an EPIC **snowmobile ride** and sightseeing tour to Iceland's famous waterfalls, take to the seas and experience **whale watching**.

Visit some of the country's gems, including the legendary **Gulfoss Falls, Sky Lagoon** and '**Geysir**' all packed along with the chance to experience more of the nation's rich **culture, cuisine** and **entertainment**.



THE SPIRIT OF ICELAND

Extension Trip Itinerary



Day 1: Reykjavik Food Tour

Morning: Free morning to relax after the trek and explore the city.

Afternoon: Head to the city centre to start one of the most popular tours in the country, the **legendary Reykjavik Food Walk**! From fresh fish, to ice cream, lamb, soups and unique local ingredients, over 6 local restaurants we enjoy 8+ delicious Icelandic cuisines.

- ✓ **Included:** *Legendary Reykjavik food tour*
- ✓ **Accommodation:** *Hostel*



Day 2: Golden Circle & Glacier Snowmobile Ride

Morning: **Golden Circle tour** of Iceland; a 190-mile route of Iceland's three most popular natural attractions: Thingvellir National Park, the Geysir geothermal area and Gullfoss waterfall.

Afternoon: Head up to the Icelandic highlands for an accelerating **snowmobile ride** on the country's second-largest glacier, Langjökull.

- ✓ **Included:** *Golden Circle Tour, snowmobile ride, transport*
- ✓ **Accommodation:** *Hostel*



Day 3: Whale Watching & Lava Tunnel

Morning: **Whale watching tour**, witness Iceland's largest animal up close on a 3 hour tour.

Afternoon: Walk through a 1km long underground **lava tunnel** forged 5200 years ago during the Leithraun eruption.

- ✓ **Included:** *Whale watching tour, lava tunnel, transport*
- ✓ **Accommodation:** *Hostel*





THE SPIRIT OF ICELAND

Extension Trip Itinerary



Day 4: Sky Lagoon

Morning: Relax and enjoy a free morning in the city, exploring its architecture, cafes, shops, museums and more!

Afternoon: Head to the capital's newest lagoon, the **sky lagoon**, where you will experience the legendary, mind and body cleansing 7 step ritual. We end with a celebratory drink in the lagoon whilst watching the sunset, leaving refreshed and recovered from the adventurous last 10 days.

- ✓ **Included:** *Escape room, sky lagoon*
- ✓ **Accommodation:** *Hostel*



Day 5: Free Morning & Return Home

We have one final morning together in the capital to go souvenir shopping, visit some of Reykjavik's famous museums, or simply relax and prepare to return home.

- ✓ **Included:** Airport transfer



5 DAYS



REG FEE: £195

FINAL BALANCE: £600 (payable in 6x payments of £100)



WHAT AM I GETTING FOR MY MONEY?

WHAT'S INCLUDED

- ✓ Accommodation in Iceland for the duration of the trip
- ✓ All meals specified
- ✓ Activities:
 - Reykjavik Food Tour
 - 190 mile Golden Circle Tour
 - Glacier Snowmobile Ride
 - Whale Watching Tour
 - Lava Tunnel
 - Sky Lagoon
- ✓ Transport to and from activities where necessary
- ✓ Endeavours Adventures representative in-country
- ✓ 24/7 UK emergency line and support whilst on the challenge

WHAT'S NOT INCLUDED

- ✗ Travel insurance
- ✗ Meals not specified
- ✗ Flights to & from Iceland
- ✗ Visa's (if applicable)



CLIMATE

Iceland is warmed by the Gulf Stream and has a temperate climate, despite a high latitude just below the Arctic Circle. The high latitude and marine influence still keeps summers rather chilly. The warm North Atlantic Current ensures generally higher annual temperatures than in most places of similar latitude in the world. Despite its proximity to the Arctic, the island's coasts remain ice-free through the winter.

The climate varies between different parts of the island. Generally speaking, the south coast is warmer, wetter and windier than the north. The Central Highlands are the coldest parts of the country. Low-lying inland areas in the north are the most arid. Snowfall in winter is more common in the north than the south.



FOOD

Icelandic culture is founded upon the nation's Scandinavian heritage. Most Icelanders are descendants of Germanic and Gaelic (Celtic) settlers. The country's cultural heritage includes traditional Icelandic cuisine, Icelandic literature and medieval sagas. Iceland is the only NATO member without an army, its lightly armed coast guard being in charge of defence.



USEFUL PHRASES

Iceland's official written and spoken language is Icelandic, a North Germanic language descended from Old Norse. Their second language is English, and it is spoken fluently.

Below are a couple of useful phrases for travellers in Iceland:

- **Hello:** *Halló / Góðan dag*
- **Please:** *Gerðu það*
- **Thank you:** *Takk / Takk fyrir*
- **Do you speak English?:** *Talar þú ensku?*
- **Help me!:** *Hjálp!*

5 THINGS TO KNOW ABOUT ICELAND!



FUN FACTS:

- Iceland's flag's colours represent the volcanos (red), snow & ice (white) and ocean (blue)
- More than 60% of the population live in the capital
- 1/10 Icelander's publish a book in their lifetime

Þórsmörk

Fun fact about our day 5 destination: Þórsmörk

Þórsmörk means 'Thor's forest' and it is not hard to see why this area should be considered to belong to a Norse God. It is out of this world!



ICELAND: FIRE AND ICE TREK

Payment Plans

SUPER EARLYBIRD*

PAYMENT PLANS:

1. Pay upfront: £895
2. 50% now (£447.50), 50% in January (£447.50)
3. Deposit: £150, 5x monthly increments of £149

£149
x5, paid monthly
&
£150 deposit

STANDARD

PAYMENT PLANS:

1. Pay upfront: £1,395
2. 50% now (£697.50), 50% in January (£677.50)
3. Deposit: £150, 5x monthly increments of £249

£249
x5, paid monthly
&
£150 deposit

EARLYBIRD*

PAYMENT PLANS:

1. Pay upfront: £1,095
2. 50% now (£547.50), 50% in January (£547.50)
3. Deposit: £150, 5x monthly increments of £189

£189
x5, paid monthly
&
£150 deposit

100% refundable during the 48-hours cooling off period after you sign-up, and 75% refundable for 2 weeks. Non-refundable from thereafter.

**Limited availability*

THE SPIRIT OF ICELAND

Payment Plans



FAQ'S

How difficult is this trek?

This trek is rated 2.5/5 on its challenge level of difficulty, as you will be trekking between 4-7 hours each trekking day.

Many people of different athletic abilities take on the Iceland trek, and you will be supported throughout the challenge by your guide and fellow team-mates.

Who carries my big bag?

During the trek, you are only required to carry a small day bag (around 25-30l). Your big bag will be transported from mountain hut to mountain hut.

What dietary options are available?

Endeavours Adventures can cater for all dietary options. At 8 weeks before your challenge start date, a form will be sent to you to request this information.

All food is purchased in Reykjavik by our guides prior to the trek, with the emphasis on fresh products and relatively easily prepared meals. Local specialties, including excellent sea-fish, Icelandic lamb, and salmon.

Breakfasts will consist of porridge, muesli, bread, jam, cheese, ham, plus tea and coffee.

At breakfast, snack items and sandwich materials will be made available so that group members can make up their own packed lunches.

Your guide will prepare your evening meals but help with cutting vegetables and doing the dishes is appreciated!

Who will be looking after me during the challenge?

You will be looked after by accredited, English speaking local guides along with an Endeavours Adventures representative.

Who will I be travelling with?

Group sizes normally range from between 8-17 participants from across the UK. With our university challenge groups comprised of fellow students (and your future friends!) from one, or multiple organisations.

Where will I be staying?

The accommodation will be in simple mountain huts in dormitories with single and double bunk beds or mattresses. In some huts single participants might need to share a double mattress. Sleeping bag is necessary and can be rented upon request. The huts are equipped with gas stoves, kitchen utensils and running cold water. Toilets are in separate huts.

On night 5 you will stay in private hostel rooms with bunkbeds.

What is a typical day like?

On a typical day in Iceland, you will expect to hike between 10-15km each day, trekking through different valleys and immersing yourself within the beautiful landscapes. Each day is different, and each day will be warmer as your trek starts in the north, and finishes further in the south.



FAQ'S

Is this challenge safe?

At Endeavours Adventures we place safety at the heart of what we do. Whilst an element of risk always exists within each challenge, we have worked with our partners in country and implemented our own procedures to minimise risk whilst still ensuring you have an incredible challenge experience! All our challenges are risked assessed in line with BS8848 British Standards of Trekking.

Are flights included?

Flights are NOT included in this trip, allowing you to fly from wherever is most convenient for you, and at more flexible dates (as we find many people want to travel to Iceland before or after the challenge to do some of their own travelling.

That being said, we provide details on times to arrive by and suggested flights/budgets you can book.

Is this challenge sustainable?

At Endeavours Adventures, we value sustainability and responsible tourism at the highest level to deliver a fulfilling, enjoyable experience whilst supporting local communities. We work with all stakeholders to monitor our operations and strive to continually improve what we do and encourage all our participants try to reduce single-use plastics by bringing reusable water bottles and minimising plastic use where possible. We are fully committed to being a sustainable business with a social purpose. Endeavours Adventures are proud to be climate positive in our travel practices for our challenges, which means we go beyond achieving net zero carbon emissions to create an environmental benefit.

What kit do I need?

Scan here to access the kit list:



What if I no longer can make the trek dates?

We offer **free** placement deferrals if you let us know before the end of March 2024. We offer **free/discounted** deferrals due to family/health complications, depending on what the situation is and how close it is to the challenge start date. In all other circumstance, you'll need to pay a £70 deferral fee.





**ENDEAVOURS
ADVENTURES**

READY FOR YOUR NEXT ADVENTURE?



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