

## ARCTIC ADVENTURES INFORMATION PACKAGE



**7 DAYS**

# AROUND ICELAND ADVENTURE

We at Arctic Adventures are really looking forward to sharing the experience of going the whole circle around our beautiful country of fire and ice with you! We are always looking for ways to make your experience a more special and memorable one so now we have created an information package to read before your trip. This package will hopefully make a difference, add to your comfort, knowledge, and expectations about Iceland, and start the excitement for the journey ahead.

**Let's get ready to explore Iceland's ultimate highlights together!**





# ABOUT THE TOUR

This 7-day tour around Iceland's Ring Road will give you a fantastic experience, showcasing a stunning variety of landscapes in a short time. You'll see majestic waterfalls, black sand beaches, immense glaciers, and picturesque fjords, along with geothermal hot springs and dramatic volcanic terrain. From serene fishing villages to vibrant northern cities, the journey lets you experience Iceland's raw, unspoiled beauty.

Our team of travel experts handpicked a selection of their all-time favorite sights and activities to do along the route. You will get a chance to see everything from the famous **Golden Circle** to black volcanic beaches, the **Jökulsárlón glacier lagoon** and some of the most beautiful waterfalls in the world. The tour will take you to tiny, charming fishing villages and historical sights, take you through rugged lava fields, and give you the most stunning glacier views you will ever see. Additionally, you will visit the **Snæfellsnes Peninsula**, known for its dramatic cliffs, black sand beaches, volcanic craters, and the iconic Snæfellsjökull glacier.

Depending on the season, you might see the **Northern Lights** in winter, witness sheep round-ups in late summer, or bask under the midnight sun beams, which Iceland is so famous for.

While specific activities like whale watching and glacier hiking or ice cave visit are exclusive to the Adventure Package, all participants will enjoy easy walks and visits to extraordinary sights. The shared experiences ensure everyone has a memorable journey, regardless of the package chosen.

For those looking to relax in a geothermal pool, a stop at the beautiful **Myvatn Nature Baths** can be booked along with your selected package as an optional extra. If you have already booked the tour, then you can always add admission to the lagoon simply by using the link in the **extras and upgrades section** below.

To help you prepare for Iceland's variable weather, we have put together, we have put together a **packing list**, provided some weather information, and also details concerning the sort of facilities and meal possibilities you can expect to find at different stops.

**! Keep in mind that some parts of your itinerary are based on the package you select.** The Standard Package includes sightseeing and accommodations, and the Adventure Package adds extra activities like a glacier hike or an ice cave visit, and whale watching.





# ITINERARY

## Day 1



**Start point:** Your choice of pick-up point in Reykjavík

**Approximate driving distance:** 390 km (242 miles)

**Highlights:** Golden Circle - Skogafoss - Seljalandsfoss - Reynisfjara - Vík

**Accommodation:** Around Kirkjubæjarklaustur village

**Pick-up** starts at 08:00 am in Reykjavík at one of our locations. Your first day is all about sightseeing and the true beauty and power of Icelandic nature. We start by visiting the **Golden Circle** attractions including the historic **Þingvellir National Park**, home to one of the world's first democratic parliaments. This place is also a geological wonder, it is here that two great tectonic plates have slowly drifted apart, creating a rift valley. This is truly a sight not to be missed. You will see the sensational **Gullfoss waterfall**, feeling the spray in the air as the great torrent of glacial water, sourced at **Langjökull glacier**, powers through the falls. You will witness an erupting geyser at **Geysir**, and you never have to wait long. Strokkur, the most active geyser, erupts every few minutes.

Continuing our journey, we'll visit the two most iconic waterfalls on the south coast: the distinctively different yet equally captivating **Seljalandsfoss waterfall** and **Skógafoss waterfall**. Seljalandsfoss is known as 'the waterfall you can walk behind,' and Skógafoss is mysterious, vigorous, and graceful, the cascade dropping into the calm river below. Mountain glaciers and famous volcanoes tower above this part of the coastline. On a clear day, the views are wonderful.

We'll stop in **Vík**, the southernmost village in Iceland, famous for its black sand beaches, high cliffs, and pretty church. Vík provides beautiful views of the **Reynisdrangar sea stacks**, perfect for photos and a peaceful walk. We'll also visit **Reynisfjara Beach**, known for its black sand, basalt columns, and sea stacks, with fascinating folklore about trolls turned to stone.

You'll stay at a hotel or guesthouse near the small town of Kirkjubæjarklaustur, a great place to see the amazing **Northern Lights from September to April** if the conditions allow.





## Day 2



**Start point:** In Kirkjubæjarklaustur

**Approximate driving distance:** 210 km (130 miles)

**Highlights:** Skaftafell - Jökulsárlón Glacier Lagoon

**Accommodation:** In the Southeast area

Today, our journey will lead us across the **Eldhraun lava field**. Eldhraun, translating to 'fire lava', was formed by a mighty flow of fire-red glowing magma. After witnessing this remarkable creation of nature, you'll step onto the ice for a magical **glacier hike**, exclusive to the **Adventure Package**. This adventure will take you onto an outlet glacier of Vatnajökull, the largest glacier in Europe. As you explore the glacier, you'll encounter stunning ice formations and learn about its unique features. Despite its tranquil appearance, remember that the glacier is in constant motion and ever-changing.

***\*Please note:** Glacier hiking is offered in the summer, from April to October. From October/mid-October to May we will visit a glacial ice cave. Naturally formed ice caves are highly weather-dependent, so the season's beginning may vary due to accessibility. Both activities are part of the Adventure package.*

Your glacier adventures continue at **Jökulsárlón glacier lagoon**. This place really is unlike anything you have ever seen, and it is a real must-visit. The glittering and often very large icebergs calve off the receding Breiðamerkurjökull glacier, a tongue of Vatnajökull. These surreal natural ice statues float across the continually growing and already very large lagoon. The icebergs head to the **Diamond Beach** and the waves of the Atlantic Ocean. When you see them shimmering on the coal-black sands, you will truly understand how this beach got its name. The memories you take away from today will be totally unforgettable.

The night will be spent in comfortable accommodations in the Southeast area.





### Day 3



**Start point:** In the area of Hof in Öræfi

**Approximate driving distance:** 350 km (217 miles)

**Highlights:** Eastfjords - Djúpivogur - Wilderness Center

**Accommodation:** In the Egilsstaðir area

Today, we will drive a scenic route to Djúpivogur, a charming little fishing village in the wild and unspoiled East Fjords.

We will stop to see the famous sculpture work Eggin of Gleðivík by Sigurður Guðmundsson. The name translates beautifully into English as ‘The Eggs of Merry Bay.’ This granite artwork represents the eggs of the 34 bird species that nest in the Djúpivogur area.

You get some time to look around, giving you a great picture of traditional Iceland before traveling onwards, following the stunning Beruförður Fjord, then up across the country to the Egilsstaðir area. It is in the East that we are most likely to spot reindeer. Hopefully, as we are driving along, we will get the chance to see some. When we do, we always stop at the nearest safe place and enjoy a little reindeer gazing and photography. On this tour, we will always make the most of the opportunities which come up as we go on our way.

Later, we'll spend the rest of the day at **the Wilderness Center**, a historic hub and museum on the edge of Iceland's magnificent Highlands. Here, you can enjoy outdoor activities and exhibitions, experiencing authentic Icelandic life. Explore exhibits on highland living and Icelandic history at the museum for free during your stay! After your adventures, unwind in the **traditional hot tub or the sauna** and stay in charming historic buildings while enjoying local cuisine.





## Day 4



**Start point:** In the area of Egilsstaðir

**Approximate driving distance:** 345 km (214 miles)

**Highlights:** Stuðlagil - Mývatn - Goðafoss - Akureyri

**Accommodation:** In Akureyri

We start our day quite early and head to the remarkably powerful **Stuðlagil Canyon**, arriving early, hopefully, we can beat the crowds and have the place mostly to ourselves. The road there doesn't get any winter service, so the access of this highlight may be changed depending on the weather conditions.

Our next stop will be at the geothermal paradise of Námaskarð. Get ready for steamy puddles, sulfur-scented steam, and moon-like landscapes. The colorful boiling mud pots really are amazing, this place is so otherworldly it is hard to describe!

On our drive, we observe the stunning **Lake Mývatn** region, with mesmerizing volcanic landscapes featuring craters, lava pillars, fields, and hot springs. Amidst this captivating landscape, we'll make a stop at the **Mývatn Nature Baths**, renowned as the "Blue Lagoon of the North." Here, you can immerse yourself in the warm geothermal waters, sourced from depths of thousands of meters and heated by subterranean volcanic activity (optional extra).

We visit **Dimmuborgir** a wonderland of stunning lava formations which will leave you feeling mesmerized even before you go to the enchanting and mystical **Goðafoss** waterfall. These graceful crescent-shaped falls on the Skjál-fandafljót river rate very highly on lists of favorite waterfalls in Iceland. This is the place where, after Iceland's conversion to Christianity, the last Pagan Chieftain, known as the Goði, is said to have thrown his Pagan statues into the waterfall. Goðafoss means 'the Waterfall of the Gods' or 'the Waterfall of the Goði'.

Late in the afternoon, we arrive in **Akureyri**, the Capital of the North and the biggest town you will see outside of Reykjavík during your trip around the Ring Road. It is well-known for its stunning Fjord and mountain landscapes, wonderful downtown area, and great restaurants.

The night will be spent in accommodation in Akureyri.





## Day 5



**Start point:** Around Akureyri

**Approximate driving distance:** 330 km (205 miles)

**Highlights:** Whale Watching - Siglufjörður - North West Iceland

**Accommodation:** around Laugarbakki

We excitingly start the day with a **whale watching boat tour** in Eyjafjörður, the longest fjord in Iceland. Please note that this activity is a part of the **Adventure package**. Eyjafjörður is known for being one of the best places to spot whales in Iceland, especially if you want to see more than one species. With a 98% success rate, you're almost guaranteed to spot cetaceans like humpback whales, dolphins, porpoises, and other ocean wildlife.

After whale watching, we continue around the peninsula to the colorful and vibrant village of **Siglufjörður**, Iceland's northernmost town. Few places have a harbor as beautiful as the one here. There are charming, brightly painted corrugated iron and old wooden houses and many well-preserved buildings belonging to the town's Herring Era past. Early in the 20th century, Siglufjörður established itself as the herring capital; many people came from other parts of Iceland to work in the industry. There are museums and a lot of information in the town about this, the high mountains tower dramatically above the harbor.

On our way to the accommodation for the night, we drive through **Skagafjörður**, a beautiful ford with a few islands, including Drangey, an island with steep sea cliffs formed from the remnants of a 700,000-year-old volcano. Grettis Saga tells the story of the outlaw Grettir, who took refuge on this towering rock along with his brother Illugi and his slave Glaumur. Drangey island is home to a variety of seabirds, including puffins, and each spring, locals traditionally harvest seabird eggs from the island. If you're lucky, you might catch a glimpse of the charming puffins during your visit.

The night will be spent at accommodation around Laugarbakki.





## Day 6



**Start point:** Northwest area

**Approximate driving distance:** 350 km (217 miles)

**Highlights:** Borgarfjörður - Reykholt - Hraunfossar - Borgarnes

**Accommodation:** In the area of Borgarnes

Today, we will find ourselves in West Iceland – an area Lonely Planet voted one of the best destinations in the World.

We'll start the day with a hike to **Grábrók crater**, an ancient formation dating back 3,000 years and towering about 170 meters (558 feet) above the ground

Then, we move on to Borgarfjörður area. We stop at **Deildartunguhver** hot spring, the legendary waterfall, **Barnafoss** (the Children's Waterfall), and the **Hraunfossar** cascade, the atmospheric very low and wide falls where the water emerges, literally straight out of the lava field. Next on the agenda is the historic and picturesque site of **Reykholt**, home to Snorri Sturluson, the Icelandic historian, lawyer, politician, poet, and the author of some Icelandic Sagas. See Snorralaug, Snorri's pool, dabble your fingers, and feel the water temperature in the place where Snorri is likely to have bathed! We'll make a stop at **Sturlureykir horse farm**, known for its unique Icelandic horse breeding practices and stunning countryside location.

After a day of adventures, we'll traverse the picturesque Borgarfjörður countryside before dropping you off at your hotel in **Borgarnes**.



! Please keep in mind that Arctic Adventures reserves the right to alter the itinerary and/or take different routes due to weather and/or road conditions. Also, due to the limited availability of accommodations in Iceland, we may need to re-arrange the itinerary. However, our experienced travel planners aim to optimize your experience of the tour and make sure it's always the best possible.



## Day 7



**Start point:** Borgarnes

**Approximate driving distance:** 350 km (217 miles)

**Highlights:** Borgarnes - Snæfellsnes Peninsula - Reykjavík

**Drop off:** Your selected drop-off point in Reykjavík

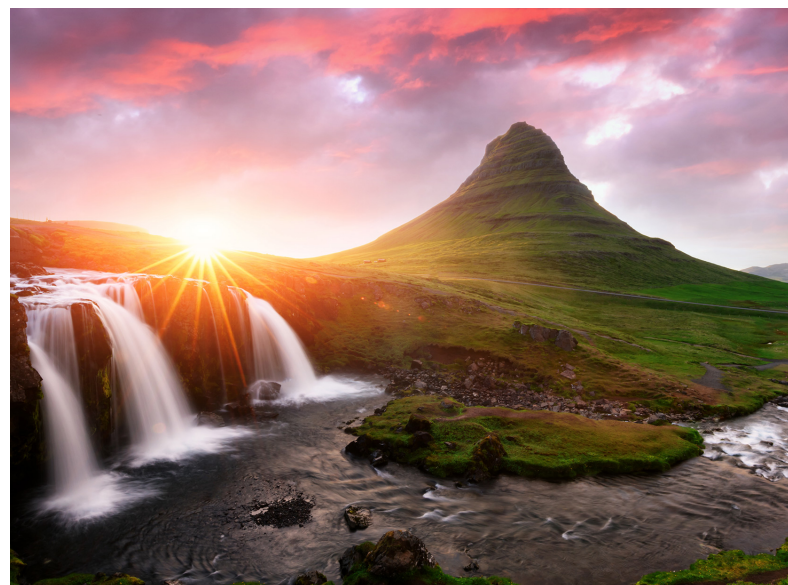
Today, we go for a full-day exploration of the enchanting **Snæfellsnes Peninsula**, also known as “Iceland in Miniature.” The region is famous for its glaciers, volcanoes, lava tubes, waterfalls, and beaches.

We'll make our first stop at the charming coastal village of **Arnarstapi**, where you can admire the natural Miðgjá rock arch and the historic 19th-century Búðakirkja church. Then, we'll pause in the village of Hellnar before venturing into Snæfellsnes National Park.

In the park, you'll have the chance to marvel at the moss-covered lava fields and enjoy sweeping views of **Snæfellsjökull Glacier**, which was famously depicted in Jules Verne's "Journey to the Center of the Earth." We'll continue our journey to the striking black pebble beach of Djúpalónssandur, where you can explore the shoreline and test your strength with the 'lifting stones' traditionally used by fishermen to showcase their courage.

As we return to Reykjavík, we'll stop at **Kirkjufell**, often hailed as Iceland's most photographed mountain, where you can take in the legendary landscapes. We'll conclude our day of exploration at around 8:00 p.m. back in Reykjavík, where we'll drop you off at your original pick-up point.

See more information on our website: [7 Days Around Iceland](#)



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# PICK-UP INFORMATION

Arctic Adventures offers a pickup service from authorized points in the Reykjavík area. However, these do not include private apartments, Airbnb apartments or Keflavík Airport. Please look at our website, where you can find [detailed information regarding our pickup](#) procedures and a list of selected locations where we can pick you up.

If your accommodation is missing from the list, please choose the nearest pickup location. We have provided maps and directions for all major hotels, hostels, and guesthouses in the Reykjavík area on our website. Please ensure you have notified our [Customer Service Team](#) of the location you would like to be picked up from at least 48 hours before your departure.

Keep in mind that the driver guide on your tour probably has to pick up at a few locations, so it might take up to 30 minutes for the guide to reach your pickup location. Our vehicles are all marked with the Arctic Adventures logo, so please look for a vehicle like the one below.

Want to know more? Read more about [Pick-up Information on our website](#).



- ! Please be aware that multiple tours may have pickups at the same location and time as yours. Our guides will have lists of all passengers for all vehicles. Please ensure you have your voucher ready when the car arrives.



# ACCOMMODATION AND MEALS

On our journey around Iceland, we'll stay at various country hotels and guesthouses. Our team of travel planners has hand-picked a selection of accommodation places. Our main priority is booking comfortable places in locations that suit our carefully planned itinerary.

There is a limited range of hotels and guesthouses in the countryside. This means that some might be located in or close to towns and villages but others could be situated in more remote areas out in the countryside. Accommodation options are also subject to availability, so the places where we stay will vary between tour departures. Examples of the areas we stay in are Kirkjubæjarklaustur, Hof in Öræfi, Egilsstaðir, Akureyri, and Laugarbakki.

However, all of the country hotels and guesthouses where we stay have some things in common: they offer standard comfortable rooms with made beds and provided towels. They all have free WiFi for guests and a daily breakfast buffet. We are often asked if hair dryers are available, and they certainly are. If you cannot see a hair dryer in your room, then you just need to ask at the reception desk.

## Hotel Breakfast - Included

Daily breakfast buffets at the hotels are included in the tour price. These are Nordic-style breakfast buffets that generally offer bread, crispbread, cereals, fruit juice, teas, coffee, milk, butter, jams, sliced vegetables, fruit, boiled eggs, cheese, ham, and often salami. Extras often include yogurt or the famous Icelandic Skyr, we recommend that everyone visiting Iceland tries this particular delight.

## Lunch and Dinner - Your Choices

Along the way, we will be stopping at gas stations, roadside shops/supermarkets, hotels, and restaurants where you can purchase food and meals. Examples of what you can find at these places are sandwiches, hot dogs, soups, hamburgers, fish, chicken, chocolate bars, snacks, drinks, etc. Normally, we eat dinner at the hotel we stay at or find another restaurant in the area. Keep in mind that some of the hotels we stay at offer a fairly extensive evening menu, but country hotels sometimes offer just the dish of the day rather than a menu.

Some of the freshest fish in the world and delicious wild mountain lamb dishes feature strongly on Icelandic menus. Although towns such as Akureyri, Höfn, and Egilsstaðir have a wider choice of restaurants, it is important to remember that your hotel is quite likely to be out in the countryside where the only option is to eat at the hotel. If you have any questions or concerns regarding the meals, just ask your guide on the tour. He/she will be happy to provide information about the food options for each day.

## Allergies and Dietary Restrictions

Please contact us if you have any dietary restrictions. For example, if you are vegetarian, vegan, gluten-free, lactose-free, diabetic, or have allergies. If you develop any restrictions after you have booked your tour, please also let us know by contacting our [Customer Care Team](#). It is also very important to remind the guide on the tour of your dietary restrictions so that he/she can do his/her best to accommodate them.

Unless you are vegan or lactose intolerant and also need to be gluten-free, it should not be too difficult to accommodate your needs. If you require gluten-free bread or other very specific alternative items, it may be best to bring them with you since options on the road may be limited. If you need something to eat/take with you out in the country, you can always ask your guide to stop at a gas station/local supermarket before leaving Reykjavík. The range of products is often good, but there are definitely fewer choices available in towns other than Reykjavík, Egilsstaðir, or Akureyri.



# ACTIVITIES

On this tour, you will experience some really wonderful activities, many of which may be new to you. We want our customers to feel confident, fully prepared, and tantalized by the amazing experiences they can look forward to.

## Hiking

This tour has some really interesting hikes and lots of short walks to explore waterfalls and natural wonders or to look around towns, villages, and historic sights. All hikes are rated as easy and are at a slow pace determined by the participants.

This tour's hikes to explore natural wonders are quite short. A few will take you over rough lava. At the Námaskarð geothermal area, close to boiling mud pots and bubbling hot springs, there are picturesque areas of multi-colored mud, so in some places, you will be walking on softish mud. The sulfur-scented steam makes the air a little moist. Most people are not bothered by this at all, and it is just part of the atmosphere in this otherworldly place.

Wearing rainwear is certainly recommend for walking the pathway behind the cascade of Seljalandsfoss waterfall, or close to Skógafoss waterfall. Otherwise the spray from the tumbling falls can make you fairly wet.

Strong hiking shoes are recommended for shorter walks because you will often be on rough paths. In wintry weather there can be snow or ice, ice grips or traction cleats which fit on your shoes are useful in winter.





## Mývatn Nature Baths

The Mývatn Nature Baths, also known as the "Blue Lagoon of the North," are a must-visit geothermal spa in North Iceland. Located near Lake Mývatn, these geothermal baths offer a surreal experience, with mineral-rich waters heated by underground volcanic activity. The temperature of the water ranges from 36-40°C (98.6-104°F), perfect for relaxation. The unique blue color of the pools comes from minerals and algae present in the water. The baths, filled with invigorating minerals, are said to have healing properties for the skin, making them a popular spot for visitors seeking therapeutic benefits.



## Glacier hiking

Our tour planners have chosen an easy but really spectacular glacier hike on an outlet glacier or glacier tongue of Vatnajökull, the largest glacier in Europe. Most people have never set foot on a glacier so this will be a totally new and really exciting activity. Your glacier guide will issue you with crampons and all necessary glacier gear and explain how everything should be used. You will see breathtaking ice formations, including moulins, networks of crevasses, and sometimes ice falls. This is a powerful place that is always changing. The ice creaks as it moves. On the glacier, people feel very small in the face of nature!

It is important that you wear proper hiking boots because the crampons cannot be fitted to any other kind of footwear. Whatever the weather, make sure you have got your sunglasses and sunscreen, additional warm clothing and your waterproof jacket and trousers with you. We all know glaciers are cold but the temperature does vary, so you may need to increase or reduce your layers. Your camera is essential, and carrying a drink and a small snack is recommended!





## Whale Watching

Your whale watching boat trip sets off in Eyjafjörður Fjord. Your three hour tour will take you in whichever direction is best to see whales, dolphins, porpoises, other ocean wildlife and sometimes seals. The search could take you in the direction of Akureyri, or in the direction of Grímsey on the Arctic Circle.

Wherever you go, you will not be far from the Arctic Circle, with fabulous views of Eyjafjörður, little fishing villages and towering mountain peaks. The moment when you spot your first whale is always spellbinding, something no one ever forgets! Whales or dolphins are spotted on 98% of tours, an astonishing success rate. Make sure your camera has plenty of battery!

The boat is very stable. Good quality overalls are provided, as well as a taste of the catch of the day, you get a hot drink with a traditional Icelandic snack. It is good to have headwear, scarves, and gloves to wear. Temperatures cool down and breezes increase out on the water. On sunny days, with so much reflected light around, sunglasses and sunscreen are particularly useful.



## Sightseeing

Sights and destinations around Iceland have been hand-picked by our tour planners to show you the best places and natural wonders that Iceland can offer: charming towns and fishing villages with fascinating histories and the most famous and unusual waterfalls. You will see Gullfoss, the most popular waterfall in Iceland, world-famous Seljalandsfoss and Skógafoss, and a few others.

Visits are made to incredible black beaches, lava fields, and the unbelievable lava formations at Dimmuborgir, the astonishing iceberg-filled glacier lagoon at Jökulsárlón, and an erupting geyser. See the historic sites of Þingvellir National Park and Reykholt. Both have played very significant roles in the development of the Icelandic nation.

At Þingvellir, you will clearly see where the Eurasian and North American tectonic plates have moved apart. Along the journey, you will pass through extremely varied scenery with great mountains, famous volcanoes, glistening glaciers, and many incredibly beautiful fjords, including Eyjafjörður, the longest fjord in Iceland. You stay in a different place each night, so every day, you will awaken to a different vista.



A few sightseeing stops are made each day. These are interspersed with other activities, so you will never be on the minibus for too long without an interesting stop. Our vehicles are sturdy, cozy, and comfortable, so you can take off your extra layers and relax - we want you to feel at ease. The Icelandic weather is very unpredictable. There can be quite a few changes even on the same day. Prepare for this, and you will be comfortable.

Sometimes, particularly in the winter, the itinerary will be adapted a little around the weather. This is an exciting part of adventure travel in Iceland.



### **Additional activities and seasonal variations**

This tour has the flexibility to make the most of each season. In summer there are the energizing bright nights and the midnight sun. From May to August, the puffins return to land to breed, so this time is also the puffin-watching! In the East, we may come across some reindeer. If that happens, we like to indulge in a little reindeer gazing and photography. In September, we might experience the countryside come alive during the annual sheep round-up!

Between September and April, if the forecast is suitable, an exciting Northern Lights watch is on the agenda.





# WEATHER AND DAYLIGHT IN ICELAND

Iceland has a subarctic climate with relatively mild temperatures compared to other countries of similar latitude. This is partly because of its position in the North Atlantic, lying at the top of the Gulf Stream which flows through the country moderating the climate. However, warm air mixing with the cold Arctic air coming from the north causes sudden and frequent changes in the weather. As you might know from reading about Iceland, the island is definitely very well-known for its unpredictable weather, which changes frequently.

We have a saying here in Iceland: “If you don’t like the weather, just wait 5 minutes!”. That does not necessarily mean that the weather will change for the better, though. However, we like to look at it, experiencing the weather here as an adventure in itself, an exciting and changeable one. It means you can visit the same place twice and experience it completely differently depending on whether you saw it on a sunny summer day or a snow-covered winter day. The other factors playing a part in the weather are the seasons and which part of the country you are in.

Daylight is another key factor when it comes to traveling around Iceland. There is almost 24/7 daylight during the summer months because the sun does not dip far enough below the horizon to cause darkness. This phenomenon is often referred to as the midnight sun. In the darkest depths of winter, there are a few hours of daylight each day. These times can be sunny and bright. Sunglasses are more useful in the winter months than you might imagine. The sun will not rise high above the horizon, and reflected light from snow and ocean can be intense.

Bright winter days like these are absolutely sensational. Using October as an example, at the beginning of the month, there are around 11 hours of daylight in Reykjavík, and at the end, around 8 hours. Periods of daylight and many other factors have an influence on our itinerary but don’t worry. Your experienced travel planners and guides always have a plan to make the best of the situation. We kindly ask that you show a little flexibility if circumstances make it necessary for us to alter the itinerary.





# SEASONS

Iceland's climate is temperate with mild, windy winters and cool summers. The seasons vary quite a lot although maybe not so much in temperature (about 10-20°C variance. Keep an eye on the [local weather forecast](#) but remember that forecasts are only guidelines, so you should never be that surprised if it turns out differently. In Iceland, the weather changes suddenly and frequently.

As you drive around the country, you will find that the weather in the southern part of the country is probably very different from the weather in the eastern part. In comparison to Reykjavík, you will experience greater seasonal differences the further north you go. For example, Akureyri, the second largest town in Iceland located in the north, generally has warmer days during the summer but also colder days in winter with heavier snowfalls.



## Spring

April and May are spring, the season when nature awakens, and temperatures start warming up. We welcome migrating birds and even have a saying: “Lóan er komin.” The lóa, in English, the golden plover, is known to the nation as the bringer of spring. Horses and sheep are released out into nature to roam freely around the countryside for the summer. By this time, snow is pretty much gone in Reykjavík and around the coastline, although you can still find snow in the mountains and highlands.

You can expect anything from snow, sleet, and rain to bright, sunny days in these months. The average temperature is around 0-10°C, with the highlands usually being about 10°C colder than around the coastline. It can get quite wet in the south, but the north is generally drier and colder during this season. A great time for driving around the country and viewing the beautiful colors of nature as the spring flowers start to emerge and everything flourishes.

The Northern Lights can still be seen in the earlier part of April, but the chances of seeing them fade as the days get brighter and longer. In May, we really notice the days getting longer until, finally, we get the glorious midnight sun, a very welcome sight after the long, dark nights of winter.



## Summer

The summer season starts at the end of May and lasts until the beginning of September. Many would undoubtedly vote this as their favorite season for obvious reasons - longer and warmer days. During these months, the



average temperatures in the southern part of Iceland are around 10-13°C, with warmer sunny days occasionally going up to 20-25°C and colder days dropping down to around 7°C. This is also the most popular season for tourists to visit Iceland. Please keep in mind that UV levels are surprisingly high in this period despite the temperatures - so bring your sunglasses and sunscreen, especially for the glacier and boat tour.

Iceland's magical bright nights are due to the midnight sun, a result of Iceland's proximity to the Arctic Circle. Iceland shares this experience of long days with countries north of the Arctic Circle and south of the Antarctic Circle, including Greenland, Norway, and Finland. You can expect almost 24/7 daylight around the summer solstice on June 21st. It just gets a tiny bit dull at about 01:00 for a short while! You never have to think about darkness when you are traveling around the country. You can view the great natural attractions at any time!



## Autumn

The autumn months, September until late October/early November, have an average temperature of 0-10°C, which is similar to the spring months. It is still relatively warm but starting to get colder with each day. Gray, windy, and wet are words often used to describe these months, although we like to associate them with glowing autumn colors, which make the landscapes amazing and mesmerizing. You can often see the autumn colors showing through snow-covered landscapes, creating an incredible color combination.

From late August until September, before the first night frost comes, we like to pick wild berries, including blueberries, crowberries and strawberries. We bid farewell to our seasonal birds and round up our sheep after they have run wild throughout the summer. This is when one of our favorite seasons begins - the Northern Lights season!



## Winter

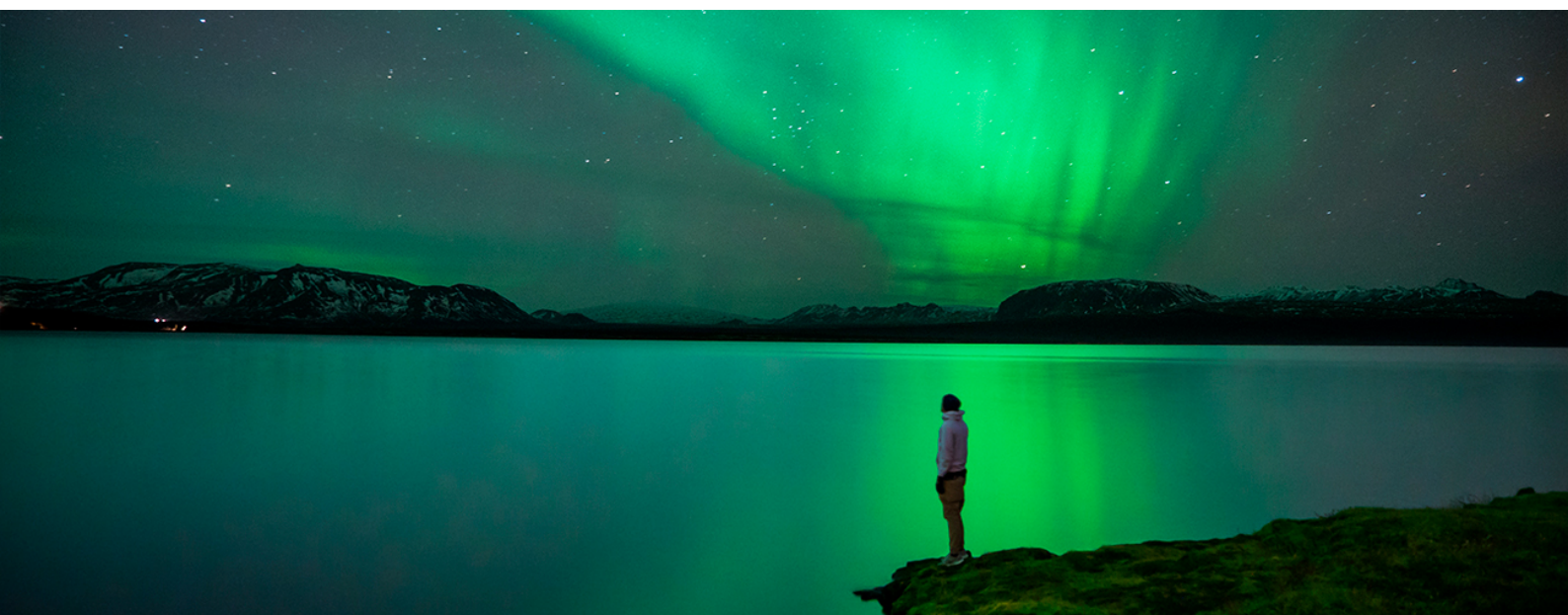
The winter months are from November until March. The average temperature around the capital area and the south coast is around 0°C, with lows going down to -5°C and highs of about 7°C. It does not drop lower than -5°C very often. Iceland is not as cold as New York, Oslo, Helsinki, or Russia, for example. The climate is generally mild but windy. However, as we move further north, we get more snow and colder temperatures. The coldest temperatures are experienced in the remote highlands, about -10°C lower than in the capital area.

These months are known for being the darkest and coldest months of the year, with the shortest day around the 21st of December, having only 4-5 hours of daylight. If you are looking for a way to warm up, we recommend a relaxing trip to one of the many heated swimming pools and hot tubs around Iceland.



In December we celebrate Christmas - one of our favorite holidays, not necessarily because we are religious, partly because we love the decorations. Icelandic people love to decorate their homes, both outside and inside. Lights and candles glowing on window sills and in gardens light up the streets and cities in the darkest months. These are not the only lights that brighten and bring magic to our winter existence. This is a great time for the colorful Northern Lights, and the natural ice caves are once again accessible!

Snow-covered landscapes make a scenic drive extra special. Watch out for sunny winter days, as they can be deceiving. We call it “window weather” when you see a beautiful sunny day looking out of the window, but when you walk out the front door, you are met by a freezing cold wall of air. Obviously, we put extra emphasis on wearing warm clothing in these months.



## ABOUT THE NORTHERN LIGHTS

The Northern Lights or Aurora borealis are the same thing, regardless of what name you use. They happen when streams of particles from the sun collide with gas particles in the Earth's atmosphere. The type of gas particles will determine the color of the aurora, which can range from green, dark, or bright red, to purple, blue, pink, or yellow tones. Green lights occur most frequently, while red auroras are the rarest and are most likely to be seen in Iceland compared to anywhere else in the world.

We are extremely fortunate to have the chance to see Northern Lights on our tours during the winter months.

The best time to see them is between September and March when it's dark and clear. The sky needs to be as dark as possible, so the best places to see them are well away from city lights. You also need a good Northern Lights forecast, darkness, and no clouds, but they can be elusive, so you need a little luck as well! On this tour, you spend your nights away from the city, so you can just wander around, hunting for the Northern Lights in the area near your accommodation whenever you want.

*Further reading:* [All about the Northern Lights](#)



# CLOTHING

Icelandic people like to say that “there is no such thing as bad weather, just bad clothing.” Being prepared for Iceland’s changeable weather conditions is strongly recommended so that you can fully enjoy your stay here. In our experience, we have learned that the 3-layer structure is the best way to go. It works well all year around.

1. First, a base layer, the one that’s closest to your skin. The best is thermals or any type of insulating layer.
2. Next up we have the sweater (fleece or wool recommended) or primaloft layer. This is the one that keeps the warmth of the base layer in.
3. The third one is the wind and water protection. An outer shell or a parka comes in handy here depending on the season.



Rather than a few warm and bulky garments, we recommend a selection of lighter and more versatile pieces that can be worn in various combinations to better manage the wide range of conditions that you will encounter in Iceland.

Be aware that you must adjust these instructions according to the season when you are visiting Iceland. In summer, the kind of hiking pants that zip off to become hiking shorts can be good. It can, on occasion, be warm enough to wear shorts and T-shirts, but every day when you are out of the city, you need to be prepared for every other kind of weather. In winter, you will need a warm jacket, like a thick down jacket. If you don’t have one, then make sure you pack plenty of thermals, primaloft, and warm sweaters to layer. We recommend fleece, wool, or even better, the Icelandic lopapeysa.

Your feet need particularly careful consideration, so make sure that you bring comfortable and worn hiking shoes. We recommend waterproof hiking boots with ankle support (can be rented) or similar. It is recommended that you wear thick socks designed to be worn with hiking boots. For glacier hiking, you need to use crampons, and these can only be fitted to hiking boots. If you do not own a pair you can rent good boots from us simply by adding them in the extras and upgrade section below.

*Further reading:* [The Weather in Iceland and How to Dress for it?](#)



# PACKING LIST - WHAT TO BRING

We have prepared a general packing list to help you prepare, but keep in mind that you will have to dress according to the weather and season every time.

Here is a list of what to bring for the tour:

- ☐ Thermal underwear (top and bottom)
- ☐ Wool or fleece thermal mid-layer
- ☐ Warm outdoor clothing
- ☐ Water & windproof jacket and pants
- ☐ Warm headwear (e.g. wool/fleece hat)
- ☐ Gloves
- ☐ Scarf
- ☐ Hiking shoes/boots
- ☐ Warm socks (wool or synthetic are recommended)
  
- ☐ Toothbrush and personal toiletry items
- ☐ Medical supplies and prescription medicine (for example, pain killers and asthma inhaler even if you seldom need them) Band-aids, throat lozenges, lip salves, second skin for blisters, etc.
- ☐ Pajamas/nightwear
- ☐ Sunglasses and sunscreen (especially for sunny days on the glacier)
- ☐ Swimsuit

A few other things that might be convenient to bring along are a day backpack and a water bottle. Clothing is seasonal, so for summer, you might want to bring a pair of shorts and a t-shirt, and for winter, you will want to bring extra items of warm clothing and layers. If you have trouble sleeping on the bright summer nights, you will want to bring a sleep mask. Hiking pants are always a good option and some people like to use poles on short walks. In Iceland, you will find plenty of swimming pools that are heated all year round, so we strongly recommend you bring a swimming suit and towel so you can soak in Mývatn Nature Baths or join the locals in the hot pot.

Further reading: [12 Things you should always have in your bag while traveling in Iceland](#)



# GOOD TO KNOW BEFORE THE TOUR

## Medical conditions and medications

Please let us know when you book your tour about any medical condition your guide should be aware of. It is imperative that the guide is aware of this information so that he/she can keep everyone safe and happy. Again, if something develops after you have booked, let us know by contacting our [Customer Care Team](#).

You should also make certain you have sufficient supplies of any medication you take or are likely to need. For example, asthma inhalers or painkillers, even if you seldom require them.

## Mobile phone & Internet connection

The mobile phone connection in Iceland is strong in most places. Some overseas mobile services do not work here, and their fees vary. An Icelandic SIM card will overcome these issues. We recommend getting an Icelandic SIM card if you wish to have a signal throughout your trip. Iceland has the highest percentage of internet users in the world, and the 4G connection is mostly excellent, although there are a few places along the road where the connection is spotty.

## Currency and ATMs

The Icelandic krona or ISK is the currency of Iceland. It is quite important that you have enough ISK coins with you because, in some places, you have to pay 100/200 ISK to use the bathroom. For almost everything else, credit, debit, and Caxton-type cards are accepted, even for small purchases such as coffee. Other currencies are very rarely accepted.

ATMs can be found in Reykjavik and in the small towns you will visit. Outside of the towns there are very few ATMs.

## Luggage information

On this tour, you are permitted to take your day backpack and one piece of luggage weighing a maximum of 20 kg (44 lbs). If you have more or heavier luggage with you, you will need to book storage for the surplus luggage before you arrive; there is a small fee for using this facility. Luggage storage in Reykjavik can be added to your booking using the link in the extras and upgrade section. \* The combined dimensions of each bag must not exceed 158 cm (62 in).

## Extras and Upgrades

Extras and rental equipment include hiking boots, luggage storage, waterproof jacket & pants, towel rental & entrance to Natural Baths. You also have the option of upgrading to a single room. If you have already booked your tour but would like to add extras or upgrade your booking, that is no problem. Just log in to our customer portal - [My Adventures](#), and make updates to your order. If the customer portal is inaccessible/not successful, then please contact our [Customer Care Team](#).

# FURTHER QUESTIONS

You should now be prepared for your upcoming adventure. If you have any questions then please don't hesitate to contact our [Customer Care Team](#). We look forward to meeting you and enjoying 6 days of traveling around Iceland together!



# A FEW FACTS ABOUT ICELAND

Iceland is an island in the middle of the North Atlantic Ocean, more than 64° North. Grímsey, an island off the coast, actually touches the Arctic Circle! This extraordinary land was formed by subaquatic volcanic activity around 18 million years ago, so Iceland is very young, with many powerful volcanoes and great glaciers. The twin forces of fire and ice have created some rare geology and sensational mountains and fjords. Some Icelanders say more than the scenery is otherworldly. There are well-known Elf Rocks and Elf Castles, homes to the hidden people. Maybe, when Jules Verne chose Snæfellsjökull as the Center of the Earth, he knew something?

Iceland, located in Europe, is sparsely populated, with only 377,689 people inhabiting an area of 103,000 km<sup>2</sup>. The largest city is Reykjavík, situated in South Iceland. The capital region has a population of around 248,000, with 140,000 residing in Reykjavík. The next largest settlement is Akureyri in the north with 19,887 people. There are several small towns and villages, some of which are located in extremely remote areas.

Iceland is a unique and diverse country, with its contrasting features of fiery volcanoes and icy glaciers. The Vikings settled in Iceland in 870 CE and established the world's oldest continuous Parliament in 930 AD/CE.

]The Icelandic Sagas are a great source of pride for Icelanders, who highly value their culture, history, and language. The people of Iceland are known for their adventurous spirit and their openness to new ideas and people. They look forward to welcoming you to their beautiful country!

## A word about the Icelandic language

Icelandic is the language that is closest to Old Norse. This is because the island has been quite isolated and also because the Icelandic people have made it a priority to maintain the language's connection to its roots.

Whenever something new appears, Icelandic speakers take care to create new words that accurately reflect the new concept. For example, the word "tölva" means "computer" and was created by combining two words that mean "to predict" and "to count."

Most Icelanders are quite good at learning languages, especially English, and many speak a couple of other languages as well. It's also fun to learn a few Icelandic words!

**Já/yes**, the 'j' is pronounced 'y' and the 'á' as 'ow', so this kind of becomes 'yauw'

**Nei/no** is pronounced, 'nay'.

**Góðan daginn/Good day** which is pronounced 'go-than daginn' with a softened 'g'

**Gott kvöld/good evening**, the 'ö' is pronounced 'ur' is little like in urgent but soft and shorter.

**Góða nótt/Good night**. 'Gothah note', with the 'ó' pronounced as in 'gold'.

**Takk, takk takk or takk fyrir/Thank you**, the 'y' is pronounced 'i' as in 'link'.

**Bless/bye**, bless, bless is also often said.



## Here are a few good things to know about Iceland!

**Electrical devices:** F-type two-prong plugs are used in Iceland. The power supply is 230V and 50Hz. You need to use an adapter if you are from the UK, USA, or another country using different plugs, voltage or hertz.

**Money/credit cards:** To use some toilets and showers in the highlands, you will need to have cash in Icelandic krónur (ISK). You can find ATMs in Reykjavík and large towns. However, for everything else, you can use your card.

**Bathing suits:** It's advisable to bring a bathing suit with you, as Iceland has many swimming pools and hot tubs. You wouldn't want to miss out on the fun!

**Drinking Water:** Icelandic water is among the purest and best in the world, so feel free to use the cold tap.

**Hot Water:** Icelanders use geothermal hot water to heat their homes and shower. Sometimes, there may be a sulfur smell, but running the cold tap for a little while before use should fix that.

**Swimming pools:** Icelanders love their outdoor swimming pools and hot tubs. To keep the water clean, it's important to shower **without** your bathing suit before entering the pool.

**Emergency numbers:** To reach emergency services, dial 112. Everyone speaks English, so you won't have any trouble communicating your needs.

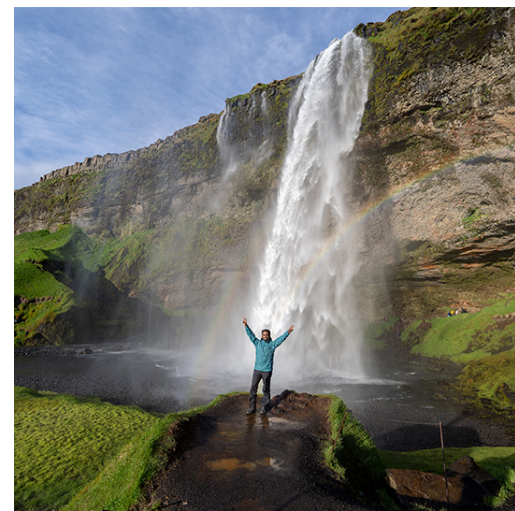
**Drinking laws:** The legal drinking age in Iceland is 20 years. You can only buy alcohol from state liquor stores called Vínbúðin. Opening hours are limited and vary between stores. If you see beer or wine in grocery shops, please note that the alcohol content of these drinks will be virtually zero.

**Smoking:** Smoking is not allowed in hotels, bars, restaurants, or other public buildings. Some places have designated smoking areas. It is illegal to sell tobacco products to anyone under 18, and you may be asked to show proof of age.

**Manners:** If you visit someone's house or a hotel/guesthouse, it's common to take off your shoes. Blowing your nose in company, especially at the table, is considered bad manners in Iceland.

**Prices:** For lunch, you should expect to pay around 2500/3500 ISK per day, and your evening meals will cost 3000/7500 ISK each. On average, you should budget around 7000 ISK per person per day. An alcoholic beverage costs about 1200/1800 ISK per glass.





### **"A first time for everything!"**

"This 6 day tour includes sites, sounds, geology and geography, activities, fables, stories, hotels and history that most people will experience for the first time. It is mind blowing to take in everything and will have me deep in thought for a long time to come. Our guide and friend, Bjorn, managed to share so many different experiences (some of which are not on the itinerary) with our great group of different but like minded people, you would not think it possible in 6 days. Walk above and behind waterfalls, on glaciers and black sand beaches, around the craters of volcanos, amongst lava fields like fortresses, bath in geothermal baths. You can choose to get as close to the action as is advised, or look on and watch others get wet. The hotels are all different, each has pros and cons (I won't ruin the surprise) but all are comfortable and warm and set in amazing locations. Each day has lots of snack and toilet stops so all guest are comfortable. If you have 6 days in Iceland do this tour."

TripAdvisor, reviewed June 2024 by [Steph Tayls @3941bob](#)



### **"Truly a once in a lifetime trip!"**

"Words cannot express how absolutely magical this experience was. I typically prefer to set my own itinerary when I travel, but I have zero regrets about booking this tour. If you have Vjeran as your guide, you are in for a treat! He is passionate, knowledgeable, friendly, and knows how to keep things moving at just the right pace. His expertise took us to locations I never would have made it to on my own, including some surprises that weren't even on the itinerary (puffins!). I've recommended this tour to everyone I've spoken with since arriving home yesterday."

TripAdvisor, reviewed May 2024 by [Debbie @lobsterrific](#)

See more reviews on [our TripAdvisor page](#).

