

# BERG ADVENTURES INTERNATIONAL

## ICELAND

September 8 – 15, 2016



Designed exclusively for Nova Scotia Nature Trust

Rich with unique natural landscapes defined by volcanoes and geothermal features, Iceland is truly a place of adventure and exploration. The coastal regions of Iceland are wet and green; defined by raging rivers, flowing waterfalls, colorful geothermal pools, rolling verdant hills and crags. In contrast, the country's interior is best described as an arctic desert which scientists have likened to the surface of Mars. Some scientists have even studied these arctic deserts in order to better understand the Red Planet! On our adventure we will see examples with both types of the landscape as we trek across the beautiful and remote Fjallabak Nature Reserve.

Iceland has a long and complicated relationship with the environment. When Norse settlers first arrived in Iceland around 900AD, they quickly decimated the fragile arctic environment by over-grazing their sheep and cutting down too many trees for fuel and construction. This led to severe wind erosion and a loss of much of the available fertile soil, which is a problem that has persisted into modern times. More recently however, due to the location along the Eurasian and North American tectonic plates, Iceland has been deemed environmentally progressive with its use of renewable resources for energy production. Furthermore, creation of National Parks, Nature Reserves, Country Parks and Natural Monuments has contributed to a feeling of national pride in the country's unique natural wonders.

In population, all of Iceland is home to fewer people than the city of Halifax at about 320,137. However by area, Iceland is about twice the size of all of Nova Scotia. With an abundance of land and not a lot of people, Iceland is undiscovered and full of secrets ready to be uncovered! Join us on this one-of-a-kind journey to a land ripe with folklore, mystery and, above all beauty.



## Qualifications

To trek in Iceland you need to be in good physical condition; no climbing or mountaineering experience is necessary. Start training today to make the most of your adventure! In Iceland you will find weather typical of mountain environments – conditions can change quickly and can range from hot and sunny, to cool and wet or even snowy. Consult our gear list to make sure you have the necessary equipment for your trek.

## Internet Broadcast

Updates from your adventure in Iceland will be posted on BergAdventures.com. We send daily dispatches via satellite phone. This will be a great way for your group to share stories and give updates while you are in the mountains. In the past, our dispatches have been used by family, friends and supporters to follow the progress of our groups, by classrooms to learn about the wild places we visit, and by local newspapers to report stories of interest.

## Itinerary

September 8<sup>th</sup> / Thursday: Arrival into Reykjavík at Keflavik International Airport. Reception and private transfer from the airport to our hotel, located in the city center.

Overnight Reykjavík

Meals: Dinner included





September 9<sup>th</sup> / Friday: Hekla Volcano Climb

Starting out with a morning departure, we will drive through the beautiful southern farmlands to reach the foot of Hekla, one of Iceland's most active volcanoes. We begin our climbing with a nice trek up the mountain where there will be excellent views from the summit ridge. We will descend by the same route and be met at the bottom with a short drive to the huts in Afangagil.

Overnight Afangagil

Trekking time: 6 – 8 hours

Elevation gain: 2950ft/900m

Meals: Breakfast, lunch and dinner included



September 10<sup>th</sup> / Saturday: Fjallabak Nature Reserve to Landmannahellir [Hiking day]

We set out for today's hike moving east towards the stunning highland region of Landmannahellir into the Fjallabak Nature Reserve. The trail leads through the tephra-covered hills of Valahnúkar and the moss-covered lava of Lambafitjakraun to reach the foot of the peak.

Here we will spend the night in a hut.

Overnight Landmannahellir

Trekking time: 7 – 9 hours

Elevation gain: 984ft/300m

Meals: Breakfast, lunch and dinner included



September 11<sup>th</sup> / Sunday: Landmannahellir to Hrafninnusker [Hiking day]

Today we depart the Landmannahellir huts for the Hrafninnusker Plateau. We will hike across the grassy Kringla Plain, climbing up along the unique Klukkugil canyon heading towards the plateau of Hrafninnusker. We will visit the captivating Reykjadalir Valleys where steam rises from different hot springs in the area.

Overnight Hrafninnusker

Trekking time: 6 – 8 hours

Elevation Gain: 1640ft/500m

Meals: Breakfast, lunch and dinner included





September 12<sup>th</sup> / Monday: Hrafninnusker to Landmannalaugar

[Soak in Natural Pools]

Follow the path less travelled as we leave the trail behind and make our way across the rhyolite coloured hills of Hattur and Vesture Barmur to the highland oasis of Landmannalaugar. We will relax and ease our muscles in the natural pool located by our huts.

Overnight Landmannalaugar

Trekking time: 7 – 9 hours

Elevation gain: 656ft/200m

Meals: Breakfast, lunch and dinner included

September 13<sup>th</sup> / Tuesday: Landmannalaugar to Kirkjubæjarklaustur

[Climb to Bláhnúkur]

We will enjoy the magical surroundings of Landmannalaugar with a climb up the magical peak Bláhnúkur. The views from the peak are incredible and on the descent we traverse the rugged Laugahraun lavafield to the Brennisteinsalda peak. In the afternoon we will take our bus along the highland track of Fjallabaksleið to the lowlands via the Eldgjá canyon. We stop at the small village Kirkjubæjarklaustur and stay in a hotel for the night.

Overnight Kirkjubæjarklaustur

Trekking time: 4 – 5 hours

Elevation gain: 1475ft/450m

Meals: Breakfast, lunch and dinner included

September 14<sup>th</sup> / Wednesday: We will begin our return back to Reykjavik in the mid-morning. On our way back we will make stops along the south coast and marvel at the waterfalls and ever changing landscapes offered in the region.

Overnight Reykjavik

Meals: Breakfast, lunch and dinner included

September 15<sup>th</sup> / Thursday: Transfer to Keflavik airport for departure. Today you will have the option of visiting and swimming at the famous hot springs Blue Lagoon on route to the airport.

Meals: Breakfast included

BAI TRIP ENDS



#### Trip cost:

- 8 members: Cdn\$5,100
- 9 members: Cdn\$4,900
- 10 members: Cdn\$4,750
- 11 members: Cdn\$4,450
- 12 members: Cdn\$4,100
- 13 members: Cdn\$3,900
- 14 members: Cdn\$3,700
- 15 members: Cdn\$3,550
- 16 members: Cdn\$3,400

#### Trip cost includes:

- All Accommodations during the expedition (Reykjavík is double occupancy).
- All PRIVATE transportation for those on the regular (official) schedule.
- Meals as indicated on the official itinerary.
- All park fees and permits for participants and staff.
- All group equipment for the trek.
- Personalized guide services of a Berg Adventures International guide.

#### Trip cost does not include:

- International round-trip airfare to Iceland, Reykjavík.
- International visas for Iceland (Canadian citizens don't require a visa to enter Iceland).
- Meals, hotels and transportation outside the official itinerary.
- General entrance or visitor fee for the Blue Lagoon.
- All the huts have adjoining toilets and showers. Showers cost not included in the price (Cad\$5 per shower).
- Excess luggage charges and airport taxes.
- Personal gear.
- International vaccinations.
- Single room supplement for hotels (only available in Reykjavík).
- Medical/evacuation trip insurance.
- Charges incurred as a result of delays and itinerary changes beyond the control of Berg Adventures.
- International travel insurance is strongly recommended to cover any unforeseen costs; please contact our office for more information.
- Tips and gratuities.
- Alcohol and bottled drinks.