



First & Still the Best!
Since 1982

2015 ~ Celebrating 33 Years!

DATES

July 18-25, 2015

COST

\$5,195 (\$800 deposit)

RATING

Moderate

ACTIVITIES

Hiking, Whitewater Rafting, Sea Kayaking, Snowmobiling, Horseback Riding, Boat Cruising, Hot Springs, Natural History, Cultural Exploration, Sightseeing, Photography

MAIN ATTRACTIONS

- View homesteads of the “hidden people,” the elves, trolls, and ghosts of historic Iceland, the “hottest” destination in Europe.
- Stay in wonderful hotels, eat fabulous food, and see life in today’s countryside.
- Travel by comfortable mini-bus with Solveig, our Icelandic driver-guide, to view dramatic landscapes born of volcanic eruptions and carved by glaciers.
- Experience all the BEST outdoor activities that Iceland has to offer! Hike, whitewater raft, sea kayak, snowmobile on a glacier, horseback ride, cruise to view whales and seabirds, and relax in mineral hot springs.
- Explore a pristine country that Americans know little about, and that’s only a 4.5 hour flight from Boston!

AdventureWomen is the oldest adventure travel company for active women over 30.

ICELAND DISCOVERY A Multi-Activity Adventure in the Land of Fire and Ice

As the Iceland summer sun skims the midnight horizon, sunset melts into sunrise in this country of lush meadows and snow-capped mountains, hot springs and geysers, braided flood plains, frozen lava fields, and glaciers on top of volcanoes. All have been forged to create Iceland, a land of fire and ice!

This year’s **Iceland Discovery Adventure** focuses on an up-close multi-activity adventure that showcases this unique and fabulous island as the Icelandic people know it. We’ll hear stories of the Saga ages and the island’s Viking history, learn about Icelandic traditions and way of life, see where the world’s first parliament was held, and explore a replica of a 12th-century Viking farm. We also get to see life in today’s countryside, and view homesteads of the “hidden people”— the elves, trolls, and ghosts, who have set their historic mark on this fascinating and surreal landscape.

From elves to geysers to free-roaming horses, Iceland presents so much to see and do! Our diverse activities include walking through a sand desert and a black lava volcanic crater; visiting geysers and boiling mud pots; sailing among the islands of Breidafjordur Bay; whitewater rafting on one of Iceland’s broad and beautiful rivers; horseback riding on the famous, smooth-gaited Icelandic horse; and driving a snowmobile on top of a magnificent glacier. We sea kayak on Iceland’s south shore, where seals might follow us as we paddle serenely along the coastline, and end our adventure at the world-famous “Blue Lagoon”, soaking in its warm, mineral-rich waters.

Americans, for the most part, know little about Iceland although this extraordinary country is only a 4½-hour flight from Boston. Even with its chilly name, Iceland has become one of the hottest destinations in Europe. It sports the greatest wilderness area in all of Europe, along with the largest waterfall and glacier, and is the most active volcanic area in the world. The country has a sparse population of 280,000 folks who have a passion for the outdoors. Due to its abundant geothermal energy, Iceland is pristine and unpolluted. The city of Reykjavik has been judged the cleanest capital city in the world.

In a feral land of earth, fire, and water—with the North Star close at hand—join AdventureWomen for our 10th adventure to Iceland, an exciting cultural and multi-activity discovery of a pure, natural, and unspoiled land. There’s no place like it on earth!

ADVENTUREWOMEN, INC. | 300 RUNNING HORSE TRAIL | BOZEMAN, MT 59715

EMAIL: trips@adventurewomen.com | WEBSITE: www.adventurewomen.com

406-587-3883 | 800-804-8686 | 406-587-9449 FAX

WHAT'S INCLUDED IN THE COST OF YOUR ICELAND DISCOVERY MULTI-ACTIVITY ADVENTURE

- 7 days/6 nights, fully guided Iceland Discovery Adventure tour.
- All airport and luggage transfers throughout the trip.
- All minibus transportation with an English-speaking Icelandic driver-guide.
- Excellent hotel accommodations in Reykjavík and in the countryside (twin-bedded, double occupancy, private baths).
- Meals as listed in the itinerary.
- Sightseeing tour of Reykjavík; horse show, and orientation to the Icelandic horse with introductory ride.
- All activities throughout our trip: snowmobiling, river rafting, guided hiking, sea kayaking, whale watching boat trip, and all admissions and entrance fees to hot springs, swimming pools, museums, and National Parks.
- On our last day: entrance fee to the famous Blue Lagoon Hot Springs before our late afternoon departure to the U.S. on Icelandair.
- One AdventureWomen escort.

NOT INCLUDED IN YOUR ICELAND DISCOVERY MULTI-ACTIVITY ADVENTURE

- Round-trip airfare to Reykjavík, Iceland.
- Alcoholic beverages and drinks with meals.
- Optional gratuities to our Icelandic driver-guide (we suggest \$100/person.)

TRAVEL DOCUMENTS AND HEALTH REQUIREMENTS

Citizens of the United States must possess a valid passport. Iceland does not require a visa. If you do not have a valid passport (which must be valid 6 months after your intended stay), **APPLY NOW!**

You MUST have your own health insurance, and not have any physical problems or conditions that would be adversely affected by participating in any of the planned trip activities and the rigors of international travel.

This trip is rated as **MODERATE**, which means that you must be in very good physical condition. This trip offers moderate physical challenges, and you should be able to hike from 5-8 miles, in rolling terrain.

HOW TO REGISTER

First, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and International Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive your **deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

Then, call our travel consultant assigned to your trip, Ciretta Green (1-800-247-3538), to make your airline reservations.

TRAVELING TO ICELAND: ARRIVAL AND DEPARTURE

You will be traveling on Icelandair from Washington, D.C., Minneapolis, New York (JFK), Boston, Denver, Orlando or Seattle to Reykjavík, Iceland. Icelandair also flies out of the cities of Vancouver, Edmonton, Halifax and Toronto, Canada. You should plan to depart the U.S.A. from one of the Icelandair gateway cities on the evening of July 18, 2015. All of these flights arrive into Reykjavík within minutes of each other, early on the morning of July 19, 2015. Please call **Ciretta Green at Travel Café (800-247-3538)** to coordinate your flights from your hometown to and from Reykjavík, Iceland.

If you choose to travel on an airline other than Icelandair (most likely Delta Airlines, which departs out of New York, JFK), please coordinate your schedules with the beginning and end of our trip in Reykjavík. You will need to be in Reykjavík early on the morning of July 19 to take part in our first day's activities. If you are not part of the group pick up on arrival and departure, we will get you a voucher for transport to and from the airport, based on your arrival and departure times.

Once we know everyone's arrival time into Reykjavík, we will organize a time

LIABILITY FORM AND FINAL PAYMENT

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the Liability Form carefully, sign it, and return it with the remainder of your balance due by:

APRIL 20, 2015

CANCELLATIONS AND REFUNDS

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations and trip cancellation. A brochure will be sent to you in your registration packet.

SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

NO SMOKING POLICY

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

and place to meet at the airport in Reykjavik on the morning of July 19, 2015. We will let you know this in the final letter, which is sent to everyone approximately 3 weeks prior to the trip.

For your departure on July 25, 2015: for those on Icelandair flights (which leave early evening), you will be transferred to the airport late afternoon from the Blue Lagoon Spa. If you are on a Delta flight (which departs in the morning), you will be transferred to the airport from our hotel in Reykjavik on the morning of July 25, unless you decide to stay longer.

MAKING TRAVEL ARRANGEMENTS AND AIR FLIGHTS TO REYKJAVIK, ICELAND

We suggest you book your air reservations with our travel consultant soon after registering for this trip!

On this AdventureWomen **ICELAND DISCOVERY ADVENTURE**, we ask that you work directly with our travel consultant at **Travel Café, Montana's Travel Agency**, to make your travel arrangements. After booking your trip, please call **Ciretta Green** to discuss your air schedule based on the arrival and departure times we have set for the group pick-up and departure.

1-800-247-3538 OR FAX 1-406-586-1959

email: ciretta@travelcafeonline.com

CANADIAN RESIDENTS, please call 406-587-1188

When calling, please identify yourself as an AdventureWomen traveler. If you leave a message on Ciretta's voice mail, she will return your call promptly. She will be happy to discuss your travel plans and help you decide when to purchase your ticket for the best rate. If you purchase your ticket through her, she can also help you with hotels, should you want to come early, stay longer, or share a hotel room with another participant. If you do not purchase your air ticket through Travel Café, you are responsible for making your own arrangement for hotels, rental cars, trip extensions, transfers, etc.

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we

try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

OUR ICELAND GUIDE

Our wonderful and knowledgeable Icelandic driver-guide is Sólveig Jónsdóttir, who has been our fabulous guide on this trip for over 10 years. We look forward to having her with us again.

OUR EXCITING ITINERARY FOR ICELAND DISCOVERY:
A Multi-Activity Adventure in the Land of Fire and Ice

DAY 1, Saturday, July 18, 2015 - Depart for Reykjavík, Iceland

Tonight you depart on your flight to Reykjavík, Iceland
 (Meals en route)

DAY 2, Sunday, July 19 - Arrival in Iceland - Reykjavík Sightseeing, Horses, and the “Hidden People”

All flights on Icelandair from the U.S.A. arrive at Keflavik Airport at approximately 6:30 a.m. If you arrive at a different time, you will have a voucher to get from the airport to the hotel.

After meeting as a group for the first time at the airport, we are met and welcomed by our Icelandic guide and transferred to the northern-most capital in the world, Reykjavík.

Since we can't check in to our hotel until later, we spend part of the morning on a walk in Hafnarfjörður town, to visit the home of the “hidden people”. Hafnarfjörður was one of Iceland's most important ports long before Reykjavík was even a village. It is picturesquely located among craggy lava fields, and has a thriving port and fishing industry. Here we learn about the elves and dwarfs, who are so closely knit into traditional Icelandic history. We visit the Viking Village and Hafnarfjörður Folk Museum, and end our stay here with coffee and a taste of traditional Icelandic “snacks.”

Late morning we proceed to the Íshestar Riding Center for a horse show of the Icelandic horse, featuring Íshestar riders. After the show, we have the opportunity to ride along the beautiful trail system around the riding center. This is a wonderful way to get the feel of the Icelandic horse, famous for its smooth gaits and friendly disposition. (This ride is optional, and those who don't want to ride can rest at the riding center).

After lunch at the riding center, we take a short city sightseeing tour of Reykjavík. The largest city in Iceland, it is home to two-fifths of Iceland's population (about 280,000 people live in Iceland), and visitors are often not sure if it is a scaled down city, or a scaled up village. It retains a certain slow pace and almost rustic charm that makes it unique among the world's capitals. There is little crime, virtually no pollution, 100% literacy, and an exciting night life. It is also Europe's most expensive city

(and country!).

After our city tour, we check into our hotel in downtown Reykjavík, freshen up, and take a short rest before dinner.

This evening is at leisure, or off to bed early. We have plenty of suggestions for good restaurants for dinner.

(Lunch)

Overnight at the **Fosshotel Barón** in downtown Reykjavík

Fosshotel Barón

Barónsstígur 2-4, 101 Reykjavík

Tel: +354 562 3204, Fax: +354 552 4425

www.fosshotel.is/hotels/fosshotel-in-reykjavik/fosshotel-baron/
 Fosshotel Barón is located within easy walking distance of major government buildings, stores, museums, and restaurants.

The Icelandic Horse

Selective breeding for over 1,000 years, free of genetic influence from outside blood lines, has produced one of the purest breeds of horses on earth. Due to Iceland's harsh environment, only the fittest horses have survived over the centuries. That is why today's Icelandic horse is strong and sure-footed, has great stamina, and possesses a friendly temperament.

The Icelandic horse has been bred as a five-gaited horse. It has three basic gaits—walk, trot, and gallop—and two additional gaits, the tölt and pace. The tölt, a natural gait, is the most popular, and enables riders to comfortably travel 18-30 miles per day! This extremely smooth, four-beat gait is much like a running walk or rack, and it offers a virtually bounce-free ride at speeds of up to 20 mph. In this gait, the horse's hind legs should move well under the body and carry more of the weight on the hind part, allowing the front to rise and be free and loose.

The pace, or flying pace, is a two-beat gait, well known in the international racing world. When pacing, the horse moves both legs on the same side together. In Iceland, pace horses are ridden in races and pace racing in Iceland is one of the oldest and most respected equestrian sports.

The freedom the Icelandic horse enjoys also helps to explain its special capabilities, temperament, and behavior traits admired by riders. Herds are kept on very large tracts of land, where the horses run unhindered. Therefore, they are attentive and closely attuned to their environment.

DAY 3, Monday, July 20 - From Reykjavík to Stykkishólmur – Sagas, Ghosts Trolls, and Cruise on Breiðafjörður Bay

Europe's second largest island, Iceland is not just an expansive wilderness landscape. It is a proud country,

ABOUT ADVENTURE TRAVEL TODAY

Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are adventure travel vacations, and not "tours." We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

rich in history, literature, and folklore tradition. Its first inhabitants were Irish monks in the 5th century, who were then followed by the venerable Vikings from Norway in the 9th century. The first literary tradition to emerge was poetry. The epic dramas of early Viking settlement, romance, and dispute were recorded during the Saga Age. The Sagas, Iceland's cherished historic tales, provided a strong sense of cultural heritage for Icelandic commoners and entertaining yarns to pass the long bitterly cold nights of winter. Today's Icelanders are captivated by their history, and the sagas play a key role in maintaining the strength of the national psyche. The sagas are symbols, not only of the nation's heroic past and of its literary achievements, but also of its survival.

Today we drive past places of importance in the Egillsaga (Egill's saga). This saga, the tale of the rogue warrior-poet and hero, Egill Skallagrímsson, is generally acknowledged to have been written by the chieftan Snorri Sturluson, one of the greatest of the early Icelandic poets. The bulk of the story tells of his often bloody and unforgiving adventures as a Viking, how he saves his life by reciting a poem called "Head Ransom," and how he is persuaded by his daughter at the end of his life to put his grief into the composition of a poem, *Sonnatorrek*, one of the greatest poems of early modern times in Europe.

The Icelandic Saga

The Icelandic saga is one of the world's most astonishing literary achievements. The anonymous 13th-century saga authors were the first Europeans to write prose in their own language rather than in Latin. No one knows why the sagas were written, whether they are history or fiction, and who composed them. Icelanders will tell you that the greatest of the sagas contain everything you need to know about life. No other ancient literature can match them for gripping, laconically-told tales of individuals caught in inexorable, often terrible fates. Getting acquainted with them also reveals more about the Icelandic people, their culture, and the history of Iceland.

On our way to Stykkishólmur, one of Iceland's most picturesque villages and the principal town on the Snaefellsnes Peninsula—a rugged yet beautiful arm of the Icelandic west coast that juts out into the Atlantic Ocean—we visit Bjarnarhöfn Farm, where shark meat is processed. Here we are greeted with the "specialty" of the house, fermented shark and homemade Icelandic schnapps, called "the Black Death"!

Just outside Stykkishólmur, we stop to hike up Mt. Helgafell. According to local folklore, those who climb Helgafell for the first time will have three wishes come true, provided a few conditions are observed: you must not look back or speak on the way; you must make your wishes facing east, and tell no one what they were. Also, only benevolent wishes are allowed. Even if your wishes are not fulfilled, Helgafell is worth the climb for the views of Breiðafjörður Bay and the mountains of the west fjords.

After check-in at the Hotel Stykkishólmur, we board a boat for an unforgettable trip on Breiðafjörður Bay where we cruise between countless islands populated by millions of birds. On our way back to shore, we see fishermen returning with their catch of the day.

Before dinner we may take a dip in the swimming pool near the hotel. A "swimming pool" in Iceland is usually heated by the nearest hot springs, and almost always has an attached outdoor spa or "hot pots". Swimming pools are a great Icelandic institution, and extremely popular year-round. This area of Iceland is also known for its stories about heroes, villains, ghosts, and trolls, who are an extremely important part of the Icelandic heritage.

Visit our award-winning website! www.adventurewomen.com

(Breakfast and Dinner) by heating up surrounding greenhouses.

Overnight at the **Hotel Stykkisholmur**
 Hotel Stykkisholmur
 Borgarbraut 8, 340 Stykkisholmur
 Tel: +354 430 2100 Fax: +354 430 2101.
 www.hringhotels.is/hotel-stykkisholmur

This comfortable hotel on the water has great views of the islands.

DAY 4, Tuesday, July 21 - Lava Fields, Snæfellsjökull Glacier, Europe's Biggest Hot Spring, and Haafell Goat Farm

We begin this morning with a drive through the fishing villages of the Snæfellsnes Peninsula. Heading west, we marvel at the fantastic landscapes of Arnarstapi and Búðir and their unique rock formations, lava fields, and craters.

Búðir is a romantic, windswept location at the head of a sweeping expanse of white sand along the bay. The town, consisting of only a church and a hotel, is surrounded by the Budahraun lava field, rumored to be home to countless leprechauns.

While traveling, our guide tells us stories about the major focus of the peninsula, the Snæfellsjökull Glacier, and how it affected people's lives through the ages. When we reach the town of Arnarstapi we view the magnificent glacier-covered cone volcano, Snæfellsjökull in the distance. It's mythical atmosphere became well known through the legendary French writer Jules Verne's characters, who started their *Journey to the Center of the Earth* at this volcano.

Many of the famous Icelandic sagas also unfolded in this spectacular area, home to elves, trolls and ancient sorcerers of Icelandic lore. Today rich bird life attracts visitors from all over the world. The Snæfellsnes Peninsula itself is often called "Iceland in a nutshell" because of its diversity of landscape.

Then we head to the small settlement of Reykholt, stopping on our way at the largest natural hot spring in Europe, Deildartunguhver. Drawing on the geothermal reserves of the area, it pumps out a staggering 180 liters of boiling water each second, and the billowing clouds of steam created by this mighty fissure are truly impressive. Hot water from the hot spring is piped about 35 miles away to heat nearby towns. The water is also used to speed up the growth of plants and vegetables

We'll also stop for a visit with Johanna Bermann at her Icelandic goat farm. In the year 2000, Johanna secured the last 4 hornless goats in Iceland, then on the brink of extinction, and bred them back to a sustainable population. She established the Icelandic Goat Conservation Center, and there are now over 800 Icelandic goats in the country! Her farm also has a large and beautiful garden, and many goat products. We will learn from Johanna about the Icelandic goat preservation center and the story about how she has brought back this rare species.

Arriving in Reykholt, we visit the Snorrastofa Museum, named after Snorri Sturluson, a poet and historian, and one of the most important characters of the 13th-century Sturlunga Saga. This fascinating and excellent museum is the best place to learn about Iceland's rich history of saga events, characters, and writing.

The town of Reykholt—a little hamlet set in the wide open spaces of a fertile, pastoral valley—is a highlight of any visit to the west coast.

(Breakfast and Dinner)

Our accommodation tonight is the wonderful country hotel, **Fosshotel Reykholt**

Fosshotel Reykholt
 320 Reykholt
 Tel: +354 435 1260 Fax: +354 435 1206
 www.fosshotel.is/hotels/fosshotel-in-the-west/fosshotel-reykholt/

An interesting fact about Iceland: It has been estimated that fully one-third of all lava that has erupted on earth in recorded history has come from Iceland.

DAY 5, Wednesday, July 22 - From the Kaldidalur Valley to Thingvellir - Snowmobiling on a Glacier, Hot Springs, Geysers, and Rafting

This morning we drive through the haunting and barren beauty of the Kaldidalur Valley along the "notorious" mountain road. Not only do we see four glaciers, but we'll hop on snowmobiles (two persons per snowmobile) for an exhilarating ride. It's a remarkable experience! Back on the bus we pass through a vast grey desert where ferocious sandstorms can appear in seconds, transforming what was once a clear vista of majestic ice caps and volcanic sands into an impenetrable cloud of grit and dirt. As the route climbs along the ridge, it

affords spectacular views of the glaciers. Through the ages, this route has been known as a graveyard, haunted by the people who tried to cross it in bad weather.

Our destination from here is historic Thingvellir National Park, where the first Viking Parliament (the world's first parliament) was held in the year 930 A.D., and then remained the seat of Iceland's government for the next eight centuries. Almost every important moment in Iceland's history has taken place here, in this spectacular natural amphitheater, which sits right in the middle of the Mid-Atlantic Ridge. When Iceland declared its independence in 1944, the field of Thingvellir was the obvious place for the ceremony. Today Thingvellir is still regarded with reverence by Icelanders, its historical weight reinforced by a serene natural beauty.

We continue on to the Great Geysir hot spring area and Gullfoss Waterfall (the Golden Waterfall), two of Iceland's most famous sights. Although the Great Geysir itself has been inactive since the 1960s, its neighbor geyser, Storokkur, fires off a 30-meter-high spout every few minutes. "Geysir" is the namesake for all "geysers" found around the world.

Gullfoss waterfall is where the River Hvítá tumbles 105 feet into a 1½-mile ravine—an awesome flow by any standards. And as long as we are on the majestic Hvítá River, a white-water raft trip is something not to be missed! We head for our outfitter and an easy whitewater raft trip that is fun for all (class 2 and 3 rapids).

(Breakfast and Dinner)

Our next 2 nights are spent at the **Icelandair Hotel Fludir**

Icelandair Hotel Fludir
Vesturbrun 1
845 Fludir
Tel: +354 486 6630
Fax: +354 444 4001
www.icelandairhotels.com/en/hotels/fludir

Icelandair Hotel Fludir is located in the quiet and charming village of Fludir, with its rolling hills, streams, geothermal springs, greenhouses and mild weather. It's the ideal location for our explorations of the Golden Circle, and to simply enjoy this area's beauty.

DAY 6, Thursday, July 23 - Hot Springs, Craters, Hiking, and an Early Viking Farm

The beautiful area of Landmannalaugar, famous as a

hot springs oasis and for its green and lush highlands, is today's highlight. Make sure to take your bathing suits and towel for a swim in natural warm hot springs at the end of our hike!

We spend the entire day walking in the geothermal area of Landmannalaugar, often referred to as a jewel in the landscapes of Iceland. Surrounded by many-hued mountains and lava circa 1480 A.D., it feels like we are on another planet, with colors that range from beige to red and from blue to black, and gaudy green and yellow mosses that coat the ancient rhyolytic rocks. Without a doubt, a fascinating day, and one of great geologic interest.

Next we make our way through the fertile valley of Thjórsárdalur and stop at "Thjóðveldisbærinn," a replica of a large Viking farm from the 12th century. This reconstruction of an early medieval Viking farm began in 1974 to celebrate the 1,100th anniversary of the country's settlement. It is a fascinating turf-covered reconstruction with interior details provided by artists and historians using information gleaned from digs in Iceland and Greenland as well as descriptions of living conditions in the Sagas.

Tonight we return to our accommodation at Hotel Fludir, after an exciting day in this great area.

(Breakfast, Packed Lunch, and Dinner)

DAY 7, Friday, July 24 - From Icelandic Wool to Sea Kayaking, and Back to Reykjavík.

This morning we begin our journey back to Reykjavík. But first, we make a stop at Thingborg, a community center where we see how Icelandic wool is worked.

The fleece of the Icelandic sheep, which varies in color from white through grey and brown to near-black, is made up of two layers. The inner layer of short, fine fibers (thel) was used for knitting delicate laces, while the coarser, longer outer fibers (tog) made warm, water-resistant winter garments. Today, soft half-spun lopi wool is used in traditionally-patterned hand-knitted sweaters, which are some of the most popular and useful items to buy in Iceland. Today is a good opportunity to buy woolen products directly from the people who make them.

Our next stop is Stokkseyri village, where the house Þuríðarbúð was built in 1949 in memory of Þuríður Einarsdóttir. Born in 1777, Þuríður Einarsdóttir went on her first fishing trip on her father's boat at the age

of eleven, and at 17 years old she became a fully-qualified mate on her brother's boat. For most of her fishing life Þuríður was a captain, but she gave up seamanship in 1843 due to ill health after a long and happy captainship. She died in 1863. It was unique for a woman to be captain of a fishing boat, but Þuríður was considered a good captain, practical and cautious, yet daring and very popular among her mates. She usually wore men's clothing and had permission from the province's sheriff to do so. Houses or cottages similar to Þuríðarbúð were very common in Stokkseyri in the 19th century. Made from stones and turf, bunks lined the walls of these abodes, and the seamen slept, ate, and dwelt there during their days ashore.

After our visit to Þuríðarbúð, we hop into sea kayaks and paddle along the shore, where curious seals might follow us for part of our adventure. Since the friendly village of Stokkseyri is famous for great lobster soup and old houses, a stroll through town and fish soup for lunch isn't a bad idea before continuing our trip back to Iceland's capital city.

After lunch, we have a brief stop at Krýsuvík with its bubbling mudpools and steaming geysers. Our next stop is check-in at the Fosshotel Baron in Reykjavík.

For our last night together, we celebrate with our Farewell Dinner at the beautiful Ristorante Kolabrautin, where Icelandic freshness meets Italian tradition. Says the chef... "We consider ourselves lucky, Icelanders, to live amongst such abundance of fresh produce that nature provides. The constant supply of fish swimming in clear sea and pure freshwater all year round, lamb grazing on herbs in the highlands and seasonal wild game are among the things we almost take for granted. We also pride ourselves of one of the city's best bars, voted the best cocktail bar in Reykjavík by the Reykjavík Grapevine magazine."

An evening at Kolabrautin is truly a feast for all the senses
(Breakfast and Dinner)

Overnight at the **Fosshotel Baron** in downtown Reykjavík

Fosshotel Baron
Barónsstígur 2-4
101 Reykjavík
Tel: +354 562 3204, Fax: +354 552 4425
www.fosshotel.is/hotels/fosshotel-in-reykjavik/fosshotel-baron/

DAY 8, Saturday, July 25 - The Blue Lagoon and Departure

This morning we have plenty of leisure time to shop, walk, and sightsee in Reykjavík. At noon, we depart Reykjavík and spend the rest of our afternoon at the famous Blue Lagoon, for a soak in the warm, mineral rich waters of this surreal outdoor spa. (For those on Icelandair flights, which leave early evening, you will be transferred to the airport late afternoon from the Blue Lagoon Spa. If you are on a Delta flight, which departs in the morning, you will be transferred to the airport from our hotel in Reykjavík on the morning of July 25, unless you decide to stay longer in order to do the Blue Lagoon Spa experience).

Lunch is available at the Blue Lagoon, optionally served in the lagoon on floating tables, or in the dining room. The pale blue geothermal waters are known for their healing effects, and smoothing the white silica mud on your body is said to gently cleanse the skin. You can also book a massage. Now THIS is a great way to end our adventure before boarding our international flight back to the U.S.A.!

(Breakfast)

Transfer to the airport for morning Delta flights, or late afternoon Icelandair flights, with arrival home this same day.

MONEY

The unit of currency is the Icelandic króna (ISK), plural krónur, divided into 100 aurar. Iceland's three banks, Íslandsbanki, Landsbanki Ísland and Búnaðarbanki, all offer foreign exchange facilities and are found in even the tiniest villages. Most have ATMs on their premises, available after banking hours, which are usually Monday to Friday from 9:15 a.m. to 4 p.m. Credit cards are widely used in Iceland for purchases and cash advances, and travelers checks are accepted by all banks and most hotels.

WHAT TO BRING

Weather in Iceland

Iceland's summer is from mid-June to mid-August, with average daily temperatures of 58 degrees F in July. (It can be warm enough to wear a light shirt, or cold enough to send you looking for your down jacket!!). During this time, almost continual daylight illuminates the land, and occasional rain and drizzle can be common in the south.

Light woolens, polypropylene fabrics and wind- and rain-proof clothing are essential. Dressing in layers works best in Iceland's changeable weather. Casual clothes are ideal for all parts of our trip.

- ❑ Rain gear. Weather in Iceland can be extremely variable, and you should be well prepared for whatever conditions occur. Therefore, it is very important to bring a good rain suit (including a jacket and pants). A rain parka or poncho will not keep your legs and feet dry, and it is important that ALL of you remain dry in a downpour. Your rain parka can also act as a lightweight wind jacket.
- ❑ Medium-weight hiking boots. It is best not to wear shoes, even if they are walking shoes, because ANKLE support is absolutely essential in mountain terrain. Please do not buy heavy, leather boots as there are numerous, medium-weight, quality hiking boots on the market. Asolo, Garmont, Merrill, Vasque, and other makes are widely available and designed especially for women. Since they are waterproof, Gore-tex boots, although a bit more expensive, are our first choice. Other boots should be waterproofed with one of the excellent waterproofing products available such as Nikwax. MAKE SURE your boots fit properly and are well broken-in. Wear them around town to thoroughly break them in. PLEASE DO NOT COME ON THIS TRIP WITH A PAIR OF BOOTS YOU HAVE NEVER WORN BEFORE!
- ❑ One wool (or fleece) sweater, one wool cap, and gloves. The wool sweater or fleece jacket can be layered under your rain parka to act as a warmer jacket.
- ❑ Extra pair of comfortable shoes such as tennis shoes or sport sandals to wear in the evenings.
- ❑ Day pack that is water resistant for carrying rain gear, camera, water bottle, etc., on day trips (you can use this for your carry-on bag). If not waterproof, bring a garbage bag to line the inside of the pack.
- ❑ One 1-quart plastic water bottle. We prefer Nalgene bottles that are unbreakable and don't taste of plastic in warm weather.
- ❑ Long pants and hiking shorts, several pairs.
- ❑ Long-sleeve shirts and T-shirts, underwear, sleepwear.
- ❑ Bathing suit(s) for all the swimming pools and hot springs we'll be visiting.
- ❑ Socks. It is best to wear 2 pair of socks inside your hiking boots, a pair of wool socks, and a thin pair of liner socks underneath the wool socks. We like Thorlo hiking socks and polypropylene liner socks which wick moisture and reduce blistering. Bring plenty of socks!
- ❑ Bandanas. Bring 2 or 3 (100% cotton) for instant sweat bands and other uses too numerous to mention, some of which you have never even dreamed! Besides, it's a tradition at AdventureWomen!
- ❑ Pre-moistened towelettes or baby wipes.
- ❑ Hand sanitizer (alcohol based).
- ❑ Sun hat and sunglasses with securing strap.
- ❑ A spare pair of glasses (if you wear glasses).
- ❑ Sunscreen, sunburn relief products, and lip balm with SPF - all fragrance free.
- ❑ Toiletries.
- ❑ Ziplock bags in various sizes. For wet, dirty clothes and shoes, or to pack anything that might leak.
- ❑ Washcloth.
- ❑ Lightweight flashlight (small but has a good beam for spotlighting) with extra batteries and bulb and/or small headlamp for reading in bed.
- ❑ Swiss army knife or equivalent with scissors (very handy for cutting duct tape or moleskin if you get a blister on your feet). Be sure to pack this in your checked luggage.
- ❑ Small travel alarm clock.
- ❑ Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or www.earplugstore.com. Good to 22 Decibels!
- ❑ Extra clothes for evenings. Casual clothes for relaxed dinners out.
- ❑ For foot care: Although we won't be doing difficult hikes, you might consider bringing foot care items. To prevent blisters, many hikers use moleskin. However, we recommend bringing a small roll of ordinary duct tape as an alternative. Applied when you feel a "hot spot", before a blister forms, it reduces friction much better than moleskin. If you develop a blister, Spenco "2nd Skin" is a very comforting necessity. Also bring foot powder for moisture absorption, and your own personal "foot care kit" which should include: cloth (not plastic) Band-aids, about 10 individually wrapped alcohol pads, and a small tube of Neosporin or other antibiotic cream.
- ❑ Optional: lightweight binoculars, journal, a book to read.

Camera Equipment

For many women, photography will be a VERY LARGE part of this trip. The opportunities are endless, and the scenery spectacular! We suggest that you bring many more memory cards and batteries than you think you

could ever use!

- ❑ Digital camera, memory cards, battery chargers. You will be able to charge all of your batteries in hotels.
- ❑ Any camera gear you carry during the trip should be in a backpack or in a bag that will leave your hands free. It is also recommended that a tight sealing camera bag be used to protect your camera equipment from moisture, dust, sand and dirt. Large Ziploc bags are especially handy.

Personal First-Aid Kit

- ❑ Foot powder for moisture absorption; cloth, not plastic Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- ❑ Aspirin/ibuprofen, etc.
- ❑ Cold-symptom relief tablets, antihistamine, cough drops.
- ❑ Tweezers.
- ❑ Ace bandage.
- ❑ Systemic antibiotic (prescription)/optional (but not a bad idea to always take this on international trips.)
- ❑ Prescription medicines in their original bottles.
- ❑ Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- ❑ Immodium, Lomotil, or similar anti-diarrhea medicine.
- ❑ Pepto-Bismol tablets and/or liquid (in leak-proof bottle).
- ❑ Laxative tablets.
- ❑ Visine or similar eye drops.
- ❑ If you are only going to read one guide on Iceland, we recommend reading, *The Insight Guides: Iceland*

Last Minute Reminders

- ❑ Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- ❑ Bring 2-3 extra passport size photos to use in emergencies.
- ❑ Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- ❑ Remove extra credit cards, driver's license, and personal items from wallet or purse.
- ❑ Make sure passport and airline tickets are valid and in the correct name.

Some Extra Items to Add to your "What to Bring" List

We are updating and adding the following items for all international trips. With more than 33 years of experience flying around the world, we think these items help make your long airline flights much more comfortable and even more bearable:

- ❑ Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
Eagle Creek Large Inflatable Travel Neck Pillow at TravelSmith.
- ❑ Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
Eagle Creek® Comfort Eye Shade at TravelSmith.
- ❑ Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.
TravelSox® Cushion Walk Sock™ at TravelSmith.
- ❑ Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.
 - ❑ Bose Quiet Comfort 2 - List Price: \$199.99. Oval shaped around-the-ear design, an iPod fits nicely in the center of the case between the headphones. You can get the next generation of Bose Quiet Comfort 3, but the cost is \$349.00.
 - ❑ Audio Technica ATH-ANC7- List Price: \$219.95 Excellent sound quality and above average noise cancellation. Comfortable leather cushioning around the ear and can be worn for long periods of time with nodiscomfort. Excellent headphones with a reasonable price tag.

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*Thank you for choosing to travel with
AdventureWomen!*