



PULSE GENERATOR: ICELAND TREKKING 2018... CHASING THE NORTHERN LIGHTS!

This September, Pulse Generator's destination fitness program travelled to Iceland where 26 people joined us on a 5 day hiking tour of the country. It was an amazing trip that saw us hike and sightsee everything from the 2nd largest glacier (**Langjökull**) in Iceland to one of the world's premier geysers.

The hikes were a great balance between challenging climbs and once in a lifetime views of gorgeous waterfalls, caldera lakes, smoking volcanoes, and amazing canyons. Our guides (Eric and Commi) were very knowledgeable about Icelandic culture/ history and were able to take us to some locations that were off the beaten trail with our super jeep transports.



After a long day of hiking or traveling we stayed in some very rustic and amazing accommodations where we really got to know the other people on the trip. There was a lot of laughter, fun and everyone made it back safe and sound (Which we learned does not make a great Icelandic story as they all end with everyone dying)

The Iceland destination trip was well received and was yet another highly successful destination fitness program run by the Pulse Generator. It is safe to say that everyone involved can now reflect on having a great event and a great trip defined by many personal successes and positive lifestyle changes.

Stay tuned for future exciting destination fitness programs offered by the Pulse Generator.

