



# Find the Northern Lights with The Pulse Generator in ICELAND!





# Trek and Tour in Iceland

## Sept. 14—18, 2018

5-Days

\$2395.00 CAD\*

\* Airfare not included

This Pulse Generator program includes:

- all pre-event training (5 month) and full preparation plan,
- This program will require a moderate level of fitness in order to participate (ability to hike 12km by April 2018)
- fully planned **custom** 5 day itinerary while in Iceland & additional post trip activities available to add on.
- All communication and planning with Iceland representatives.



Each day is filled with hiking, exploring, hot springs and rivers, volcanos and the ultimate nightly search for the northern lights!

As with all Pulse Generator programs:

- All AHS employees are eligible to participate,
- Partners and spouses are welcome,
- A \$750.00 non-refundable deposit secures your spot,
- **Space is very Limited in this program.**



# Finding the Northern Lights—5 Day Itinerary

## ***Day 1: GLACIER HIKE - THORSMORK***

We pick you up at your accommodation in Reykjavik in the morning between 10:00 and 10:30 am. As we're heading to the south coast of Iceland we will advance towards Solheimajokull Glacier and try out our skills in ice hiking with crampons and all necessary ice gear. Solheimajokull is a spectacular tongue of ice that flows down from Myrdalsjokull, the fourth largest glacier in Iceland. Your experienced glacier guide will teach you how to use the crampons we provide you with and then take you for a 2 hour walk around the glacier. As you safely explore the ice formations, ridges and crevasses the guide will tell you all about the history of the glacier, the effects of global warming and how the glacier was formed. After the glacier hike we'll stop by the waterfall Skogafoss for a brief visit which will be an ideal time to grab lunch. Next, we will stop briefly at Seljalandsfoss waterfall, which cascades from ancient sea cliffs down approximately 60 meters to a shallow pool. It is possible to take a walk behind the waterfall and enjoy the beautiful scenery from there.

The next item on the itinerary is Thorsmork, getting off the tarmac and away from civilization. On the way, we will stop at Gigjokull glacier. Gigjokull drains north from the Eyjafjallajokull Ice cap, and is a 7.5-kilometer long glacier that empties out of the summit crater area at 1600 meters. Before the eruption of Eyjafjallajokull in 2010, there was a glacial lagoon filling up the valley next to the glacier, but when the eruption started, a massive flood of meltwater and small icebergs from the volcanic crater ripped the glacier to shreds and flooded the area completely. Understandably this glacier has been in the limelight for many scientists and experts on the matter and is truly worth seeing.

On the way to Thorsmork we drive through glacial rivers that can be crisscrossed only by specialized vehicles or 4x4 Super Jeeps as we like to call them. In the evening, after dinner, we will hunt for Northern Lights that might show up if the sky is clear (fingers crossed). If they do not it is still spectacular to be able to marvel at the sparkling sky and appreciate the most intense lights of shining stars far away from sources of light pollution. When we arrive at the mountain hut we will heat it up and go get some fresh water from the river that flows very close by. These remote settings add to the rural charm of Icelandic highlands and the hut makes for a cozy and specially inviting atmosphere on cold winter days. In the hut there is a spacious sleeping area with bunk beds and nice sitting area, kitchen and sleeping loft. The lavatories are situated in small outside installations located next to the main house.

## ***Day 2: FIMMVORDUHALS-EYJAFJALLAJOKULL ERUPTION AREA FROM 2010***

After breakfast, we will set out on a must-do trek for all hike and nature lovers - up to Fimmvorduhals Volcano eruption area from 2010. This is one of Iceland's most famous hiking trails offering spectacular sights never to be forgotten. We take off on our 6-8 hour hike going about 16 km in between two glaciers, Eyjafjallajokull and Myrdalsjokull and all the way to the recently erupted volcano where we explore lava from 2010. On our way we will get to experience the immense beauty of the truly unique valley of Thorsmork with its rugged nature and great contrasts. For thousands of years, glaciers and glacial rivers have carved out this valley, creating dramatic landscape of sandstone sculptures, deep canyons and sharp ridges. We will continue to hike through Iceland's varied landscape, encompassing views of glaciers, snow-capped mountains, brand new craters and lava, volcanoes and the most surreal beauty. In the afternoon we walk back into the Thorsmork valley, where we will stay overnight in our charming little lodge. After we have relaxed, and enjoyed a great dinner, we will go out to hunt for Northern Lights.

### ***Day 3: Thorsmork - Landmannalaugar***

We'll depart from Thorsmork after breakfast. This is a great opportunity to stop in Stakkholtsgja Canyon. Stakkholtsgjá Canyon is a natural wonder that plays with your mind and imagination. It is not merely a beautiful place but a place that starts all kind of ideas in your head, even at the entrance. You can't help thinking if this is one of those places where elves live and as you get deeper into the canyon if there might be creatures living there up in the cliffs, less attractive. A picture of a troll climbing into one of those caves might pop up in your mind.

On our way to Landmannalaugar we'll get opportunities to stop and see some sights on the way. I'll leave it up to the guide to evaluate what will best fit the groups mood on the day. Notable sights on the way are for example Fossabrekkur waterfall, Háí Foss waterfall, Ljótípollur Lake and many more.

Once in Landmannalaugar we'll relax, get acquainted with the area, have dinner and soak in the hot river. If we're lucky, we'll see the northern lights while soaking in the hot water so remember to bring your swimwear!

### ***Day 4: Landmannalaugar***

We set off on our hike through the strangely sprawling lava fields of Laugahraun, Vondugil canyon and up to the summit of the most colorful mountain of Brennisteinsalda, with its steaming vents and sulfur deposits. Then continuing down through Graenagil canyon, which got carved as a result of the geodynamic activity of mountains, volcanoes and glacial rivers. If time and weather conditions allow we will climb Blahnukur, an approximately 60.000 years old volcano with a panoramic view of the Landmannalaugar Valley. We will allow the guide a freedom to alter the route or choose an alternative hiking route depending on the physical fitness and mood of the group. There are countless amazing hiking paths to hike in Landmannalaugar. As the night before, we'll have the choice so go for a hot bath in the natural hot river in Landmannalaugar and if we're lucky we'll be able to view the northern lights in this remote area.

### ***Day 5: Golden Circle - Reykjavik***

After breakfast we leave the peacefulness of Landmannalaugar and drive through Thjorsardalur on to the Golden Circle route which takes us first to the majestic Gullfoss Falls (the "Golden Falls"). This waterfall is in the glacial river Hvita which flows from the lake Hvitarvatn and glacier Langjokull which is the second biggest glacier in Iceland. Gullfoss is 32 metres high but it plunges in two stages (11 m and 21 m).

Next we come to the geothermal field of Geysir with hundreds of hot springs of all types, most with boiling water – and a few of them are geysers. Geysir, one of the most famous hot springs in the world, sometimes known as The Great Geysir, was the first geyser described in a printed source and the first known to modern Europeans. The English word geyser (a spouting hot spring) derives from the Icelandic "Geysir".

We then head on to Thingvellir, via Laugarvatn village. Sometimes called the heart of Iceland, Thingvellir was declared a National Park in 1930. A law was passed designating Thingvellir as "a protected national shrine for all Icelanders, the perpetual property of the Icelandic nation under the preservation of parliament, never to be sold or mortgaged .

When in Thingvellir the a Snorkeling Tour will be optional for those who are interested and those who do not want to go Snorkeling will visit a Lava Tube Cave in the area while the others snorkel in the Silfra Fissure.

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# What is Included?

## ***Included:***

- Driver/Hiking-guide, vehicle and fuel
- Accommodation for the duration of the tour in Mountain Huts
- All meals while in Thorsmork and Landmannalaugar, or as follows: - Day 1: Dinner
  - Day 2: Breakfast, Lunch & Dinner
  - Day 3: Breakfast & Dinner
  - Day 4: Breakfast, Lunch & Dinner
  - Day 5: Breakfast
  
- Glacier Hiking Tour (All necessary safety gear for glacier travel).

## ***Not Included:***

- Accommodation in Reykjavik
- Snorkeling and Lava Caving Tour (Untill travelers have chosen which they'd like. Once we know the participants count for each we'll adjust prices to include these activities)
- Meals while outside of Thorsmork and Landmannalaugar, or as follows: - Day 1: No breakfast & no lunch
  - Day 3: No lunch
  - Day 5: No lunch & no dinner
  
- Sleeping Bags
- Personal clothing, gear etc.