



**TRAVEL THERE CO**

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## Wellness Iceland

**Days:** Reykjavík to Reykjavík

### What's Included

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Your Welcome Moment: Meet Your CEO and Group

Your Wellness Moment: Yoga Practice in Thingvellir National Park, Þingvellir

Your Foodie Moment: Rye Bread Cooking Class, Laugarvatn

Your Wellness Moment: Geothermal Baths, Laugarvatn

Your Wellness Moment: Reykjadalur Hike & Meditation, Reykjadalur

Your Foodie Moment: Locally-Sourced Farm Dinner, Hveragerði

Your Wellness Moment: Black Sand Beach Mantra Meditation, Reynisdrangar

Your Wellness Moment: Waterfall Guided Meditation, Seljalandsfoss

Your Wellness Moment: Geothermal Rift Lake Yoga, Klerjavatn

Your Wellness Moment: Restorative Yoga, Hveragerði, Arrival airport transfer. Öskjuhlíð Hill hike. Golden Circle sightseeing. Þingvellir National Park visit. Geysir Hot Spring visit. Gullfoss waterfall visit. Visit to an Icelandic Horse Farm. Solheimajokull glacier hike (including all required equipment). Visits to Skógarfoss waterfall and Seljalandsfoss waterfall. Dyrholaey visit. Blue Lagoon entrance and airport transfer. Transport to/from all included activities and between all destinations.

### Itinerary

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#### Highlights

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Meditate atop the volcanic slopes of Mt Hengill, Learn to cook bread in a geothermal bakery, Marvel at the majestic manes of Icelandic horses, Hike behind the towering Seljalandsfoss waterfall, Practice meditation on Reynisfjara's black-sand beach, Suit up with a pickaxe to hike Sólheimajökull glacier

#### Dossier Disclaimer

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#### Itinerary Disclaimer

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

#### Important Notes

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1. The landscape of Iceland is unique and unlike most things you've seen. So is the weather. It is unpredictable and changeable, so be prepared to experience a variety of conditions during your time in Iceland. It's not uncommon to experience rain, sun, wind and snow all in the same visit, so please pack accordingly.

2. The Northern Lights are a natural phenomenon, and sightings will be dependent on weather conditions. Travel There Co cannot guarantee that travellers booked on this tour will experience the Northern Lights.

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## Group Leader Description

This Travel There Co group trip is accompanied by one of our group leaders, known as a CEO (Chief Experience Officer). The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

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## Group Size Notes

Max 16, avg 12

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## Meals Included

6 breakfasts, 1 lunch, 2 dinners

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## Meals

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## Transport

Private vehicle, walking.

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## About our Transportation



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## Local Flights

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## Solo Travellers

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

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## Accommodation

Hotels (6 nts).

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## About Accommodation

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## Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the Travel There Co App or contact your travel agent.

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## Joining Instructions

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An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through Travel There Co in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Please go to the Flybus booth inside the arrival hall before exiting the airport, and let the staff know your name and that you're doing a Travel There Co trip. They will then hand you a ticket for the bus that brings you to your start hotel. The bus shuttles leave regularly (approximately every 30 minutes) from the airport to Reykjavik, and you can take any of them with this voucher.

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

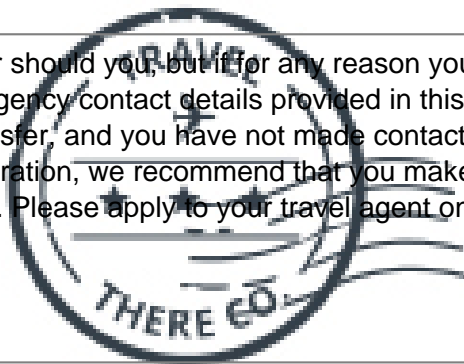
Getting to your hotel from Keflavík International Airport:

Upon exiting the airport, there are shuttle bus services such as the Flybus which cost around 2500ISK. The bus will drop you off anywhere in Reykjavik. A shuttle or a taxi can also be arranged.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.



## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call our Travel There Co Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### EMERGENCY CONTACT NUMBER

Travel There Co Berlin office: +4915203076785

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, from calls within North America only: 1 888 800 4100

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

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We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to

carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

Dressing in layers is recommended as weather can change dramatically, without notice.

## Checklist

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### Cold Weather:

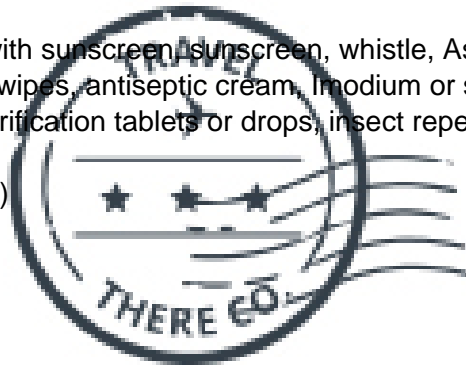
- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

### Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

### Essentials:

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket



### Health & Safety:

- Face masks (required)
- Hand sanitizer (required)
- Pen (Please bring your own pen for filling out documents.)
- Rubber gloves

### Wellness:

- Flip flops or comfortable shoes (required)
- Large towel (required)
- Yoga clothes or comfortable clothing (required)

- Face towel
- Journal
- Water Bottle
- Yoga props

Winter Weather:

- Warm winter coat
- Waterproof gloves
- Waterproof pants
- Winter boots/shoes

Note: The landscape of Iceland is unique and unlike most things you've seen. So is the weather. It is unpredictable and changeable, so be prepared to experience a variety of conditions during your time in Iceland. It's not uncommon to experience rain, sun wind and snow all in the same visit, so please pack accordingly. An Icelandic summer is also not what most people consider as summer temperature and in the highlands it can get quite cold.

For Glacier Hiking: Please note that hiking boots with ankle support are required, and are available for rental (1000 ISK per pair).

## Laundry

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## Visas and Entry Requirements

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Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation. While we provide the following information in good faith, it is vital that you check yourself and understand that you are fully responsible for your own visa requirements.

All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum 6 months validity). USA, Canada, Australia and New Zealand passport holders do not need a visa to visit the Schengen area (see below), however they may not stay longer than three months in any 6-month period.

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

## Spending Money

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## Money Exchange

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The currency in Iceland is the Icelandic Krona (ISK).

It is recommended to bring a combination of cash, credit and debit cards.

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Departure Tax

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## Tipping

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Tipping in Iceland is not customary. In many cases, a service charge is added to the bill which means that it is not necessary to add a tip. If you wish to express your satisfaction with the service in a bar or restaurant, then a gratuity of 10% or to round up the amount of the bill is perfectly acceptable.

Tipping during the tour program is similarly not expected, but it can be a way to express satisfaction with the persons who have assisted on your tour. Recommendations for tipping local guides would range from the equivalent of \$3-5 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip if you felt your Travel There Co CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €30-40 per person, per week can be used.

## Optional Activities

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Reykjavík

- Harpa Concert Hall
- Whale Watching from Reykjavik
- Nauthólsvík Geothermal Beach
- Vesturbæjarlaug Pools
- Reykjavik City Tour



## Health

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Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. Travel There Co reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## Safety and Security

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe

keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewelery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](/travel-resources/safety/) for ways to further enhance your personal safety while traveling.

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## Trip Specific Safety

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### Medical Form

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### A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

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### A Word of Warning

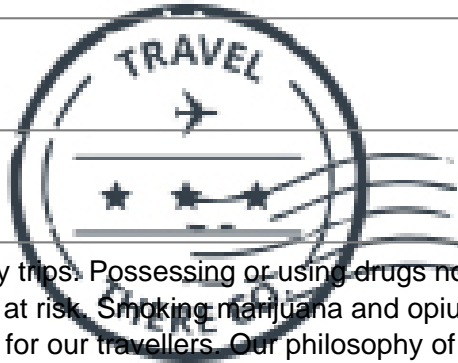
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### Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. Travel There Co can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

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### Local Dress



Weather can change dramatically so it's best to layer clothing to ensure you are prepared for any extremes.

## Feedback

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After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next Travel There Co trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customerservice@gadventures.com](mailto:customerservice@gadventures.com) and we will send it on to you.

## Minimum Age

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You must be 18 to travel unaccompanied on a Travel There Co tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## International Flights

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Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

Last updated: Sat 23 Nov '24

