



trek Iceland

A stunning journey through the wilds of Iceland, trekking across lava and snow fields, wading up glacial rivers, hiking past hot springs, swimming in volcanic lakes and exploring the incredible Thorsmork valley.

actionchallenge in Iceland

Our trek takes us deep into Iceland where volcanoes and mountains tower over us, glaciers and waterfalls carve out the landscape whilst geysers and hot springs bubble up from far beneath our feet. This five day journey into the heart of Iceland is a truly memorable experience.

We begin by trekking across lava and snow fields as we head for the hot spring of Storihver. From here, we cross fields of glistening black opsidium rock with stunning views across Hrafninnusker and we swim in the huge volcanic lake of Alftavatn, surrounded by breathtaking scenery.

We get up close and personal with glaciers as we wade through their ice-cold streams before trekking along deep gorges and over desert-like passes. Together, we hike through valleys and cross rivers with ropes bridges as we make our way towards the valley of Thorsmork, one of Iceland's most stunning areas.

Thorsmork is surrounded by towering mountains and giant glaciers which shelter it from the winds, encouraging flora and fauna to thrive. Raging rivers, stunning waterfalls and craggy peaks all make this an incredible, wild hiking experience.

At the end of our trip we have the chance to explore Reykjavik and visit the famous Blue Lagoon with it's mineral-rich, geothermal seawater. As a group, we spend our last night in Reykjavik celebrating our incredible journey with a dinner and party, Iceland-style!

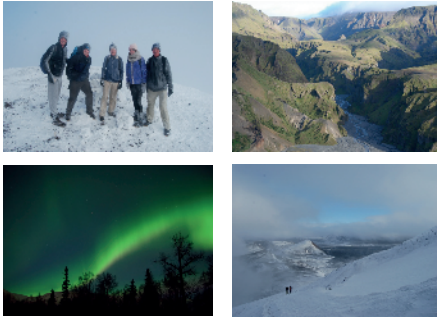
at a glance

- Activity: Trekking
- Location: Landmannalaugar, Iceland
- Duration: 5 days / 3 days trekking
- Difficulty: Moderate
- Distance: 53 km
- Group size: 15 -25

trip highlights

- Enjoy a 5 day challenge with 3 days trekking
- Camp under the stars for 3 nights
- See the hot spring of Storihver
- Wade through glacial rivers
- Hike in stunning Thorsmork valley
- Be awed by the geysers and waterfalls
- Party in Reykjavik

Action Challenge have been leading inspirational team adventures across the world for individuals, private groups, charities and corporate clients since 1999. Our trips enable people to experience the world's most exhilarating locations, often in aid of charity. At the heart of every challenge is team spirit and fulfilment; together we take on once-in-a-lifetime adventures, achieve formidable goals and forge friendships for life.



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introduction

This fully-inclusive adventure to Iceland will begin as soon as you register! You will receive a challenge pack including a training guide, kit list and discounts for all the essentials you may need. If you are raising money for a charity, we will sort out all the formalities so you can concentrate on your own preparation and fundraising. We offer pre-challenge briefings and training weekends in the UK, where you can meet our trek leaders, members of your group and others taking part in challenges around the world. On the day of departure you will meet your group and Action Challenge leader at the airport in London. Whether you're joining the challenge on your own or with others, you will instantly be made to feel welcome. As a team we will board our flight to Keflavik, ready to take on the hike of a lifetime!

brief itinerary

Day 1	Depart London
Day 2	Landmannalaugar
Day 3	Álftavatn
Day 4	Emstrur
Day 5	Reykjavik

what's included

- International flights
- Action Challenge trek leader
- Full support team, including local guides
- UK medic
- All accommodation
- All meals, except in free time
- Airline taxes
- Treated drinking water
- All transfers in local vehicles
- National Park entrance fees
- Celebration dinner Reykjavik
- Invitation to a challenge briefing in London
- Discounted training weekends in the Peak District, Brecon Beacons & Snowdonia
- Fitness and training guide
- Discounts from UK retailers
- Reduced rates at Nomad Travel Clinics and Masta Health



dates

Please visit our website for more details

cost

All inclusive trip cost from £1,399 for 2016/2017

Initial £299 deposit to sign up

how tough is the challenge?

This challenge requires a good level of fitness to trek the route, the terrain is varied with some steep uphill climbs and downhill sections. Some prior aerobic fitness training is necessary.

when to go

July is usually the best month of the summer period but changeable conditions should be expected. The average temperatures will be between eight and ten degrees Celsius

Mountainous weather is always unpredictable and can change very quickly. To ensure that you embrace this as part of the experience, make sure that you are ready for wind, rain, and sunshine!

additional costs

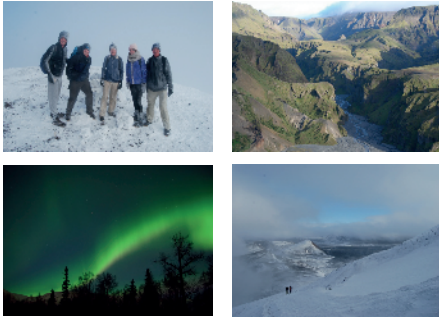
- Insurance - £60
- Tips for local staff - recommended amount £30

kit & equipment

A kit list will be sent to you on receipt of registration. Many everyday items can be used on this challenge, and we offer a kit hire service to keep costs down.

land only

If you are planning on travelling to Iceland before the challenge or wish to organise your own flights, we do offer a land only option, with a significant discount off the trip price. You will be required to meet your group at the hotel on day two of the itinerary.



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itinerary

DAY 1 - Depart London

We fly from London to Keflavik Airport where we are met by our guides who will be with us for our trek. From the airport we head to the beautiful Southern Highlands, approximately three hours away. En route we enjoy the views of Hekla, Iceland's most famous volcano, glistening with glaciers, geysers, hot springs and waterfalls. We arrive at our refuge in Landmannalaugar and enjoy a welcome dinner.

Meals: Dependent on flight schedule Accom: Tent

DAY 2 - Landmannalaugar

Today we have an exciting first day of hiking as we climb through the rhyolite and cross lava and snow fields! Near the highest point we pass Storihver, a large hot spring, before walking through fields of glistening black opsidium rock with spectacular views back across Hrafninnusker. Finally, we have a long downhill descent over scree before a river crossing to Alftavatn, a huge volcanic lake, where we stay the night. If we're still feeling energetic, we can have a swim and take in the beautiful scenery!

Meals: B,L,D Accom: Tent Distance: 24 km

DAY 3 - Alftavatn

As we leave the rhyolite, we enter a glacial area with fast running glacial streams and deep gorges. We experience river crossings first hand as we wade through the ice-cold streams and get a true feel for Iceland! We climb down to Hvanngil and trek across desert-like passes and hills to the Emstrur where we stay for the night.

Meals: B,L,D Accom: Tent Distance: 14 km

DAY 4 - Emstrur

Today we begin by crossing a river using ropes on a footbridge to climb down. We climb out of the valley across a shallow river, before descending down a long steep path into the main valley of Thorsmork. Here, we trek through stunning scenery surrounded by giant glaciers and raging rivers. After this fabulous trip highlight, we transfer back to Reykjavik, through dramatic landscape, to our hotel. Tonight we celebrate our incredible journey with a dinner and party Iceland-style!

Meals: B,L,D Accom: Hotel Distance: 15 km

DAY 5 - Reykjavik

We spend our last morning in the world's most northerly capital, surrounded by stunning mountains. Stroll around the city to experience the culture first hand or visit the famous Blue Lagoon, one of Iceland's pools of pure, mineral-rich, geothermal seawater, set amongst fields of lava against a spectacular backdrop of green rolling hills. Also, we get the opportunity to taste Iceland's well renowned seafood. This afternoon, we head to the airport for our afternoon flight back to London.

Meals: B,L,D *dependent on flight schedule*

food

Breakfasts each morning will be at our accommodation/campsite and will typically consist of porridge, yoghurt and muesli. Lunches will be en route and evening meals will be freshly prepared in camp in time for your arrival with a variety of rice, pasta, vegetables and a selection of fresh meat and fresh fish.

We can cater for all dietary requirements if informed in advance.

accommodation

- One night in a refuge
- Two nights camping
- One night in a hotel

All accommodation is on a twin/triple-share, single-sex basis and we will pair you with someone of a similar age, where possible.

If you wish to share a room with someone you are travelling with, please specify this on your registration form.

single supplement

If you decide that you would like to have your own room on the challenge, we can accommodate this in the majority of places.

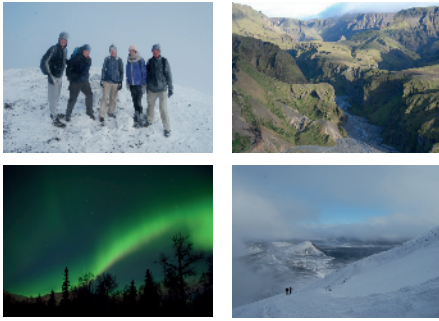
what's not included

- Airline fuel surcharge / supplement as applied by airlines.

training weekends / briefings

We run a number of training weekends throughout the year in the Peak District, Brecon Beacons and Snowdonia. These are fully-inclusive - 2 night's accommodation and all meals. We also organise training days in London and the North and South downs. On both, you will get the chance to meet our mountain leaders and test out your kit and fitness!

You will also receive an invite to a challenge briefing in central London.



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payment options

A **REGISTRATION DEPOSIT** of £299 for 2016/17 is required to secure your place, paid in full by card at the time of registration.

Once registered, there are **3 PAYMENT OPTIONS** to fund the balance of the trip cost. Full details are on our website.

1) SELF FUNDED

For anyone who wants to pay for the entire trip themselves. It's then completely up to you whether or not you choose to raise any money for a charity of your choice.

The total all inclusive cost of this trip is £1,399 for 2016/2017, which, after you pay the £299 Registration Deposit, leaves a balance of £1,100 for 2016/2017. This final balance is due for payment 10 weeks before your departure along with any fuel surcharges levied by the airline.

2) SPONSORSHIP FUNDED

This is for anyone who wants to take on this challenge and will link it with fundraising a significant sum of money for a charity of their choice. You would have to raise at least £2,200 for 2016/2017 via sponsorship and donations from friends, family and colleagues, and be confident at the outset that you can achieve this total.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least or £2,200 for 2016/2017, your charity will pay for the balance of your trip costs to Action Challenge. That balance, paid by your charity, is £1,100 for 2016/2017 (the same as if you were you were 'Self Funded') - the charity will retain at least £1,100 for 2016 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

3) MIXED FUNDED

A mix of the 2 options above! You pay about half the trip cost yourself, and also fundraise for your charity. They pay the remaining balance of your trip costs. Ideal for anyone who wants to take on the challenge and also fundraise for a charity, BUT is happy to pay a reasonable proportion of the trip cost themselves, which with your registration deposit, is set at a level that covers at least the costs of flights & accommodation; perfect for those who feel more at ease asking for sponsorship in respect to the 'challenge' component of their trip.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £1,650 for 2016/2017, your charity will pay a portion of your trip cost to Action Challenge. That balance, paid by your charity, is £660 for 2016/2017. At the same time, you will be required to pay the remaining balance yourself, which will be a figure of £440 for 2016/2017 (These two amounts add up to the same as the 'Self Funded' final balance) - the charity will retain at least £1350 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

ATOL

ATOL is a scheme that protects you from losing money or being stranded abroad if your travel company collapses. Action Challenge is 100% ATOL bonded, which provides you with full financial protection. On receipt of your registration fee, you will receive an ATOL certificate explaining your protection.



how to book

To book on to this challenge, please visit our website; www.actionchallenge.com for a full list of prices and all available dates.

private groups

If you are a charity, business, school or private group with a minimum of 10 people and fancy your own bespoke trip, please call us on **+44(0)207 609 6695** or you can send us an email to events@actionchallenge.com for more information.

social media

 @actionchallenge

 www.facebook.com/actionchallenge

contact us

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