

# NORTHERN LIGHTS TREK

ICELAND

EXPLORE ICELAND IN SEARCH OF THE BREATHTAKING AURORA BOREALIS



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GLOBALADVENTURECHALLENGES.COM

# KEY INFO

Duration: 5 days

Distance: 30km approx.

Challenge Grade: Tough 2

Location: Iceland

# CHALLENGE HIGHLIGHTS

- Explore the beautiful rift valley lake of Þingvallavatn
- Trek through the fascinating Geothermal Valley
- Take a dip in the natural thermal rivers
- A chance to see the awe-inspiring Northern Lights
- Celebrate your achievements in Reykjavík

# THE CHALLENGE

Join us on this breathtaking adventure as we explore Iceland, and possibly experience the spectacular Northern Lights! We'll spend 3 days trekking through beautiful mountain scenery, geothermal valleys and via picture-perfect lakes. The trek will be challenging; hiking across snow-covered landscapes and conquering local mountain passes. However, the chance of witnessing the dancing lights of the Aurora Borealis will hopefully make our efforts all worthwhile. We'll then celebrate our achievements in the bright lights of Reykjavík! Join us in the land of fire and ice on this memorable long weekend adventure!

## Day 1

### Depart UK

We depart the UK on our flight to Reykjavík where we are met by our guides and transferred to our hut in Úlfjótsvatn in southern Iceland. Tonight we will hear all about the wonderful challenge ahead and have our first opportunity to look out for the Aurora Borealis (Northern Lights). Appearing in many colours, most commonly pale green and pink as ripples or clouds of light, they can be vividly bright.

## Day 2

### Lake Þingvallavatn

Today we head to the shores of Þingvallavatn, the largest natural lake in Iceland. This area is well-known for its hiking. Today's trek follows horse tracks and old sheep trails, passing numerous geothermal hotspots. Lake Þingvallavatn is a beautiful area, made even more dramatic in winter. Our exact route will depend on the conditions of the path, but whichever route we take, today is a wonderful introduction to the land of fire and ice!

**Trekking distance – approx. 10km**

## Day 3

### Hengill to Vörðuskeggi

Today we will hike from Hengill to the Vörðuskeggi mountain pass (depending on conditions). Iceland is notoriously hard to predict weather wise so our guide will determine where we take you today. Today's trek will be more challenging than yesterday, conquering a local mountain pass with an elevation of 400 - 600 metres. Afterwards we return to our hut to relax and enjoy our beautiful surroundings, and possibly even catch sight of the Northern Lights!

**Trekking distance – approx. 10km**



## EXPLORE MOUNTAIN SCENERY, GEOTHERMAL VALLEYS AND TRANQUIL LAKES IN SEARCH OF THE NORTHERN LIGHTS

### Day 4

#### The Geothermal Valley

A fantastic day of trekking awaits, as we set off from Reykjadalur and climb up into the hills of Iceland. The smell of sulphur is apparent before we see the steam vents, hot springs and bubbling mud pools of the Geothermal Valley - surrounded by colourful minerals. It's an impressive sight, and we have plenty of time to explore this dramatic and otherworldly valley. There may be a chance for a dip in a natural pool before continuing on through the valley, where we meet our awaiting transport and head to Reykjavík.

Tonight we head into the exciting city of Reykjavík to celebrate our achievements with a relaxing dip in the famous Blue Lagoon, before enjoying a celebratory dinner and reflecting on our achievements!

**Trekking distance – approx. 10km**

### Day 5

#### Arrive UK

We return to the airport for our flight back to the UK.

Please note this is a complex itinerary and subject to change, including the timings and distances detailed. As a natural phenomena the Northern Lights are difficult to predict, and unfortunately we are not able to guarantee that they will be visible during the trek.

# YOUR QUESTIONS ANSWERED...

## Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (those aged 14 - 17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

## How fit do I need to be?

This trek has been graded as Tough (2) on our challenge grading scale, and is designed to be challenging but achievable by anyone, as long as you fitness train beforehand. Remember, you are trekking for 3 consecutive days, covering approximately 30km – the fitter you are, the more you will enjoy this challenge. Training tips can be found on the Global Adventure Challenges website to point you in the right direction and why not join one of our training weekends - it's a great opportunity for you to meet our team and fellow participants!

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

## What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

## Where will we stay?

We will stay in twin share rooms in local hotels and dormitories – remember this is a challenge! All accommodation will have washing facilities available.

## Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots and some waterproofs you do not need any specialist kit.

## Do I have to carry my own luggage?

No. Your main luggage will be transferred between accommodation. You will need to carry a small day pack while trekking to carry items such as warm clothing, waterproofs, a camera, sunscreen, energy snacks, etc.

## Food Matters...

All meals will be provided from dinner on Day 1 through to breakfast on Day 5. We cater for most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

## What's included?

- Return flights from London to Keflavik
- All accommodation
- Luggage transfers
- Local English-speaking guide/s
- All meals on the trek, starting with dinner on Day 1 through to breakfast on Day 5, including a celebratory evening meal in Reykjavik on Day 4
- Global Adventure Challenges leader from the UK
- Comprehensive first aid/medical kit
- Entrance to the Blue Lagoon

## What's not included?

- Personal travel insurance
- Alcoholic drinks
- Tips and gratuities
- Your personal kit

## What support is there on the challenge?

There will be a strong support team with a professional local and Global Adventure Challenges leader and a full, comprehensive first aid kit will be taken.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops.

## How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your chosen charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

## I'm interested... What do I do now?

You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com), payment of the registration fee is due at time of booking – all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you with further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

# #BELIEVEYOU CAN

## REGISTER ONLINE TODAY!

[WWW.GLOBALADVENTURECHALLENGES.COM](http://WWW.GLOBALADVENTURECHALLENGES.COM)

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