

# the **MoonWalk**<sup>®</sup> iceland 2017

## South Iceland Extension Booklet



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uniting against breast cancer

***New for 2017!***  
***Extend your adventure and explore the South of Iceland***

Having seen the best bits that the North has to offer, you can now enjoy an extra 4 days in the capital city, Reykjavik and discover what the South of Iceland has in store!

With a variety of stunning and thrilling tours to choose from including... the famous Golden Circle, Ice and Fire Sightseeing Flight (glaciers and volcanoes from a plane), Ice Climbing, relaxing Spa Visits and Icelandic Horse Riding Treks through picturesque mountains, including a dip in a hot geothermal river... you really will be spoilt for choice!

So, why fly home... Extend your stay and turn your challenge into a holiday, with a very different experience...

Limited to just 12 places, so don't miss out!

Below is a range of activities that are typical for the South of Iceland. You can book any of these tours by contacting our Unique Challenge Team after you have entered.

Or you can book your tours with local companies when you arrive in Reykjavik. Please be aware if you do this there may not always be availability.

**Your available tour times are;**

- Monday 19<sup>th</sup> June after 2.00pm (you will be transferring from the North in the morning) or just relax for today!
- Tuesday 20<sup>th</sup> June – all day
- Wednesday 21<sup>st</sup> June – all day
- Thursday 22<sup>nd</sup> June morning only (estimated pick up time at the hotel is 1.00pm)

**Please note:** prices may vary depending on when you book. All costs are based on Discover the World Tours for 2016 prices and may increase in 2017.

**Contact [unique@walkthewalk.org](mailto:unique@walkthewalk.org) for details or just to discuss the options!**

## SIGHTSEEING

### 1. Golden Circle Classic (by coach)

**Duration:** 8 hours

**Price:** From £55 per person

**Departures:** Daily at 08:30, 9.30 & 10.30

Iceland's famous trio of natural wonders on the Golden Circle are close enough to see in one easy going day trip by coach. Stop to marvel at the ancient assembly site and beauty spot of Thingvellir, where the tectonic plates of Europe and North America meet.

The majestic double-tiered waterfall of Gullfoss, and the geothermal hotspot of Geysir with its colourful hot springs, and the magnificent Strokkur geyser which erupts every 5 minutes or so.



### 2. Ice and Fire Sightseeing by Plane (across Glaciers and Volcanoes)

**Duration:** 1.5 hours

**Price:** From £324 per person

**Departures:** Mon - Fri

10:00, 12.30, 14:00

A magnificent sightseeing flight by small aircraft. You will take in a host of Iceland's most spectacular sights including the Tindfjallajokull glacier, the infamous Eyjafjallajokull eruption area (active in 2010), the fragmented Gigjokull glacier tongue, Iceland's most active volcano Mount Hekla, Thingvellir National Park, Gullfoss and the famous Geysir geothermal area.

You will also fly over Thorsmork and the colourful rhyolite mountains of Landmannalaugar.



## SUPER JEEP TOURS

### 3. Thorsmork & Eyjafjallajokull Volcano by Super Jeep

**Duration:** 8-9 hours  
**Price:** From £209 (minimum passengers)  
**Departures:** Wednesday at 09:00

Begin with a visit to the spectacular waterfall of Seljalandsfoss, where you will follow a rocky path behind the powerful curtain of water, falling some 200ft from the rocks above.

See the area around Eyjafajallajokull which was dramatically altered by the 2010 volcanic eruption and enjoy time walking in the picturesque wooded valley of Thorsmork.



### 4. Great Golden Circle Tour by Super Jeep

**Duration:** 8-9 hours  
**Price:** From £119 (minimum 2 passengers) £319 including snowmobiling  
**Departures:** Tuesday and Thursday at 09:00

Travel the famous Golden Circle in a customised 4WD vehicle which can tackle any terrain. Take in the thundering waterfall of Gullfoss, Geysir geothermal area, and Thingvellir, a site of both geological and historical interest.

An optional snowmobile excursion on Langjokull glacier is also available. On the return to Reykjavik, visit Hveragerdi, where geothermal energy enables fruit and exotic flowers to be grown in hothouses.



## ADVENTURE TOURS

### 5. Mountain Safari: Quad Biking

**Duration:** 2.5 hours

**Price:** From £97

**Departures:** 09:30 and 13:30

This is a superb excursion for those looking for some serious adventure; racing through a variety of terrains on a quad bike journey. Travel along the lovely Lake Hafravatn before heading up to the top of Hafrafell Mountain to enjoy breath-taking views of Reykjavik and surrounding mountains.

Full safety instructions are given before setting off and approximately 1 hour is spent on the bikes. **Please note:** you will need to bring your driving licence with you if attending Quad Biking.



### 6. Snorkelling Silfra Day Tour.

**Duration:** 5 hours .

**Price:** From £132 pp including return Reykjavik, transfers.

**Departures:** 08:00 & 16:00

Diving tours also available for PADI open water qualified divers, 8 hours daily at 09:30. From £244

The Silfra fissure, one of Iceland's best-kept secrets, is located below the surface of Thingvellir, where the Eurasian and North American tectonic plates meet. The crystal clear waters of this submerged canyon give excellent visibility on this fantastic snorkelling trip. Approximately 40 minutes is spent in the Icelandic waters.



## 7. Inside the Volcano

**Duration:** 5-6 hours

**Price:** From £246

**Departures:** 08:00, 10:00, 12:00 & 14:00

Iceland is the only place in the world where it is possible to descend inside a volcano and it's only half an hour's drive from Reykjavik. After a short hike across lava fields, a safety briefing and appropriate kit, descend 120m in a cable lift into the huge magma chamber of the (dormant!) Thrihnukagigur volcano. Spend 45 minutes exploring, accompanied by specially trained guides.

Transfers from Reykjavik are included (self-drive option available).



Highly recommended by WTW!

## 8. South Shore, Glacier Walk & Ice Climbing

**Duration:** From Reykjavik 10-12 hrs (3-4 hrs on the glacier)

**Price:** From £148

**Departures:** 08:30

Explore the spectacular south coast before heading to the Solheimajokull Glacier, marked by rugged rock formations. This is an easy to moderate guided walk on crampons up onto the ice field. Along the way, try your hand at ice climbing (equipment provided) on one of the impressive ice walls.

All gear and safety equipment provided. Participants need to bring warm clothes, rain gear and hiking boots, all of which you will have from your MoonWalk.



## HORSE RIDING

### 9. Hot Spring Horse Trekking Tour

**Duration:** Includes: 5-6 hours riding with stops and bathing (distance 19 Km)

**Price:** From £145

**Included:** Lunchbox picnic (sandwich, cookies, water bottle). Bring your swimsuit and towel

Ride towards the green mountains surrounding the volcano Hengill. The horses then take you up on narrow trails into the valley Reykjadalur, where you will have the opportunity to take a relaxing dip in a warm geothermal stream. The trek continues on excellent riding trails surrounding Hveragerði and through the colourful geothermal Gufudalur valley with hot springs. This area expanded dramatically during an earthquake in 2008. The path then takes you through forests and along the slopes of Reykjafjall mountain back to the farm. Coffee and home baked cakes are served at the end. Please note, this challenge can be enjoyed by beginners as well as experienced riders, provided you are comfortable with horses. It is a wonderful experience as you escape up the mountains, however if you do have a fear of heights, this might not be the right horse ride for you. There are many others to choose from, just [get in contact with us](#).



WTW Tried  
and Tested!

## GEOTHERMAL SPAS

### 10. Golden Circle and Fontana Baths

**Duration:** 8.5 hours

**Price:** From £39 (From £61 with transfers)

**Departures:** Daily 09.00

Travel to Thingvellir National Park, a UNESCO World Heritage site; full of history, culture and geology. For almost a century local in the community of Laugarvatn have been enjoying the healing powers of the natural steam from a geothermal field at the edge of the lake. The Laugarvatn Fontana Wellness Spa has been on this site, which features geothermal steam rooms, hot pools and outdoor mineral baths, all with a stunning lakeside view.



## SPAS & TREATMENTS

There are a number of Spas in Reykjavik that you can visit for an hour, an afternoon or evening. Following The MoonWalk we found this to be just what we needed during our 3 day stay!

### 11. Hilton Reykjavik Spa

Just a 15-minute walk from the Hotel is the Hilton award winning spa (Iceland Best Hotel Spa). With indoor and outdoor thermal pools, a swimming pool, steam rooms and saunas. You can book a range of treatments or massages – plus as a special bonus, a masseuse visits everybody sitting in the thermal pools to give a complimentary 10-minute neck and shoulder massage. Just what you need to soothe the mind and body [www.hiltonreykjavikspa.is/en/spa-treatments](http://www.hiltonreykjavikspa.is/en/spa-treatments).

### 12. Laugar Spa

Or you could walk to a spa where a world of water, art and design are in perfect harmony. This very stylish spa, based at the local leisure centre is a wonderful place to waste away hours (we did!). One of the best bits is that you can also go into the Leisure centre where they have a large number of outdoor geothermal pools ranging from water temperatures of 37-42°C. Whilst relaxing in the sunshine, you can watch as local families, friends etc., enjoy their daily ritual of a geo-thermal soak, it really is a fascinating place. This really is a great spot, and with the added attraction of a large swimming pool as well as fun slides etc., it is well worth the 20 minute walk, and very easy to navigate yourselves to this spa. Visit: [www.laugarspa.com](http://www.laugarspa.com) for more information.

### 13. Reyjavik Spa in the Grand Hotel

Just a 20 minutes' walk from the hotel in the Grand Hotel Reykjavik. Reykjavík Spa, located in Grand Hotel Reykjavík, is a small but very tranquil massage and beauty parlour set in a calm, relaxing atmosphere. This spa is all based inside, but is perfect for a steam or sauna followed by a massage and then some quiet relaxing time.

### 14. Blue Lagoon (again)

**Duration:** 2-2.5 hours

**Price:** From £39 (From £61 with transfers)

**Departures:** 10:00 & 14:00

**Location:** 30 minutes' walk or a short taxi ride

The famous Blue Lagoon is a much larger spa, and more suited to booking a day or half day visit. It is quite surreal as it is situated in a black lava field. The award-winning

Blue Lagoon contains 6 million litres of geothermally heated fresh water and seawater. Originating 2,000m below the surface, the water contains silica, algae and minerals, and is therapeutic and nourishing for your skin and body. There is a very wide range of spa treatments here and we highly recommend booking these in advance as you're unlikely to be able to book them at short notice due to its popularity. Some people visit Iceland just to come here.

