

# Iceland Trek



St. Richard's  
Hospice

CARING FOR LIFE

**4 Nov 2024 to 9 Nov 2024**

Spend 3 days trekking through the landscapes of Iceland.



Discover active volcanoes and vast lava fields, bubbling mud pools, hot springs and more. Pay a £480 deposit and choose your fundraising option.

SCAN ME



For more information and to register online please visit:

[www.strichards.org.uk/iceland-trek](http://www.strichards.org.uk/iceland-trek)

☎ 01905 958262 ✉ [appeals@strichards.org.uk](mailto:appeals@strichards.org.uk)

[www.strichards.org.uk](http://www.strichards.org.uk)

St Richard's Hospice, Wildwood Drive, Worcester, WR5 2QT

Registered charity no: 515668 Registered company no: 01850502



Registered with  
FUNDRAISING  
REGULATOR

## St Richard's Iceland Trek

4 - 9 November 2024



## Trip overview

### The Trek

Join us as we spend three days trekking through the other-worldly landscapes of Iceland. Discover active volcanoes and vast lava fields, bubbling mud pools, hot springs and more. We will be hiking to Iceland's youngest volcano, Gelgingaldir and neighbouring Fagradalsfjall before exploring the ethereal peaks of the Mount Hengill heritage site – scaling the impressive Vörðuskeggi Peak with spectacular views over Lake Þingvellir, Eyjafjallajökull and the distant Westman Islands. Our adventures will also see us trek along the fault lines between Europe and America. Don't forget to keep your eyes on the skies while you are there and you might be lucky enough to experience Lady Aurora herself!

### Iceland

Iceland is a Nordic island sitting in the North Atlantic and Arctic Ocean, just outside of the Arctic Circle. It is the most sparsely populated country in Europe and with its constantly active geologic border is littered with volcanoes, glaciers, mountains, geysers and lava fields.

Its capital Reykjavík, the world's most northerly capital, is the heart of Iceland's cultural, economic and governmental activity. Established as the first Icelandic settlement in 870 AD, Reykjavík has gone through many changes in its long and storied existence. It's home to the National and Saga museums, tracing Iceland's Viking history. The striking concrete Hallgrímskirkja church with its rotating Perlan glass dome, and the modern glass honeycomb structure of the Harpa concert hall and conference centre are architectural marvels offering sweeping views of the sea and nearby hills.

## What is the experience like?

### Who accompanies us?

You will be accompanied by local guides who have an excellent knowledge of culture and hiking in the region. The guides are first aid trained and will support you throughout your journey. You will also be accompanied by a Different Travel Company UK tour manager.

### How tough is it?

This trek is graded **moderate to challenging**. You will be trekking long distances over varying terrain on consecutive days.



## What is the climate like?

Temperatures can typically peak to around 5°C during the day and drop to around 0°C at night however you must be prepared for variations to this which are out of our control. Weather during the adventure will be dry with light winds and rain is possible. Please note: the temperatures and conditions above are historically accurate but climate change can impact the seasons so you may experience uncharacteristic conditions during the trip which are out of our control. The guides will assess the situation and make decisions to ensure the best enjoyment and safety of the group.

## Where will we stay?

You will stay in a hotel or similar for the duration of the trip. Travel to and from the airport and hotel will be by private minibus.

## What is the food like?

You will be provided with plenty of hearty Icelandic meals which typically include fish and lamb and will keep your energy levels high for each day of discovery. Please inform us in advance if you have any dietary requirements.

## Will I see the Northern Lights?

This is not a 'hunting for the Northern Lights' trek. However, between September and April Iceland is treated to a magnificent natural display of aurora borealis. While we cannot guarantee that you will see the Northern Lights on this adventure, there is a very high chance that there will be solar activity in the area at this time of year. This trek will be exploring the very best Iceland has to offer – if you are lucky enough to see the lights while you are there this is a bonus!

## Practical information

### Who can take part?

The minimum age is 18. It may be possible to participate if you are 16 or 17 years old but you must be accompanied by a parent or guardian. There is no upper age limit. The ideal candidate would be fit, healthy and determined, open to adventure and adaptable to unexpected changes.

### How fit do I need to be?

If you do not already regularly exercise you should aim to start training (including plenty of hills) as early as possible. The best training is hill walking, which will prepare you for the type of terrain you will experience. Other activities which can complement hill walking include running, cycling, gym workouts, boot camps etc. Building up your core and leg muscle strength is important so exercises such as squats, lunges, push-ups, planks and crunches will really enhance your training. These exercises can be done at home – no gym needed. You can download a number of free apps, which will help you train and track your progress, e.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal (for a variety of sports).

You must take your training seriously and arrive as fit as you can be, so you get the most out of this challenge.

## How should I prepare?

You must engage in training (including plenty of walking up and down hills) before departure to ensure your best chance of enjoyment on the trip. This could include hill walking, running, cycling, gym workouts, boot camps, etc. You can download a number of free apps to help you train and track your progress, e.g. MapMyWalk, C25K, MyFitnessPal, etc. Attempting to complete the trek without training will make it more challenging than necessary and will be detrimental to your experience, and the experience of your teammates.

## Medical Declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing our booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP.

In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

## Covid-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination.

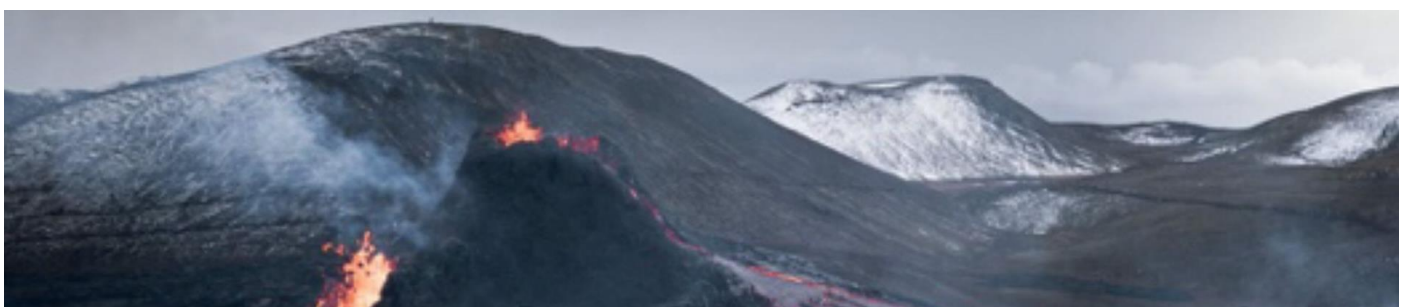
Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK or Iceland prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination.

We will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us on [info@different-travel.com](mailto:info@different-travel.com).



## Trip cost

A £480 registration fee is payable at the time of booking and then you are asked to fundraise £3,740 for St Richard's Hospice. A total of £2,992 (80%) must be fundraised by 12 August 2024. The remaining £748 is due by 1 November 2024. A flexi payment option, where you self-fund your trip costs, is also available.

### What is included?

- ✓ Return flights from UK (inc. current taxes and fuel surcharges),
- ✓ Transfers and transport in Iceland
- ✓ Accommodation in hotels (5 nights)
- ✓ Meals as specified
- ✓ Local guides and support crew
- ✓ Trekking permits
- ✓ Different Travel UK tour manager.

### What is excluded?

- ✗ Lunch on day 5
- ✗ Travel insurance
- ✗ Tips (suggested £50-60pp)
- ✗ Personal expenses (e.g. drinks, souvenirs etc.)
- ✗ Vaccinations



## Itinerary

### **Day 1 (Monday 4 November 2024): UK - Reykjavik**

Depart for Reykjavik and transfer to a hotel on the southern coast of Iceland.

*Overnight: Hotel*

*Meals: Dinner*

### **Day 2 (Tuesday 5 November 2024): Gelgindalur – Fagradalsfjall - Seltun**

Today we will drive for an hour along the South Shore Road on the Reykjanes peninsula.

We will be taking a hike up to Iceland's youngest volcano, Geldingadalir, before walking to neighbouring Fagradalsfjall Volcano and the surrounding lava fields. We spend the day hiking in this area and you will be able to explore the devastating yet beautiful aftermath of recent volcanic eruptions. On the way back to our hotel we will stop at Seltún Geothermal Area and visit the bubbling pools of mud, fumaroles, and hot springs.

*Overnight: Hotel*

*Meals: Breakfast, lunch, dinner*

*Trek: approx. 14km/6 hours*

### **Day 3 (Wednesday 6 November 2024): Hengill – Mt Vörðuskeggi**

After a hearty breakfast we will drive up to the Mt Hengill area before our hike up to Vörðuskeggi Peak (805m). From the top we can enjoy stunning views of Lake Pingvellir and Langjökull to the north, and Eyjafjallajökull and the distant Westman Islands to the West. We will then trek up to Mt Skeggi the highest peak in the Hengill heritage site.

We will return to our hotel tonight for dinner and a well-earned jacuzzi.

*Overnight: Hotel*

*Meals: Breakfast, lunch, dinner*

*Trek: approx. 13-14km / 8 hours*

### **Day 4 (Thursday 7 November 2024): Pingellir National Park - Reykjavik**

A short drive brings us to the National Park of Pingellir where we will hike along the fault lines that divides America and Europe. After the hike we drive to Reykjavik for your celebration dinner in town and last night at a hotel.

*Overnight: Hotel*

*Meals: Breakfast, lunch, dinner*

*Trek: approx. 10km/ 4 hours*



### **Day 5 (Friday 8 November 2024): Reykjavik**

Today is a free day to explore Reykjavik at your leisure. There is an optional trip to the famous Blue Lagoon for an addition cost if you wish.

*Overnight: Hotel*

*Meals: Breakfast and dinner*

### **Day 6 (Saturday 9 November 2024): Reykjavik - UK**

After breakfast we will transfer to the airport for our flight home.

*Meals: Breakfast*

*N.B. This itinerary may change due to weather, the ability of the group and so on. We will do our best to keep to the itinerary but we cannot be held responsible for changes outside of our control. In all circumstances your guide and tour leader will have the final say in the interest health and safety.*

## Kit List – Iceland Trek: Ice & Fire Adventure

The kit you take on your trek can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous trekking experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on [info@different-travel.com](mailto:info@different-travel.com)

\*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS & FLIGHT ESSENTIALS	✓
Passport and Copy	
E-Tickets	
Travel insurance	
ATM and credit card (s)	
Cash (£ Sterling)	
Pen for immigration forms	
Sunglasses (preferably polarized)	
Mobile phone + charger	
Camera + spare batteries	

LUGGAGE	✓
Suitcase/large holdall	
Daypack (25 – 30 litres)	
Hand Luggage (take note of dimensions from airline)	
Combination padlocks	

CLOTHING & FOOTWEAR	✓
Trekking boots: Wear on flight or carry in hand luggage	
Lightweight trek trousers (zip off trousers ideal)	
Non-cotton base layer	
Non-cotton, technical t-shirts	
Non-cotton long sleeved top/shirt	
Trek socks	
Underwear	
Warm jacket (e.g. down/Primaloft)	
Warm mid layer or fleece	
Waterproof jacket	
Waterproof trousers	
Thermal top and bottoms (can also be used as pyjamas)	
Sun hat	
Warm hat	
Warm gloves	
Buff ( <a href="http://www.buffwear.co.uk">www.buffwear.co.uk</a> )	

HEALTH & HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, shower gel, nailbrush and nail care kit	
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline	
Hairbrush/comb	
Lateral flow tests (Min x2)	
Disposable masks	
Feminine care products	
Travel towel	

OTHER KIT	✓
Sun block (high SPF)	
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	
2 ltr water hydration system (e.g. Camelbak)	
1 ltr water bottle	
LED head torch + spare batteries	
Adaptor (European 2 round pin)	
Ear plugs	
Trainers/casual shoes for evening	
Casual clothing for travel days	
Hiking poles – to be stowed in hold luggage for flight	
Energy food/snack bars	
Swimwear	
Bags for dirty washing	
Spare glasses/contact lenses	
Video camera + charger	
MP3 player/ipod	
Portable power bank	
Books/packs of cards	
Travel pillow	