



Day 1: Fly to Iceland

Meet your group and travel on an overnight flight to Reykjavík.

Day 2: Reykjavík

Arrive in Reykjavík: Welcome to Reykjavík, Iceland's capital city. After breakfast, head out on a sightseeing tour to discover how this revolutionary city harnesses geothermal waste to stretch natural resources even further—and reduce its environmental impact, too.

Visit the National Museum: Soak up a fascinating collection of exhibitions and permanent displays as you gain insight into Iceland's rugged past, medieval days, and contemporary culture.

Dinner: Celebrate your first night in Iceland with a group dinner.

Day 3: Reykjavík | Hvolsvöllur area

Visit Thingvellir National Park: Take a geology walk in Thingvellir National Park, which is home to Thingvallavatn, the largest national lake in Iceland and a site of historical and geological importance. Be sure to have your camera ready at your next stop: the breathtaking waterfall, Gullfoss, or Golden Falls.

Visit the Geysir geothermal area: Watch water go up instead of down at the Geysir geothermal area—the Great Geysir hurls boiling water more than 200 feet into the air. Afterwards, see how meals can be prepared with a little help from Mother Nature, as you observe the geysir cooking method.

Transfer to the Hvolsvöllur area: Continue on to this area in the south of Iceland.

Visit Icelandic horse stables: Icelandic horses, a breed that exists only in Iceland, are known for their fifth gate, called the tölt. See these horses and learn about their importance in Icelandic history during a visit to a stable.

Greenhouse visit: Visit a greenhouse powered by geothermal and hydroelectric energy to learn about the use of renewable energy in gardening.

Dinner: Tonight, enjoy a delicious meal with your group.

Day 4: Hvolsvöllur area | Reykjavík

Take a full day excursion to the Hvolsvöllur area: Travel to the south of Iceland to the Hvolsvöllur area. This small town is the center of one of Iceland's most famous sagas, Njáls' saga, which integrates Iceland history, literature, cosmology and art.

Visit the Seljalandsfoss and Skógarfoss waterfalls: Experience two of south Iceland's most famous natural wonders. Seljalandsfoss is a beautiful, 130-foot-high waterfall on the river Seljalandsá, while Skógarfoss is on the river Skógaá and has the title of one of the biggest in the country with a width of 80 feet and a drop of 200 feet. Legend has it that Prasi Þórólfsson—the first Viking settler in the area—buried treasure in a cave behind it. On the eastern side, you'll be able to see the Sólheimajökull glacier.

Visit the Skógarfoss Folk Museum: Walk around the open-air museum as you glimpse ancient tools and artifacts dating back to Viking time, and get a look into Icelandic life before the modern age. From here, continue past Dyrhólaey to the village of Vík, where you'll see black sand beaches, puffin colonies, and the Reynisdrangar rocks—famously spooky spindles of basalt rock emerging from the ocean.

🧊 **Glacier walk:** Buckle up your crampons and take the coolest walk of your life—literally—on Sólheimajökull Glacier. Learn how to use basic glacier equipment before setting off to explore water cauldrons and waterways of the glacier, which is almost eight kilometers long. Be sure to note the different shades of the glaciers—white ice, blue ice, and just plain clear ice.

Dinner: Reflect on the day's activities over dinner with your group.

Day 5: Reykjavík

Lava Centre: Visit the state-of-the-art Lava Centre to learn about the earthquakes and volcanic activity that shape our planet and created Iceland's unique landscape.

Visit a geothermal power plant: Iceland's location and abundance of volcanoes makes it rich in geothermal power. In fact, 87% of all buildings in Iceland are heated and provided with hot water by geothermal heating. Explore how this energy is harnessed during a visit to a geothermal power plant.

Dinner: Gather with your group for a delicious meal.

Day 6: Reykjavík

Visit Alftanes peninsula: Journey to the Alftanes peninsula to see Bessastaðir, the official residence of Iceland's presidents since 1941. Continue to Hafnarfjörður and Lake Kleifarvatn, and learn more about geothermal activity as you observe the Krísvík geothermal field's steaming volcanic vents and burbling, gurgling hot springs. Head to the Blue Lagoon for a swim in its mineral-rich waters. A by-product of geothermal plant construction in the 1970s, the Lagoon is recognized by *National Geographic* as a natural wonder. With over a half million yearly visitors, it's a perfect example of how sustainable energy engineering can offer additional benefits to a country.

Dinner: Gather with your group for a goodbye dinner.

Day 7: Depart for home