OCTOBER 16 - 20, 2024

5 DAYS, 4 NIGHTS

ICELAND - REYKJAVIK

(WELLNESS TRAVEL EXPERIENCE)

Wellness Travel

Our wellness-centered trips are geared towards the woman looking to break away from her four walls, reset, refresh, and refocus. Each trip will focus on a set of wellness centered, including but not limited to hiking, meditation, pampering, food & digital detoxing, and relaxation. If you are seeking to visit tourist attractions, or tour areas outside of our selected wellness site, our traditional or cultural trips will be a better option for you. The ideal wellness traveler is someone looking to regroup, and self reflect.

Country Overview

Iceland, a Nordic island nation, is defined by its dramatic landscape with volcanoes, geysers, hot springs and lava fields. Massive glaciers are protected in Vatnajökull and Snæfellsjökull national parks. Most of the population lives in the capital, Reykjavik, which runs on geothermal power and is home to the National and Saga museums, tracing Iceland's Viking history.

Iceland has more hot springs and solfataras—volcanic vents that emit hot gasses and vapors—than any other country. Alkaline hot springs are found in some 250 areas throughout the country.

Reykjavik, Iceland **(4 nights)**

Reykjavik, on the coast of Iceland, is the country's capital and largest city. It's home to the National and Saga museums, tracing Iceland's Viking history. The striking concrete Hallgrimskirkja church and rotating Perlan glass dome offer sweeping views of the sea and nearby hills. Exemplifying the island's volcanic activity is the geothermal Blue Lagoon spa, near the village of Grindavik.

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General Information:

CURRENCY:	Icelandic Krona (ISK)
CURRENT EXCHANGE RATE:	1 USD = 127.78 ISK
AIRPORT CODE(S):	RKV (Reykjavik)
PASSPORT REQUIREMENTS:	Review US State Department)
VISA REQUIRED?	Review Obtain Your Visa All other Country residents check www.visahunter.com
VACCINE(S) REQUIRED FOR ENTRY?	None (source US State Department)
HISTORICAL WEATHER TEMPERATURE	31°F - 35°F

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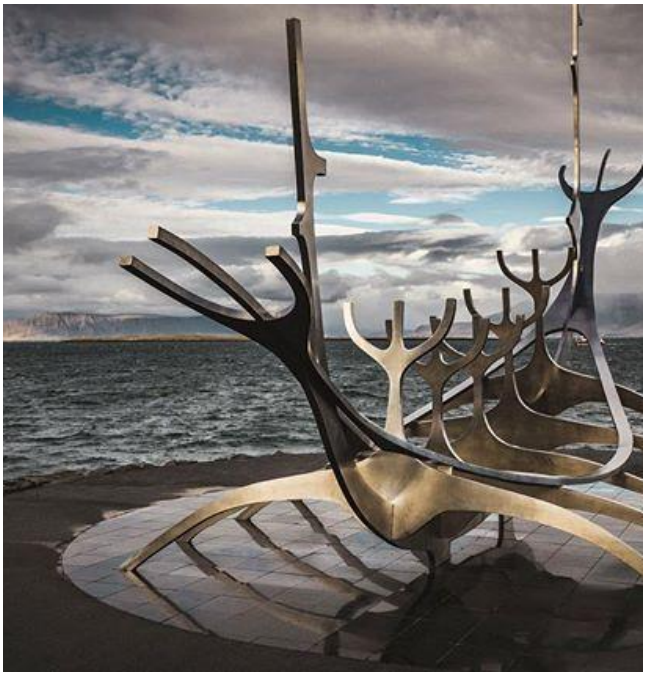
Tentative Itinerary



DAY 1 - ARRIVAL

Upon arrival at Reykjavik-Keflavik Airport (KEF), you will head to the arrivals area to meet our driver. After check in, enjoy the rest of the afternoon relaxing from a long flight. Later this evening we will get together for our welcome dinner.

Resort Check-In: 3 PM local time. Airport transfers provided between 5AM - 11 PM local time on Day 1

Meal(s) Included:
Welcome Dinner

DAY 2 - FOOD & CITY TOUR + 7 RITUAL EXPERIENCE

The beauty of Iceland's cuisine will rival the grandeur and majesty of Iceland's endless, gorgeous landscapes with every bite. Our menu features Icelandic homemade ice cream, grass-fed, free-roaming Icelandic lamb, which generations of locals have enjoyed, seafood soup, the famous hot dog with "everything" that can beat Chicago, and fantastic cheeses constantly changing throughout the year.

Later this afternoon, you will connect with Icelandic traditions and relax your mind, body, and soul during your 7-Ritual experience.

Meal(s) Included:
Breakfast, Food Tour

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DAY 3 - GOLDEN CIRCLE + NORTHERN LIGHTS

The Golden Circle tour lets you see some of Iceland's most incredible natural wonders. From Reykjavik, we will set off to the famous Golden Circle: the scenic journey will take about 40 minutes but don't worry; there are plenty of things to see along the way.

We will begin by visiting the Thingvellir National Park, both steeped in history and stunningly beautiful. There you will see the historic site of Althingi, the location of the world's oldest operational parliament. From Thingvellir, we will move on to the iconic geothermal area around Geysir hot spring: here, you will see the incredible Geysers throw water and steam up to 25 meters into the air.

After Geysir, we will travel to Gullfoss (the Golden Waterfall). After completing our golden circle tour, we will return to our hotel for a quick break for dinner before starting our Northern Lights tour.

Meal(s) Included: Breakfast, Lunch

Important: Warm outdoor clothing, thermal underwear, waterproof jacket and pants, headwear and winter/snow gloves. Good hiking shoes are also highly recommended.

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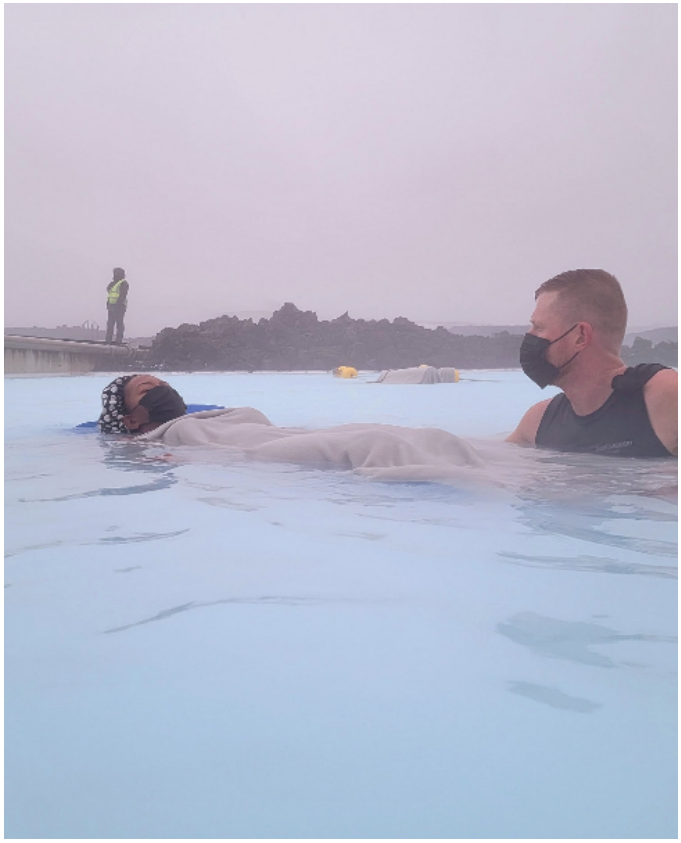

DAY 4 - BLUE LAGOON & WATER MASSAGE

Discover the waters of the Blue Lagoon. Journey through a spa of the volcanic earth. Harmonize with nature.

Included: Entrance to the Blue Lagoon, Silica mud mask, Use of a towel, 1st drink of your choice, Second mask of choice, Slippers, Use of bathrobe

Plus: A unique in-water 60-minute massage experience. In-water massage unlocks new vistas of well-being by unifying the dynamic pleasures of massage therapy, the revitalizing powers of geothermal seawater, and the otherworldly beauty of the Blue Lagoon's volcanic landscape.

Meal(s) Included: Breakfast, Dinner

DAY 5 - DEPART

On our final day, we will enjoy breakfast and then begin to depart back home via one of our group transfers. Hotel check out is 11 AM.

Airport Transfer: You will be transported back to the airport between **12 AM - 12 PM (local time)** on Day 5 only.

Meal(s) Included: Breakfast

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What's Included:

4-Star Hotel Accommodations (4-night) - Located in the City Center of Reykjavík, our hotel features a number of amenities including a fitness center and a bar. The hotel is 1,650 feet from Harpa Concert & Conference Center, and is just a 2-minute walk from Laugavegur Shopping Street.

Room includes - Each room features minimalist Icelandic design and comes with a coffee machine. The tiled bathroom has a walk-in shower and free toiletries. A desk or seating area comes standard. WiFi is free.

Golden Circle Tour - The Golden Circle tour gives you the chance to see some of Iceland's most incredible natural wonders. It gives you the opportunity to see the stunningly, unique geology of Thingvellir National Park; pick your way through the Geysir hot spring area; gaze at the golden water of Gullfoss (the Golden Waterfall); and ride a snowmobile across Langjokull Iceland's second biggest glacier.

Walking Food Tour / City Tour - On our unique Reykjavik Food Tour we will explore local cuisine not seen anywhere else in the world. Icelanders love food and have trekked across every part of this country to find the most delicious and eccentric entrees. If you have an adventurous palate, this tour will satiate your culinary wishes, plate after plate.

Tour Highlights: Visit Top Restaurants and Shops in Reykjavik, Tasty Food, Local Experience, Explore Reykjavik City, Traditional Icelandic Lamb, Homemade Ice Cream, The Famous Icelandic Hot Dog Stand, Local Seafood

Blue Lagoon Premium Day Pass - Discover the waters of the Blue Lagoon. Journey through a spa of the volcanic earth. Harmonize with nature. *Included:* Entrance to the Blue Lagoon, Silica mud mask, Use of towel, 1st drink of your choice, Second mask of choice, Slippers, Use of bathrobe

In Water Massage Blue Lagoon - Unifying the dynamic pleasures of massage therapy, the revitalizing powers of geothermal seawater, and the otherworldly beauty of the Blue Lagoon's volcanic landscape, in-water massage unlocks new vistas of wellbeing.

Airport Transfers - Round trip airport transfers on the start and end dates of a tour.

Tours & Activities - Tours and activities as listed in the trip itinerary

STS Apparel - Each attendee will be receive STS swag bag which includes a STS t-shirt

What's NOT Included:

International flights, gratuity, travel visa, travel insurance, or any other cost not listed in the "what's included" section.

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