

# Iceland Walking Adventure

Trip Code: SGIR

Version: SGIR Iceland Walking Adventure



**WALK & TREK**



**SELF-GUIDED**



**LEISURELY**



## HIGHLIGHTS

- Explore the Snaefellsnes Peninsula, the epitome of Icelandic landscape
- Relax in the warm geothermal waters of the Sky Lagoon
- Pique your senses as you experience the Hengill volcanic area
- Hike to the Glymur Waterfall and Iceland's most famous mountain, Kirkjufjell

## AT A GLANCE

- Self-Guided
- 6 days walking and sightseeing
- Daily departures
- Join at Keflavik Airport

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Experience Iceland in all its glory, away from the crowds and at your own pace, on this fantastic self-guided walk and drive holiday. Arriving in the Land of Fire and Ice, your first stop will be the Sky Lagoon where an authentic Icelandic geothermal bathing experience will set the tone for the rest of your week. Spend time exploring the vibrant capital, Reykjavik, with its photogenic architecture and many enticing restaurants, before heading for the Snaefellsnes Peninsula - a mini Iceland within Iceland! Experiencing its diverse landscape of glaciers, mountains, lava fields, and black volcanic beaches, you will soon be captivated by this wild land. You will have the opportunity to hike to the mysterious Djupalonssandur beach where the power of volcanic lava meets the force of the Atlantic, to the breathtaking Kirkjufjell with its cascades, and to the thundering Glymur Waterfall.

Of course no trip to Iceland is complete without a visit to the Golden Circle, and in true KE style your walks will veer away from the crowds so you can experience this fantastic region like a local. Geology will spring to life and your senses will be awoken as you walk through the geothermal region of Hengill Volcano and stand in awe on the Reykjanes Peninsula as nature's masterpiece is created before you in the form of fresh lava fields and incredible patterns of rope lava. Ending your trip on a high, you return to Reykjavik for the final evening of your Icelandic adventure. Unless, that is, you choose to stay a little longer in the city and take advantage of the endless list of day trips in the region - whether you fancy whale watching or visiting the famed Blue Lagoon. If you'd like to extend your trip, just ask our Sales Team for details.

## Is this holiday for you?

If you love to have time in the city seeing the sights, then retreating from the crowds and into wild landscapes, then this is the trip for you. If you are fascinated by the power of nature and geology, then this is also the trip for you. With time spent unwinding with an authentic Icelandic bathing experience, and time in the hustle and bustle of Reykjavik, you will then leave the crowds behind to hike on the Snaefellsnes Peninsula and explore the Golden Circle, where you will have the perfect balance of culture and wild escapes. Plus, with the flexibility to arrange your own choice of hire car and a selection of walks of around 3-6 hours from which to choose each day, you can enjoy this fantastic region your way and at your own pace.

# Itinerary

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Version: SGIR Iceland Walking Adventure

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## DAY 1

### Welcome to Iceland, the Land of Fire and Ice!

Arrive in Keflavik, looking forward to exploring this Land of Fire and Ice! To help you relax into the holiday mood we have included a visit to the nearby Sky Lagoon, because when you visit Iceland you must have the chance to experience an authentic Icelandic geothermal bathing experience! Depending on your arrival time, you can either stop off here on your way to your hotel in Reykjavik, or check in to your hotel first and then nip back to the Sky Lagoon. Here you can look forward to taking part in the seven-step Sky Ritual, designed to follow traditional bathing culture and leave you refreshed and invigorated as you make your way between hot and cold bathing pools against a spectacular Atlantic backdrop. Once you have soaked away any stresses, you can go out and explore the fantastic city of Reykjavik. Be sure to take a stroll to the Hallgrímskirkja - star of a thousand postcards. This impressive church is a real landmark, dominating the skyline and offering panoramic views from its 75 metre-tall tower. In addition, we recommend visiting the Old Harbour where you will find the Harpa Concert Hall, one of the most iconic buildings in the city, and where you may even be able to enjoy a concert if you are lucky. End your day dining at one of Reykjavik's many excellent restaurants and enjoy your first taste of the delicious and sometimes unusual Iceland cuisine.



**Accommodation**  
Hotel

## DAY 2

### Discover the Snaefellsnes Peninsula, the epitome of Icelandic landscape.

Today you say farewell to the city and drive north to the spectacular Snaefellsnes Peninsula, which translates as 'snow mountain peninsula'. Today's selection of walks will allow you to explore the contrasting landscapes along its south coast. Before heading to the peninsula, you might decide to explore Borgarnes, one of the first places the Vikings settled on the island, and home to museums and galleries - excellent for a wet day and very interesting. Our personal favourite is the Settlement Centre (tickets not included), where you can learn about how Iceland was first colonised, and about a saga set in the local area. More information about the Settlement Centre can be found here:

<https://www.landnam.is/eng/>. Borgarnes is also a good place for visiting the supermarket to stock up on supplies for your adventures. Continuing on your way, you may wish to break up your journey with a walk to the perfectly formed crater of Eldborg, which rises 60m above the surrounding lava. (12km total out and back on a well-maintained walking track from a roadside farm where there is an official parking area). You will soon see how the Snaefellsnes Peninsula lives up to its name. It is the epitome of Icelandic landscape, with its diverse mix of glaciers, mountains, lava fields and fjords, volcanic rock cliffs and a

stunning wild coast with peaceful coves and sandy beaches. If you are lucky when you stop off at Ytri Tunga you can admire seals frolicking on the beach, before you continue to Budir and visit its beautiful little black wooden church. From Budir you might decide to take a walk to the Budahraun lava field and lava tunnel too - on this short walk you can also experience superb views of the Snaefellsnesjokull glacier (7km walking, +150m). Eventually you arrive in the charming port of Arnarstapi, a village nestled at the base of the iconic Snaefellsnesjokull, your home for tonight. There is a lovely clifftop coastal walk that you might decide to do here too (5km round trip, negligible ascent) - keep your eyes peeled for marine mammals passing close to the shore. When you have finished exploring, you can finally settle into your hotel for the evening, with its desirable location here on the coast. Either one or both of the Budir or Arnarstapi walks could easily be done on Day 3 instead if you wish.

Meals: **B**



**Accommodation**  
Hotel

### DAY 3

## Experience the mysterious beach of Djupalonssandur and hike to Kirkjufjell, the most famous mountain in Iceland.

Waking up in this wild paradise, today you will explore more of the southern coast of Snaefellsnes, including perhaps starting with the walk from Budir or the one along the coast at Arnarstapi as described for Day 2, before heading to the northern part of the peninsula where you will spend tonight. On your way, you will be captivated by the geological wonders of the ocean reef that was formed as ancient lava flows hit the cold Atlantic waters at Djupalonssandur beach. Walk along this striking black sand and lava-pebble beach and experience the mysterious atmosphere created by the remnants of a shipwreck, and the four ancient lifting stones that were once used to test an aspiring fisherman's strength. Spot the commanding yellow lighthouse of Svortuloft, warning the fishermen below about the perils of the sea, before you head to the northern part of the peninsula where the landscape changes and fjords appear, adorned with waterfalls. Before continuing to Kirkjufjell, you also have the option to pause for a short walk inland to visit the Raudholl crater - an easy 6km round trip. Back in your car, it is just a short drive to reach the lovely Svodufoss waterfall. You can park very close by and follow a short, easy, well-maintained path to the viewpoint to admire the tumbling waters. Close to here, at Olafsvik, you have a good opportunity to stop for fuel for both yourself (coffee!) and your car. Prepare to be dazzled, because what we think is one of the best drives you can do anywhere in the world is coming right up! It is short yet epically sweet as you make your way to Stykkisholmur. Approaching the imposing Kirkjufjell en-route, you simply have to grab your camera and capture its picturesque cascades. You might make a stop here to admire this scene for a while, and it will be obvious why Kirkjufjell is said to be the most famous mountain in Iceland. Next, you can head to Berserkjahraun to marvel at the 4,000-year-old lava field created here after the frequent eruption of four scoria craters and is the setting for a famous local saga - we'll leave the story for you to discover when you are there. Then, arriving in Stykkisholmur with its characteristic colourful wooden houses, you can settle into your hotel before heading out for dinner at one of the local restaurants. It is a good idea to have topped up the fuel in your car today, or tomorrow morning before you leave Stykkisholmur, as you will be driving plenty of miles over the next 3 days, through areas where there are fewer options for filling up the tank.



Meals: **B**



**Accommodation**  
Hotel

#### DAY 4

### Take a scenic drive through the Hvalfjordur fjord and hike to the thundering cascades of the Glymur Waterfall.

If you didn't stop at Borgarnes yesterday, you could still do so this morning before heading off on a scenic drive through the picturesque Hvalfjordur fjord, again with plenty of opportunities to pause and go off exploring on foot. Meaning 'whale fjord', this area was not named because there is any greater chance of seeing whales here than anywhere else in Iceland; instead an old folk story has it that an angry red-headed whale once terrorised Iceland's west coast, and was lured into a trap here. There are so many things to see and do around here, yet the highlight is almost certainly hiking to the Glymur Waterfall, the second highest in Iceland at almost 200m. We have a selection of hikes of varying length and difficulty from which to choose, allowing you to discover these spectacular cascades your way. Trekking poles are recommended for each option: Short out and back hike to the first waterfall viewpoint (allow 2.5-3 hours) / Medium out and back hike to several waterfall viewpoints (allow 3-3.5 hours), for those who are more surefooted and want a more adventurous and varied hike. A spare pair of 'wet shoes' (hiking sandals with spare socks are ideal) is recommended for use on river crossings on this route! You will negotiate a tunnel-shaped cave, and a river crossing with stepping-stones (sometimes submerged) and a small hanging bridge consisting of a cable stretched across the river to hold combined with a tree trunk on which to walk / Long circular hike around Glymur (allow 4-5 hours). Again, a spare pair of 'wet shoes' is recommended for river crossings here. This option is only for the most surefooted experienced hikers who also have a good head for heights, and must never be undertaken in rain or shortly after heavy rainfall. As well as the river crossing described in the Medium route, you will need to make a much wider and slightly deeper river crossing by wading across, and then only if you find a crossing point where you decide it is safe to do so. The water is usually 40-50cm deep here, and can be deeper. You must be prepared to turn around and go back the way you came if it is not safe to cross. PLEASE NOTE: all three Glymur routes are unsuitable for those with a fear of heights and, depending how you feel about this, you might find you want to turn back early - in which case you would not see the waterfall itself. In addition, depending on the weather, sometimes the river can swell, meaning that it may not be possible to do the Glymur Waterfall hikes. In either case, we have plenty of excellent alternatives for you. Another favourite of ours is the detour to the delightful Reykholt Valley, showcasing the fascinating Deildartunguhver hot springs - some of the fastest flowing in the world. Naturally warmed waters emerge at 97 degrees centigrade at a rate of around 180 litres per second! Further along the valley, you will find the smaller yet also impressive waterfalls of Hraunfossar and Barnafalls. All three sites are easy to visit, with parking areas close by, so you can wander and wonder to your heart's content. If you want to do the longest hike at Glymur today as well as visit the other waterfalls, you will need to begin your day in very good time to allow for the detour to see the Deildartunguhver, Hraunfossar and Barnafalls before setting off on your Glymur hike.

Meals: **B**



Accommodation  
Hotel

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## DAY 5

### Enjoy the full Golden Circle experience and leave the crowds behind as you hike through the geological area of Thingvellir.

Iceland's Golden Circle comprises three of the country's most popular attractions: Thingvellir National Park, the Geysir Hot Springs geothermal area, and the Gullfoss waterfall. These three National Parks are classified as 'must sees' for very good reason, and will no doubt have your camera bursting with snaps of nature's artistry. Today you will get to experience the three parks and enjoy leaving the masses behind as you venture out on a walk that is off the beaten track. Even better, we have hand-picked a fabulous hotel at Gullfoss for the two nights either side of today, so that you can emerge before breakfast to experience the powerful serenity of Gullfoss before the crowds arrive. Then, after breakfast, you can head over to Thingvellir National Park where you will be greeted by majestic landscapes sculpted by the forces of continental drift and past volcanic activity. Feel in awe of the huge tectonic fissure along the mid-Atlantic fault, lava fields galore, the Skjaldbreidur lava shield, and the shimmering waters of Thingvallavatn - the largest body of fresh water in Iceland. When you have finished taking in the beauty, you can step away from any crowds for a few hours as you take a walk through this unique historical and geological area. We have put together a selection of walks to choose from, including a short easy wander by Lake Thingvallavatn (2-6km, 30min-1.5 hours); a circular walk where you get to walk in the huge Stekkjargja fissure itself (6km, 1.5-2 hours); and a longer out-and-back route through this magnificent scenery (11km, 2-2.5 hours, +270m, -270m). There is also an interesting visitor centre here (tickets not included) that you might like to visit too, where you can learn more about the National Park. Returning to your car, your next stop is Geysir National Park, where you can observe the Strokkur geyser in action as it spouts boiling water up to 20m into the air every 5 to 8 minutes! Next, if you didn't head out before breakfast to do so, your final treat of the day still awaits: the walk to the stunning Gullfoss Waterfall where you will be mesmerised by its thundering beauty as the Hvita River falls into the impressive canyon. With all that excitement, you end your day with another night staying inside the famous Golden Circle. Perhaps you will sneak out before breakfast (again?) tomorrow to spend more time absorbing the energies of Gullfoss? Alternatively, visit 'the secret hot springs' nearby, Iceland's oldest bathing pool? It is entirely up to you, as this is your holiday!

Meals: **B**



Accommodation  
Hotel

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## DAY 6

## Excite your senses on a hike through the Hengill Geothermal Area, bathe in its designated natural pools, and stay in Hveragerdi - 'the hot spring town'.

Enjoy a relaxed breakfast before embarking on today's adventure - an exploration of the geothermal area around Hengill Volcano. While the volcano itself hasn't erupted for some 2,000 years, the lava still runs close to the surface providing the ultimate sensory experience as you walk through what is the largest geothermal area in Iceland and an absolute gem for interesting walking away from the crowds (10km, 3 hours, easy to follow signed route with some tougher terrain). As this natural energy plant shares its constant display of power, you can expect to encounter vibrant colours, hear the hissing of hot springs and steam vents, and see mud pools bubbling away like giant witches' cauldrons. With is so much power, this is one of the major renewable sources of Iceland's electricity and heated water. Who knows, your shower this evening may be heated from the very landscape through which you have been walking today! When you have finished exploring this fascinating area, it is time to make your way to the nearby town of Hveragerdi for the night. The town, often known as 'the hot spring town', is home to the Hveragerdi Earthquake Exhibition where you can experience an earthquake simulator and learn about the quake that hit the south of Iceland in 2008. You will have time to visit the exhibition and other local attractions before enjoying dinner and settling into your hotel for the evening. PLEASE NOTE: the geothermal areas are monitored closely by authorities and can be closed during periods of increased activity, as was the case in summer 2023.

Meals: **B**



**Accommodation**  
Hotel

### DAY 7

## Hike in the Fagradalsfjall area and watch the lava flow before you, or hike and dip on the Reykjadalur Hot River Trail on your way back to Reykjavik.

Today brings another highlight of the week as you venture along the southern coast of Reykjanes Peninsula. This untamed coastline is best known for its volcanic activity and the otherworldly landscapes this creates - in fact, this is a landscape changing right before your eyes. Witness bubbling mud cauldrons at Krysuvik and marvel at the geological formations at Kleifarvatn Lake. Today's hike will take you through the eruptive Fagradalsfjall area, the most volcanically active area in Iceland. Having witnessed the last three eruptions in Iceland; Geldingadalir in 2021, Meradalir in 2022, and Litla-Hrut in 2023, the area is now almost constantly in the headlines. You'll find a great network of paths for exploring the area where the geology springs to life and you are immersed in an otherworldly landscape of sights and smells. Brace yourself for a spectacle of smoking craters, freshly formed lava fields, fragmented lava blankets and incredible patterns of rope lava! We have two excellent routes to choose from: an out and back to the viewpoint over the Litla-Hrut eruption site (18km, 6-8 hours, almost flat), or a longer out-and-back where you walk on the other side of the main lava field and summit Litla-Hrut (22km, 7-9 hours, +400m, -400m). That said, sometimes the activity is such that it is not possible to enter the area for safety reasons, and this will be clearly signed by the authorities here. An excellent alternative adventure on this day is hiking and dipping on the Hot River Trail - in fact why not get up early and hike in Fagradalsfjall and to the Hot River if you can? This shorter out and back walk takes you up the

Reykjadalur Valley on a clearly marked path that can be very muddy in places, punctuated with wooden boardwalks and bridges (7km, 2-3 hours + optional time for bathing). You arrive at the confluence point of two tributaries: one hot, one cold, and the further uphill and upstream you venture along the hot river, the warmer the water. There are plenty of opportunities to stop and wallow in shallow natural hot pools, so remember your swimwear and a towel large enough for getting changed behind! We have a selection of other routes you can add on in the Hot River area, so there is a plethora of great options for a full day of adventure. When you have finished exploring, you will return to Reykjavik for the final night of your trip and another opportunity to soak up the city's atmosphere, visit its attractions, and raise a toast over dinner to a fantastic week of adventure in the Land of Fire and Ice.

Meals: **B**



#### Accommodation

Hotel

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### DAY 8

#### Departure Day.

Your Icelandic adventure comes to an end, and today you make your onward journey. Depending on your travel plans, you may wish to enjoy a final stroll through the city and immerse yourself in the unique culture. You may even wish to end your trip in the same way as it started, with a visit to one of the thermal pools. If you aren't quite ready for your trip to end then why not book some additional nights in Reykjavik so you can enjoy some of the many day trips from the city such as whale watching tours or visiting the famous Blue Lagoon. Our Sales Team will be happy to arrange additional nights' accommodation for you - please speak with them for more details.

Meals: **B**

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## Holiday Information



## What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Pure Pass entrance to Sky Lagoon (minimum age: 12)
- Tourist taxes (around 2-5 Icelandic Krona per person per night)

## What's not Included

- Travel insurance
- Travel to / from Keflavik Airport
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Hire car and fuel for the hire car
- Any car parking charges
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## Car Hire

This holiday has been designed to give you the ultimate flexibility and independence with arranging your own hire car.

There are numerous car hire agencies in Iceland, with offices available at Keflavik Airport. Arranging your car independently, you can choose the type of vehicle you prefer, the number of drivers required, and the level of excess protection desired. Car hire brokers such as [Zest Car Rental](#) are a good resource for comparing rental deals. We highly recommend that you pre-book your hire car so that it is ready to collect on arrival.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

The trip starts and ends at Keflavik Airport. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport for this trip is Keflavik Airport, which is well-served with many departures from UK regional airports. There are numerous car rental agencies available at Keflavik Airport - pre-booking your hire car is highly recommended.

We can also arrange additional nights' accommodation in Reykjavik before or after your self-guided trip, or you may even wish to make this trip part of a bigger trip of your own, or pair it with one of our other holidays - just ask our Sales Team for details.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Icelandic food is heavily influenced by its Scandinavian neighbours and won't disappoint even the more avid foodies. As a nation that historically struggled to grow fresh produce, it will come as no surprise that the staples of the nation's cuisine are meat, fish and dairy produce, although the days of having to preserve fresh produce are a thing of the past.

You can look forward to simple, hearty, delicious dishes such as flatkaka med hangikjoti (flatbread with smoked lamb), the perfect dish for fuelling a day adventuring. Freshly caught langoustine, cod and haddock are featured prominently and are highly recommended - in fact, Icelandic fish and chips will even give the British a run for their money! Or perhaps sample kjotsupa, a traditional hot lamb soup, perfect for warming on those cooler days.

For the braver diners, the Icelanders have some unique dishes for you to sample such as hakarl (fermented shark), svid (sheep's head), and hrutspungar (pickled or fermented ram's testicles). These dishes aren't for everyone but are age-old traditions here in Iceland.

Of course, we cannot forget to mention skyr, perhaps Iceland's most famed dairy product. Often classified as a cheese, it is in fact a deliciously thick yet light yoghurt and will be often seen in your breakfast selection in a range of flavours.

For those with a sweet tooth, be sure to sample the popular kleinur, a yummy twisted doughnut, or bragdarefur, a popular ice cream treat which requires you to choose 3 additional ingredients from a selection of sweets and fruit which are then mixed into the ice cream - a popular base flavour being rugbraudsis (rye bread ice cream). We recommend you to order a small one, as these tasty ice cream treats can often be ginormous!

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

On this trip you will stay in a selection of fantastic 3-star hotels and guesthouses and one 4-star hotel, all chosen for their great locations and connections to their local area. In Reykjavik you will stay in the city centre, enabling you to enjoy all it has to offer, before hitting the road to the wild coast where you can enjoy watching wildlife from your hotel. Then, you will head towards the national parks to enjoy the remote locations of Thingvellir and Hverageroi, all the while staying in comfortable hotels with trendy Scandinavian styling and warm hospitality, along with car parking. Each hotel and guesthouse offers a great breakfast buffet, and most have on-site restaurants too.

It is possible to arrange additional nights' accommodation in Reykjavik before or after your trip if you wish to have a little more time exploring the city. Please speak to our Sales Team for more information.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday.

For international flights please check your baggage allowance with your airline.

Please also consider the luggage capacity of the type of vehicle you choose to hire.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

### Visa Iceland

UK and USA passport holders do not require a visa for short stays.

## Health & Vaccinations

### VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

### Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

### Currency

The unit of currency in Iceland is the Icelandic Krona.



## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace. However, getting some additional exercise before coming on an active holiday makes a lot of sense and the fitter you are the more enjoyable your walks will be. You should be aerobically fit and comfortable with walking 3 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

## Climate

Despite its location on the edge of the Arctic Circle, Iceland is not the cold country we sometimes imagine. The island benefits from the influence of the Gulf Stream, which bathes its south, west and north-west coasts, giving the country a temperate oceanic climate (relatively mild winters and relatively cool summers). In Reykjavik, average temperatures sit between 0 and 12 degrees centigrade in January, and at around 12 degrees centigrade in July. The rains are more abundant in the south than in the north. As for the winds, they are very frequent and sometimes strong. The only thing certain about Icelandic weather is that it is extremely changeable, so you should be prepared for four seasons in one day, although generally it is warm and sunny in summer.

From May to mid-August it barely gets dark at night, allowing you to make the most of your trip - however if you are a light sleeper it may be worth packing an eye mask to help you sleep.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](https://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

Iceland – Lonely Planet

Iceland – Rough Guide

How Iceland Changed the World - Egill Bjarnason

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers

- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

## Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

This holiday requires a hire car to be arranged independently. There are several rental agencies available in Iceland, with desks at Keflavik Airport.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

# Why Choose KE

## Why KE?

We are the only UK tour operator offering this fantastic exploration of West Iceland, Reykjavik, and the Golden Circle. By designing this as a hike and drive itinerary, hiring a car will give you the ultimate flexibility in experiencing the many options available on this trip.

**Please Note** This document was downloaded on 12/07/2025 and the trip is subject to change