

ARCTIC ADVENTURES INFORMATION PACKAGE



6 DAYS

AROUND ICELAND ADVENTURE

We, at Arctic Adventures, are really looking forward to sharing the experience of going the whole circle around our beautiful country of fire and ice with you! We are always looking for ways to make your experience a more special and memorable one so now we have created an information package to read before your trip. This package will hopefully make a difference, add to your comfort, knowledge and expectations about Iceland and start the excitement for the journey ahead.

Let's get ready to explore Iceland's ultimate highlights together!



ABOUT THE TOUR

The 6 Days Around Iceland Adventure will take you on the famous and breathtakingly beautiful Ring Road of Iceland and will give you the chance to explore more of Iceland in a relatively short period of time. This is the perfect way to maximise your experience here in Iceland, giving you a fabulous 'Iceland in a Nutshell' experience.

Our team of travel experts have handpicked a selection of their all-time favorite sights and activities to do along the route. You will get a chance to see everything from the famous **Golden Circle** to black volcanic beaches, the **Jökulsárlón glacier lagoon** and some of the most beautiful waterfalls in the world. The tour will take you to tiny, charming fishing villages and historical sights, take you through rugged lava fields and give you the most stunning glacier views you will ever see.

Every season we make the most of the different opportunities and activities, this includes chasing the **North-ern Lights** in winter time, in late summer we like to visit sheep round-ups done in the old Icelandic way, and during high summer we bask under the midnight sun beams, which Iceland is becoming so famous for. The exciting adventures ahead also include whale watching, glacier hiking on Europe's largest glacier, with hiking in beautiful unique Icelandic nature and stops at extraordinary sightseeing spots. All hikes and activities on this tour are rated as easy, the pace is slow and determined by the participants.

For those looking to relax along the way we will make a stop at the beautiful **Mývatn Nature Baths** 'The Blue Lagoon of the North', which can be booked along with your tour (optional extra). If you have already booked the tour, then you can always add admission to the lagoon simply by using the link in the **extras and upgrades section** below.

Naturally, these activities combined with the extremely changeable Icelandic weather, generate some specific clothing requirements. To help you prepare for Icelandic conditions, we have put together a **packing list**, provided some weather information and also some details concerning the sort of facilities and meal possibilities you can expect to find at different stops.



ITINERARY

Day 1



Start point: Your choice of pick up point in Reykjavík

Approximate driving distance: 290 km (180 miles)

Highlights: Golden Circle - Skógafoss - Seljalandsfoss - Vík

Accommodation: Around Vík

Pick up starts at 08:00 am in Reykjavík at one of our authorized pick up locations. Your first day is all about sightseeing and the true beauty and amazing power of Icelandic nature. We start by visiting the Golden Circle attractions including the historic **Pingvellir National Park**, home to one of the world's first democratic parliaments. This place is also a geological wonder, it is here that two great tectonic plates have slowly drifted apart, creating a rift valley, this is truly a sight not to be missed. You will see the sensational **Gullfoss waterfall**, feeling the spray in the air as the great torrent of glacial water, sourced at **Langjökull glacier**, powers through the falls. You will witness an erupting geyser at **Geysir**, you never have to wait long, Strokkur, the most active geyser, erupts every few minutes.

Next on the agenda are the two best known waterfalls on the south coast, the extremely different but equally beautiful **Seljalandsfoss waterfall** and **Skógafoss waterfall**. Seljalandsfoss is known as 'the waterfall you can walk behind' and Skógafoss is mysterious, vigorous and graceful, the cascade dropping into the calm river below. Mountain glaciers and famous volcanoes tower above this part of the coastline, on a clear day the views are wonderful.

The night will be spent at accommodation near Vík.



Day 2



Start point: Around Vík

Approximate driving distance: 280 km (174 miles)

Highlights: Reynisfjara - Skaftafell - Jökulsárlón Glacier Lagoon - Höfn

Accommodation: In the Höfn area

Today we will get a chance to really encounter the full variety of Icelandic nature. First, we visit the pitch black volcanic sand beach of **Reynisfjara** with its forceful waves and the remarkable and stunning Reynisdrangar basalt columns. These crazily shaped forms tower above the ocean waves, it is easy to see how a famous troll legend came to be linked to them.

Your journey will then take you across the Eldhraun lava field, Eldhraun means 'fire lava', the flow of fire-red glowing magma which formed this lava field was mighty. Having witnessed the work of the fire from the center of the earth you will be ready to set foot on the ice! Your magical glacier hike will take you onto an outlet glacier of Vatnajökull, the largest glacier in Europe. The glacier is a special and very powerful place, you will see wonderful and stunning ice features, and learn all about this fascinating place. Stand still and you will feel the peace, but the glacier is always moving and changing.

Your glacier adventures continue at **Jökulsárlón glacier lagoon**. This place really is like nothing else you have ever seen, somewhere which is a real must-visit. The glittering, and often very large icebergs calve off the receding Breiðamerkurjökull glacier, a tongue of Vatnajökull. These surreal natural ice statues float across the continually growing, and already very large, lagoon. The icebergs head to the Diamond Beach and the waves of the Atlantic Ocean. When you see them shimmering on the coal-black sands you will truly understand why this beach is so named. The memories you take away from today will be totally unforgettable.

The night will be spent at accommodation in the Höfn area.



Day 3



Start point: In the area of Höfn

Approximate driving distance: 236 km (147 miles)

Highlights: East fjords - Djúpivogur - Hengifoss - Egilsstaðir

Accommodation: In the Egilsstaðir area

From Höfn we will drive a scenic route to Djúpivogur, a charming little fishing village in the wild and unspoiled East Fjords. See the famous sculpture work, Egginn of Gleðivík by Sigurð Guðmússon, the name translates beautifully into English to 'The Eggs of Merry Bay'. This granite artwork represents the eggs of the 34 bird species which nest in the Djúpivogur area. You get some time to look around, giving you a great picture of traditional Iceland before traveling onwards, following the stunning Berufjörður Fjord, then up across country to the Egilsstaðir area.

We take you on a fabulous hike up to the exquisite Hengifoss waterfall, Iceland's second highest waterfall and the walk will take you through varied and highly photogenic scenery. You will also see the very attractive Litlanesfoss waterfall. This easy hike takes about three hours, your guide will provide a lot of information about the area, there are plenty of photo stops and opportunities to pause and admire the views.

It is in the East that we are most likely to spot reindeer, hopefully as we are driving along we will get the chance to see some. When we do we always stop at the nearest safe place and enjoy a little reindeer gazing and photography. On this tour we will always make the most of the opportunities which come up as we go on our way.

The night will be spent at accommodation in the Egilsstaðir area.



Day 4



Start point: in the area of Egilsstaðir

Approximate driving distance: 346 km (215 miles)

Highlights: Dettifoss - Mývatn - Hverfjall Crater - Goðafoss - Akureyri

Accommodation: in the area of Akureyri

We start our day quite early and head to the remarkably powerful **Dettifoss waterfall**, arriving early, hopefully, we can beat the crowds and have the place mostly to ourselves. The next adventure on our list is the geothermal paradise of Námaskarð, get ready for steamy puddles, sulfur scented steam, and moon-like landscapes. The colorful boiling mud pots really are amazing, this place is so otherworldly it is hard to describe!

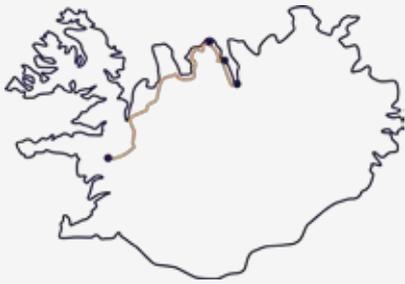
Mývatn Nature Baths are our next stop where you will get the chance to soak in the amazing silica and mineral-rich waters, totally relaxing in the pool and coming out feeling completely renewed and refreshed. We visit Dimmuborgir a wonderland of stunning lava formations which will leave you feeling mesmerized even before you go to the enchanting and mystical Goðafoss waterfall. These graceful crescent shaped falls on the Skjálfandafljót river rate very highly on lists of favorite waterfalls in Iceland. This is the place where, after Iceland's conversion to Christianity, the last Pagan Chieftain, known as the Goði, is said to have thrown his Pagan statues into the waterfall. Goðafoss means 'the Waterfall of the Gods' or 'the Waterfall of the Goði'.

Late in the afternoon we arrive in Akureyri, the Capital of the North and the biggest town you will see outside of Reykjavík during your trip around the Ring Road. It is well-known for its stunning Fjord and mountain landscapes, wonderful downtown area and great restaurants.

The night will be spent at accommodation close to Akureyri.



Day 5



Start point: Around Akureyri

Approximate driving distance: 360 km (224 miles)

Highlights: Whale Watching - Siglufjörður - North West Iceland

Accommodation: in The North West area

We start the day in an exciting way with a whale watching boat and sea angling tour from Dalvík, a fishing village near Akureyri. Dalvík is known for being one of the best places to spot whales in Iceland, especially if you want to see more than one type of whale and other ocean wildlife. Fish are plentiful too, normally we do really well with our sea angling, we cook our catch, and you get to taste the freshest fish imaginable. We spend a little time enjoying the charming and traditional town of Dalvík. This is one of the premier skiing areas of Iceland, with really beautiful steep mountains.

When we leave Dalvík we continue around the peninsula to the colorful and vibrant village of Siglufjörður. Few places have a harbor as beautiful as the one here, there are charming brightly painted corrugated iron and old wooden houses, and many well-preserved buildings belonging to the town's Herring Era past. Quite early in the 20th century Siglufjörður established itself as the herring capital, many people came here from other parts of Iceland to work in the industry. There are museums and a lot of information in the town about this, the high mountains tower dramatically above the harbor.

On our way to our accommodation we drive through Skagafjörður, a really beautiful fjord with a few islands, including Drangey, an island with steep sea cliffs, formed from the remnants of a 700,000 year old volcano. Grettis Saga tells the story of the outlaw Grettir, who took refuge on this towering rock, along with his brother Illugi and his slave Glaumur. Many seabirds nest on Drangey, and each spring local people come to harvest their eggs.

The night will be spent the night at accommodation in North West Iceland.



Day 6



Start point: North West area

Approximate driving distance: 200 km (124 miles)

Highlights: Borgarfjörður - Reykholt - Hraunfossar - Hvalfjörður

Drop off: Your selected drop off point in Reykjavík

We will start the day with a small hike up to Grábrók, a volcano crater, giving you epic views over various craters and moss-covered lava fields. We will then stop at Deildartunguhver hot spring, the highest-flow hot spring in Europe, before moving on to Reykholt, the name translates into English as ‘Smoky Hill’. This was the home-place of Snorri Sturluson, a historian, Law Speaker and saga writer. You will see Snorralaug, the naturally warm pool where Snorri probably bathed.

As we continue our journey around Iceland we will come to more waterfalls, the next stop will be at Barnafoss waterfall on the Hvítá river (the White River). There is a legend telling how this waterfall was so named, the name means Children’s Falls, your guide, will, we are sure, tell you the story. We will also visit the unique Hraunfossar waterfall, this very broad cascade is made up of thousands of streams which pour out from the edge of the lava field.

Traveling back to Reykjavík, we pass through the Hvalfjörður area with beautiful countryside, coastal scenery and farmlands. Returning to the edge of the city you will see Mount Esja, Reykjavík’s iconic mountain.

We will end our adventure in Reykjavík late in the afternoon at around 5-6 p.m.

See more information on our website: [6 Days Around Iceland](#)



! Please keep in mind that Arctic Adventures reserve the right to alter the itinerary and/or take different routes due to weather and/or road conditions. Also, due to limited availability of accommodations in Iceland, we may need to re-arrange the itinerary. However, our experienced travel planners aim to optimize your experience of the tour and make sure it’s always the best possible.

PICK UP INFORMATION

Arctic Adventures offers a pickup service from authorized points in the Reykjavík area. However, these do not include private apartments, Airbnb apartments or Keflavík Airport. Please have a look at our website where you can find [detailed information regarding our pickup](#) procedures and a list of selected locations where we can pick you up.

If your accommodation is not on the list, then please choose the nearest pickup location. We have provided maps and directions for all major hotels, hostels and guesthouses in the Reykjavík area on our website. Please make certain you have notified our Customer Service Team (info@adventures.is) of the location you would like to be picked up from at least 48 hours prior to your departure.

Keep in mind that the driver guide on your tour probably has to pick up at a few locations so it might take up to 30 minutes for the guide to reach your pickup location. Our vehicles are all marked with the Arctic Adventures logo so please look out for a vehicle looking something like the one below.

Want to know more? Read more about [Pick up Information on our website](#).



! Please note that several tours might have pick up at the same pick up location and time as yours. Our guides will have a lists of all passangers for all the cars. Please have your voucher ready when the car arrives.

ACCOMODATION AND MEALS

On our journey around Iceland, we'll be staying at various country hotels and guesthouses. Our team of travel planners have hand-picked a selection of accommodation places, our main priority is booking comfortable places in locations which suit our carefully planned itinerary.

There is a limited range of hotels and guesthouses in the countryside. This means that some might be located in or close to towns and villages but others could be situated in more remote areas out in the countryside. Accommodation options are also subject to availability, so the places where we stay will vary between tour departures. Examples of the areas we stay in are Vík, Höfn, Egilsstaðir, Akureyri and Bifröst, all of these places offer amazing views from or around the places where you will stay.

However, all of the country hotels and guesthouses where we stay have some things in common, they offer standard comfortable rooms with made up beds and provide towels. They all have free WiFi for guests and a daily breakfast buffet. We are often asked if hair dryers are available, and they certainly are, if you cannot see a hair dryer in your room, then you just need to ask at the reception desk.

Hotel Breakfast - Included

Daily breakfast buffets at the hotels are included in the tour price. These are Nordic style breakfast buffets that generally offer bread, crispbread, cereals, fruit juice, teas, coffee, milk, butter, jams, sliced vegetables, fruit, boiled eggs, cheese, ham and often salami. Extras often include yogurt or the famous Icelandic Skyr, we recommend that everyone visiting Iceland tries this particular delight.

Lunch and Dinner - Your Choices

Along the way, we will be stopping at gas stations, roadside shops/supermarkets, hotels and restaurants where you can purchase food and meals. Examples of what you can find at these places are sandwiches, hot dogs, soups, hamburgers, fish, chicken, chocolate bars, snacks, drinks, etc. Normally, we eat dinner at the hotel we stay at or find another restaurant in the area. Keep in mind that some of the hotels we stay at offer a fairly extensive evening menu but country hotels sometimes offer just the dish of the day rather than a menu.

Some of the freshest fish in the world and delicious wild mountain lamb dishes feature strongly on Icelandic menus. Although towns, such as Akureyri, Höfn and Egilsstaðir, have a wider choice of restaurants it is important to realize your hotel is quite likely to be out in the countryside where the only option is to eat at the hotel. If you have any questions or concerns regarding the meals, just ask your guide on the tour, he/she will be happy to provide information about the food options for each day.

Allergies and Dietary Restrictions

In the booking process, you will be asked whether you have any dietary restrictions. For example, if you are vegetarian, vegan, gluten free, lactose free, diabetic or have allergies. If you develop any restrictions after you have booked your tour please let us know by sending an email to info@adventures.is. It is also very important to remind the guide on the tour of your dietary restrictions so that he/she can do his/her best to accommodate them.

Unless you are vegan or lactose intolerant and also need to be gluten free, it should not be too difficult to accommodate your needs. If you require gluten free bread or other very specific alternative items, it may be best to bring them with you, since options on the road may be limited. If you need something to eat/take with you out in the country you can always ask your guide to stop at a gas station/local supermarket before leaving Reykjavík. The range of products is often good but there are definitely fewer choices available in towns other than Reykjavík, Egilsstaðir or Akureyri.

ACTIVITIES

On this tour you will experience some really wonderful activities, many of them may be new to you. We want our customers feel confident, fully prepared and tantalized by the amazing experiences they can look forward to.

Hiking

This tour has some really interesting hikes and lots of short walks to explore waterfalls and natural wonders or to look around towns, villages and historic sights. All hikes are rated as easy and are at a slow pace determined by the participants.

The longest hike is a spectacular three hour hike in East Iceland which will take you to Hengifoss, Iceland's second highest waterfall. You will also see a stunning gorge where you can clearly see the volcanic layers in the rock face, and Litlanesfoss waterfall, with a high cascade framed dramatically by enormous hexagonal basalt columns. Anyone in reasonable condition, who is capable of hiking for three hours at a slow pace on uneven surfaces can do this. There are short breaks and pauses to admire the views and take photos, it is good to bring a drink and a snack to enjoy.

There is a hike up to the Grábrók crater, from the top you will have panoramic views over the lava field and the whole area. It will be quite rough underfoot, although this hike is short you should wear hiking shoes and outdoor clothes suitable for the weather.

Other hikes to explore natural wonders are quite short, a few will take you over rough lava. At the Námaskarð geothermal area, close to boiling mud pots and bubbling hot springs, there are picturesque areas of multi-colored mud, so in some places you will be walking on softish mud. The sulfur scented steam makes the air a little moist, most people are not bothered by this at all, it is just part of the atmosphere in this otherworldly place.

Wearing rainwear is certainly recommend for walking the pathway behind the cascade of Seljalandsfoss waterfall, or close to Skógafoss waterfall. Otherwise the spray from the tumbling falls can make you fairly wet.

Strong hiking shoes are recommended for shorter walks because you will often be on rough paths. In wintry weather there can be snow or ice, ice grips or traction cleats which fit on your shoes are useful in winter.



Mývatn Nature baths

Set in the middle of a lava field, Mývatn Nature Baths really are the Blue Lagoon of the north. When the alkaline, mineral rich water emerges from the earth it is 130° C, before being cooled to a comfortable 36° C to 40° C, perfect for bathing. The composition of the water ensures that undesirable bacteria does not breed, so no chlorine or other chemicals are added. It is soothing for most skin conditions, and the sulfur-rich steamy atmosphere is often helpful to those with asthma or chest conditions. The changing rooms, public areas, licensed café/restaurant and outdoor seating areas are all very comfortable. The scenery and the views from every window are outstanding and the atmosphere is serene and relaxed.



Glacier hiking

Our tour planners have chosen an easy, but really spectacular, glacier hike on an outlet glacier or glacier tongue of Vatnajökull, the largest glacier in Europe. Most people have never set foot on a glacier so this will be a totally new and really exciting activity. Your glacier guide will issue you with crampons and all necessary glacier gear and explain how everything should be used. You will see breath-taking ice formations including moulins, networks of crevasses and sometimes ice falls. This is a powerful place which is always changing, the ice creaks as it moves, on the glacier people feel very small in the face of nature!

It is important that you wear proper hiking boots because the crampons cannot be fitted to any other kind of footwear. Whatever the weather, make sure you have got your sunglasses and sunscreen, additional warm clothing and your waterproof jacket and trousers with you. We all know glaciers are cold but the temperature does vary, so you may need to increase or reduce your layers. Your camera is essential and carrying a drink and a small snack is recommended!



Whale Watching

Your whale watching boat trip sets off from Dalvík, a really charming, and still traditional fishing village on Eyjafjörður Fjord. Your three hour tour will take you across Eyjafjörður in whichever direction is best to see whales, dolphins, porpoises, other ocean wildlife and sometimes seals. The search could take you in the direction of Akureyri, or in the direction of Grímsey on the Arctic Circle. Wherever you go you will not be far from the Arctic Circle, with fabulous views of Eyjafjörður, little fishing villages and towering mountain peaks. The moment when you spot your first whale is always spellbinding, something no one ever forgets! Whales or dolphins are spotted on 98% of tours, an astonishing success rate. Make sure your camera has plenty of battery!

This tour gives you a real ocean experience. You get the chance to try a little sea angling, when you get back to Dalvík the catch is barbecued, giving you a delicious taste of really fresh fish. Cod, haddock, pollock and catfish are caught most often.

The boat is very stable, good quality overalls are provided, as well as a taste of the catch of the day, you get a hot drink with a traditional Icelandic snack. It is good to have headwear, scarves and gloves to wear, temperatures cool down and breezes increase out on the water. On sunny days, with so much reflected light around, sunglasses and sunscreen are particularly useful.



Sightseeing

Sights and destinations around Iceland have been hand-picked by our tour planners to show you the best places and natural wonders that Iceland can offer: charming towns and fishing villages with fascinating histories, the most famous and unusual waterfalls. You will see Gullfoss, the most popular waterfall in Iceland, and Dettifoss, the most powerful waterfall in Europe, you will hear the great Jökulsá á Fjöllum river thundering in the distance long before you see the gushing torrent!

Visits are made to incredible black beaches, Deildartunguhver, the most powerful hot spring in Europe, lava fields and the unbelievable lava formations at Dimmuborgir, the astonishing iceberg filled glacier lagoon at Jökulsárlón and an erupting geyser. See the historic sites of Þingvellir National Park and Reykholt, both have played very significant roles in the development of the Icelandic nation.

At Þingvellir you will clearly see where the Eurasian and North American tectonic plates have moved apart. Along the journey, you will pass through extremely varied scenery with great mountains, famous volcanoes, glistening glaciers, many incredibly beautiful fjords, including Eyjafjörður, the longest fjord in Iceland. You stay in a different place each night, so every day you will awaken to a different vista.

A few sightseeing stops are made each day, these are interspersed with other activities, so you will never be on the minibus for too long without an interesting stop. Our vehicles are sturdy, cozy and comfortable so you can take off your extra layers and relax - we want you to feel at ease. The Icelandic weather is very unpredictable, there can be quite a few changes even on the same day, prepare for this and you will be comfortable.

Sometimes, particularly in the winter, the itinerary will be adapted a little around the weather, this is an exciting part of adventure travel in Iceland.



Additional activities and seasonal variations

This tour has the flexibility to make the most of the chances which come up. In summer there are the energizing bright nights and the midnight sun. May to August the puffins return to land to breed, so this time is also the puffin watching season! In the East we may come across some reindeer, if that happens we like to indulge in a little reindeer gazing and photography. Between August and May, if the forecast is suitable, an exciting Northern Lights watch is on the agenda. Other wonderful and interesting possibilities can come up, at Arctic Adventures will love to make the most of opportunities!



WEATHER AND DAYLIGHT IN ICELAND

Iceland has a subarctic climate with relatively mild temperatures, compared to other countries of similar latitude. This is partly because of its position in the North Atlantic, lying at the top of the Gulf Stream which flows through the country moderating the climate. However, warm air mixing with the cold Arctic air coming from the north causes sudden and frequent changes in the weather. As you might know from reading about Iceland, the island is definitely very well-known for its unpredictable weather which changes frequently.

We have a saying here in Iceland: “If you don’t like the weather, just wait 5 minutes!”. That does not necessarily mean that the weather will change for the better, though. However, we like to look at it, experiencing the weather here as an adventure in itself, an exciting and changeable one. It means you can visit the same place twice and experience it completely differently depending whether you saw it on a sunny summer day or a snow-covered winter day. The other factors playing a part in the weather are the seasons and which part of the country you are in.

Daylight is another key factor when it comes to traveling around Iceland, there is almost 24/7 daylight during the summer months because the sun does not dip far enough below the horizon to cause darkness, this phenomenon is often referred to as **midnight sun**. In the darkest depths of winter there are a few hours of daylight each day, these times can be sunny and bright. Sunglasses are more useful in the winter months than you might imagine, the sun will not rise high above the horizon and reflected light from snow and ocean can be intense.

Bright winter days like these are absolutely sensational. Using October as an example, at the beginning of the month there are around 11 hours of daylight in Reykjavík, and at the end around 8 hours. Periods of daylight and many other factors have an influence on our itinerary but don’t worry, your experienced travel planners and guides always have a plan to make the best of the situation. We kindly ask that you show a little flexibility if circumstances make it necessary for us to alter the itinerary.



SEASONS

Iceland's climate is temperate with mild, windy winters and cool summers. The seasons vary quite a lot although maybe not so much in temperature (about 10-20°C variance). Keep an eye on the [local weather forecast](#) but remember that forecasts are only guidelines, so you should never be that surprised if it turns out differently. In Iceland, the weather changes suddenly and frequently.

As you drive around the country, you will find that the weather in the southern part of the country is probably very different from the weather in the eastern part. In comparison to Reykjavík, you will experience greater seasonal differences the further north you go. For example, Akureyri, the second largest town in Iceland located in the north, generally has more warmer days during the summer but also more colder days in winter with heavier snowfalls.



Spring

April and May are spring, the season when nature awakens and temperatures start warming up. We welcome migrating birds and even have a saying: “Lóan er komin”. The lóan, in English, the golden plover, is known to the nation as the bringer of spring. Horses and sheep are released out into nature to roam freely around the countryside for the summer. By this time, snow is pretty much gone in Reykjavík and around the coastline, although you can still find snow in the mountains and highlands.

You can expect anything from snow, sleet and rain to bright sunny days in these months. The average temperature is around 0-10°C with the highlands usually being about 10°C colder than around the coastline. It can get quite wet in the south but the north is generally drier and colder during this season. A great time for driving around the country and viewing the beautiful colours of nature as the spring flowers start to emerge and everything flourishes.

The Northern Lights can still be seen in the earlier part of April but the chances of seeing them fade as the days get brighter and longer. In May we really notice the days getting longer until, finally, we get the glorious mid-night sun, a very welcome sight after the long dark nights of winter.



Summer

The summer season starts at the end of May and lasts until the beginning of September. Many would undoubtedly vote this as their favorite season for obvious reasons - longer and warmer days. During these months, the

average temperatures in the southern part of Iceland are around 10-13°C with warmer sunny days occasionally going up to 20-25°C and colder days dropping down to around 7°C. This is also the most popular season for tourists to visit Iceland. Please keep in mind that UV levels are surprisingly high in this period despite the temperatures - so bring your sunglasses and sunscreen, especially for the glacier and boat tour.

Iceland's magical bright nights are due to the midnight sun, a result of Iceland's proximity to the Arctic Circle. Iceland shares this experience of long days with countries north of the Arctic Circle and south of the Antarctic Circle, including Greenland, Norway and Finland. You can expect almost 24/7 daylight around the summer solstice on June 21st, it just gets a tiny bit dull about 01:00 for a short while! You never have to think about darkness when you are traveling around the country, you can view the great natural attractions at any time!



Autumn

The autumn months, September until late October/early November, have an average temperature of 0-10°C, which is similar to the spring months. It is still relatively warm but starting to get colder with each day. Gray, windy and wet are words often used to describe these months, although we like to associate them with glowing autumn colors which make the landscapes amazing and mesmerizing. You can often see the autumn colors showing through snow-covered landscapes creating an incredible color combination.

In late August until September, before the first night-frost comes, we like to pick wild berries including blueberries, crowberries and strawberries. We bid farewell to our seasonal birds and round-up our sheep after they have run wild throughout the summer. This is when one of our favorite seasons begins - the Northern Lights season!



Winter

The winter months are from November until March. The average temperature around the capital area and the south coast is around 0° C with lows going down to -5° C and highs of about 7° C. It does not drop lower than -5° C very often, Iceland is not as cold as New York, Oslo, Helsinki or Russia, for example. The climate is generally mild but windy, however, as we move further north we get more snow and colder temperatures. The coldest temperatures are experienced in the remote highlands, about -10° C lower than in the capital area.

These months are known for being the darkest and coldest months of the year with the shortest day around 21st of December, having only 4-5 hours of daylight. If you are looking for a way to warm up, we recommend a relaxing trip to one of the many heated swimming pools and hot tubs around Iceland.

In December we celebrate Christmas - one of our favorite holidays, not necessarily because we are religious, partly because we love the decorations. Icelandic people love to decorate their homes, both outside and inside, lights and candles glowing on window sills and in gardens light up the streets and cities in the darkest months. These are not the only lights which brighten and bring magic to our winter existence, this is a great time for the colorful Northern Lights, and the natural ice caves are once again accessible!

Snow covered landscapes make a scenic drive extra special. Watch out for sunny winter days as they can be deceiving. We call it “window weather” when you see a beautiful sunny day looking out of the window but when you walk out the front door you are met by a freezing cold wall of air. Obviously, we put extra emphasis on wearing warm clothing in these months.



ABOUT THE NORTHERN LIGHTS

Northern Lights or aurora borealis? It just doesn't matter, they are exactly the same, the words just come from different languages. The lights occur when streams of particles thrown out from the sun collide with gas particles in the earth's atmosphere. The type of gas particle will determine the color of the aurora producing green, dark or bright red, purple, blue, pink or yellow tones. Green lights occur most often, although red aurora appear least frequently, they are more likely to be seen in Iceland than anywhere else in the world.

We are extremely fortunate to have the chance to see Northern Lights on our tours during the winter months. The best time to see them is between September and March when it's dark and clear. The sky needs to be as dark as possible, so the best places to see them are well away from city lights. You also need a good Northern Lights forecast, darkness and no clouds, but they can be elusive, so you need a little luck as well! On this tour you spend your nights away from the city, so you can just wander around, hunting for the Northern Lights in the area near your accommodation whenever you want.

Further reading: [All about the Northern Lights](#)

CLOTHING

Icelandic people like to say that “there is no such thing as bad weather, just bad clothing”. Being prepared for Iceland’s changeable weather conditions is strongly recommended so that you can fully enjoy your stay here. In our experience, we have learnt that the 3-layer structure is the best way to go, it works well all year around.

1. First a base layer, the one that’s closest to your skin. The best is thermals or any type of insulating layer.
2. Next up we have the sweater (fleece or wool recommended) or primaloft layer. This is the one that keeps the warmth of the base layer in.
3. The third one is the wind and water protection. An outer shell or a parka comes in handy here depending on the season.



Rather than a few warm and bulky garments, we recommend a selection of lighter and more versatile pieces that can be worn in various combinations to better manage the wide range of conditions that you will encounter in Iceland.

Be aware that you must adjust these instructions according to the season when you are visiting Iceland. In summer the kind of hiking pants which zip off to become hiking shorts can be good. It can, on occasions, be warm enough to wear shorts and T-shirts but every day when you are out of the city you need to be prepared for every other kind of weather. In winter, you will need a warm jacket, like a thick down jacket. If you don’t have one, then make sure you pack plenty of thermals, primaloft and warm sweaters to layer. We recommend fleece, wool or even better, the Icelandic lopapeysa.

Your feet need particularly careful consideration, so make sure that you bring comfortable and worn in hiking shoes. We recommend waterproof hiking boots with ankle support (can be rented) or similar. It is recommended that you wear thick socks designed to be worn with hiking boots. For the glacier hiking, you need to use crampons and these can only be fitted to hiking boots, if you do not own a pair you can rent good boots from us simply by adding them in the extras and upgrade section below.

Further reading: [The Weather in Iceland and How to Dress for it?](#)

PACKING LIST - WHAT TO BRING

We have prepared a general packing list to help you prepare but keep in mind that you will have to dress according to the weather and season every time.

Here is a list of what to bring for the tour:

- Thermal underwear (top and bottom)
- Wool or fleece thermal mid layer
- Warm outdoor clothing
- Water & windproof jacket and pants
- Warm headwear (e.g. wool/fleece hat)
- Gloves
- Scarf
- Hiking shoes/boots
- Warm socks (wool or synthetic recommended)

- Toothbrush and personal toiletry items
- Medical supplies and prescription medicine (for example, pain killers and asthma inhaler even if you seldom need them). Band aids, throat lozenges, lip salves, second skin for blisters etc.
- Pyjamas/nightwear
- Sunglasses and sunscreen (especially for sunny days on the glacier)
- Swimming suit
- Towel

A few other things that might be convenient to bring along are a day backpack and water bottle. Clothing is seasonal, so for summer you might want to bring a pair of shorts and a t-shirt, and for winter you will want to bring extra items of warm clothing and layers. If you have trouble sleeping in the bright summer nights, you will want to bring a sleep mask. Hiking pants are always a good option and some people like to use poles on the short walks. In Iceland you will find plenty of swimming pools that are heated all year round, so we strongly recommend you bring a swimming suit and towel so you can soak in Myvatn Natural Bath or join the locals in the hot pot.

Further reading: [12 Things you should always have in your bag while traveling in Iceland](#)

GOOD TO KNOW BEFORE THE TOUR

Medical conditions and medications

Please let us know when you book your tour about any medical condition your guide should be aware of, it is imperative that the guide is aware of this information so that he/she can keep everyone safe and happy. Again, if something develops after you have booked, let us know by sending an email to info@adventures.is.

You should also make certain you have sufficient supplies of any medication you take or are likely to need. For example, asthma inhalers or painkillers, even if you seldom require them.

Mobile phone & internet connection

The mobile phone connection in Iceland is strong in most places. Some overseas mobile services do not work here and their fees vary. An Icelandic SIM card will overcome these issues. We recommend getting an Icelandic SIM card if you wish to have signal throughout your trip. Iceland has the highest percentage of internet users in the world and the 4G connection is mostly excellent, although, there are a few places along the road where the connection is spotty.

Currency and ATM's

The Icelandic króna or ISK is the currency of Iceland. It is quite important that you have enough ISK coins with you because in some places you have to pay 100/200 ISK to use the bathroom. For almost everything else credit, debit and Caxton type cards are accepted, even for small purchases such as a coffee. Other currencies are very rarely accepted.

ATMs can be found in Reykjavík and in the small towns you will visit. Outside of the towns there are very few ATMs.

Luggage information

On this tour you are permitted to take your day backpack and one piece of luggage weighing 20 kg. If you have more or heavier luggage with you, you will need to book storage for the surplus luggage before you arrive, there is a small fee for using this facility. Luggage storage in Reykjavík can be added to your booking using the link in the extras and upgrade section.

Extras and Upgrades

Extras and rental equipment include hiking boots, luggage storage, waterproof jacket & pants, towel rental & entrance to Mývatn Nature Baths. You also have the option of upgrading to a single room and/or Whale Watching in a powerful Rhib Boat, a standard whale watching and sea angling tour is included. If you have already booked your tour but would like to add extras or upgrade your booking that is no problem. Just use this link:

<https://adventures.is/6-day-tours-rental-equipment-and-upgrades/>

FURTHER QUESTIONS

You should now be prepared for your upcoming adventure. If you have any questions then please don't hesitate to contact us at info@adventures.is. We look forward to meeting you and enjoying 6 days of traveling around Iceland together!

A FEW FACTS ABOUT ICELAND

Iceland is an island in the middle of the North Atlantic Ocean, more than 64° North, Grímsey, an island off the coast, actually touches the Arctic Circle! This extraordinary land was formed by subaquatic volcanic activity around 18 million years ago, so Iceland is very young with many powerful volcanoes and great glaciers. The twin forces of fire and ice have created some rare geology and sensational mountains and fjords. Some Icelanders say more than the scenery is otherworldly, there are well known Elf Rocks and Elf Castles, homes to the hidden people. Maybe, when Jules Verne chose Snæfellsjökull as the Center of the Earth, he knew something?

Iceland is the most sparsely populated country in Europe with, at the last count, 343,960 people in an area of 103,000 km². The capital, Reykjavík, situated in South Iceland, is the largest city. 219,900 live in the capital region, 124,800 of them in Reykjavík. Akureyri in the north is the next largest settlement with 18,620 people. There are quite a few little towns and villages, some are extremely remote.

So, Iceland is a land of extremes: Fire and ice; settled by the Vikings in 870 CE; the oldest continuous Parliament in the world, established in 930 AD/CE; the closest language, still in use, to Old Norse; and the great Icelandic Sagas. Icelanders greatly value their culture, history and language. The adventurous spirit which brought their ancestors to this land has given them a great openness to new ideas, new people and all that life brings. The Icelandic people want to welcome you!

A word about the Icelandic language

Icelandic is the closest language to Old Norse. This is largely due to the relative isolation of the island and also, in modern times, to the efforts of the Icelandic people. When something new arrives on the scene, new Icelandic words are often carefully formed. For example, tölva, meaning computer, was developed from two words meaning to predict and to count. Icelandic people are very talented with languages, most have a very high standard of English and they are usually proficient at a couple of other languages too. It is nice to know a few Icelandic words though:

Já/yes, the 'j' is pronounced 'y' and the 'á' as 'ow', so this kind of becomes 'yauw'

Nei/no is pronounced, 'nay'.

Góðan daginn/Good day which is pronounced 'go-than daginn' with a softened 'g'

Gott kvöld/good evening, the 'ö' is pronounced 'ur' is little like in urgent but soft and shorter.

Góða nótt/Good night. 'Gothah note', with the 'ó' pronounced as in 'gold'.

Takk, takk takk or takk fyrir/Thank you, the 'y' is pronounced 'i' as in 'link'.

Bless/bye, bless, bless is also often said.



A few good things to know about Iceland!

Electrical devices: F-Type two prong plugs are used in Iceland, the power supply is 230V and 50Hz. You need to use an adapter if you are from the UK, USA or another country using different plugs, voltage or hertz.

Money/credit cards: For showers in the highlands and some toilets you need cash in Icelandic krónur (ISK), ATMs are to be found in Reykjavík and large towns. For everything else plastic is great.

Bathing suits: Just bring one! With great swimming pools and hot tubs you will regret it if you don't.

Drinking Water: Icelandic water is among the purest and best in the world, just use the cold tap.

Hot Water: Icelanders make good use of their geothermal hot water to heat their homes and shower. Sometimes there is a sulfur smell, run the cold tap a little before you take a drink and all will be fine!

Swimming pools: Icelanders love their many outdoor swimming pools and hot tubs. Just remember to shower using soap/shampoo **without** your bathing suit before you swim!

Emergency numbers: You just dial 112 and explain the service you need, everyone speaks English.

Drinking laws: The legal drinking age is 20 years. You can ONLY buy alcohol from state liquor stores called Vínbúðin, opening hours are quite limited and vary between stores. If you see beer or wine in grocery shops, do not be fooled, the alcohol content of these drinks will be virtually zero!

Smoking: You are not permitted to smoke in hotels, bars, restaurants or other public buildings, some have smoking areas. It is illegal to sell tobacco products to anyone under 18, proof of age is required.

Manners: Take off your shoes if you visit someone, many hotels and guest houses also ask their guests to do so. Blowing your nose in company, particularly at the table, is bad manners in Iceland.

Prices: A swim will cost you around 900 ISK, a hot dog is even cheaper, a pot of yoghurt or Icelandic Skyr is around 350 ISK, after that it gets a little more expensive! You should expect to pay 2000/3000 ISK per day for lunch, and your evening meals will cost 2500/6500 ISK each. So on average you need to budget around 7000 ISK per person per day. A beer is about 1000/1400 ISK, and wine is about 1000/1500 ISK per glass.





"Wonderful 6 days around Iceland Tour"

"We joined the 6 days around the Iceland tour on 25 Sept 2017. The tour is wonderful. It is comprehensive including different kind of activities such as glacier walking, hiking, whale watching and sight seeing. The glacier walking is fantastic which should not be missed. We also enjoy the whale watching very much. In the return trip of the whale watching, they let us tried fishing. We caught some fishes, the crew make sashimi and BBQ fish immediately and let us tried. It is very delicious. We visited many different scenic spot around Iceland, all of them are cool. The accommodation arranged by the tour are clean and tidy..."

TripAdvisor, reviewed September 2017 by Acyna



"Excellent 6 days around ring road"

"I just got back from the 6 days around Ring Road tour with Arctic Adventures. It was fantastic! Iceland lived up to the hype with so much natural beauty. We saw waterfalls, hot springs, volcanoes, fishing villages and more. It was a great way to see a lot of Iceland in a short time. The people of Iceland were friendly and I felt safe walking around. I also experienced good weather, with only light rain at the start and finish of the trip..."

TripAdvisor, reviewed September 2017 by Lori W

[See more reviews on our tripadvisor page.](#)