

ARCTIC ADVENTURES INFORMATION PACKAGE

2 DAYS

SOUTH COAST ICE CAVE, SKAFTAFELL & JÖKULSÁRLÓN ICE LAGOON

Welcome to your information package for the 2 day South Coast and Ice Caving Adventure. Together, we will visit some of Iceland's most stunning natural attractions on the south coast, including picturesque waterfalls, black sand beaches, majestic glaciers and a stunning ice cave. Last, but certainly not least... you will visit the jaw-dropping glacier lagoon, Jökulsárlón.

To help you prepare, we have put together an information package to read before your trip. This package will hopefully make a difference, adding to your comfort, knowledge and expectations about Iceland and building excitement about the journey ahead.

It is time to get ready for an exciting adventure in Iceland!



ABOUT THE TOUR

On this 2 day adventure tour of the South Coast of Iceland, we will experience some of Iceland's most beautiful landscapes and natural gems. This is a great way to see all of the must-sees along the south coast in only two days, showing you the diverse nature that Iceland has to offer. Everything from beautiful **waterfalls** and black sand beaches to magnificent glaciers and a glacier lagoon. You will also explore the magical blue white world inside a natural ice cave. Don't forget to bring your camera - you are in for a real treat!



ITINERARY - 2 DAY SOUTH COAST

Day 1



Start point: Your choice of pick up point in Reykjavík

Approximate driving distance: 330 km (205 miles)

Highlights: Seljalandsfoss - Skogafoss - Reynisfjara - Vík - Skaftafell

Accommodation: in the area around Skaftafell

Your adventure starts from your chosen **pick up point in Reykjavík**. Pick up begins at 08:00, but please note, picking everyone up can take up to 30 minutes, so we kindly ask you to be patient .

We drive south through small villages such as Selfoss, Hella and Hvalsöllum before stopping at our first highlight of the day, the stunning **Seljalandsfoss Waterfall**. We recommend that you put your waterproofs on for this part of the tour! You can walk behind the very beautiful cascade of this really unique waterfall, not surprisingly there is a lot of spray - a wonderful and refreshing way to start your day of sightseeing.

We jump back on the minibus and head to off to **Skógafoss Waterfall**, another natural wonder of the south. It is great to stand at the foot of this waterfall and feel the overwhelming power as the roaring torrent drops 60 m from the former sea cliffs. Again, there is plenty of spray, so if you want to get nice and close, you should put on those waterproofs!

Our next stop is **Reynisfjara**, Iceland's most famous black sand beach. A dramatic setting featuring powerful ocean waves, basalt columns and impressive rock formations and cliffs. See the Reynisdrangar basalt stacks rising above the sea, located out in the ocean beneath Mount Reynisfjall - this is a truly captivating sight and a really special photo opportunity.

We stop for around an hour for lunch at **Vík in Mýrdalur**, a charming little village in the valley in the southernmost district of Iceland. We then head farther east, driving through unique landscapes and making a short stop in Kirkjubæjarklaustur along the way. Our accommodation for the night will be in the area around Skaftafell.

After dinner, your guide will give a short introduction to the **Northern Lights** and go over the aurora forecast for the evening with the group. Hopefully, the chances will be good and your guide will show you the best place to watch out for them. However, this has been a wonderful but long day of driving for your guide and he/she needs to rest for the following day. So your guide may take a short walk with you to the best viewing point, or just point you to the location. The places where we stay are located in quite remote areas, well away from city lights. Darkness is needed to see the lights at their best, you will be in a great location... so fingers crossed, and let's hope the Northern Lights will come out to dance!



Day 2



Start point: Around Skaftafell

Approximate driving distance: 440 km (273 miles)

Highlights: Skaftafell - Vatnajökull - Jökulsárlón - Ice Cave

End point: Your selected drop off point in Reykjavík

We start nice and early with breakfast at our hotel before checking out. Today is truly a spectacular day spent mostly in Europe's second largest national park - **Vatnajökull National Park**, which is filled with diverse landscapes, terrain and ecosystems.

Does the scenery look familiar? You have probably seen these settings in numerous films including James bond (A View to Kill & Die Another Day), Interstellar, Batman Begins, The Secret Life of Walter Mitty, Tomb Raider and last but not least... the popular TV-show, **Game of Thrones!**

Our first stop is **Jökulsárlón Glacier Lagoon**, a natural phenomenon which is not only one of Iceland's most famous tourist destinations but also an Icelander's favorite - and for a good reason. The immense beauty will leave you awe-inspired and speechless, as you watch huge and amazingly shaped icebergs floating through the vast lagoon, the deepest lake in Iceland. A short walk away, you will come to the **Diamond Beach**, which acquired its name from the glistening icebergs sitting stranded on the black sand, these surreal ice diamonds of all sizes and shapes are totally unforgettable.

On a day of epic experiences a visit to a **natural ice cave in Vatnajökull glacier** is next on the agenda. New ice caves are formed each winter when the glacial rivers retract and water freezes. So each year there are new caves and each and every one is incredible. Your certified glacier guide will give a safety briefing before you go into the cave. You will be amazed at the way the light shines through, your guide will tell you the fascinating story of this magnificent ice cave and how incredibly blue ice is formed.

After enjoying an exciting day of ice caving, seeing breathtaking sights and experiencing the incredible Vatnajökull National Park we make our way back to Reykjavík. A stop is made at **Skaftafell National Park**, with its jagged mountain peaks and stunning glaciers.

On the drive back we take the time to see some new features and vantage points. We arrive in Reykjavík between 21:00 and 23:00 in the evening.



*** Your safety is always our number one priority. Keeping this in mind, please note that Arctic Adventures may adjust the itinerary and/or take different routes or glaciers. These changes are generally due to weather and road conditions although other factors may also be the reason. However, our experienced travel planners aim to optimize your experience of the tour and make sure it's always the best possible. During the darkest winter months in Iceland, daylight is limited. Therefore, we kindly ask that participants arrive at the meeting points agreed with the tour guide on time so that we can see all the fascinating sights in daylight.

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 International 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. You can update your pick up location on my.adventures.is up to 48 hours before your tour starts.

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 passengers for all the cars. Please have your voucher ready when the car arrives.

ACCOMODATION AND MEALS

On this tour, you will be spending one night in a country hotel or guesthouse in the Skaftafell area. Due to limited availability, we cannot guarantee a specific accommodation. 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 private bathrooms. They also provide towels and have free WiFi for guests. We are often asked if hair dryers are available, and they certainly are, if you can't find one in your room, then you just need to ask at the reception desk.

Hotel Breakfast - Included

Breakfast at your accommodation is included. This will be a Nordic style breakfast buffet generally offering 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, shops/supermarkets and restaurants where you can purchase snacks, food and meals. Examples of what you can find at these places are sandwiches, warm meals, hot dogs, soups, hamburgers, 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 more 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. 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 available.

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. Please also mention your dietary restrictions to your guide on the tour so that he/she can do his/her best to accommodate them.

Generally, accommodating dietary needs is not a problem on the road. However, if you have complicated dietary restrictions or require specific alternative items, e.g. if you are vegan/lactose intolerant and also need to be gluten free, it may be best to bring them with you or ask your guide to stop at a local supermarket before leaving Reykjavik. Options on the road can be limited and we don't want you to get hungry.



ICE CAVES IN ICELAND

Ice Caves are ever-changing natural phenomena which are extremely weather dependant. For a natural ice cave to be formed, there has to have been a part of the cave which has been below 0°C all year around, and water must have entered the cold zone of the cave. These caves melt during the warmer months of the year, making them inaccessible during warmer seasons. When the water freezes in the colder winter months, it creates new and unique ice formations, so we are always surprised by different but truly magnificent ice caves each year.

Every autumn, when the temperature reduces, our expert guides explore the vast glacier looking for caves to explore in the winter months. Once our team is confident that the caves are safe, we start our ice caving tours. Please keep in mind that weather conditions can affect accessibility. We will, of course, do everything we can to visit an ice cave on this tour but our participants' safety is always our number one priority, all decisions are made with this in mind. We hope that our participants will understand when, occasionally, we have to make safety decisions which change the itinerary.

Further reading: [All about Ice Caves](#)



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
- Down jacket or extra warm layers
- 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)

A few other things that might be convenient to bring along are a day backpack and water bottle. Clothing is seasonal but Icelandic guesthouses and hotels are well-heated so you may want a couple of lighter items. In Iceland you will find plenty of swimming pools that are heated all year round, so we recommend you bring a swimsuit and a towel so you can 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. Remember to bring 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. In addition to this, you will also find WIFI signal in all accommodations for this tour.

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/2-day-tours-rental-equipment-and-upgrades/>

Further reading: [What to know about Iceland](#)

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!



"Incredible 2 Day Tour of the South Island!"

"This tour showed us waterfalls, black sand beaches, iceberg lagoon, walked a glacier, explored an ice cave, viewed the glaciers and volcanoes from afar, and saw the Northern Lights. It was everything we wanted, packed into 2 full days. These are busy days, you will have things to do all day and end the evening around midnight (if you want to see Northern Lights) well worth the price.

We stayed the night at a pleasant hotel overlooking the mountains, outstanding dinner and breakfast, very comfortable clean accommodations..."

TripAdvisor, reviewed February 2017 by Chazz B



"Best Trip Ever!"

"My husband and I went on the 2 day south coast tour. Oliver was our amazing tour guide for the two days. We cannot express in words how much fun we had. He seriously took such good care of us, and did everything he could to satisfy all of our requests. He showed us as much as possible and made sure our small group was taken care of everywhere we went! We had an amazing time, and strongly recommend any one to go on this tour when visiting Iceland..."

TripAdvisor, reviewed March 2017 by pnbanav

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