ICELANDIC FOLKLORE, GEYSIR, AND RIVER RAFTING

Icelandic myths have long been a tradition in this country, starting with the Viking settlers. This flair for storytelling helps locals explain their ethereal and beautiful landscapes to visitors. In the morning, we delve into this rich folklore and learn the stories of magic, elves, and hidden people. We visit Thingvellir National Park, along a rift valley between two massive tectonic plates, and experience a cross-section of Iceland's natural wonders and geological phenomena, including Geysir, the mother of geysers, and Gullfoss, Iceland's most beautiful and magnificent waterfall. We also experience Strokkur, a fountain geyser that erupts with a burst of energy every 4-8 minutes.

Next, we learn about harvesting and cultivation with a visit to Fridheimar Greenhouse and Cultivation Center. Here, we attend an Icelandic horse show and enjoy an organic lunch. Later we experience one of Iceland’s most powerful rivers, the Hvítá, for whitewater rafting, before enjoying a BBQ dinner.

OVERNIGHT: Hotel Grimsborgir
MEALS: Breakfast, lunch, dinner
ICELANDIC HORSES, GEOTHERMAL POWER, AND KAYAKING

Icelandic horses are a long-lived and hardy breed that have played a large part in Icelandic life. This morning, after a brief visit to a volcano crater lake, we hop on the backs of these magnificent creatures, the perfect way to explore the stunning countryside. Due to the special geological location where the North American and Eurasian plates are pulling apart, Iceland contains a high concentration of volcanoes that can be harnessed to generate geothermal energy. This afternoon, we stop at Hellisheidi Geothermal Power Plant for a tour of the facility. Afterwards we head to Hveragerdi, where we get up close and personal with geothermal power—watching locals cook our lunch over natural steam from the Earth. This afternoon we kayak through the small seaside village of Stokkseyri before enjoying a tasty Icelandic lobster feast.

OVERNIGHT: Hotel Grimsborgir
MEALS: Breakfast, lunch, dinner

FLOWING AND FROZEN WATERS

There are more than 10,000 waterfalls in Iceland, and we begin our day with a stop at Seljalandsfoss waterfall, which is quite special because you can walk around this majestic natural creation. Next, we stop to see Skogafoss waterfall before a short stop in Vik for lunch. This afternoon we continue through the countryside, passing many different landscapes on our way to Jokulsarlon, a large glacial lake formed after the glacier started receding from the edge of the Atlantic Ocean. We take a boat ride among icebergs at Jokulsarlon Glacier Lagoon where the contrast of a black sand beach and large washed-up pieces of crystal icebergs, creates an ethereal landscape. Tonight we stop for dinner in Kirkjubæjarklaustur.

OVERNIGHT: Fosshotel Nupar
MEALS: Breakfast, lunch, dinner
BLACK SAND BEACHES, GLACIERS, AND ICELANDIC SONGS

This morning, we’re off to Vik, Iceland, home to some of the most beautiful beaches in the world. We stop at Reynisfjara Beach where we hopefully spot lots of puffins, and the basalt-column cave leaves you speechless. Next, we journey on towards Dyrholaey before fueling up with lunch and heading to Sólheimajökull sliding glacier for a guided blue ice adventure hike. After a long day of taking in such incredible sites, we have time to unwind before an evening of fun with Icelandic songs and dancing by the campfire.

OVERNIGHT: Frost & Fire Guesthouse
MEALS: Breakfast, lunch, dinner

ICELANDIC WOOL AND THE BLUE LAGOON

Did you know that there are more sheep than people in Iceland? With this in mind, it’s no surprise that knitting is very popular here. This morning, we learn about the country’s knitting tradition during a knitting class and even make a souvenir to take home. Afterwards, no trip to Iceland is complete without a stop at the Blue Lagoon. Together, we’ll head to Grindavik and take a plunge into the lagoon’s therapeutic waters. Relax and take in all of the beauty that has surrounded us this past week! Dinner tonight is on your own in Reykjavik.

OVERNIGHT: Kvosin Downtown Hotel
MEALS: Breakfast, lunch
ICELANDIC COOKING AND HARPA
As you might imagine, the cuisine of Iceland has a long history, with roots reaching back to Scandinavian traditions. A great culinary experience awaits us this morning as we attend a cooking class and discover local recipes and customs. Afterwards, we tour the incredible Harpa Concert Hall with its colorful geometric glass panels. This afternoon, we will head out on a whale-watching excursion in Reykjavik’s Old Harbor before our farewell dinner.

OVERNIGHT: Kvosin Downtown Hotel
MEALS: Breakfast, lunch, dinner

HOMEWARD BOUND
All good things must come to an end. Today we enjoy breakfast together before going our separate ways.

MEAL: Breakfast
PROGRAM INFORMATION:

TRIP LENGTH: Eight days, seven nights.

To register for this program, visit cty.jhu.edu/family/travel.

Questions?
Call us at 410-735-6115 between 8:30 a.m. and 5 p.m. (Eastern time), or email ctyfam@jhu.edu.

PROGRAM INCLUDES:

- Hotel accommodations for seven nights as designated on itinerary (three nights Reykjavik, two nights Selfoss, one night Kirkjubæjarklaustur, one night Hveragerdi).
- Nineteen meals: seven breakfasts, six lunches, six dinners.
- Daily excursions and activities as designated on itinerary.
- Services of English-speaking driver/guide.
- All entrance fees per itinerary.