



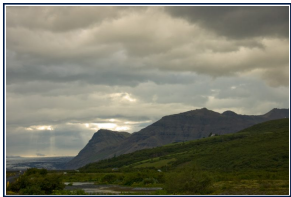
## SCANDINAVIA - ICELAND - 5N/6D



### ITINERARY

Day 1 : Arrive Reykjavik, sightseeing and attractions

Explore the city on foot - in the Old Town, classic wooden buildings rub shoulders with modern timber and concrete structures. In winter, skate on the Tjornin Pond by the City Hall, which, in summer is home to many different kinds of birds. Take a guided tour of the Old National Library and step into cultural Iceland and its precious vellum manuscripts depicting Norse and ancient literature. Walk to the top of hill Oskjuhllo, overlooking the city, and view incredible Icelandic landscapes from the monument Perlan from the panoramic viewing platforms. This is a monument to Iceland's geothermal water supplies. Head to Laugavegur, the city's main shopping street and full of eateries and coffee houses. Take a walk or bike ride out to the Ellioardalur Valley, a lush valley that's a hot spot for fishing Arctic char, salmon and brown trout. Hike up Mount Esja that provides a stunning backdrop to the capital area. There are trails for varying levels. See the Imagine Peace Tower, a memorial to John Lennon from his widow, Yoko Ono. A tall tower of light, projected from a white stone monument with the words 'Imagine Peace' carved into it in 24 languages. Find out all about Iceland's history and heritage at the National Museum of Iceland, from the Settlement Age to the modern day.



Day 2&3 : The Blue Lagoon, spa and wellness treatments





The Blue Lagoon - only 30 minutes from Reykjavik - is one of the most wonderfully relaxing and invigorating natural phenomena of Iceland. With its mineral-rich geothermal waters, pumped from more than a mile underground, take time here to step into these natural springs, relax and enjoy a massage - a unique experience for body and soul. The water is rich in unique natural minerals such as silica mud and blue green algae - great for cleansing the skin. Dotted around the waters edge you'll find silica mud pots - cover your face and body and feel your skin tingle! Feel invigorated swimming in the crisp Icelandic air, open to the elements. Spa and massage treatments are available both in the water and in treatment rooms. Enjoy a meal at the Lava Restaurant with views over the lagoon and a glass staircase leading to the viewing platform for uninterrupted views of the Northern Lights (Sep - April). Embrace the seas and combine your visit with a whale watching tour, observe these spectacular mammals in their natural habitat. The Laugardalur (Hot Spring) valley is close-by and is a major centre for sports and activities. Take a swim (all year round) in the outdoor thermal pool and experience the feeling of tiptoeing over frozen ground and immersing yourself in natural warm water.



Day 4&5 : The Laugarvatn Fontana Baths, and sightseeing

Relax and experience a couple of days of authentic Icelandic nature while relaxing in the warm geothermal pools and natural steam rooms. Icelanders swear by the health benefits of relaxing in volcanically heated water with the chilly winter air circling around. Located by the beautiful lake Laugarvatn, you can enjoy spectacular views from the sauna or pools. The mineral baths vary in depth, size and temperature, and the hot tub provides panoramic views of the beautiful surroundings as the water nourishes body and soul. Hike up Logberg (Law Rock) in the nearby Thingvellir National Park, where medieval Icelanders gathered for their annual parliament. Step down from the Fontana Baths to the lake below, and swim in the summer. The feeling of cleanliness is second-to-none.



Things To Do:

Lagafellslaug Thermal Pool Complex, Reykjavik: Relax and switch off at this thermal pool complex with outdoor and indoor thermal pools, steam rooms, and health and wellness treatment rooms.



Heidmork Nature Reserve, Reykjavik: Take in the sights, sounds and aromas of nature with a hike into the wilds of this beautiful nature reserve close to the city.



Island Of Videy: Jump on a ferry and visit the beautiful island of Videy - a little treasure in the heart of Reykjavik where you can enjoy nature, history, art and culture.

Reykjavik Old Harbour: Combine a shopping day at the old harbour with a half-day marine excursion out to see the whales and puffins.



The Mosfellsbaer Routes: An extensive network of paths and cycling routes around Reykjavik. Stroll along the seafront, cycle along the river Varma, or hike up one of the many hills and mountains.

Blafjoll Ski Resort: Iceland's number one skiing area close to Reykjavik, with spectacular views and varied landscapes.

Oskjuhlío Park: Cycle or walk along the various paths in this gorgeous green space in the heart of Reykjavik. The paths weave through a dense forest of pine and birch trees.



Mount Esja: The beautiful Mount Esja dominates the Reykjavik city skyline. The hiking trails are well-worn with climbers and hikers.