

# APOGEE ADVENTURES

## 2023 Iceland Mountains & Coast

### Summarized Itinerary

**Trip Begins:** Reykjavík, Iceland (flights into Keflavík Airport)  
**Trip Ends:** Reykjavík, Iceland (flights out of Keflavík Airport)

- Day 1-4:** Our group will meet at Iceland's primary airport just outside the capital city, Reykjavik, before transferring south to the small town of Grindavik. There, we'll shake off the jetlag, get to know each other, and make a tasty dinner before heading to bed early to rest up for our adventure.
- Days 2-4:** We will transfer north on the morning of Day 2 to the fishing town of Grunðafjörður, home to the iconic Mt. Kirkjufell. On Day 3, we'll trade in our boots for paddles as we head out to kayak the bay surrounding majestic Mt. Kirkjufell. On our last day in Grunðafjörður, we will explore the highlands from the trails around town and enjoy the many beautiful viewpoints overlooking the rugged terrain of Western Iceland.
- Days 5-7:** On Day 5, we will transit to Vík, a small town on the island's south coast. Along the way, we will stop to sightsee at Seljalandsfoss waterfall where we will have a chance to view the waterfall from the eroded cave behind the falls. Once in Vík, we will explore the area's famous black sand beaches and hike up into the picturesque hills above town. On Day 6, we will meet up with our professional guides and explore the breathtaking ice caves beneath the area's glacier. Our guides will transport us across the beautifully barren highlands (which were the site of filming for the Star Wars movies!) to the glacier, where we'll don our crampons and helmets and begin our trek through the cave, taking in the unique colors of the ice that surrounds us. Day 7 will be dedicated to exploring the many trails around Vík, where we'll have a chance to take in the awe-inspiring Reynisdrangar Sea Stacks from high above the waves below.
- Days 8-10:** On the morning of Day 8, we will transit east to Skaftafell, a region within the Vatnajökull National Park. That afternoon, we'll hike out to the base of the Skaftafell Glacier as we get our legs primed for tomorrow's big hike. Day 9 is our "challenge day" hike where we will follow a breathtaking trail up and over a peak deep into the heart of the National Park. Day 10 will be dedicated to shorter day hikes in the park resting our tired, strong legs.
- Days 11-13:** We will wave goodbye to the Skaftafell Glacier on the morning of Day 11 and transit back to Reykjavik. On our last full day together in Iceland, we will visit the Blue Lagoon, where we will soak in the world-famous aquamarine, geothermal waters. After our luxurious visit to the lagoon, we'll head into Reykjavik to explore the city before enjoying a celebratory dinner together – a great way to cap an amazing adventure. Finally, and reluctantly, we'll head back to the airport on Day 13 to bid our new friends farewell.

*Please note that all itineraries are subject to change.*

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