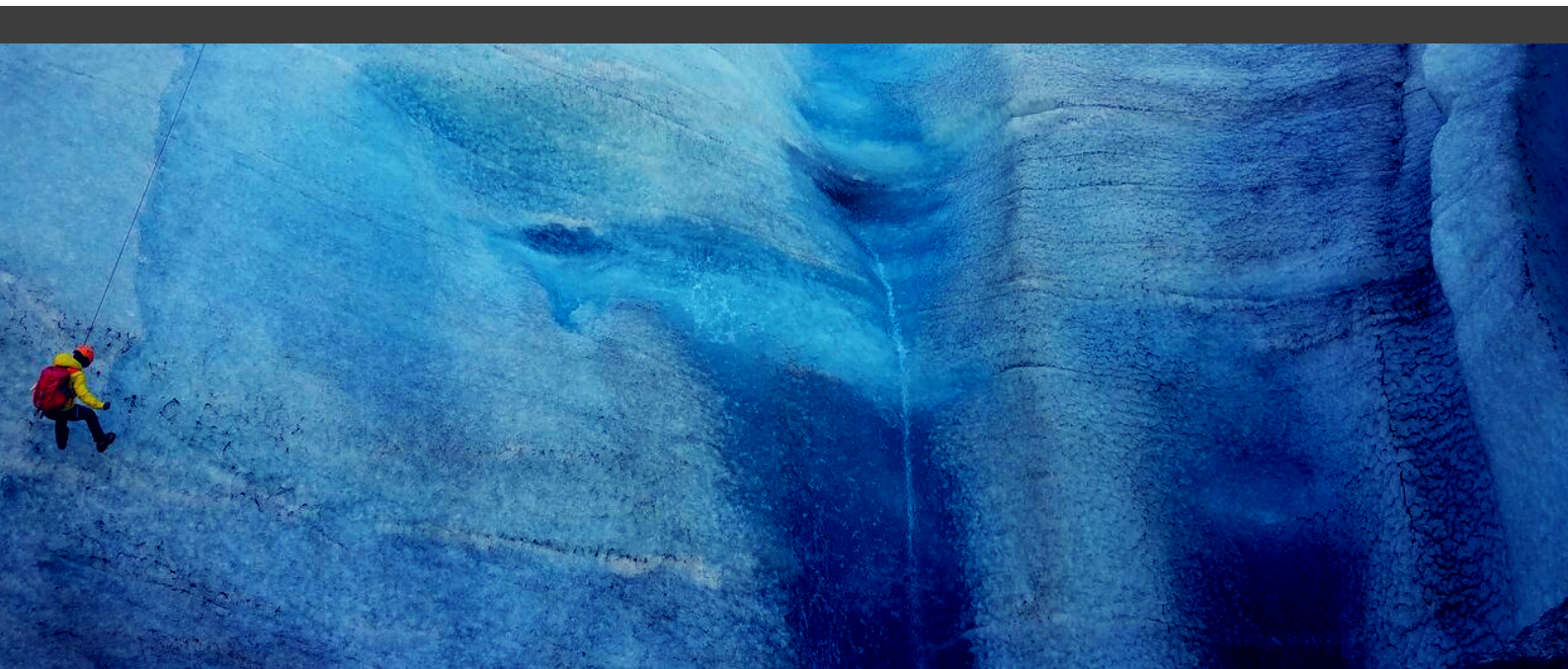




Trekking through 

ICELAND

Document prepared by: Cody Bliss



GENERAL TRIP INFO



Group: 3 Rivers Outdoor Company

Participants: Min:6/Max 8

Trip Length: 3 nights/4 days

Trip Dates: April 23 - April 26, 2018

Let Us Handle This:

- Guided glacier backpacking experience
- All meals (either purchased or prepared for hike)
- Glacier technical gear (crampons, ice axe, ropes)
- Accommodations (Local guesthouse, mountain hut & hostel)
- Pre-trip planning & discovery packets
- Hiking permits
- All transportation
- 2 day exploratory guided sightseeing
- Finding the Northern Lights!

You Take Care of That:

- Meals while traveling
- Transportation to Iceland
- Items on personal packing list
- Alcohol/personal items
- Guide gratuities
- Keeping good vibes to find the Northern Lights!

DAY 1: THE LAND OF FIRE & ICE

Our trip begins with private transportation from Keflavik International Airport. After introductions to our fellow travelers and guides and an informational orientation to the adventure ahead we'll head towards south Iceland. Today is an exploratory day to discover the local sights including famous waterfalls and black sand beaches!

DAY 2: GLACIER BACKPACKING

After a traditional Icelandic breakfast, we will head out to meet up with our local partners. Once we get our gear set up, we will head out into rugged Icelandic wilderness to begin our overnight backpacking trip on the largest glacier in Europe! After a full day of hiking we will finish in a warm mountain hut.

DAY 3: BECOMING ONE WITH NATURE

Get ready for another day spent in awe as we venture further into nature! Today we will take a break from hiking to experience some of the best ice climbing in the world! Whether your a beginner or have an adventurous spirit, there are options for you! Once we return, we will stay the night at a local guesthouse with a warm Icelandic home cooked meal

DAY 4: JUST THE BEGINNING

Unfortunately all good things must come to an end...or so they say. The otherworldly landscapes of Iceland will forever be a part of your journey! Today we head into civilization with an option to explore the capital of Reykjavik before our flights home. (Optional Activity: Blue Lagoon before flight)



PACKING LIST

BEYOND THE MAP PROVIDES:

- Prepared meals for backpacking (independent cooking)
- Fuel & Camp Stoves
- Glacier technical gear (crampons, ropes, ice axe, climbing gear)
- First Aid Kit
- Professional, well-trained guides

YOU ARE REQUIRED TO BRING:

- Clothing layers (base layer, mid-layer, outer layers- wool or synthetic materials)
- Hiking boots
- "Camp" shoes – lightweight tennis shoes, Crocs, Sanuks, etc.
- Long pants, either nylon or fleece depending on preference.
- A fleece vest, sweater or jacket.
- Wool or synthetic long underwear top and bottom.
- Rain coat and pants.
- Three pair of underwear.
- Three pair of wool or synthetic socks.
- Beanie and lightweight gloves.
- Change of clothes for flight home.
- Personal toiletries & medications
- Sunscreen
- Sunglasses & straps
- Backpack (with hip support)
- Sleeping bag (+10 degrees or lower)
- Sleeping pad
- Headlamp
- Utensils/bowl
- Water bottle (no filtration needed)

WE RECOMMEND YOU BRING:

- Ear plugs
- Waterproof camera
- Book/Journal
- Personal snacks
- Hand/Foot Warmers (if cold easily)



BEGIN YOUR JOURNEY TODAY!

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