

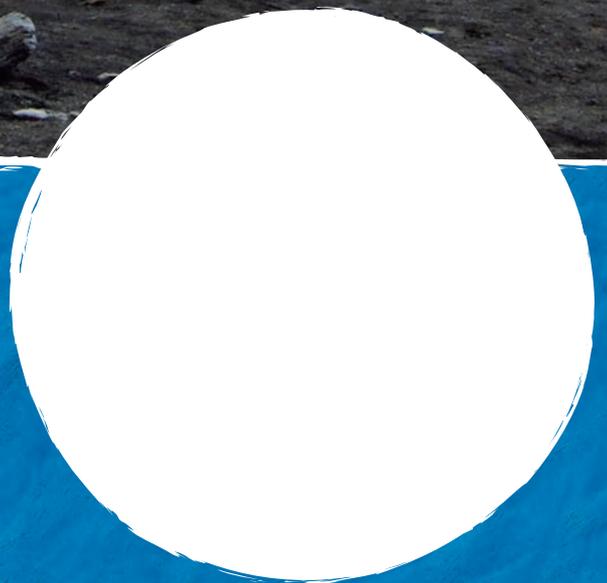
Iceland Trek



With its striking mix of wild volcanic landscape dotted with steaming lava fields, icecaps, glaciers, waterfalls, bubbling hot springs and geysers, the stunning Icelandic landscape is one you will never forget.

With some of the most spectacular wilderness areas in Europe its lucky visitors are compelled to return again and again. For the trip of a lifetime look no further.

Come trek with us...



Questions and answers

Is the trip for me?

Absolutely YES! This trip is suitable for people with a sense of adventure, who want to do a challenge for a great cause! A huge majority of your fellow trekkers will be in the same situation as you, not knowing anyone at the start but by the end I am sure you will have made some friends for life, an added bonus of this challenge!

How fit do I need to be?

You certainly do not have to be an athlete or a fitness fanatic to complete this challenge but it is advised that you train in order to get the most from this experience. Also never forget we are always on hand to help you with training tips in the lead up to departure.



Will I be able to raise the sponsorship money?

YES! You can achieve this and we fully recommend you start fundraising as soon as possible so hopefully you will raise above the minimum sponsorship. Once you've started you'll be surprised how generous people are and how fun raising the sponsorship can actually be! Again remember we are here to help throughout and can always suggest new hints and tips to help you reach your fundraising target.

Can I stay on in Iceland for longer?

YES! For a nominal administration fee your flight can be extended (subject for availability). This will give you the opportunity to explore and discover this incredible country at your own pace.

Will you help me?

YES! We have a dedicated event manager on hand from the time you register through to the time you go on the trip. The confirmation pack you will be emailed across when you have reserved your place, this will cover everything you'll need to know. We are always just a phone call away and our aim is to make the trip as enjoyable as possible from start to finish. We even organise a get-together for everyone going on the trip so you can meet fellow trekkers and swap training and fundraising ideas!

What's the food like?

Tasty in one word! Most Icelandic meals you'll experience on the trip will start with a soup then a fine hearty meal consisting of lots of meat and fish.



What do I need to bring?

There is no specialist kit required for the trek. We'll send you a full packing list once you have registered.

Will you carry my luggage whilst I'm walking?

YES! Vehicles will take the group to the start of the trek and meet us at the end of each day. The vehicles carry all the luggage, food, water and camping equipment. You'll just need to carry those essentials like water and a camera!

When should I book my place on the trip?

TODAY! To avoid disappointment, as places are limited and they go REALLY quickly.

Facts and figures

Registration Fee:

All our fundraising trips require a registration fee to be paid on booking – please see the enclosed Reservation Form for details ⁽¹⁾

Minimum sponsorship:

We ask you to raise a minimum amount of sponsorship to take part in this trip – please see the enclosed Reservation Form for details ⁽²⁾

Number of days:

5 days including 3 days trekking

Accommodation:

Hotels either side of the trek and tents during the trek

Temperature:

Usually 16-19°C during the day, however the temperature will get a lot cooler at night.

What's included:

Flights and all internal travel, accommodation, all meals (except celebration meal, and lunch on day 5), water, refreshments, guides, a doctor and medical support⁽⁴⁾

Notes:

1. The registration fee is non-refundable.
2. The first 80% of the sponsorship level is due 12 weeks before the event.
3. All fundraising incurs costs. The tour costs are approximately 50% of the minimum sponsorship level. Costs are confirmed 8 weeks before departure.
4. All participants are responsible for their own passports, visas (not required if UK citizen), vaccinations and travel insurance which you must have. Once you have booked your place our experienced staff will help you make these arrangements.
5. Skyline Events and the charity act as agents for Skyline Tour Operations Ltd (ATOL protected 10069).



How to raise the money...



THINK BIG!

The average sponsorship level for the Iceland Trek is around £2,500 so below we have indicated some tried and tested ideas to get you started.

Start by asking everyone you know – the more people you ask, the more you will raise! Try to get payment upfront to halve the effort, and ALWAYS start each sponsorship form with a generous sponsor as this will set a high standard for the rest. (It really does work!)

Ask your employer to sponsor you, too – many companies actually match pound for pound!

Here are some ideas:

Arrange a £10 menu at a local restaurant on one of their quiet nights and charge 10 friends £15! (Do this twice as it's so easy)	£150
Hold a karaoke in your local pub for a percentage of the drinks sales	£150
Two car boot sales (get your family and friends to have a clear out!)	£150
Ask your local school to hold a non-uniform day	£120
Place collection boxes in 5 outlets	£80
Ask friends and family to take part in a local sponsored walk/fun run or maybe even organise your own	£200
Hold a quiz night with raffle	£200
Dinner party or barbecue for 10 friends who each pay £10	£100
Hold a skills auction where you rope in friends with certain skills (hairdressing / reflexology etc) to donate their skills for free	£250
Persuade a friend to shave their head/legs/sit in a bath of custard!	£200
Two Friday night Three-legged Pub Crawls	£300
Ask 10 close friends to write to everyone they know	£250
Collect at a local football ground/supermarket (get permission!)	£100
Ask friends and family for sponsorship money instead of Birthday/Christmas presents	£200
Hold a raffle at a local event	£50
TOTAL	£2,500!

Tell the world!

You are doing something quite amazing – make sure you tell EVERYONE – and let your local newspaper/radio know, too!

With a bit of thought, planning and some help from your friends, you'll have reached the target before you know it – **GO FOR IT!!!**



The itinerary

Day 1

London – Keflavik – Landmannalaugar

We depart London for Keflavik airport whereby upon arrival we will be transferred by bus to the Southern Highlands about 150 miles east of Reykjavik. The barren lava fields that surround Iceland's international airport are an eye-grabbing introduction to this near-Arctic island, home to many volcanoes (some still active), glistening with glaciers, geysers, hot springs and waterfalls. Our camp for the night is at Landmannalaugar in the heart of Southern Iceland's thermal area on the mid-Atlantic rift. Before enjoying our first night under canvas there will be time to take a dip in the hot springs and enjoy a night cap!
Overnight camping.

Day 2

Landmannalaugar – Álftavatn

We will wake up early and enjoy a hearty breakfast, before the trekking begins! From camp we will climb up through the cross lava fields, pass steaming vents and snow fields. Near the highest point (3,600ft) we will pass Stórihver – a big hot spring amongst a field of vents. After lunch we will walk through fields of glistening black opsidium rock. Finally, we will have a downhill descent to Álftavatn, a huge volcanic lake where we will camp overnight, a really stunning setting.
Overnight camping.

9 hours trekking

Day 3

Álftavatn – Emstrur

After the challenge of yesterday today's trek is slightly shorter in distance but with no less stunning scenery that will change throughout the day. As we leave the rhyolite we enter a glacial area with fast running glacial streams off the Myrdalsjokull Icecap. We will experience river crossings, both by wooden bridges and wading through ice-cold streams! We will then climb down to the oasis Hvanngil and then trek across 'Sahara Like' passes and hills to the Emstrur hut. This is our home for the night and our last night under canvas!
Overnight camping.

7 hours trekking

Day 4

Emstrur – Thorsmörk – Reykjavik

Our final days trekking starts with more river crossings, views of the amazing Markarfljót gorge and the bridged Ljorsa fissure. The trek ends with a steep drop into the main valley of Thorsmörk, which is surrounded by giant glaciers and raging rivers. It is regarded as one of Iceland's most well known beauty spots and will mark the end of our trek! After the celebrations we will meet our awaiting transport and drive back to Reykjavik. Tonight there will be a celebration meal in a restaurant in town before those with enough energy hit the local nightlife!
Overnight hotel.

4 hours trekking



Day 5

Reykjavik – London

Today there will be free time to explore Reykjavik, the world's most northerly capital. We will all transfer to the Blue lagoon – one of Iceland's pools of pure, mineral-rich, geothermal seawater, set amongst fields of lava against a spectacular backdrop of green rolling hills. You will have the option to enter the lagoon prior to our onward journey to the airport for our flight home to London.

Due to the nature of the challenge, this complex itinerary is subject to change.

About our charity

Make a difference call **020 7424 5511**