



dovehouse
hospice

caring for people with a life limiting illness



Iceland Trek
23rd - 30th May 2015
Take the first step on your
adventure...

Iceland

Iceland is an island located in the North Atlantic Ocean on the Mid-Atlantic Ridge, a tectonic plate that separates Eurasia from the North American plate and the African plate from the South American plate. Its unique location on earth means that Iceland is subject to many dramatic forces of nature and as such offers incredible natural geological features such as gushing rivers, azure blue lakes, great green forests, hot springs, red hot lava, bright blue glaciers and mighty lava scarred volcanoes. However, this is just the beginning! The Northernly location of Iceland means it is a fantastic place to spot the Aurora Borealis (Northern Lights) and the capital of Iceland, Reykjavík (where two thirds of the Icelandic population live) is a fantastic place to visit, where you will meet incredibly friendly local people and learn about the history and culture of the country. You might also fancy a dip in the famous Blue Lagoon hot springs!



The Volcano: Eyjafjallajökull



Iceland was brought to the forefront of many people's minds in 2010 when the mighty Eyjafjallajökull erupted leaving air traffic in meltdown for weeks across most of Europe and in turn, the world. Eyjafjallajökull, which means island (eyja) mountain (fjalla) glacier (jökull) is a volcano which is completely covered by an ice cap of around 100 square kilometres. The summit is at a 1,666m elevation. The volcano is fed by a magma chamber underneath the mountain which is part of the tectonic divergence of the Mid-Atlantic Ridge upon which Iceland sits. The Mid-Atlantic Ridge is part of the longest mountain range in the world and it spreads an average of 2.5cm per year! To pronounce the name of the volcano you say "EhYah FiatLa YurKutl".

The Experience

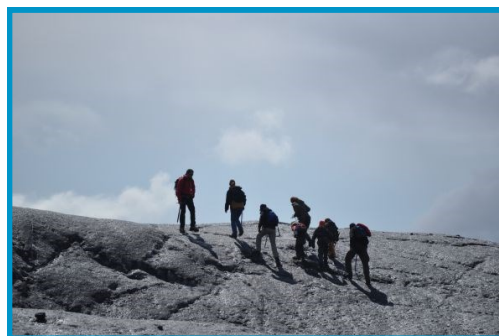
On this 8 day trek through Iceland's spectacular volcanic landscape you will hike through mountain gorges, over vast glaciers, across frozen lava fields and around mysterious caves! Highlights of the trek will include climbing to the top of Eyjafjallajökull and (hopefully) spotting the Northern Lights from your hut in Skógar. After the trek you will enjoy some free time in Reykjavík, perhaps taking a visit to the famous Blue Lagoon thermal baths to soothe your muscles from the trekking!

This trek is accompanied by professional English-speaking local guides who have an excellent knowledge of hiking in the region. The guides are first aid trained and will support you throughout your journey. You will be accompanied throughout your challenge by a Different Travel Company UK tour manager.



The Trek

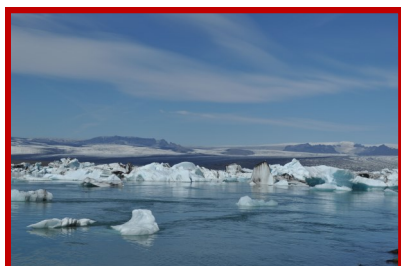
The trek is rated challenging for a person of a good level of fitness. The terrain will vary each day but will generally be undulating with some very steep sections, some flat areas and some downhill sections. You may walk over snow or ice covered ground depending on the weather conditions at the time so ice axes, crampons or snow shoes (provided) may be required. You do not need to have technical climbing skills or previous experience as your expert guides will provide you with support and assistance throughout.



Climate and conditions

Low temperatures, cold wind and unpredictable weather conditions will be an added challenge and therefore it is vital that you bring non-cotton technical clothing (including good quality waterproofs) and broken-in waterproof boots to ensure maximum comfort and safety while trekking in cold conditions. Having some trekking experience is a bonus but is not a prerequisite. Each day you will cover approximately 15km (9 miles) which, because of the variable terrain, can take up to 8 hours to cover.

Weather conditions will vary and could be rainy, bright and sunny, snowy or cloudy (or all of the above) so it's crucial to be prepared for all weather conditions. Temperatures may range between -3°C at night to around 12°C during the day.



Accommodation and food

Whilst on the trek you will stay in a basic mountain hut in Skógar for the 4 nights of the trek. Sleeping is in mixed gender multi-share dormitories and you will need to bring your own sleeping bag suitable for low temperatures (a bag with a comfort rating of 0°C would be fine). Meals will be prepared in the hut kitchen and everyone will take turns getting involved with preparation, clear-up, water collection and other tasks.



Fitness

The trek can be undertaken by anyone of any age (min. 18 unless accompanied by an adult) as long as you have a good level of fitness and you are healthy and determined. Adequate preparation, planning and training is important because the fitter you are the more you will enjoy this experience. An ideal candidate would be someone who plays a sport and/or regularly exercises (e.g. running / gym / classes), a hill walker or trekker or someone who enjoys being out of their comfort zone. If you do not already exercise regularly or participate in a sport it is advised that you start training at least 6 months before departure to ensure your best chance of success and enjoyment on the challenge. Trying to complete the challenge without training will hinder your experience. Hill walking should form part of your training – the trail will not be flat.

All participants must complete a medical declaration form upon registering, and any pre-existing conditions, medications used and other medical issues must be noted and (if relevant) confirmed by your GP. Any conditions that develop must be declared and a new medical form completed.



Trip includes...

Your registration fee and sponsorship will cover flights from London (including all current taxes & fuel surcharges), all transfers & transport in Iceland, accommodation in hotels in Reykjavík, mountain hut on trek, meals, local guides and a Different Travel tour manager.

Trip does not include...

The extra costs you have to consider are just lunch on day 7, personal expenses such as drinks, souvenirs, laundry etc., any vaccinations required, travel insurance, tips and personal trekking kit.



Your Trek Itinerary

Day 1 (Sat 23rd May): London - Reykjavík

Fly from London to Reykjavík and transfer 40 mins to a central hotel for the night.

Day 2 (Sun 24th May): Reykjavík – Skógar

Departing Reykjavík we head to the Reykjadalur Valley, where we set out for an introductory day hike to explore the mud pools and other geothermal wonders of the area. Located within the Hengill Volcano, this area offers stunning landscapes. After a circular walk through the adjacent Grændalur Valley, we return to the vehicle and continue eastwards to the Eyjafjallajökull volcano. Here we settle into the local hostel in the village of Skógar, our base for the next 4 nights.

Day 3 (Mon 25th May): Skógar – Eyjafjallajökull

Today the summit of Eyjafjallajökull is our goal, with an ascent of approximately 1600m to the top at 1666m. The first part of the climb is up the foothills, reaching the glacier at around 800m where you rope up with your guide for the hike up to the new crater which erupted on April 14th 2010. From the top, the views across to the neighbouring glaciers, Mýrdalsjökull and Tindfjallajökull, the black sand coast and the mountains to the north are incredible. Walking 8–10 hours, 17km, ascent/descent 1600m). Depending on the snow conditions snowshoes may be used.

Day 4 (Tue 26th May): Skógar - Jökuldalur Valley

After a strenuous day, we take it slightly easier today with a gentle trek along the foothills of the Skógahei Hills, heading east to the hidden Jökuldalur Valley, carved out by the glacial river from the nearby Sólheimajökul glacial outlet. Return to the hut for the night.

Day 5 (Wed 27th May): Skógar - Fimmvöruháls – Craters & Lavafields

Today is a long day so we start early in order to return before dark. We follow the trail along the Skógaá river and its numerous waterfalls, crossing the river on a footbridge and then continuing across the desolate landscape, climbing steadily. Eventually we reach a trail leading to two craters formed during the 2010 eruption. After exploring the lava field and the craters we return downhill, back to Skógar.

Day 6 (Thu 28th May): Skógar – Reykjavík

The group pack up and return by vehicle to Reykjavík. On the way we stop in Thingvellir National Park to enjoy a final half-day trek.

Day 7 (Fri 29th May): Reykjavík

Today is a free day to explore Reykjavík. You may wish to visit a local pool or discover the capital with its museums, galleries and cafés. All activities are payable locally. Enjoy a farewell dinner this evening.

Day 8 (Sat 20th May): Reykjavík - London

Return to the airport for the return flight to London.

N.B. This itinerary may change due to unusual weather patterns, the ability of the group and so on. We will do our best to keep to the set itinerary however we cannot be held responsible for changes that might occur outside of our control. In all such circumstances your guide and tour leader will have the final say in the interest of the health and safety of the group.



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Dove House Hospice is a charity providing excellent palliative care for people in the local community with life limiting illnesses. We offer physical, social, psychological and spiritual therapies, which place the patient, not simply the illness, at the centre of everything we do. Every day we help patients and their loved ones at what can be one of the most difficult times in their lives.

All our services are free of charge and with annual costs of £6.1 million we rely on the generosity and support of the local community to continue our unique service to those that need it.

Taking part in our trek will raise vital funds for Dove House Hospice



Each trekker in the Dove House Hospice team is asked to give a **£300 deposit to confirm their place on the trek and to raise £2,800 minimum sponsorship** by March 2015.

The aim of this trek is to raise funds which will benefit the patients and their families who need the hospice. Your help will be invaluable in providing services to people coping with life-limiting illnesses throughout Hull and East Riding.

Discover the fun in fundraising...

Friends and family may be supportive in sponsoring you for your trek, but this is your chance to take on a whole new challenge and become a fundraiser for a year. Whether you enjoy baking, are currently training for a marathon or have a great spot for car washing, you can raise the minimum sponsorship by being inventive and having fun! Plus, the Dove House fundraising team will be there to help you from the moment you sign up until the day you return from the trek. Energy, enthusiasm and dedication will be needed to rise to this challenge and create a year to be remembered forever.



What next?....

Contact the fundraising team today to arrange coming along to one of our information evenings or to ask any questions.

Start your journey now!

Contact Becky Baynes by email b.baynes@dovehouse.org.uk or call 01482 785743.

