

Introduction

Iceland is renowned for its dramatic spectacle of volcanic scenery, powerful geysers, ferocious waterfalls and gigantic glaciers, which for centuries have been energised by the three basic elements of fire, ice and water. These striking contrasts have shaped the land of an island to provide remarkable scenery where you will study nature at its most powerful, destructive and beautiful.

Day 1: Today you will take the 3 hour flight from the UK to Iceland. Upon arrival at Keflavik Airport you will be met by our in country agents and your guide for the trip. Your first stop will be the famous Blue Lagoon, where you will spend some time relaxing in this beautiful Natural Outdoor Spa before heading to Reykjavik, where you will stay overnight in a local Guesthouse.



Day2: Today you will discover the power of Fire. You will spend the day at Reykjanes Peninsula, where a massive rift in the earth's surface marks the meeting place of two continents. A point where, according to the theory of continental drift, two tectonic plates split, separating Europe and America: where the Old World meets the New. Geothermal heat bursts to the surface in this region where bubbling pools and gushing hot springs force their way through the ancient lava fields and volcanic craters that form the local landscape. Few places offer such close contact with the forces that created the country and are still shaping it today.





Day 3: Today you will move to the second phase of your trip and visit Thingvellir National Park to study the forces of water. Research has made it clear that Thingvellir is a natural wonder on an International scale. The geological history and the biosystem of Lake Thingvallavatn forms a unique entity while the faults and fissures of the area highlight great rifts of the earth's crust. You will drive through the geothermal field to the town of Geysir and visit the main information centre to learn about these geological phenomena before heading out to see them first hand. The Strokkur is one of the most famous geysers, shooting



a tower of water and steam 30 meters into the air every few minutes. Blesi is another interesting water hole, a hot spring with incredibly bright turquoise water. Continuing your journey, you travel to one of the most awesome spectacles in Iceland, the Gullfoss (Golden) waterfall, a ferocious example of water following a fissure in the lava field and carving a passage through it, tumbling over gigantic steps and twisting through a deep gorge. At the end of the day you will travel to a local Guesthouse.

Day 4: Completing your study of the three elements you will travel to the south coast of the country, and the Sólheimajökull Glacier, where you will study the impact that Ice has had on the country. This enormous Glacial tongue extends down from the mighty Mýrdalsjökull Glacier and it is here that you will study various examples of glacial & pro-glacial processes such as outwash, braiding, surges, moraines and supra-glacial debris. You'll also learn how to use basic glacier walking equipment to help you explore the ice field itself where a wonderland of ice sculptures, ridges and deep crevasses await your discovery. In the afternoon you will return to Reykjavik, stopping at the picturesque waterfalls of Skógafoss and Seljalandsfoss, where you can walk behind the tumbling curtain of water. You will spend the evening in Reykjavik at your original local Guesthouse

Day 5: Your final morning in Iceland will be spent at your leisure in Reykjavik, before transferring back to Keflavik Airport for your return flight home, to the UK.

