



LADIES GETAWAY in ICELAND

A Nordic Adventure
October 28—November 3, 2019

FORWARD TRAVEL ✈️
EST 2014



THE STUNNING HARPA CONCERT HALL IN REYKJAVIK'S HARBOR

When it comes to Iceland, the scenery is just the tip of the iceberg...

We at Onward Travel couldn't be more thrilled about our "Ladies Only" getaways to Iceland in the late fall of 2019. Iceland is one of our favorite places on the planet and we have been there a number of times, usually with design groups for a March design festival. Over the years we've established a robust network of travel partners and friends and an understanding of and appreciation for Icelandic culture.

Iceland is like nowhere else on earth and during this tour we'll immerse ourselves in Reykjavik and its surrounds. Our small group will learn about the history of the country from the vikings through the modern day, taste classic dishes, modern health food, and greenhouse grown tomatoes, gain an understanding of geothermal energy and how it enables modern society in Iceland to flourish, soak in multiple geothermal pools (Onward's favorite!), and so much more.

Reykjavik is a tiny capital city, perfect for strolling and full of great restaurants and fabulous shopping. Our fun group of women is sure to have a real blast laughing, learning and experiencing Iceland together!



Imagine yourself...

Soaking away your jetlag in the Blue Lagoon

Looking up in delight as the Northern Lights dance above you

(fingers crossed!)

Eating hot lobster soup in Reykjavik's harbor

Welcome to Iceland!

DAY 1: MONDAY OCTOBER 28

- Soak away your jetlag in the thermal water of the Blue Lagoon
- Toast your traveling companions over a beautiful meal

Welcome to Iceland! Upon arrival, your Onward Travel guide will be waiting for you at Keflavik International Airport with a private minibus with professional driver and our friendly local Icelandic guide. We'll have a full brunch at a scenic restaurant open just for us this morning and then see a bit of the Reykjanes Peninsula, known for its lava fields and geothermal activity.

Mid-morning we'll head to the Blue Lagoon's famous, bright blue, wellness-promoting-waters, to let the jetlag soak away. Enjoy a light packed lunch on the way from the lagoon to downtown Reykjavik. *Optional activity: Body treatments and massages are available at the Blue Lagoon. Onward will provide a list of available services.*

Once we arrive in the heart of Reykjavik we'll check in at our accommodations for some afternoon R & R. Hotel Alda is an upscale, high-design boutique hotel in the center of town, walking distance to everything. Tonight we'll gather to enjoy a gourmet Icelandic feast and toast to the week of fun and adventure ahead of us!

Meals Breakfast, Lunch, Dinner



Reykjavik Immersion

DAY 2: TUESDAY OCTOBER 29

- Get to know Iceland's capital city from a local's perspective
- Roll up your sleeves and prepare some Icelandic dishes yourself

Let's start our day exploring the capital with a cup of the best coffee (or cocoa!) in Iceland at Reykjavik Roasters, then we'll head across the street to Hallgrímskirkja Church to ascend the steeple and enjoy sweeping panoramic views of the city. Once we've seen Iceland's capital from a bird's eye view it's time to zoom in...

Our local guide will meet us at Hallgrímskirkja and we'll explore the city on a walking tour with him, making our way through City Hall to catch the latest exhibit and learn about Iceland's topography while examining a large 3-D relief map. Lunch today will be lobster soup and grilled fish kebabs at a harbor-side restaurant owned by a retired fisherman. After lunch we'll take a guided tour of Harpa, an iconic and fascinating Reykjavik concert venue and event center. The glass facade was designed by artist Olafur Eliasson and features kaleidoscopic reflections of the city and landscape.

Later this afternoon we're off to a cooking class in a stylish, modern kitchen, where we'll learn about Icelandic cuisine (hello lamb & fish!) before rolling up our sleeves to get in the kitchen ourselves. We'll enjoy a delicious dinner of our creations after the class.

Meals Breakfast, Lunch, Dinner

Geothermal Day

DAY 3: WEDNESDAY OCTOBER 30

- Understand the great influence of geothermal energy on local life
- Lunch on perfect tomatoes in the middle of a greenhouse

Iceland literally runs on geothermal energy, and the more you learn about this energy - from its sources, to its harnessing, to its utilization and application - the more that Icelandic life makes sense. You can understand how shops can be eco-conscious and still leave their doors open to the street on a freezing day, how fresh produce is abundant in Iceland all year despite its isolation and cold weather, and of course where all the water comes from for the many geothermal pools. This morning when we visit the Geothermal Powerplant Exhibition in the countryside near Reykjavik all of these details of Icelandic life and many more will be placed in clear context as you begin to understand the power of geothermal energy.

DAILY ITINERARY Ladies Getaway in Iceland *October 28–November 3, 2019*

Once we've done some learning the time has come to really enjoy all that geothermal energy! Lunch today will be in a tomato greenhouse, where if you close your eyes and eat a cherry tomato it might as well be August in Italy - except it's November in Iceland! Also, these tomatoes make the best fresh bloody mary you can imagine and the spread of delicious tomato soup and rustic homemade breads is comforting and perfect.

After lunch we will visit one of the chicest geothermal hot pools in Iceland - a small complex of pools all lined in tile in a remote location beside a lake... Do as the locals do and take a polar plunge if you dare! Upon our return to the city the evening is yours to enjoy.

Meals Breakfast, Lunch

Exploring The Golden Circle DAY 4: THURSDAY OCTOBER 31

- A waterfall, Geysir, a legendary scenic park... it's the Golden Circle!
- Soak in a hidden geothermal pool far away from everything

Today we'll head east of Reykjavik with our guide to spend the day exploring Iceland's legendary scenic highway known as the Golden Circle. Our unique Golden Circle experience begins at Þingvellir National Park, the site of the oldest parliament in the world where the great Atlantic rift is clearly visible. At Þingvellir you'll also see the rock formation that inspired "the wall" of Game of Thrones fame. We'll walk through the national park and take in the phenomenal landscapes. Then it's off to the magnificent Gullfoss waterfall where the power of the water can be felt through the air.

Lunch today is at a horse and dairy farm, where they make their own Icelandic yogurt, or skyr, and the ponies are just waiting for you to pet them. Then we'll visit the world famous Geysir geothermal area where we'll watch geysers erupt and, for those who wish to, hike up a hill to breathe in the view. As the afternoon comes to an end, it's time to relax with a nice soak in a beautiful and remote geothermal pool.

Return to Hotel Alda as evening falls, and after a quick break to freshen up we'll head out together for dinner down the street at a delicious "fast-casual" spot that catapulted its owner into local culinary fame. You'll enjoy the daily changing made-from-scratch health food, sure to be just the thing after a long day sightseeing.

Meals Breakfast, Lunch, Dinner

Relax in Reykjavik DAY 5: FRIDAY NOVEMBER 1

- Channel your inner creativity and try your hand at letterpressing
- Spend the afternoon and evening in Reykjavik as you like!

Today we will spend the morning with two of our favorite Icelanders, the absolutely wonderful ladies of Reykjavik Letterpress. This pair of friends left their careers in advertising to follow their dreams of opening a print shop, and now many awards and international accolades later, we are invited into their studio for our own letterpress workshop. We'll learn how this unique printing process works and then get our creative juices flowing as everyone gets to make their own set of keepsake postcards. After our morning in the art studio the rest of the day and evening is yours to explore Reykjavik as you wish!

Optional afternoon activity: [Horseback riding](#)

Skip town and go horseback riding right outside the city. Explore the stunning volcanic landscape and mountain views, all while riding your very own Icelandic horse. **+\$135 USD per person**

Optional afternoon activity: [Whale watching](#)

Hop on a boat from the harbor in search of orca whales, humpback whales, dolphins, porpoises, avian life and more. Whale watching can be a transcendental experience... But don't forget to bundle up! **+\$100 USD per person**

Meals Breakfast



ICELANDIC PONIES

Black Sand and Folk History

DAY 6: SATURDAY NOVEMBER 2

- See how it feels to squeeze into a tiny traditional Icelandic dwelling
- Stand on a black sand beach, feeling like you're on another planet

Today we are heading two hours down the Atlantic Coast to Iceland's southernmost town: Vik. The village is most famous for its stunning black sand beaches and basalt rock formations. We leave Reykjavik bright and early this morning so breakfast will be in a historic cafe once we're well outside of Reykjavik. Then we will continue on to Skógafoss Waterfall and Skógar Folk Museum where you'll be fascinated by the history of Icelandic day-to-day life, especially the society's relatively recent transition into modernity.

Then its onward to Vik to experience the otherworldly seascapes of Reynisfjara Beach. Warm up with a tasty Icelandic lunch at a local cafe before we begin our drive back to Reykjavik. On our return we'll stop in the countryside at a great little shop for handknitted items and local, small batch yarns.

It's our last night together and we'll head out for a lovely and delicious farewell dinner at one of our favorite upscale restaurants in Reykjavik. Surely by now we'll have lots of wonderful stories to retell and great memories to toast to!

Meals Breakfast, Lunch, Dinner



THE BLACK SAND BEACH AND BASALT CLIFFS AT REYNISFJARA

Bless, Bless!

DAY 7: SUNDAY NOVEMBER 3

- Enjoy one last delicious meal with your traveling companions
- Return home with lots of new experiences, ideas and friends!

This morning we'll enjoy a scrumptious brunch together at a charming French bistro in town before heading to the airport. Transportation to Keflavik will be arranged for all travelers depending on flight times. Most return flights take off in the late afternoon/early evening so you should also have a chance to sneak in some last minute shopping at Reykjavik's many boutiques.

In the olden days, goodbyes in Iceland often preceded journeys that tended to be rather perilous, so goodbye in Icelandic became "bless, bless." Luckily these days our journeys are much more comfortable, but unfortunately the time has still come to say, "bless, bless!"

Meals Brunch

What about the Northern Lights?

Late autumn is a great time of year to see the Aurora Borealis, so our chances of glimpsing the Northern Lights during our week in Iceland are rather good. However, part of their allure is that they cannot be scheduled or counted upon to appear! We have fabulous Icelandic travel partners and they know how to read the weather and predict good visibility, so we'll basically be on call all week - and when the timing is right they'll pick us up and we'll head out of the city for a guided Northern Lights Hunt!

TRIP INFORMATION Ladies Getaway in Iceland Oct. 28–Nov. 3, 2019

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| BEGINS | Keflavik International Airport (KEF), on October 28 <i>Most flights from North America to Iceland land in the wee hours of the morning. Please book a flight scheduled to land before 7:00 AM.</i> |
| ENDS | Central Reykjavik on November 3 <i>Airport transfers provided based on travelers' schedules</i> |
| SUITABILITY & MOBILITY | This tour includes walking for up to 30 minutes at a time, plus stairs, uneven natural terrain and cobblestones. If you have limited mobility, we may be able to accommodate you, but it is essential to let us know at the time of registration. Travelers may always opt out of activities they deem too physically challenging but refunds will not be provided. |
| TRIP LENGTH | 7 days, 6 nights |
| LODGING | Boutique lodging with a fun sense of place has been selected for <i>Ladies Getaway in Iceland</i> Alda Hotel 6 Nights Stylish hotel at the quiet end of Reykjavik's main shopping street, walking distance to nearly everywhere you'll want to go in the capital. |
| TOUR DATES & PRICE | October 28–November 3, 2019 Double Occupancy \$3575 per traveler Single Supplement \$550 additional Contact Onward if you are interested in a room upgrade. Please note that air travel is not included and a current passport is required for travel to Iceland. <u>Please ensure that your passport is valid 6 months after the date of travel.</u> <i>You are welcome to pay your trip fee by credit card, please note that a 3% processing fee will be applied.</i> |

Trip price includes the following:

- Airport transfers and ground transportation to/from all scheduled activities.
- 6 nights accommodations
- Most meals: six breakfasts and one brunch, five lunches, and four dinners. We have fantastic gourmet experiences planned with wine included, of course!
- Local guide services throughout the tour to truly understand Iceland and an Onward Travel host at your service
- All activities, tastings and tours as detailed in the itinerary

Register now!

Visit onwardtravel.co to complete the registration form and submit payment. \$1,250 deposit due upon booking, balance due by August 1, 2019.

AIR TRAVEL:

The tour will start and end with transfers to/from the airport serving Reykjavik, Keflavik Airport (KEF). Please confirm with Onward Travel that the tour is a "go" before booking non-refundable airfare. Onward can assist travelers who would like to extend their stay in Iceland and/or arrive early to the tour starting point. Contact Onward Travel for assistance or to coordinate with other *Ladies Getaway in Iceland* travelers.

TRIP INFORMATION Ladies Getaway in Iceland Oct. 28–Nov. 3, 2019

About Onward Travel

Onward Travel is a group tour operator owned and operated by sisters Molly Crist and Katerina Clauhs Dhand. Onward Travel is focused on unique, thoughtful small group tours with itineraries that are researched and pieced together carefully to ensure authentic, engaging trips that foster genuine connection to places and people. A deep love of hospitality and adventure has been in Molly and Kat's blood for generations as Onward Travel is inspired by their family's cooking school on a farm in Bucks County, PA that offered culinary-focused travel to customers for over two decades.

Iceland in Late Autumn

At this time winter is well on her way to Iceland. Days are quickly becoming shorter, with sunrise around 9:05 am and sunset around 5:15 pm during our stay. The weather will be wintry though not frigid - highs in the high 30's to low 40's and lows dipping down just below freezing at night. Precipitation is possible. As long as you pack warm clothing, especially a good pair of boots, you will be just fine and comfortable! In our opinion, Icelandic scenery is most beautiful in this kind of weather and soaking in the hot geothermal pools is ideal in the cold. Winter weather suits the Icelandic experience, plus it's also Northern Lights season!

Miscellaneous Travel Information

- *Passports are required for American citizens travelling to Iceland. Visas are not required. Note your passport should be valid for at least six months beyond the date of travel.*
- *To determine the current exchange rate, Google "USD to ISK."*
- *Travel Protection: Onward Travel recommends that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. Travel protection plans include coverage for Trip Cancellation, Trip Interruption, Emergency Medical and Emergency Evacuation/Repatriation, Trip Delay, Baggage Delay and more. For more information on the recommended plans or to enroll, contact Travelex Insurance Services at 800-228-9792 and reference location number 32-0704.*
- *For a summary of plan details on benefits, coverages, limitations and exclusions, please refer to the applicable Description of Coverage. Travel Insurance is underwritten by Transamerica Casualty Insurance Company, Columbus, Ohio; NAIC #10952. 1308294*

Get in Touch!

Contact Molly with questions or special requests:

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