



## **WELCOME TO OUTWARD BOUND CANADA'S Reach Beyond Expedition - Iceland**

**Course Code: RBI1  
September 10 – 20, 2017**



### **About the Trek**

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You are about to embark on the adventure of a lifetime! Widely considered one of the most breathtaking natural landscapes on earth, “The Land of Fire and Ice” looks like something out of a fairy tale. Black sands, steaming fissures, gleaming glaciers, and hillsides of florescent green moss...this is a land of extremes.

Let Outward Bound Canada lead you on one of Europe’s premiere treks, moving from volcanic highlands, past tumbling waterfalls, until finally arriving at the North Atlantic Ocean. After seven days of unforgettable trekking, we’ll celebrate our expedition in the world’s northernmost capital, Reykjavik, and then end our Iceland odyssey with a well-deserved dip in the world-famous Blue Lagoon Thermal Baths.

**The beauty of Iceland awaits you!**



## Itinerary

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PLEASE NOTE: we will be carrying all of our gear in backpacks, which will weigh 30lbs or more. We will sleep in both huts and tents. The weather can be cold and unpredictable in September and we may have to alter our route due to weather conditions.

### **SUNDAY, SEPTEMBER 10<sup>TH</sup> – TRAVEL**

Transit from Toronto to Reykjavik, Iceland.

Depart at 9:05pm from Toronto Pearson International Airport; be at airport at 6pm to check in, 5 hour & 15 minutes flight time. (We highly recommend students fly with Icelandair airline.)

### **MONDAY, SEPTEMBER 11<sup>ST</sup> – REYKJAVIK**

Arrive in Reykjavik at 6:20am – walking tour of downtown Reykjavik and final preparations for the trek.

*Arctic Adventures (AA)* will be our Logistics Partner. We will combine the Laugavegur-Skogar trails to form a 7-day trek.

### **TUESDAY, SEPTEMBER 12<sup>TH</sup> – DAY 1 OF TREK**

Trek 12km, 4.5 hours. Elevation increase: 470m. Camp at Hrfantinnusker.

Drive by bus to Landmannalaugar trailhead at 600m in elevation. Our starting point is the hut at Landmannalaugar. From there it's an easy hike through the lava fields of Laugahraun towards the colourful mountain Brennisteinsalda. The gradual climb starts through dissected hills with views offering an incredible spectrum of colours. There may be snow and fog as we approach our campsite.

### **WEDNESDAY, SEPTEMBER 13<sup>TH</sup> – DAY 2 OF TREK**

Trek 12km, 4.5 hours. Elevation decrease: 490m. Camp at Alftavatan.

The first part of the trail takes us through a valley with some small ravines that may be filled with snow. A short and steep incline leads to the highpoint of today's hike. If visibility is good, a side trip to the summit of Mount Háskerðingur (1281m) will reward us with a breathtaking view. We will soon leave the colourful rhyolite mountains and enter an area with dark palagonite mountains and glaciers. Here you will notice a considerable increase in vegetation. The trail down the Jökultungur is quite steep and care must be taken during the descent. The last few kilometers to the huts by the Lake Alftavatan are on flat terrain.

### **THURSDAY, SEPTEMBER 14<sup>TH</sup> – DAY 3 OF TREK**

Trek 16km, 6-7 hours. Elevation decrease: 40m. Camp at Botnar/Emstrur.

The trail takes us over the ridge Brattháls into Hvanngil ravine, where we will wade across the small river Bratthálskvísl. In Hvanngil are two huts, one for shepherds and one for tourists. Leaving Hvanngil, a bridge crosses the river Kaldaklofskvísl. On the eastern bank of Kaldaklofskvísl the trail splits: one branch leading eastwards to Mælifellssandur and the other one southwards to Emstrur (we choose the latter). Soon, another river has to be waded. For a few kilometers, the trail joins a road until it separates again, leading further south. The powerful glacial river Nyrðri Emstruá is crossed along a bridge. Another few kilometers and we will suddenly be overlooking the huts and campsite in Emstrur (Botnar).

### **FRIDAY, SEPTEMBER 15<sup>TH</sup> – DAY 4 OF TREK**

Trek 15km, 6-7 hours. Elevation decrease: 300 m. Camp at Langidalur.

After 45 minutes on the trail, a steep path leads towards the canyon of Syðri-Emstruá which can be crossed on a spectacular bridge. For most of the day, the trail goes through a hilly area known as Almenningar. At the very end,



the river Þröngá has to be waded – this is usually the deepest river on the track. At most water levels this river can be waded. After crossing river Þröngá, once again you will notice changes in the landscape and vegetation. We walk through a small forest to Pormorsk (Langidalur).

## **SATURDAY, SEPTEMBER 16<sup>TH</sup> – DAY 5 OF TREK**

Day hikes from the campsite/alternate travel day/weather conditions day.

## **SUNDAY, SEPTEMBER 17<sup>TH</sup> – DAY 6 OF TREK**

Trek 13km, 5 hours. Elevation increase: 800m. Stay in hut at Basar.

The trail takes us from Pormorsk to a hut at the elevation of 1100m. We hike between the glaciers *Eyjaflallajökull* and *Mýrdalsjökull*. This portion of the hike is popular as it has spectacular views on a clear day. Being in the Alpine, weather and visibility can be quite variable.

## **MONDAY, SEPTEMBER 18<sup>TH</sup> – DAY 7 OF TREK**

Trek 16km, 5.5 hours. Elevation decrease: 900m. Finish at Skogar, transport to Reykjavik. Celebration Dinner!

On this day we descend down a series of trails to Skogar Falls. Along the way we pass many smaller waterfalls before arriving at a series of steps leading down to the base of Skogar Falls. From there it is a short hike to a Visitor Centre, which is by the main highway that circles Iceland, called *The Ring Road*. Our transport will meet us here for a two-hour drive back to Reykjavik.

## **TUESDAY, SEPTEMBER 19<sup>TH</sup> – REYKJAVIK**

“Golden Circle Tour” – which includes trips to: Geysir – a small community surrounded by natural geysers, Alping – the site of the First European parliament and the majestic “Gullfoss” waterfall.

## **WEDNESDAY, SEPTEMBER 20<sup>TH</sup> – FINAL DAY**

Visit the world famous Blue Lagoon Geothermal Spa on our way to the airport. Depart for Toronto at 5pm, arrive Toronto at 6:55pm (Icelandair airlines).

**EMERGENCY CALLS FOR A PARTICIPANT ON COURSE SHOULD GO DIRECTLY TO:  
1.888.OUTWARD, (688.9273) ext. 209**

You and your family should be aware that while on course you will be in a remote area without direct telephone contact. If you need to receive an emergency message, a person may have to travel some distance to deliver the message, at your expense.

## **Course Fees**

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### **1. DEPOSIT**

In order to secure your spot on the team, we ask that you confirm your participation with a deposit. The first payment is due March 3, 2017.

### **2. EXPEDITION COSTS**

The cost of your course includes:

- Accommodation at hotels in Reykjavik based on double occupancy
- All group transfers within Iceland
- All food, except your lunches in Reykjavik
- All group camping gear including tents, cooking stoves and pots, group tarp etc.
- An English-speaking Icelandic guide
- National park permits on the trek



Your course fee does NOT include:

- Return airfare between Toronto and Reykjavik, Iceland
- Travel and Rescue insurance for students
- Lunches in Reykjavik
- Immunizations and medication(s) if needed

### 3. PAYMENT SCHEDULE

PAYMENT	DEADLINE	AMOUNT
Initial Deposit	Upon acceptance	\$500.00 CDN
First Payment	March 3, 2017	\$2,500.00 CDN
Final Payment	May 12, 2017	\$2,000.00 CDN

### 4. FUNDRAISING COMMITMENT

In addition to your course fees, you are required to fundraise a minimum of \$4000.00 CAD in support of Outward Bound Canada’s Charitable Programs for Youth and Adults.

We will provide you with tools and resources, as well as the support of our Director of Individual Giving, to help you achieve this fundraising commitment – one which has proven very achievable for Reach Beyond participants in the past. In the unlikely event that a participant’s fundraising falls short of this \$4000.00 commitment, the participant will be invoiced for the balance.

**TOTAL COMMITMENT**  
 \$5000 expedition cost + \$4000 fundraising commitment  
 All cheques should be made payable to “Outward Bound Canada”

### 4. CANCELLATION POLICY

In case of cancellation, the participant is required to pay:

- 120 days prior to departure or before.....\$1,000.00
- 90 days prior to departure..... \$2500.00
- 60 days prior to departure..... expedition is non-refundable

## Course Details

### SIZE OF EXPEDITION

10 participants + 2 Outward Bound Canada instructors + 1 Arctic Adventures guide = 13 people in total

### FITNESS TRAINING

Once the team has been finalized, we will provide you with a suggested fitness plan in preparation for the trip. This will be based on your completed fitness assessment, which will be a part of your registration package. It is quite simple: the more physically fit you are, the more you’ll enjoy your trek experience. The goal of the fitness program is to ensure that you are physically and mentally ready to hike and camp for 7 days.

### TRAVEL AND MEDICAL INSURANCE

All participants are required to secure their own travel and medical insurance.



## TEAM GATHERINGS

We will aim to have a few team gatherings leading up to the expedition, for all participants who are able to attend. The first gathering will be a meet and greet and discussion about fundraising, fitness training, and the itinerary. The second gathering will be to review the equipment list, finalize trip logistics, and check in to see how fundraising is going. We may also arrange a few training dates so that team members can get together for a hike on the weekend or in the evening.

## Outward Bound Canada's Charitable Programs

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*Our mission is to cultivate resilience, leadership, connections and compassion through inspiring and challenging journeys of self-discovery in the natural world.*

At Outward Bound Canada, we believe that a truly meaningful experience is created when you reach beyond yourself and make a difference in the world around you. Our Reach Beyond Expeditions offer participants an incredibly rewarding opportunity to give back, by committing to raise funds for Outward Bound Canada's charitable programs for vulnerable youth and adults.

While almost anyone is a good fit for an Outward Bound course, our programs have the greatest impact for those who are facing significant life challenges and transitions. Our specialized charitable programs are funded by Reach Beyond Expeditions and through private donations. We strive to make life-changing Outward Bound experiences possible for the following vulnerable populations:

**Women of Courage Program** – for women survivors of violence or abuse. Women may be at various stages of their healing journey at the time of their participation.

**Veterans' Program** – for military men and women struggling with the transition back to civilian life.

**Youth Programs** – for low-income and under-served youth experiencing barriers to opportunity and achievement, as well as for Indigenous and newcomer youth who are caught between cultures, dealing with challenges to their self-identity and sense of belonging.

These programs provide participants with the appropriate challenges and supports to build resiliency and to discover the confidence, skills, energy and inspiration to transform their lives in the most fundamental of ways. Since 2011, Reach Beyond Expeditions have raised close to \$600,000 for these life-transforming programs and, in doing so, have helped to ensure that those who stand to benefit most from an Outward Bound experience have the opportunity to do so.

For tools and tips to support your Reach Beyond fundraising efforts, please check out the **Fundraising Toolkit** included in this package. Visit this link for more information on Outward Bound's charitable programs:  
<http://outwardbound.ca/our%20charitable%20programs/>

## Contact Us

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