



OAG OVERSEAS

Iceland

11-15 October 2023



IN PARTNERSHIP WITH INTERPID TRAVEL

#OutdoorAdventureGirls

Outdoor Adventure Girls - Iceland

5 days/ 4 nights

About Your Trip

Start Location/Finish Location

Reykjavik

Accommodation

4 nights Hotel

Rooming Requirements

Twin share

Included Meals

Breakfast (4)

Dinner (2)

Transport

Private vehicle

Leader/Guide

English Speaking Leader
throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with
included activities

Airport Transfers

Arrival and departure transfers are
included on a group basis

Support

24-hour support from our local
office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

Outdoor Adventure Girls - Iceland Itinerary

Day 1 / Date: 11 October 2023

Reykjavik

Meals included: None

Hallo! Welcome to Iceland. The world's northernmost capital of Reykjavik lies just below the Arctic Circle. The city sees around four hours of sunlight a day in winter and 22 hours or more in summer. Surrounded by volcanic peaks and crystalline ocean, and boasting a vibrant arts and nightlife scene, Reykjavik's contrasts are utterly beguiling.

Your tour will start today with a welcome meeting at 1pm. After checking into your hotel, you will head to the Blue Lagoon, one of Iceland's most celebrated activities during a visit to the Blue Lagoon, a geothermal spa surrounded by a black lava field. Its warm waters are rich in minerals and silica mud, said to cleanse and soften the skin. Sit back and enjoy a relaxing soak against a remarkable mountain backdrop.

Arrival Transfer

- Included

Included Activities

- Welcome meeting
- Blue Lagoon

Accommodation

Hotel Klettur

Day 2 / Date: October 2023

Hella

Meals included: breakfast, dinner

Head out of town early this morning to follow the Golden Circle driving route towards Thingvellir National Park. Thingvellir was the location of Iceland's first parliament, founded in AD930, and is also the site of the Silfra Fissure, where tectonic plates are pulling apart and exposing some pretty wild rock shelves. Continue on to the Geysir Geothermal Area and check out the Strokkur Geyser – it swells with blue water before erupting and shooting a spout some 20–30 metres in the air. Finally, witness the sheer power of the Gullfoss (Golden) Waterfall on the Hvita River. After your Golden Circle tour, head to tonight's accommodation in the Hvolsvollur region.

Included Activities

- Golden Circle - Thingvellir National Park
- Golden Circle - Strokkur Geysir
- Golden Circle - Gullfoss Waterfall

Accommodation

Hotel Stracta (Superior room)

Day 3 / Date: October 2023

Skaftafell

Meals included: Breakfast, dinner

Begin the day with a visit to the breathtaking Skogafoss – a giant waterfall, 25-metres wide and dropping 60 metres. Get up close and feel its power, then climb a long and windy set of stairs to a stunning viewpoint. Next up is one of Europe's biggest ice caps – Myrdalsjokull – which covers the active volcano Katla. Join an included hike over the glacier tongue – no experience is necessary. It's sobering to think that the glacier is retreating due to rising world temperatures and may soon be gone. If you don't want to take the glacier walk, perhaps explore the area around the glacier tongue. Alternatively, Skogafoss waterfall has a number of walking trails, or you can visit the Skogar folk museum. Afterwards, continue along Iceland's South Shore, spotting bird colonies on the promontory of Dyrholaey, Iceland's southernmost point. You'll also see the amazing stepping-stone rock formations of Reynisdrangar and its black sand beach, Reynisfjara. Continue to your overnight stop in the countryside near Reynivellir.

Included Activities

- South Coast - Skogafoss Waterfall
- South Coast - Dyrholaey Viewpoint
- South Coast - Black Sand Beach
- South Coast - Reynisfjara Rocks
- South Coast - Laki Lava Fields
- South Coast - Solheimajokull Glacier Hike

Accommodation

Fosshotel Glacier Lagoon (Standard room)

Day 4 / Date: October 2023

Reykjavik

Meals included: breakfast

This morning, visit one of Iceland's undisputed highlights: the Jokulsarlon glacier lagoon. Consider jumping on an optional cruise among the icebergs, or just take a walk along the shore down to Diamond Beach, where icebergs from the lagoon wash up on its black sands. Later today, head to Vik for lunch. With the sea on one side and high cliffs on the other, this dramatically positioned small village is Iceland's most southern mainland settlement. In the afternoon, complete your southerly loop by heading back to Reykjavik. Here, join your local leader for a short guided walk of the capital to visit the old harbour, city centre and Hallgrimskirkja church. The evening is free for you to enjoy all the capital has to offer, so why not get your group together for dinner!

Included Activities

- Reykjavik - Walking Tour
- Jokulsarlon - Glacier Lagoon (boat ride)
- Vik - Seljalandsfoss Waterfall
- Jokulsarlon - Diamond Beach

Accommodation

Hotel Klettur

Day 5 / Date: October 2023

Reykjavik

Meals included: breakfast

You will have an early start to day to catch your flight home. You will be transferred to the airport to catch your flight home.

Departure Transfer

- Included

Essential Trip Information

Important notes

- The Northern Lights (also known as the Aurora Borealis) are a natural display of coloured lights in the night sky of the northern hemisphere. While Northern Light displays can never be guaranteed, as they are a natural phenomenon, you have a higher chance of seeing them in locations at high latitudes, such as Iceland. Please note that weather conditions and overall activity can affect visibility. Keep your fingers crossed for clear skies during your visit. There are a number of apps you can download that show current and forecast activity of the aurora around the world. Some of these apps have a function that allow you to be alerted at night when the aurora becomes visible in your current location.
- Iceland can be an expensive destination in many ways, from museum entrance fees to visiting a cafe, but especially in terms of eating out. To provide you with an example, a main meal outside of Reykjavik can be around the ISK 4,000 mark. Your leader will be able to advise on how to save money. In remote areas the only option for dinner will be at the accommodation we are staying at, so these are already included. Please stock up on food at a supermarket prior to arrival if you would like to opt out eating at the guesthouses' restaurants.
- Iceland can be cold at this time of year. Please bring appropriate clothing for adverse weather conditions. There may be the rare occasion where your leader has to alter the itinerary and activities due to the weather which can cause roads being blocked, sites closure etc. Your leader will discuss the necessary changes and alternatives where possible.
- Due to the remote locations we visit, there are a few long drives on this trip. This is a great opportunity to enjoy the scenery and spend some time getting to know the other members of your group.

Joining point description

Hotel Klettur is a stone's throw from downtown. The hotel's look and interior get their inspiration from Icelandic nature, and its name is derived from the rock that bursts through the wall on the first floor. It is said that the rock has been integrated into the building in order to keep the elves happy that live within the rock. From Hotel Klettur it is a short walk to the main shopping area of Laugavegur street, and Iceland's highest building, the magnificent Hallgrímskirkja church, is a 10-minute walk away. The hotel offers modern brightly decorated guest rooms with free Wi-Fi, TV and private bathrooms. A continental breakfast is available in the mornings.

Joining point instructions

Keflavík International Airport (airport code KEF) is located about 50 kilometres southwest of the capital. If you arrive at a different time to the group, Gray Line and Flybus both offer regular coach transfers to the BSÍ Bus Terminal in Reykjavik, where you can change to a shuttle that will drop you at your hotel. You are able to purchase single or return tickets in the arrivals hall at the airport. From the BSÍ Bus Terminal it is a 20 minute walk to Hotel Klettur.

Pre booked arrival transfer from Keflavik Airport (KEF): If you are included in the pre booked an arrival transfer, your transfer driver will be waiting in the arrivals hall, holding a board with the Intrepid and Outdoor Adventure Girls Logo. In case of flight cancellations, changes, if you experience severe delays at immigration, baggage collection or customs, or if you are not able to find the driver, please contact the transfer operator directly on +354 497 8000 or go to the Airport Direct transfer counter where someone will assist you.

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In case of a genuine crisis or emergency, you can reach our local office on the number below:

If you have booked an arrival transfer, and you experience severe delays at immigration, baggage collection or customs, or if you are not able to find the driver, please contact the transfer operator directly on the number listed in the joining point instructions in the section above.

In the case of a genuine crisis or emergency, Intrepid's Iceland Operations Team can be reached on the number listed below:

Intrepid's Local Operator: +49 8024 4679 540

Passports, visas and entry requirements

PASSPORT

You'll need a valid passport to travel internationally and check the expiry date, most countries require a minimum of 6 months validity. We also need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We also recommend carrying a copy of the photo page of your passport and leave a copy at home with family or friends too.

VISAS

Many countries require a visa and getting the right visa is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. That way, you'll have plenty of time to get your documents ready and time for the application process. Entry requirements can change, and are different depending on your nationality so please refer to your governments foreign travel advisories, along with the consular website for the countries you're travelling to as well as those you may transit through. Always follow visa advice from official websites; not all visa information found on-line may be valid.

You can also head to Intrepid's Entry & Health requirement page to get the latest information on travel documents and visa requirements, plus local government COVID-19 vaccination and quarantine policies: <https://www.intrepidtravel.com/au/visa-health-requirements>

ICELAND VISA

Visas for Iceland are not required for passport holders of the European Union, Australia, New Zealand, USA and Canada. All other nationalities should check with the relevant authorities.

ICELAND ENTRY & EXIT REQUIREMENTS

For the latest update of what is required in order to enter Iceland, please check your government's foreign travel advice and also visit the following website: <https://visiticeland.com/article/iceland-and-covid19-coronavirus>

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the opinion of our group leader or local guide any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained while travelling.

COVID-19

The safety and wellbeing of our travellers, leaders, crew, staff, and suppliers continues to remain our highest priority as we travel. You can read more about how we will keep you safe on our trips, including our COVID-19 Health & Safety Guidelines here: <https://www.intrepidtravel.com/safe-travels>

VACCINATION POLICY

If your Intrepid trip starts on or before 31 December 2022, you must provide proof of full vaccination against COVID-19.

From 1 January 2023, Intrepid will no longer require travellers to provide proof of vaccination against COVID-19 for this trip. However, we continue to strongly recommend that all travellers get vaccinated to protect themselves and others.

Specific proof of testing or vaccination may still be required by your destination or airline. Please ensure you check travel and entry requirements carefully. For more information, including a detailed FAQ about this policy, please visit <https://www.intrepidtravel.com/covid19>.

HEALTH SCREENING

If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

If your Intrepid trip starts on or before 31 December 2022, at the group meeting you will be asked to complete a self-screening health form and report any COVID-19 symptoms as well as any close contact with someone who has suspected or confirmed COVID-19.

From 1 January 2023, Intrepid will no longer require travellers to complete a self-screening health form at the group meeting for this trip.

If you are displaying any COVID-19 symptoms or have any health concerns during the trip, we will follow the advice of local health authorities to determine whether medical assistance, isolation or further action is required.

Travellers who test positive while taking part in an Intrepid trip will need to leave the group for a minimum of five days and may only rejoin the group if presenting as asymptomatic – our team will assist them in arranging a place to self-isolate and any onward journey.

It's quite possible that the destination country may have different or more strict protocols than your home country regarding COVID-19. This may include hotel or hospital quarantine or quarantine for the group. Please check your government's travel advice or contact the closest embassies to find out the details. We ask all travellers to continue to monitor their health throughout their travels and report any relevant symptoms to their tour leader.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. If you have dietary requirements and/or food allergies, please let your booking agent know prior to departure.

BREAKFASTS

There are some continental breakfasts included on this trip which may simply include bread/toast or pastries,

butter, jam, coffee/tea/juice (or similar).

VEGETARIANS

Vegetarians might find the menu selection in Europe less varied than they would see at home. Vegetarianism is not as common in this region and generally the choices are basic, involving vegetables, soups, salads, bread, cheese, fruit, yoghurt, eggs etc. Vegans and those on gluten-free diets may find this region very challenging and may need to supplement meals with their own supplies from supermarkets and markets. Wherever possible we will cater for dietary needs for any included meals, but there may be times when those with special requirements may need to provide their own.

While travelling with us you'll experience the vast array of wonderful food available in Iceland. Your group leader will be able to suggest restaurants to try in Reykjavik. To give you maximum flexibility in deciding where, what and with whom to eat, generally meals aren't included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though. In remote areas outside of Reykjavik the only option for dinner will be at the guesthouse we are staying at so these are included. Some guesthouses have kitchen facilities that are free to use if you wish. Stock up on food at a supermarket prior to arrival if you would like to opt out eating at the guesthouse's restaurant. Your leader will be able to advise on the facilities available at the guesthouses used on your trip departure.

Accommodation

Throughout the trip, we request that our properties prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However, this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination or on some trips, have use of shared day rooms until all rooms are available.

TWIN SHARE BASIS

Accommodation on this trip is on a twin/multishare basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports. Please note there may be times where facilities will be shared rather than ensuite and rare occasions when you share a room with passengers travelling on different Intrepid trips than your own.

PRE/POST TRIP ACCOMMODATION

If you've purchased pre-trip or post-trip accommodation (if available), you may be required to change rooms from your trip accommodation for these extra nights.

Transport

On this trip we are travelling in our own private minibus as this allows us to reach some more off the beaten path destinations and gives us flexibility which would not be possible by public transport. Please note that there are some long travel days and some rough stretches on gravelly and windy roads. On some days we depart early in the morning to ensure we optimise our time. All our vehicles in Iceland have complimentary Wi-Fi.

Money matters

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

TIPPING

Tipping can be an appropriate way to recognise great service when travelling. While it may not be customary in your home country, it is an entrenched feature of the tourism industry across many of our destinations and is greatly appreciated by the people who take care of you during your travels. It is always best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult rather than the goodwill gesture it is intended to be.

OPTIONAL TIPPING KITTY

On Day 1 of your trip, your tour leader may discuss with you the idea of operating a group tipping kitty, whereby everybody contributes an equal amount and your tour leader distributes tips for drivers, local guides, hotel staff and other services included on your trip. This excludes restaurant tips for meals not included in your itinerary. The leader will keep a running record of all monies spent which can be checked at any time, and any funds remaining at the end of the tour will be returned to group members. We have found that this is easiest way to avoid the hassles of needing small change and knowing when and what is an appropriate amount to tip. Participation in this kitty is at your own discretion, and you are welcome to manage your own tipping separately if you prefer. Please note the tipping kitty excludes tips for your tour leader.

YOUR LEADER

You may also consider tipping your leader for outstanding service throughout your trip. The amount is entirely a personal preference; however as a guideline US\$3-6 per person (in a currency relevant for your destination), per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length and involvement of your leader on your trip.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the relatability of universal travellers, however, local currency may be needed once in the country to cover these costs.

CURRENCY

The official currency in Iceland is the Icelandic Krona (ISK).

CASH

Please note that credit cards are virtually accepted everywhere throughout Iceland, and you can get by without withdrawing any cash. However if you do need an ATM, they are available in most towns. Please check with your bank about overseas withdrawal fees before you depart. Some banks will allow a cash advance against a major credit card which will incur a service charge of 5% or more. Currency exchange is available at major banks and some hotels. The easiest foreign currencies to exchange are USD and EUR, however please be aware of the security risk of carrying large amounts of cash.

TIPPING

If you're happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. You may consider tipping your tour leader/driver for outstanding service throughout your trip. The amount is entirely a

personal preference, however as a guideline 300ISK-600ISK per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service. Tipping is not a way of life in Iceland for meals, hotels or taxi drivers though.

BUDGET

Please budget for additional meals and expenses while on your trip. We suggest ISK 45,000 for meals not included on this trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less. Please remember that Iceland can be an expensive destination in many ways, from museum entrance fees to visiting a cafe, but especially in terms of eating out. To provide you with an example, a main meal outside of Reykjavik can be around the ISK 4,000 mark. Your leader will be able to advise on how to save money. In remote areas the only option for dinner will be at the guesthouse we are staying at. Please stock up on food at a supermarket prior to arrival if you would like to opt out eating at the guesthouse's restaurant.

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances or up or down a flight of stairs. Our travellers usually find the smaller their luggage is, the more they enjoy the trip not having to worry about carrying heavy bags! Aim to keep your main luggage under 15kg.

Many travellers carry their luggage in a compact smaller suitcase or backpack with wheels. We recommend your bag has carry straps or handles so it is easy to lift and carry for the times you are unable to wheel it (ie. on rough surfaces or up steps).

If you are taking overnight trains, or primarily using public transport then the smaller your luggage the easier it will be to store under or above bunks. Large suitcases may not be able to be taken on board. A lockable bag or small padlock for your bag will be useful especially when travelling on public transportation as well.

You'll also need a day pack/bag to carry water, camera, and jacket etc. when you're exploring during the day.

Below we have listed the essentials for this trip:

<https://www.intrepidtravel.com/packing-list>

WATER BOTTLE

Please bring your own water bottle to refill along the way. Although it can be difficult to avoid bottled water when travelling, please use the water dispensers which are provided on some of our vehicles and at some of our accommodation. Your leader will advise whether tap water is safe to drink in your destination, if it is you can simply refill with tap water. When unable to avoid bottled water it is better to buy the largest available and distribute into your smaller bottle for the day.

What you need to bring will vary according to when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances. Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are convenient although we recommend your bag has carry straps. We also recommend you take a day pack/bag to carry water and a camera etc for day trips. As well as your clothes, passport and toothbrush and other items you always need to pack for travel, below are some items that you specifically need for this trip.

WINTER TEMPERATURES

During the winter months in Iceland, temperatures can drop to well below zero. We recommend to all our guests to bring good sturdy shoes for walking across snow or ice (good waterproof walking boots with a good grip), a warm

wind and rainproof jacket and trousers, gloves or mittens, thermals and base layers, fleece, good head wear and sunglasses. You may also want to consider to rent gear upon arrival in Reykjavik. If the streets are iced over we recommend you purchase ice crampons, available in supermarkets in the centre of Reykjavik.

THERMAL BATHS

In order for you to be able to experience Iceland's famous thermal baths please don't forget to bring your swimsuit and a spare towel for use in the baths.

WATER BOTTLE

Consider bringing your own water bottle to refill along the way. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments. Cold tap water is safe and good to drink so you can avoid the purchase of bottled water by refilling from the tap.

ESSENTIALS

- Rain gear, including jacket with a hood and waterproof trousers
- Gloves or mittens, thermals and base layers, good head wear. This trip is operated in the winter months, but please bear in mind the weather may vary. Remember that quality winter clothes and footwear as well as rain gear is essential for this trip. You'll enjoy your holiday to the fullest if you're prepared for all kinds of weather!
- You may also want to consider to rent additional winter gear upon arrival in Reykjavik. If the streets are iced over we recommend you purchase ice crampons, available in supermarkets in the centre of Reykjavik

RECOMMENDED

- Personal medical kit. Your leader will carry a large kit but we recommend you carry items such as blister relief, mild pain killers and bandaids.
- Water bottle. We recommend at least a 1.5 litre capacity. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments.
- Swimwear - for the optional visits to Iceland's thermal springs

OPTIONAL

- Camera with spare batteries. You won't be able to recharge during the day
- Earplugs and eye mask (for light sleepers)

Climate and seasonal information

Iceland winters are relatively mild due to the influence of the gulf stream. The coastal lowlands have an average January temperature of about 0 °C, while the temperatures in the highlands of central and northern Iceland generally fall well below -10 °C. Please keep in mind that the lowest winter temperatures in Iceland can be as low as -25 °C and -30 °C, so it is advised to dress accordingly.

Group Leader

All group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

On this trip your group leader is also your driver, taking you from start to finish in a comfortable vehicle.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

PETTY THEFT AND PERSONAL SAFETY

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

VOLCANOES

Katla Volcano has been showing growing activity in recent months. An eruption would most likely be accompanied by a flash flood which would affect the floodplains to the west or east of the Mýrdalsjökull glacier. Authorities warn that travellers could have as little as 15 minutes to get to safety (higher ground) in the case of an eruption. Text messages will be sent to all mobile devices in the affected area, advising residents and travellers to evacuate or

move to safety. Therefore please make sure that your mobile phone is turned on and international roaming is enabled while in the area.

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

TRAFFIC AND DRIVING ON THE OTHER SIDE OF THE ROAD:

Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our Responsible Travel Guidelines.

The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

For additional Conditions of Carriage regarding COVID-19, see here: <https://www.intrepidtravel.com/conditions-carriage>

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

The beauty of our style of travel is that it caters to travellers who are travelling solo and who want to meet and share experiences with like-minded people.

On our trips rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports.

As a responsible tour operator, we strive to create a safe and inclusive environment for everyone. In the case that your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

We also have an optional single supplement available on most trips for travellers who prefer to have their own room. Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

Travel Insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

Travellers who reside within the European Union or Switzerland receive basic international health insurance, so travel insurance is not mandatory under European Union Law. However, as this does not cover situations such as emergency rescues, private health care, or repatriation to their home country, comprehensive travel insurance is strongly recommended. European Union or Swiss travellers who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible Travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip leaders, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

WHALING

We are big supporters of the protection of endangered species around the world. Although a global ban on commercial whaling came into effect in 1986, approximately 1,000 whales are still being killed every year, as Iceland, Norway and Japan ignore the ban. We strive not to visit places that serve whale on any of our trips, however often this is unavoidable and there is a likelihood that you will come across whale meat on a menu or at a market stand.

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>