



OUTWARD BOUND CANADA
ICELAND

REACH BEYOND FUNDRAISING EXPEDITION
SEPTEMBER 8-18, 2021



OUTWARD BOUND
CANADA

ICELAND | SEPTEMBER 8-18, 2021



THE EXPEDITION

Since 1969, Outward Bound Canada has inspired Canadians across the country to “Get out. Look in.” Today, 150,000 Canadians have done just that, placing their trust in us to lead them on challenging journeys of self-discovery in the natural world, and emerging on the other side of the experience with a better understanding of who they are and what they are capable of.

Outward Bound Canada is thrilled to announce its Reach Beyond Fundraising Expedition to Iceland taking place in 2021.

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.





ITINERARY

- Day 1** (September 8) 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 participants fly with Icelandair)
- Day 2** (September 9) 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.
- Day 3** (September 10) 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.
- Day 4** (September 11) 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 Alftavatn are on flat terrain.
- Day 5** (September 12) The trail takes us over the ridge Brattháls into Hvangil ravine, where we will wade across the small river Bratthálskvísl. In Hvangil are two huts, one for shepherds and one for tourists. Leaving Hvangil, 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 in Emstrur (Botnar).
- Day 6** (September 13) 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 Almennigar. 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).
- Day 7** (September 14) Day hikes from the hut/alternate travel day/weather conditions day.
- Day 8** (September 15) The trail takes us from Pormorsk to a hut at the elevation of 1100m. We hike between the glaciers Eyjafjallajökull 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.
- Day 9** (September 16) 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.
- Day 10** (September 17) “Golden Circle Tour” – which includes trips to: Geysir – a small community surrounded by natural geysers, Alþing – the site of the First European parliament and the majestic “Gullfoss” waterfall.
- Day 11** (September 18) 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).
-

GENERAL DETAILS AND REQUIREMENTS

Please note details are subject to change.

- **Fundraising Commitment:** In addition to the tuition, each team member is responsible for fundraising a minimum of \$1,000 CAD per person to support OBC's funded programs. Outward Bound Canada will provide full support to participants in the form of fundraising materials and strategic support. (*Note: Participants cannot fundraise for the tuition*).
- **Medical Requirements:** This is a physically demanding experience. Participants must complete a medical screening and sign a waiver in advance of the expedition.

TUITION: \$6,000 CAD

Includes

- Accommodation at hotels in Reykjavik based on double occupancy
- All group transfers within Iceland
- All food, except your lunches in Reykjavik
- An English-speaking Icelandic guide
- National park permits on the trek
- Experienced Outward Bound Canada guides
- Group equipment required for trek

Does not include

- Return airfare between Toronto and Reykjavik, Iceland
- Medical and Evac insurance (required)
- Lunches in Reykjavik
- Immunizations and medication(s) if needed
- Personal expedition clothing
- Alternative food and alcoholic beverages (if desired)
- Trip cancellation insurance (if desired)
- Expenses incurred in the event of an early departure

REGISTER TODAY!

Spaces are limited! To reserve your spot, please contact:
rbexpeditions@outwardbound.ca



**OUTWARD BOUND
CANADA**

To reserve your spot, please submit a non-refundable deposit of \$1,000 CAD.