

Wellness!

Iceland



Daily Itinerary

Day 1: Reykjavik

Arrive anytime. Enjoy an included airport transfer to your Reykjavik hotel and join the group for a welcome meeting. Take this opportunity to set your intention for this journey ahead.

Day 2: Reykjavik

Enjoy a CEO - led morning hike to Oskjuhilo Hill. The rest of the day is yours to explore Reykjavik. Opt to visit the Nautholskvik Geothermal beach or Vesturbæjarlaug pools. Hop on a bike for a city tour of Reykjavik or go whale watching.

Accommodations: Hotel Klettur (*or similar*)

Meals Included: Breakfast

Day 3: Reykjavik/Hveragerði

Leave the city behind and explore the famous Golden Circle. Explore and practice yoga in Þingvellir National Park. Afterwards, take some time to relax and soak in natural pools and hot springs, then visit a local bakery for a rye bread geothermal baking demonstration. Later in the afternoon, visit the Geysir Hot Springs and the Gullfoss waterfall.

Accommodations: Hotel Ork Selfoss (*or similar*)

Meals Included: Breakfast,

Transportation: 5 - 6 hours (private vehicle)

Day 4: Hveragerði

Enjoy a morning hike around the Reykjadalur area. Take in the stunning landscapes, explore nature hot springs, and enjoy a CEO - led meditation. In the evening visit a nearby horse farm and enjoy a dinner of locally - sourced produce.

Accommodations: Hotel Ork Selfoss (*or similar*)

Meals Included: Breakfast, Dinner

Day 5: Hveragerdi

Start the day strapping on your crampons for a glacier hike on Solheimajokul glacier. Later, enjoy a mantra meditation practice on the famous Reynisfjara black sand beach. Explore some of Iceland's most famous waterfalls, including Skogafos and Seljalandsfoss and take time for inner reflection with a guided meditation session.

Accommodations: Hotel Ork Selfoss (*or similar*)

Meals Included: Breakfast

Transportation: 5 - 6 hours (private vehicle)

Day 6: Hveragerdi

Start the day with a yoga practice at the largest lake on the Reykjanes peninsula, renowned for its depth. Spend the rest of the day exploring the beautiful Reykjanes peninsula, including colorful geothermal areas, dramatic coastal cliffs, and a footbridge spanning two continents, before enjoying a farewell dinner together.

Accommodations: Hotel Ork Selfoss (*or similar*)

Meals Included: Breakfast, Dinner

Transportation: 1-2 hours (private vehicle)

Day 7: Hveragerdi/Reykjavik

Following a morning restorative yoga practice, head to the Blue Lagoon. Enjoy one last soak or opt for a treatment, before heading to the airport with your included transfer.

You will arrive at the Blue Lagoon by 11:00 am. An included airport transfer will depart at approximately 2 pm from the Blue Lagoon. We advise to only book onward travel after 4:30 pm.

Optional Activities: Whale watching from Reykjavik - \$89.00 (can be purchased when booking)

Take to the water from Reykjavik Harbour for whale watching. Try to spot minke and humpback whales, dolphins, and porpoises from your vantage point aboard the boat. As you explore Faxaflói bay and the surrounding water, feel free to ask the expert guide accompanying you any and all questions about the area.