

Iceland: Knitting Under the Northern Lights

September 19–23, 2024

Led By: Anne Rogalski and
Heidi Einarsdottir



Continuing Education
University of Wisconsin-Stevens Point





An Itinerary for
Iceland: Knitting Under the Northern Lights
September 19 – 23, 2024

This trip is custom made with a focus on introducing the history, culture, and rich tradition of knitting in Iceland. Our group will meet local Icelandic women who are experts in working with Icelandic wool, visit a local mini mill, and learn about the production of lamb wool. We will also participate in a workshop where we hand dye our own yarn with Icelandic herbs. There will be time to visit the more popular tourist sights on the Golden Circle and soak in a natural hot pool. Lodging is in a beautiful guesthouse which our group will have all for ourselves. We can use the living room for knitting together or go to the hot tub on the patio.

Trip Leaders: Anne Rogalski and Heidi Einarsdottir

Trip Leaders



Anne Rogalski

Anne (UWSP CE Associate Director) is excited to co-lead her second Iceland: Knitting Under the Northern Lights Trip, and has hosted many other trips for Continuing Education, including recent adventures to New York, New Orleans, Acadia National Park, and Charleston. When not working, Anne can be found hiking with her husband and dogs; in 2022 she became an official Thousand Miler after completing the Ice Age Trail.



Heidi Einarsdottir

Heidi was born and raised on a farm in South Iceland, and has been involved with the tourism industry in Iceland since 2005. She lived in the US for two years and has two grown sons. She is a trained hair designer, make-up artist and nail technician. Heidi has her BA in English and MA in Culture and Communication from University of Iceland. Her glass is always half full and she has made it a goal in her life to have fun and see the bright sides of life. Heidi loves meeting people and showing off the beautiful and wonderful Iceland.

Thursday, September 19, 2024

- Pick-up at KEF airport (early morning).
- Breakfast at a Viking museum where we will enjoy a buffet breakfast and learn about the settlement of Iceland.
- Drive to Reykjavík.
- Short guided tour around Reykjavík, stops at a few popular tourist destinations.
- Lunch in a restaurant, Kaffi Loki, Fejaś delight.
- Visit a wool shop to stock up on yarn, needles, and recipes.
- Drive to the Golden Circle and check-in at the guesthouse, with time to rest.
- Enjoy a home cooked meal and an evening of knitting and sharing stories.
- Overnight stay in the guesthouse.

Friday, September 20, 2024

- Breakfast at the guesthouse.
- Early risers can visit the local hot spring for steam baked rye bread for the breakfast table.
- Visit Skálholt Cathedral and learn the love story of the bishop's daughter who fell in love with the wrong man.
- Explore Faxi waterfall, Gullfoss waterfall, and Geysir hot spring.
- Lunch at Friðheimar tomato farm – tomato soup with freshly baked bread.
- Dinner at MIKA Restaurant – fish of the day.
- Enjoy an evening of knitting and sharing stories.
- Overnight stay in the guesthouse.





Saturday, September 21, 2024

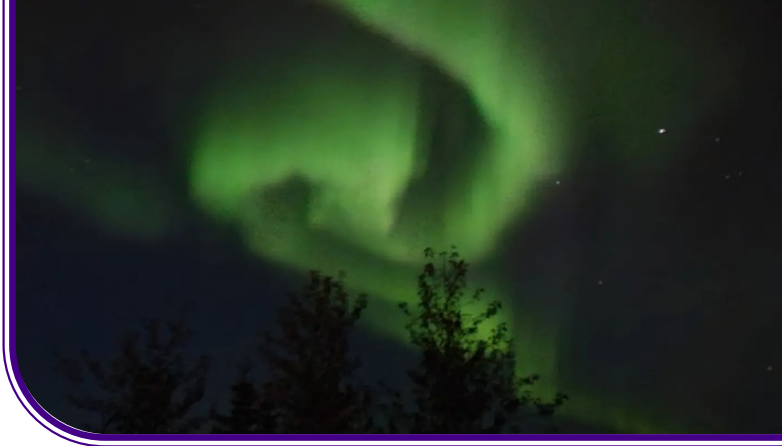
- Breakfast at the guesthouse.
- Head to the South Coast where we will visit Guðrún Bjarnadóttir of Hespera.
 - Workshop for five hours on hand dyeing yarn with Icelandic herbs.
 - Participants will learn the dyeing process from start to finish.
 - Included is a textbook in English and one dock of yarn of your choice.
- We take a break to have a nice takeaway lunch from a local restaurant.
 - Workshop continued.
- Explore Selfoss.
- Dinner in a local restaurant, Froken Selfoss - Four course meal with lamb as the main course.
- Enjoy an evening of knitting and sharing stories.

Sunday, September 22, 2024

- Breakfast at the guesthouse.
- Visit a local eco village where residents make handmade art out of recycled material.
- Visit Kerid Crater.
- A journey around the Woollen Circle.
- Visit Pingborg Wool Shop.
- Lunch in a local restaurant, Hestheimar Horse Farm.
- Visit Uppspuni Mini Mill and the local farmer Hulda (her name means “the hidden”).
- Learn about the Icelandic sheep and the uniqueness of the Icelandic wool.
- Visit Silla at Harlaugsstadir Farm Tanning and Wool Shed.
- Soak in a natural hot pool with a chance to float around aimlessly or have a glass of wine.
- Enjoy a home cooked farewell meal and an evening of knitting, eating chocolate, and sharing stories.
- Overnight stay in the guesthouse.

Monday, September 23, 2024

- Breakfast at the guesthouse and check-out.
- Drive to Reykjanes peninsula and explore.
- Lunch in a local restaurant, Duus.
- Drop off at the airport with plenty of time to get the tax-free refund.



What to pack for your Iceland trip

The weather in Iceland changes constantly. In fact, Icelanders have a saying “If you don’t like the weather, just wait 5 minutes!” **Check the long term weather forecast for Iceland.** This will give you an idea of what to expect in terms of temperature and precipitation during your stay.

During your stay in Iceland, you can expect the temperatures to range from 35°F-50°F. There could be anything from bright blue skies to gray and drizzling with wind, so come prepared for everything. Dressing in layers is the way to stay comfortable.

We recommend bringing a warm sweater, jacket, hat, scarf, and mittens as the days might be cool. Here are some suggestions:

Packing list—not an exhaustive list—feel free to add other items:

- Lightweight shirts (Short sleeved and sleeveless)
- Long sleeved shirts
- Long pants and jeans
- Long johns
- Lounge pants (Sweatpants/yoga pants)
- Underwear/bra/PJ’s
- Hiking shoes
- Walking shoes
- Socks
- Slippers
- Fleece and warm sweater
- Light down jacket
- Rain gear (jacket and pants), not just plastic ponchos
- Warm hat, gloves/mittens, scarf
- Bandana
- Swimsuit
- Toiletries
- Please bring your refillable water bottle as Iceland has some of the best drinking water!
- Earplugs and sleeping mask
- Chargers and electric adapters for Europe



Some things to keep in mind

- Alcohol is very expensive in Iceland. If you want to bring alcohol along on the trip, we recommend that you buy it at the duty free store at the airport. There are some limits to how much you can bring but the staff at the airport will help you figure it out.
- Almost all shops, restaurants, and cafés accept credit cards. Many of them do not accept American Express however. They will always ask for your pin number so please remember it. There are ATMs available but might not be in the area you will be travelling. There is an ATM at the airport in case you need cash.
- The Northern Lights are a naturally occurring phenomenon that no-one can control. Seeing them is always dependent on weather conditions and Northern Lights activity on any given date. We will do our best for you to see them! **Daily aurora forecast.**

Frequently Asked Questions

Where will the group stay?

Our group will stay in one place, the guesthouse “The White House” on the Golden Circle. It is a lovely home inside a small village in a very safe environment. The house has been renovated so every room has a private bathroom. There is a large kitchen, a nice living room and dining area, and a patio with a hot tub!

Do I have to be a committed knitter to participate and enjoy the trip?

No, you do not need to be a committed knitter. It is enough to enjoy learning about the traditions of knitting, about wool, and Icelandic sheep. There are plenty of activities and learning experiences apart from knitting, although the group will sit around and knit in the evening. If you do not have anything on your knitting pins, you can still enjoy the evenings by sharing stories or soaking in the hot tub.

Will there be a lot of time spent driving around?

No, the longest journey on a bus will be to and from the capital area, around an hour. The trips during the days will be mostly 30 minute rides.

Will there be a lot of walking?

No, the time spent walking is very limited, maybe 10-30 minutes at the most. You can however take walks in the local village of the guesthouse in the evenings or early mornings.

Will I see the Northern Lights?

There are no guarantees for seeing the Northern Lights as they might not be visible during the trip. Northern Light exposure depends on the solar wind and solar activity cycle, and of course on cloud cover. On an overcast night the lights will not be visible. The lights are most active around the equinox, in September/October and March/April so there is a good chance to see them. During the trip we will keep a close eye on the aurora borealis forecast and scout for the lights whenever they might be visible. The guesthouse is in a small village in a rural area so light pollution will not disrupt the view of the Northern Lights.



I have food allergies—food restrictions.

Will that be a problem?

No, that will not be a problem. Just send an email to adventure.tours@uwp.edu with a list of your restrictions or allergies and it will be addressed.

What will we eat?

- There will be a breakfast buffet in the guesthouse with local ingredients, fresh fruit, freshly baked bread, cheese, yogurt, skyr, muesli, eggs, coffee, tea, and juice.
- Lunches will be in local restaurants. All meals will be ordered beforehand, and the meals will be varied, fish, vegetarian, or meat.
- Dinners will be home cooked and participants can join in the cooking. The last dinner will be a nice pre-ordered meal in a local restaurant.





Pricing

Registration Fee

\$3,274 per person

***Registration closes May 31, 2024**

Payment Schedule:

\$450 non-refundable deposit due upon registration

\$1,412 due by **Friday, June 7, 2024**

\$1,412 due by **Friday, August 2, 2024**

*Since we make financial commitments in advance, no refunds will be issued for cancellations less than 90 days prior to the trip. Cancellations received more than 90 days before the trip will receive a full refund minus \$450. However, you may send a substitute in your place. Please email us at uwspceweb@uwsp.edu to inform us of a cancellation or substitution.

Lodging:

Our group will stay in a lovely guesthouse in double/twin rooms with private bath, breakfast included. We will have the whole guesthouse for ourselves, and we will take care of our own breakfast.

Transportation:

Transportation includes pickup and drop-off from airport and drive to every destination.

Activities:

The activities are all easy and do not require fitness level.

Price includes:

- All lodging in double/twin rooms with private bathrooms.
- All meals: breakfast, lunch, and dinner every day.
- All activities listed in itinerary included.

Not Included in Price:

- Roundtrip airfare.
- Extra purchases (such as souvenirs, alcoholic beverages, snacks etc.).
- Travel insurance.