

Iceland: Knitting Under the Northern Lights

September 24–29, 2026

Led By: Sue Kissinger
and Heiddis Einarsdottir



Continuing Education
University of Wisconsin-Stevens Point





An Itinerary for Iceland: Knitting Under the Northern Lights September 24 – 29, 2026

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 geothermal pool. Lodging is in a beautiful guesthouse which our group will have all for ourselves. At the guesthouse, we can use the living room for knitting together or go to the hot tub on the patio.

Trip Leaders: Sue Kissinger and Heiddis Einarsdottir



Trip Leaders



Sue Kissinger - Sue has traveled extensively throughout the United States, Canada, Central America, South Africa and Europe. She recently retired from UWSP where she worked for 30 years as a Career Specialist and Academic Adviser. Sue has a BS in Forestry and an MS in Natural Resources from UWSP. She has led 32 UWSP international trips for students and the public, including 14 to Iceland! Sue and her husband Don recently relocated to a lake in northwestern Wisconsin and enjoy hiking, kayaking, fishing and spoiling their grandchildren.



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.

Wednesday, September 23, 2026

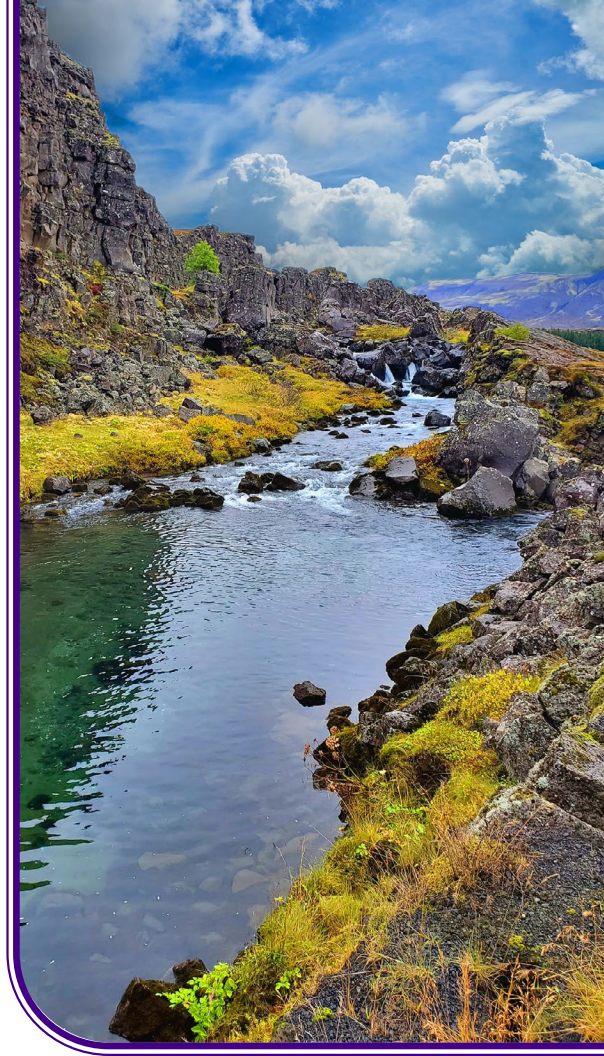
- Travel overnight from US

Thursday, September 24, 2026 - Arrival & Sightseeing

- Early morning arrival from the US. Heidi will pick us up at [KEF airport](#) to begin our knitting journey.
- Breakfast at a Viking museum where you will enjoy a buffet breakfast and learn about the settlement of Iceland.
- Short guided tour around Reykjavík with stops at a few popular tourist destinations.
- Visit a local wool shop to stock up on yarn, needles, and patterns.
- Lunch in Reykjavík.
- Drive to the Golden Circle and check-in at the guesthouse, with time to rest and explore.
- Enjoy a home cooked meal and an evening of knitting and sharing stories.
- Overnight stay at [The White House Guesthouse](#).

Friday, September 25, 2026 - The Golden Circle

- Breakfast at the guesthouse.
- Explore The Golden Circle.
 - [Þingvellir National Park](#) (a UNESCO World Heritage Site)
 - [Gullfoss Waterfall](#)
 - [Geysir Hot Springs](#)
- Lunch at [Friðheimar Tomato Farm](#) – tomato soup with freshly baked bread.
- Visit [Skálholt Cathedral](#) and learn about the history of the area going back 1000 years.
- Dinner at a local restaurant.
- An evening of knitting and sharing stories.
- Overnight stay in the guesthouse.



Saturday, September 26, 2026 - Natural Dyeing Workshop

- Breakfast at the guesthouse.
- Head to the South Coast where we will visit **Guðrún Bjarnadóttir** at Hespa
 - Participate in a 5-hours workshop on hand dyeing yarn with Icelandic herbs.
 - Participants will learn the dyeing process from start to finish.
 - Included in the workshop is a textbook and one dock of freshly dyed yarn.
- Lunch at the workshop included.
- Visit the **Kerio Volcano Crater**.
- Shopping and dinner on your own in the charming town of **Selfoss**.
- An evening of knitting and sharing stories.
- Overnight stay in the guesthouse.



Sunday, September 27, 2026 - The Woolen Circle

- Breakfast at the guesthouse.
- Journey around the **Woolen Circle**.
 - Visit the **Foxi Falls** and sheep fold.
 - Visit the ladies at **Ullarverið Wool Making, Dyeing and Knitting Shop**.
 - 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.
 - Lunch at the **Hestheimar Horse Farm**.
 - Visit **Silla’s workshop**, farm tanning and wool shed.
- Relax in the newest geothermal spa in Iceland **Laugaras Lagoon**.
- Enjoy a home cooked meal and an evening of knitting and sharing stories.
- Overnight stay in the guesthouse.

Monday, September 28, 2026 - The South Coast

- Breakfast at the guesthouse.
- Visit the beautiful treasures that the **South Coast** has to offer.
 - Amazing waterfalls: **Kvernufoss, Skogafoss, Seljalandsfoss**
 - **Black Sand Beach Reynisfjara**.
 - Shop in Vik.
 - Lunch on own during our South Coast tour.
- Enjoy a home cooked meal and an evening of knitting and sharing stories.
- Overnight stay in the guesthouse.

Tuesday, September 29, 2026 - Depart for the US

- Breakfast at the guesthouse and check-out.
 - Special farewell lunch in a local restaurant.
 - Drive through the abandoned town of [Grindavik](#) to see the newest lava in Iceland.
 - Drop off at the airport with plenty of time to get the tax-free refunds (VAT Tax).
 - Departure.
-

Frequently Asked Questions

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@uwsp.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.

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.**



Pricing

Registration Fee

\$5,100 per person

***Registration closes March 23, 2026 at noon or earlier if filled!**

Payment Schedule:

\$450 non-refundable deposit due upon registration

\$2,325 due by **Friday, March 27, 2026**

\$2,325 due by **Friday, May 29, 2026**

***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 rooms with private baths. We will have the whole guesthouse for our group, so we can relax in the evenings and knit!

Transportation: Transportation includes pickup and drop-off from the airport (if you arrive within the parameters of the trip) and transportation to every destination listed in the itinerary. Please let us know if you are arriving early or staying later in Iceland. If you need assistance with planning extra days, contact Heidi at heiditheguide@gmail.com.

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

Price includes:

- All lodging in double rooms with private bathrooms.
- All breakfasts, 5 lunches, and 4 dinners.
- All activities as listed in the itinerary.

Not Included in Price:

- Roundtrip airfare.
- 1 lunch and 1 dinner.
- Extra purchases (such as souvenirs, alcoholic beverages, snacks etc.).
- Travel insurance.
- Tip for driver/guide.