

Northern Iceland: Women's Wellness and Culture

July 31-August 10, 2025

Led By: Sue Kissinger & Heidi Einarsdottir



Continuing Education
University of Wisconsin - Stevens Point





An Itinerary for Northern Iceland: Women's Wellness and Culture **July 31-August 10, 2025**

This tour shares the beauty of Northern Iceland - far away from the throngs of tourists - and helps you relax, refresh and recharge through cultural/historic, recreational, culinary and wellness experiences. Designed for women and by women (Herdis, Heidi and Sue), cultural/historic highlights include: visits to the Museum of Prophecies, the Herring Era Museum and the Akureyri Botanical Gardens. Recreational highlights include hiking at Hljodaklettur, riding Icelandic horses, exploring the Dettifoss and Godafoss waterfalls, swimming in local pools, sailing and sea angling. We will also indulge in plenty of local fish and lamb plus traditional Icelandic foods (wine, beer and chocolate, too!). Wellness experiences include the solitude of the North Atlantic, drinking wine in the midnight sun, and soaking in spas such as the Beer Spa, Geoseas Nature Baths and the Forest Nature Baths. Free time to explore the capital city of Reykjavik round out the tour. Come explore the Land of Fire and Ice with Heidi and Sue!

Iceland is an island of 103,000 km² (39,756 mi²) with a population of approximately 400,000 people, the least densely populated country in Europe. Over half the population lives in the beautiful, modern city of Reykjavik, leaving the rest of the island dotted with small villages and majestic undeveloped scenery. Iceland's summers are surprisingly warm, lush and green, with days lengthening until midsummer, when the sun dips down to the horizon but only sets for a few hours. There are more than 170 geothermal pools scattered throughout the country and we will relax in several of them throughout the tour. This women's only adventure will take us from Reykjavik and across the northern coast of Iceland to the beautiful city of Akureyri and the mysterious area surrounding Myvatn. Join together with the kinship of fellow women and take in some sights, sounds, smells and tastes that Iceland has to offer.

Trip Leaders: Sue Kissinger & Heidi Einarsdottir

Thursday, July 31, 2025 - Departure

- Depart US and fly overnight to arrive in Keflavik (KEF), Iceland very early Friday morning to begin our adventure.

Friday, August 1, 2025 - Ease Into It!

- Sue and Heidi will meet you at the airport and take you to breakfast at the Viking Museum in Keflavik. We will travel by motor coach to Blönduós, with stops along the way, including the Settlement Center in Borgarnes and Kolgjúfur Canyon.
- Overnight at **Glaðheimar Cottages**.
- Breakfast, lunch and dinner included.



Saturday, August 2, 2025 - Agnus and Burial Rites

- We will be visiting the sites from the book *Burial Rites*, by Hannah Kent* and learn about the life of Agnus Magnúsdóttir, the last person executed in Iceland. We will ride Icelandic horses (because you cannot visit Iceland and not ride these famous horses!) through this beautiful valley and end the day relaxing in the local swimming pool. (*Note - it is strongly recommended that participants read this book prior to the trip.)
- Overnight at **Glaðheimar Cottages**.
- Breakfast and dinner included.

Sunday, August 3, 2025 - Heading East

- Drive towards the Mystical Myvatn area with stops along the way including the Museum of Prophecies, the historic Godafoss Waterfall and the Skútustaðagígar pseudo-craters.
- Overnight at **Eldá Guesthouse**.
- Breakfast, lunch and dinner included.

Monday, August 4, 2025 - Jewels of the North

- Hike and explore the unique geothermal and lava formations of Dimmuborgir, Ásbyrgi Canyon, Námaskarð Geothermal Area, Hljodaklettar, and the Dettifoss Waterfall (the most powerful in Europe!). This waterfall will blow you away, literally! Wear your rain gear as the spray from this massive waterfall is powerful. Don your hiking shoes for an amazing hike through the awe-inspiring geology of Ásbyrgi, the unique rock formations of Hljodaklettar and the lava fields of Dimmuborgir.
- Overnight at **Elda Guesthouse**.
- Breakfast and dinner included.

Tuesday, August 5, 2025 - Beer Baths and Moroccan Food

- We will begin heading east, towards the beautiful town of Siglufordur.
- We will stop along the way to relax at Bjórböðin - the Beer Spa, where you can soak in a warm vat of young beer, hops, yeast and water while imbibing in a cold brew. The low pH of the “beer” is great for your skin and hair, has anti-inflammatory effects and is a great source of B vitamins and other nutrients.
- Tasty dinner of Moroccan Food (yes, Moroccan Food in North Iceland!).
- Overnight at **Eldá Guesthouse**.
- Breakfast, lunch and dinner included.



Wednesday, August 6, 2025 - Sea Angling, Herring and Beer

- Morning of sea angling in the North Atlantic. After lunch we will visit the Herring Era Museum and end with a tour and tasting at the Seagull 67 Brewery!
- Overnight at **Hotel Siglunes**.
- Breakfast and dinner included.

Thursday, August 7, 2025 - Exploring Akureyri

- Highlights of the day include relaxing in the Forest Nature Baths and visiting the Jóláhúsið in Eyjaförður (the Christmas House) - shopping anyone?
- Visit the beautiful Akureyri Botanical Garden.
- Overnight at **Kea Hotels**.
- Breakfast, lunch and dinner included.

Friday, August 8, 2025 Free Time & Geoseas

- Free morning in Akureyri - suggestions include: Akureyri Art Museum, Akureyri Museum, local swimming pool, shopping... We will travel to the quaint fishing village of Husavik for lunch and an afternoon soak in the Geosea Geothermal Sea Baths. We will return to Akureyri for a free evening to explore the night life of the "Capital of the North".
- Overnight at **Kea Hotels**.
- Breakfast included.

Saturday, August 9, 2025 - Heading South

- Drive south to Reykjavik with stops along the way to hike to the top of Grábrók Crater.
- Free time to explore and shop in beautiful Reykjavik, the modern, capital city of Iceland.
- Overnight at **Centers Hotel Miðgarður**.
- Breakfast included.

Sunday, August 10, 2025 - Departure Day

- Departure day.
- After breakfast at the hotel, free morning to explore Reykjavik. Farewell lunch at Kaffi Duus in Keflavik. Shuttle to airport for afternoon flights provided.
- Breakfast and farewell lunch at Duus included.



Your Trip Leaders

Sue Kissinger 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 29 UWSP international trips for students and the public, including 11 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 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.

Pricing

Payment Breakdown:

10 or 11 People – \$7,650 Per person

12 or 13 People – \$7,000 Per person

14 People – \$6,700 Per person

15 People – \$6,550 Per person

Payment Schedule:

\$450 due upon registration (*nonrefundable*)

First Payment due by **Friday, April 4, 2025**

Second Payment due by **Friday, June 6, 2025**

***Registration closes June 6, 2025**

***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.**



Price includes:

- All lodging, based on double occupancy (No single supplement option).
- In-country meals include all breakfasts, 5 lunches and 7 dinners.
- All in-country transportation as listed in itinerary.
 - Transfer to and from the Keflavik International Airport (KEF) the early morning of August 1st and afternoon of August 12th. Other times will be the responsibility of the participant.
- 1 UWSP group leader and 1 in-country guide.
- All group activities/tours/admission fees/equipment rental as listed in itinerary.

Price does not include:

- Roundtrip airfare to and from Keflavik International Airport (KEF).
- 5 lunches and 2 dinners as listed in itinerary.
- Free time activities (not listed in itinerary).
- Extra purchases (such as souvenirs, alcohol, snacks, laundry service and sundries).
- Tip for in-country guide/driver.
- Travel insurance.

Please Note: With weather and other uncontrollable variables, some activities/lodging/schedules/meals may change prior to or during the tour. This tour will accommodate a variety of fitness levels; however, to fully enjoy the activities, it is best to be in good physical/mental shape.