

The Three Trolls of **VIK**




THE EXPLORER'S PASSAGE
Where History Becomes Your Adventure!



Redefining Adventure Travel

At The Explorer's Passage, we define adventure as immersing ourselves in the world's most spectacular scenery, while walking in the footsteps of history's greatest explorers and visionaries – with the comforts, of course, of expert guides, highly personalized service and all the amenities you would expect from modern-day travel.

Join us as we peel back the curtains of time and dive head first into some of the most beautiful places on the planet. We can undoubtedly say that wherever your adventure leads, you'll return home invigorated, enriched and inspired – by the land, its people and its storied past.

WHY EXPLORE WITH US?



Exceptional Service

- Small group sizes (average 10, max 16)
- 6:1 average guest-to-guide ratio (one of the lowest in the industry)
- Personalized experiences, no two trips are the same



Insider's Access

- Local guides (the world's best) with ~20+ years tenure
- Intimate immersion into culture, history, people & land
- The Story: unfolds with historical insights & deep local knowledge



Creative Itineraries

- No cookie-cutter tours
- Itineraries custom-crafted for each destination
- Structured activities, with room for spontaneity



Adventurers at Heart

- Exhilarating activities showcase the beauty of the region
- Flexible pace/level of difficulty
- Wrap up every day with a sense of accomplishment



Sleep Well. Eat Well.

- The best accommodations each region has to offer
- Tented camps with full support on remote excursions
- Emphasis on local fare, authentic to the region



Responsible Tourism

- Low impact to the environment
- Utmost respect for the local people and culture
- Leave No Trace principles incorporated into each adventure

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THE THREE TROLLS OF VIK: 7 DAY TOUR

Countries:	Iceland
Host City:	Reykjavik, Iceland (KEF)
Duration:	7 Days/6 Nights
Accommodations:	3 Nights Hotel/ 3 Nights Mountain Huts
Adventure Activities:	Trekking
Duration of Adventure:	4 days
Adventure Activity Level:	Moderate
Maximum Group Size:	15
Guest to Guide Ratio:	8-1 (Support vehicle for bags on the trek)

Day	Primary Activities	Lodging	Rest City	Meals
1	Arrive in Reykjavik, Welcome Dinner	Fosshotel Reykjavik	Reykjavik	D
2	Journey into the southern highlands to begin the Laugavegur Trail	Hrafninnusker hut	Hrafninnusker	B, L, D
3	Trek past lava fields, picturesque woodlands, and glaciers	Álftavatn hut	Álftavatn	B, L, D
4	Traverse into the black deserts on our way to the ancient volcano of Hattfell.	Botnar hut	Botnar	B, L, D
5	Trek through the gullies of Emstrur, past the glacier Mýrdalsjökul to Þórsmörk - the Woods of Thor.	Hotel Drangshlið	Drangshlið	B, L, D
6	Explore the black sand beach of Reynisfjara from where the Trolls of Vík can best be admired	Fosshotel Reykjavik	Reykjavik	B, L
7	Closing breakfast, Transfer to airport	-	-	B

THE THREE TROLLS OF VIK: *THE STORY*

The Story of the Three Trolls of Vik is hundreds of years old, a legend that speaks of southern Iceland. Here, folklore has it that three trolls named Skessudrangur, Laddrangur, and Langhammar tried to capture a viking ship off the shores of Vik, but their bodies were turned to stone in the sun's rays. To this day, you can view their remains from the magnificent black sand beach of Reynisfjara, as great peaks rising in the ocean.

The Three Trolls of Vik 7-Day adventure takes you from Reykjavik, the world's most northerly capital city to Iceland's Southern Highlands where you will journey along the Laugavegur Trail, one of the planet's great treks. On this adventure you will seek the trolls through Iceland's rainbow colored mountains, scenic gorges, steaming hot springs, and pristine sculpted volcanoes. The scenery is so enchanting you will feel as if you are in a fairy tale. Highlights include immersion into Icelandic folklore, exploration of the Reykjanes peninsula, a geological wonderland, and a restorative soak in the Blue Lagoon, a natural geothermal spa renowned for its mysterious healing properties.



DAY 1: REYKJAVÍK, ICELAND

Welcome to Iceland (or Ísland, to locals!). Get ready to experience one of the most enchanting landscapes on earth, where you will see vistas truly out of this world.

Iceland is a land with distinctive folklore, rich in stories of monsters, ghosts, spirits and elves. In particular, trolls form an important part of local superstition; these mysterious creatures are said to hide in the mountains, caves, and highlands. On this journey you will seek the trolls through Iceland's enchanted mountains and valleys. Once you arrive in Iceland, we will transport you from the airport to Reykjavík, your destination for the evening. Reykjavík is a city of culture and proximity to idyllic mountains, glaciers, hot springs and volcanoes. Get settled in before gathering in the lobby for a late afternoon orientation and the opportunity to get to know your fellow explorers. Following your adventure briefing, a special guest will take you back in time as we introduce you to the legends of the "Three Trolls of Vik" at a festive meal at one of our favorite Reykjavík restaurants. Wrap up your evening over a toast and take in the budding excitement as you prepare to set off on your great adventure to the infamous Laugavegur Trail.



Accommodation: Fosshotel Reykjavík ▪ **Meals:** Dinner

DAY 2: REYKJAVÍK, LANDMANNALAUGAR, & HRAFTINNUSKER

From buzzing Reykjavík, we journey into the southern highlands to experience the magical Landmannalaugar area. Here is where we begin the infamous Laugavegur Trail, one of the most incredible treks on the planet. The Laugavegur Trail features the splendor of rainbow colored mountains where you will see a spectrum of shades, the brilliance of which is unparalleled. On today's journey there will be scenic gorges, steaming hot springs and pristine yellow mountain ridges – perfect hiding spots for trolls, who are said to live in the lava rocks. Keep your eyes open, as only a few humans have been privileged enough to see them! From here we journey through to Hrafninnusker, where we will stay the night at the mountain hut which was built at ~3,350 feet above sea level. Close out the day with a savory meal as your guide spins tales of Icelandic folklore.

Storytelling has been at the center of Icelandic culture for nearly 1,000 years. On the long, dark, and cold nights in Iceland, children would sit around the fire in their homes where their parents would regale stories and legends of trolls who wandered the land. Iceland has always been a diverse and harsh environment with volcanos, hot springs, and unpredictable weather. The parents would use these stories to scare their children from wandering out alone into the mountains.

Accommodations: Hrafninnusker hut ▪ **Meals:** Breakfast, Lunch & Dinner ▪ **Trekking:** 7.5 miles

DAY 3: HRAFTINNUSKER & ÁLFTAVATN

From the Hrafninnusker ridge, we journey down into the gullies of Jökultungur. This unique Icelandic vista features mud pools and hot springs, and offers up fantastical views towards Álfavattn in the south (also known as Swan Lake). Pale stone and lush green sit side by side in this luxurious landscape. Mýrdalsjökull glacier is in sight here, which covers an active volcano called Katla. Eyjafjallajökull is also visible, and active, and recently erupted as 2010. You'll see the lava fields left behind, as well as the picturesque woodlands and glaciers beyond. Keep your eyes open for trolls! This area is a prime spot for troll homes, and locals consider these creatures benevolent, if protective of their dwellings. Legend says that they use their magical powers to lure naughty children into their caves where they then can eat them. Be sure not to disturb their rocky homes! For the afternoon, we take refuge at Álfavattn hut, where we will stay the night. See the deep, richly colored Álfavattnlake, where swans were once hunted (thus its nickname, 'Swan Lake'). Today this is a serene area of distinct beauty, a perfect place to recuperate after a scenic day's trek.

Accommodations: Álfavattn hut ▪ **Meals:** Breakfast, Lunch & Dinner ▪ **Trekking:** 7.5 miles

DAY 4: ÁLFTAVATN TO EMSTRUR

Passing the green conic volcano of Stórasúla, we traverse into the black deserts of Mælifellssandur. This is a mythical location like no other, a truly unique and otherworldly experience, on our way through to the ancient volcano of Hattfell. The black sands appear alien, the closest experience to a moonlike surface on earth. This is known as the Emstrur region, a place farmers transported their sheep from across the canyon of Markarfljót river before bridges opened up for vehicles in the area. Here they grazed their sheep in the summer months. We stay the night at the Botnar hut, close to the magnificent sites of the Markarfljót canyon. This canyon cuts 200m into Hattfell rock, a little known gem not often gazed upon by visitors.



According to Icelandic folklore, trolls come out after dark, as sunlight turns them to stone, and this is prime troll-spotting territory. See the oddly shaped lava formations across the countryside, which are said to be the petrified bodies of trolls caught in the light.

Accommodations: Botnar hut ▪ **Meals:** Breakfast, Lunch & Dinner ▪ **Trekking:** 10 miles

DAY 5: EMSTRUR, ÞÓRSMÖRK & THE SOUTHERN LOWLANDS

As we continue the Laugavegur trek through the gullies of Emstrur, the glacier Mýrdalsjökull in the distance, we move towards a new kind of vista. The vegetation begins to thicken, the rich green will fill your senses as we approach Þórsmörk - the Woods of Thor. Þórsmörk is named after Thor, the God of Thunder. This idyllic spot is filled with flowers and arctic birch forests, making for an oasis of lush beauty. You will have the chance to experience a color spectrum that is truly the stuff of fairy-tales. From here, we travel from the enchanted valley and into the southern lowlands, where we spend the night. Trolls are fickle creatures. If you try to hurt them they will enact rage on you, perhaps, with one of their magical spells. However, if you help a troll they will treat you like a king.



Accommodations: Hotel Drangshlið ▪ **Meals:** Breakfast, Lunch & Dinner ▪ **Trekking:** 10.5 miles

DAY 6: SOUTHERN LOWLANDS, REYKJANES, BLUE LAGOON, & REYKJAVÍK

This enchanted exploration of Iceland ends as we set out for the magnificent black sand beach of Reynisfjara from where the Trolls of Vík can best be admired. As your peer out into the ocean you will see the spot where the Three Trolls of Vík turned to stone by the sunrise ages ago. After our time on the beach we head west to explore the wonders of the Reykjanes peninsula and the impressive coastline. We drive through the coastal villages Stokkseyri and Eyrarbakki and have a chance to stroll around the old houses.

Reykjanes peninsula is a geological wonderland and we stop at the craters Eldborg, located right next to the road and make the short hike to peak into the crater. Close by is the Krýsuvík area with the steaming fumaroles and geothermal energy. We head down to the rugged coast to the Selatangar cliffs where remnants of old shelters can still be found.

Finish up the day with a restorative soak in the Blue Lagoon, a natural geothermal spa renowned for its mysterious healing properties. We spend our last night back in Reykjavík where you will have free time to relax and explore the city.

Accommodations: Fosshotel Reykjavík ▪ **Meals:** Breakfast & Lunch

DAY 7: REYKJAVÍK, ICELAND



This morning, gather for one last breakfast to say our goodbyes. Exchange emails, if you'd like, with your fellow explorers and take a moment to reflect on a magical journey on this final day in Iceland. If you haven't had your own encounter with trolls along the way, never fear: stories of local encounters with trolls are abound and you are never too far from someone who has been privileged enough to garner a glimpse! Departure

from the capital is as you see fit, keeping in mind that Reykjavík offers much in the way of museums, galleries, theatre and eateries to embellish if you plan to extend your adventure. We bid you adieu and will be counting the days until we see you on your next TEP adventure!

Meals: Breakfast

ADVENTURE DETAILS

Our adventures are all-inclusive, crafted with the intent of providing you with an unforgettable adventure travel experience. From a detailed pre-departure information package to a complimentary cocktail upon your arrival, we've thought of everything – so all you have to do is show up.

During your trip, our knowledgeable guides and support staff take care of the details of your transportation, lodging, meals, and activities. We've even scheduled in a bit of free time for you to explore, relax, shop, or eat on your own.

For The Three Trolls of Vik adventure, the following inclusions/exclusions apply:

WHAT IS INCLUDED

- Comprehensive pre-departure information package that includes trip details, all applicable forms, and packing list
- All lodging (hotels in cities & mountain huts when on the trail)
- Most meals
- Experienced local trip leaders fluent in English
- All support vehicles and ground transportation
- Airport transfers
- Most necessary activity equipment
- Additional support guides and vehicles when on the trail
- Private tours of historic sites, and other select attractions as noted in the itinerary
- Complimentary alcoholic beverages on the first day of the trip
- Drinking Water - Water is boiled, treated and filtered by cook staff and guides and available to hikers throughout the trek.
- National Park and other site entry fees
- All local taxes
- All dining and housekeeping gratuities and some local expert gratuities

WHAT IS TYPICALLY NOT INCLUDED

- Air and land transportation to and from host city
- Airport taxes (if any)
- Excess baggage charges
- Pre- and post-trip accommodations
- Optional activities and spa services
- Personal items
- Insurance of any kind
- Cost of medical immunizations
- Most alcoholic beverages
- Optional gratuities for TEP trip leaders, guides, and local staff

TRIP ACTIVITY LEVEL INDEX

Moderate Level Adventure: This adventure includes trekking the Laugavegur Trail in the Southern Highlands as you follow the legend of The Three Trolls of Vik.

While the trip does not require technical climbing or mountaineering skills, excellent physical condition is a must, as terrain is varied, and days can be long. From start to finish we'll cover nearly 36 miles of trail over four days.

Days 1: Arrival and Welcome Dinner

Days 2-5: 4 days of trekking on the Laugavegur Trail. Expect to walk 5-10 hours per day on this segment of the adventure, at a maximum elevation of 3,474 feet. Terrain varies, and includes several steep ascents.

Day 6: Sightseeing day with a number of short walks. Wrap up your time in Reykjavík, with free time this evening to explore.

Day 7: Departure

*Note that 3 nights of your adventure are spent in mountain huts. Our skilled Trip Leaders (8-1 guest-to-guide ratio) are here to support you throughout your journey, working tirelessly to make your Southern Highlands Icelandic Mountain experience as seamless, memorable and comfortable as possible. Also note that temperatures can range from below 30 degrees (F) at night to 80 degrees (F) during the day and trails are often windy, so it's important to pack and dress accordingly.



OUR TRIP LEADERS

What truly sets The Explorer's Passage apart are our Trip Leaders. Simply put, they are the best in the industry, selected not only for their professionalism, contagious energy and deep-rooted expertise, but also for their ability to weave The Story behind the scenery seamlessly throughout your travels.

Below, meet one of our The Three Trolls of Vik trip leaders.

ELÍN LÓA BALDURSDÓTTIR, TRIP LEADER

Elin Lóa hails from Iceland but has also lived in Ecuador, Cuba, and Hawaii. Being a mountain guide combines many of the things that she loves to do and has allowed her to explore Iceland, work in the mountains, and meet interesting people from across the planet. Her interests include traveling, photography, and languages but she loves nothing better than to explore the legends and stories of Icelandic folklore that have been passed down over the centuries. Elin Loa will guide you through the world's most stunning landscapes as you learn about the legends of the Trolls who inhabit this diverse environment.



ACCOMMODATIONS

FOSSHOTEL REYKJAVÍK, ICELAND

Fosshotel Reykjavík, Iceland's largest hotel stands prominently in Reykjavík's business district, only a short walk from the main shopping area. Here, from the heart of the city, you can easily explore Reykjavík's magnificent architecture, captivating history, vibrant markets and rich culture – ideal starting point for experience the best of everything the city has to offer. Unwind at the Beer garden with local Icelandic draught beer and enjoy select dining at Fosshotel Reykjavík's restaurant, Haust.



Visit Hotel Website at:

<http://www.fosshotel.is/hotels/fosshotel-in-reykjavik/fosshotel-reykjavik/>

HÓTEL DRANGSHLÍÐ | DRANGSHLÍÐ, ICELAND

Hótel Drangshlíð is a family establishment owned which has been in operation since 1992. The hotel is situated in south Iceland only four kilometers from the world famous Skógafoss waterfall and within 50 km of many of the biggest tourist attractions in Iceland, such as Seljalandsfoss waterfall, Reynisfjara black beach, Eyjafjallajökull glacier, Þórsmörk natural reserve, Dyrahólaey island and many more. Hótel Drangshlíð offers simple and clean rooms in the beautiful mountain surroundings of Eyjafjöll.



Visit Hotel Website at: <http://www.drangshlid.is/>

ACCOMMODATIONS (CTD)

MOUNTAIN HUTS

During the trek the accommodation will be in mountain huts in dormitories with single and double bunk beds or mattresses. The huts are equipped with gas stoves, kitchen utensils and running cold water and the toilets are in separate huts. There are showers in most of the huts but you need to pay a small fee to use them. It is usually possible to charge batteries and phones in most huts. On rainy days there is sometimes not enough power to charge phones because solar panels are used to generate power.

ADVENTURE TERMS & CONDITIONS

TRIP ITINERARY SUBJECT TO CHANGE

Our goal is to provide you with an unforgettable adventure. We take a lot of pride in our itineraries, as we have invested an enormous amount of time and energy into creating and organizing them. Sometimes, however, due to unexpected circumstances adventures don't always go according to plan. Because of this, we reserve the right to cancel or change aspects of the itinerary at any time, and for any reason. When necessary, we will substitute hotels, airlines, events, and activities. Each time we do so, we will on a best efforts basis keep the quality the same, ensuring that the category of service substituted is the same as what is in the itinerary.

SINGLE SUPPLEMENT

Our adventure pricing is based on double occupancy. For individuals who would like their own room and/or tent, each of our itineraries have an additional single supplement charge. If you request a roommate and we are unable to accommodate then you will receive a private room and be charged 50% of the customary single supplement charge (on most trips). The Explorer's Passage will take care of the rest.

PRICE FLUCTUATIONS

We will make a strong effort to maintain price. As per industry norm, the adventure price is subject to increase based on unforeseeable changes beyond our control. The changes may include a change in the cost of airfare, currency fluctuation, taxes, fuel surcharges, security costs, or unavoidable charges imposed by our activity providers. These fees are to be paid upon notification if such a situation does arise. The per person cost increase to clients is \$100 for these increases and The Explorer's Passage will absorb the rest.

TEP CANCELLATION POLICY

If you must cancel your reservation, cancellation charges will apply. Please see our terms and conditions at www.explorerspassage.com.

FLIGHTS

TEP does not have an air department. When either booking your flights on your own or speaking to a travel agent, please note that our welcome dinner begins at 6 PM local time and our closing breakfast ends at 9:30 AM local time. TEP does provide airport transfers at the start and conclusion of your adventure.

TRAVEL INSURANCE

Given the active, often remote and international nature of our adventures, and our strict refund policy, we require you to purchase travel insurance. We have made it easy for you to secure this peace of mind through the convenient services of TripAssure, one of the leading travel-insurance providers. Choose from a number of plan options that include evacuation, medical, and cancellation protection. To learn more, please visit <https://explorerspassage.com/about/support/insurance/> or call one of our adventure consultants at 1-855-208-6800.

TRAVEL VISA

There are no visa requirements for U.S. citizens visiting Iceland for up to 90 days.

HOW DO I SIGN UP FOR A TEP ADVENTURE?

To learn more or to sign up for *The Three Trolls of Vik 7 Day Adventure* please call toll-free at 1-855-208-6800 or email us at info@explorerspassage.com. To reserve a space, an initial deposit of \$500 is required.

We Look Forward to Seeing You On the Trail!

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