



ICELAND ADVENTURE



HIKING HOLIDAYS WITH ZANNA VAN DIJK
IN PARTNERSHIP WITH **INTREPID TRAVEL**

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Zanna Van Dijk - Iceland Adventure - August 2024 7 days/ 6 nights

About Your Trip

Start Location

Reykjavik, Iceland
Hotel Muli

Finish Location

Reykjavik, Iceland
Hotel Muli

Accommodation

Hotel 3 nights
Huts 3 nights

Rooming Requirements

Twin Share

Included Meals

Breakfast (5)
Lunch (1) - packed lunch Day 5
Dinner (2)

Transport

Private vehicle, public bus

Tour Leader

1 English speaking driver/tour leader throughout.
Your tour leader will also act as your driver throughout the tour and accompany you on all hikes.

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with included activities

Airport Transfers

Arrival and departure transfers are included on a group basis.

Please note: only one transfer will be booked for the group based on the arrival time of Zanna's flights. If you are arriving/departing on the same flight as Zanna - you will be booked on the group transfer. Any flights out of these times, you will need to make your own way from/to the airport. We can organise these separate transfers at an additional cost.

Support

24-hour support from our local office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader/Driver

Tour leader/Driver

On this trip you will be accompanied by one of our tour leaders who will also act as your driver around Iceland. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. Your tour leader will be able to point out key information e.g. where to find an ATM, local etiquette ect. Your tour leader will also accompany you on all hikes and be with you throughout the trip. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects.

Zanna Van Dijk - Iceland Adventure - August 2024 Itinerary.

ADVANCE HIKING

This tour covers a variety of challenging terrains. You'll need to be in good shape and capable of hiking between 15-20km each day with a pack on your back and gains of as much as 1000m.

Day 1 / Date: 10 August 2024

Reykjavik

Meals included: dinner

Hallo! Welcome to Iceland. The world's northernmost capital of Reykjavik lies just below the Arctic Circle. The city sees around four hours of sunlight a day in winter and 22 hours or more in summer. Surrounded by volcanic peaks and crystalline ocean, and boasting a vibrant arts and nightlife scene, Reykjavik's contrasts are utterly beguiling.

Arrival Transfer

- Included on a group basis

(Please note: only one transfer will be booked for the group based on the arrival time of Zanna's flights. If you are arriving/departing on the same flight as Zanna - you will be booked on the group transfer. Any flights out of these times, you will need to make your own way from/to the airport. We can organise these separate transfers at an additional cost.)

Included Activities

- Welcome meeting with the Tour Leader at 6 pm
- Welcome dinner

Accommodation

Hotel Muli (Standard room)

Day 2 / Date: 11 August 2024

Kerlingarfjöll Area

Meals included: breakfast

This morning take a drive to Kerlingarfjöll. Kerlingarfjöll is a geothermal area, with Hveradalir being the most famous. Embark on a 12km long hike where you will see steaming vents, bubbling hot springs, and pools of boiling mud. Continue to your accommodation for a good night rest. Essential item to take to Kerlingarfjöll is a swimsuit as you'll find a hot spring suitable for bathing only 1,5km away from your camp.

Included Activities

- Kerlingarfjöll hike (4-5 hours)

Accommodation

Hotel Gullfoss (Standard room)

Day 3 / Date: 12 August 2024

Myrdalsjokull / South Coast

Meals included: breakfast

Begin the day with a visit to the breathtaking Skogafoss – a giant waterfall, 25-metres wide and dropping 60 metres. Get up close and feel its power, then climb a long and windy set of stairs to a stunning viewpoint. Next up is

one of Europe's biggest ice caps – Myrdalsjokull – which covers the active volcano Katla. Join an included hike over the glacier tongue – no experience is necessary. It's sobering to think that the glacier is retreating due to rising world temperatures and may soon be gone. If you don't want to take the glacier walk, perhaps explore the area around the glacier tongue. Alternatively, Skogafoss waterfall has a number of walking trails, or you can visit the Skogar folk museum. Afterwards, continue along Iceland's South Shore, spotting bird colonies on the promontory of Dyrholaey, Iceland's southernmost point. You'll also see the amazing stepping-stone rock formations of Reynisdrangar and its black sand beach, Reynisfjara.

Included Activities

- South Coast - Seljalandsfoss Waterfall
- South Coast - Skogafoss Waterfall
- South Coast - Dyrholaey Viewpoint
- South Coast - Black Sand Beach
- South Coast - Reynisfjara Rocks
- South Coast - Solheimajokull Glacier Hike

Accommodation

Guesthouse Húsið (Shared bathrooms) (twin rooms with bunk beds, 2 people per room)

Day 4 / Date: 13 August 2024

Thorsmork

Meals included: breakfast

Today you will have a very early start to embark on a Thorsmork- Fimmvörðuháls Volcano Hike, navigating lush valleys, challenging ascents, and volcanic craters. Witness the aftermath of the Eyjafjallajökull eruption, with panoramic views of glaciers, creating an unforgettable adventure for avid hikers. Fimmvörðuháls Volcano trail hike that is one of the most popular treks in Iceland. There will be quite a few challenging parts, which will lead to some of the best viewpoints in Þórsmörk. The total hike length is about 25km, elevation is about 1100m. After a long day and many beautiful viewpoints later, you should be back in the accommodation around 10pm.

Included Activities

- Thorsmork - Fimmvörðuháls Volcano hike (10-14h hours)

Accommodation

Volcano huts Húsadalur (Shared bathrooms)

Day 5 / Date: 14 August 2024

Thorsmork

Meals included: Lunch (packed)

This morning, take a local bus to get to Thorsmork. Today you'll have a hike in Þórsmörk Nature Reserve. There will be a few challenging parts, which will lead to some of the best viewpoints in Þórsmörk. From Tindfjöll Mountains you will head to the Tindfjallasléttu plateau. Then the trail will take you to the Stangarháls Ridge, from where you will go down to the Krossá riverbed. From the bottom of the valley you'll make your way back.

Lunch Package: A mix of sandwiches, snacks, chocolate bar, and juices, prepared for a day-hike. **You will need to pre-order this.**

Included Activities

- Thorsmork - Tindfjöll Circle hike (4-5 hours)

Accommodation

Guesthouse Húsið (Shared bathrooms) (twin rooms with bunk beds, 2 people per room).

Day 6 / Date: 15 August 2024

Reykjavik

Meals included: breakfast, dinner

Today you're heading back to Reykjavik. On the way back you'll have 2 wonderful stops. Once in Reykjavik join your leader for a short guided walk of the capital to visit the old harbour, city centre and Hallgrimskirkja church. The evening is free for you to enjoy all the capital has to offer, so why not get your group together for dinner!

Included Activities

- Secret Lagoon
- Reykjavik - Walking Tour
- Farewell Dinner

Accommodation

Hotel Muli (Standard room)

Day 7 / Date: 16 August 2024

Reykjavik

Meals included: breakfast

There are no activities planned for the final day and you are able to depart the accommodation at check-out time.

Departure Transfer

- Included on a group basis

(Please note: only ONE transfer will be booked for the group based on the arrival time of Zanna's flights. If you are arriving/departing on the same flight as Zanna - you will be booked on the group transfer. Any flights out of these times, you will need to make your own way from/to the airport. We can organise these separate transfers at an additional cost.)

- END OF ITINERARY -

Important Information

- Travel is always an adventure and, as destinations reopen, there are a few challenges as everyone gets back up to speed and adjusts to the new normal. Our leaders are experts when it comes to dealing with anything unexpected along the journey, so pack your understanding and flexibility, sit back and relax while they take care of the rest.

Essential Trip Information

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader or local representative may not be able to resolve a situation to your satisfaction - if this is the case, please ask the group leader or local representative to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In case of a genuine crisis or emergency, you can reach our local office on the numbers below:

If you have booked an arrival transfer, and you experience severe delays at immigration, baggage collection or customs, or if you are not able to find the driver, please contact the transfer operator directly on the number listed in the joining point instructions in the section above.

In the case of a genuine crisis or emergency, Intrepid's Iceland Operations Team can be reached on the number listed below:

Intrepid's Local Operator: +49 8024 4679 540

ADVANCE HIKING

This tour covers a variety of challenging terrains. You'll need to be in good shape and capable of hiking between 15-20km each day with a pack on your back and gains of as much as 1000m.

Essential Trip Information

Important notes

1. A single supplement is available if you'd prefer not to share a room on this trip. The single supplement applies to all nights of your trip and is subject to availability. Please note that due to the small properties we use in Europe there is only a limited amount of single supplements available per trip departure. Please speak to your booking agent for further information.

2. Iceland can be an expensive destination in many ways, from museum entrance fees to outdoor activities, but especially in terms of eating out. Your leader will be able to advise on how to save money. In remote areas the only option for dinner will be at the guesthouse we are staying at. Stock up on food at a supermarket prior to arrival if you would like to opt out eating at the guesthouse's restaurant. Please make sure you read the trip notes carefully in order to know what is and what isn't included in the trip price.

Passports, visas and entry requirements

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites or on our page here: <http://www.intrepidtravel.com/visa-entry-requirements>

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader or local representative will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. If you have dietary requirements and/or food allergies, please let your booking agent know prior to departure.

BREAKFASTS

There are some continental breakfasts included on this trip which may simply include bread/toast or pastries, butter, jam, coffee/tea/juice (or similar).

VEGETARIANS

Vegetarians might find the menu selection in Europe less varied than they would see at home. Vegetarianism is not as common in this region and generally the choices are more simple, but will involve vegetables, soups, salads, bread, cheese, fruit, yoghurt, eggs etc. Vegans and those on gluten-free diets may find this region challenging and

may need to supplement meals with their own supplies from supermarkets and markets. Wherever possible we will cater for dietary needs for any included meals, but there may be times when those with special requirements may need to provide their own.

While travelling with us you'll experience the vast array of wonderful food available in Iceland. Your group leader will be able to suggest restaurants to try in Reykjavik. To give you maximum flexibility in deciding where, what and with whom to eat, generally meals aren't included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though. In remote areas outside of Reykjavik the only option for dinner will be at the guesthouse we are staying at. Some guesthouses have kitchen facilities that are free to use if you wish. Stock up on food at a supermarket prior to arrival if you would like to opt out eating at the guesthouse's restaurant. Your leader will be able to advise on the facilities available at the guesthouses used on your trip departure.

Accommodation

The style of accommodation indicated in the day-to-day itinerary is a guideline only and may change. On some occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our preferred accommodation. In these cases, we will use a similar standard of accommodation.

Throughout the trip, we request that our properties prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However, this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination or on some trips, have use of shared day rooms until all rooms are available.

OCCASIONAL ALTERNATIVE ACCOMMODATION

The style of accommodation indicated in the day-to-day itinerary is a guideline. On rare occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our usual accommodation. A similar standard of accommodation will be used in these instances.

TWIN SHARE BASIS

Accommodation on this trip is on a twin/multishare basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports. Please note there may be times where facilities will be shared rather than ensuite and rare occasions when you share a room with passengers travelling on different Intrepid trips than your own.

CHECK-IN TIME

Throughout the trip we request that our hotels prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination.

FACILITIES

Your accommodation may not always have private en suite facilities or air-conditioning. European hotels generally don't provide kettles or fridges.

Transport

Private minibus with free Wi-Fi

On this trip we are travelling in our own private minibus as this allows us to reach some more off the beaten path destinations and gives us flexibility which would not be possible by public transport. Please note that there are some long travel days and some rough stretches on gravelly and windy roads. On some days we depart early in the morning to ensure we optimise our time. All our vehicles in Iceland have complimentary Wi-Fi.

Money matters

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

TIPPING

Tipping can be an appropriate way to recognise great service when travelling. While it may not be customary in your home country, it is an entrenched feature of the tourism industry across many of our destinations and is greatly appreciated by the people who take care of you during your travels. It is always best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult rather than the goodwill gesture it is intended to be.

YOUR GROUP LEADER OR LOCAL REPRESENTATIVE

You may consider tipping your group leader or local representative for outstanding service throughout your trip. The amount is entirely a personal preference however as a guideline 1000 ISK per person, per day can be used. Of course, you are free to tip more or less as you see fit, depending on your perception of service quality and the length and involvement of your group leader or local representative on your trip.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the relatability of universal travellers, however, local currency may be needed once in the country to cover these costs.

CURRENCY

The official currency in Iceland is the Icelandic Krona (ISK).

CASH

Card payments are accepted almost everywhere in Iceland and you can get by without withdrawing any cash. If you do need an ATM, they are available in most towns. Currency exchange is available at major banks and some hotels, with EUR and USD the easiest to exchange.

BUDGET

Please budget for additional meals and expenses while on your trip. We suggest ISK 45,000 for meals not included on this trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less. Please remember that Iceland can be an expensive destination in many ways, from museum entrance fees to visiting a cafe, but especially in terms of eating out. To provide you with an example, a main meal outside of Reykjavik can be around the ISK 4,000 mark. Your leader will be able to advise on how to save money. In remote areas the only option for dinner will be at the guesthouse we are staying at. Please stock up on food at a supermarket prior to arrival if you would like to opt out eating at the guesthouse's restaurant.

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage and walk with it for short distances or up or down a flight of stairs. Our travellers usually find the smaller their luggage is, the more they enjoy the trip not having to worry about carrying heavy bags! Aim to keep your main luggage under 15kg.

Many travellers carry their luggage in a compact smaller suitcase or backpack with wheels. We recommend your bag has carry straps or handles so it is easy to lift and carry for the times you are unable to wheel it (ie. on rough surfaces or up steps).

If you are taking overnight trains, or primarily using public transport then the smaller your luggage the easier it will be to store under or above bunks. Large suitcases may not be able to be taken on board. A lockable bag or small padlock for your bag will be useful especially when travelling on public transportation as well.

You'll also need a day pack/bag to carry water, camera, swimming suit, hiking shoes and jacket etc. when you're exploring during the day.

Below we have listed the essentials for this trip:

<https://www.intrepidtravel.com/packing-list>

WATER BOTTLE

Please bring your own water bottle to refill along the way. Although it can be difficult to avoid bottled water when travelling, please use the water dispensers which are provided on some of our vehicles and at some of our accommodation. Your group leader or local representative will advise whether tap water is safe to drink in your destination and if it is you can simply refill with tap water. When unable to avoid bottled water it is better to buy the largest available and distribute into your smaller bottle for the day. If you are walking or trekking as part of your trip you will need to carry at least 2L of water with you.

What you need to bring will vary according to when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances. Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are convenient although we recommend your bag has carry straps. We also recommend you take a day pack/bag to carry water and a camera etc for day trips. As well as your clothes, passport and toothbrush and other items you always need to pack for travel, below are some items that you specifically need for this trip.

THERMAL BATHS

In order for you to be able to experience Iceland's famous thermal baths please don't forget to bring your swimsuit and a spare towel for use in the baths.

ESSENTIALS

- Rain gear, including jacket with a hood and waterproof trousers

RECOMMENDED

- Personal medical kit. Your leader will carry a large kit but we recommend you carry items such as blister relief, mild pain killers and bandaids.
- Water bottle. We recommend at least a 1.5 litre capacity. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments.
- Swimwear - for the optional visits to Iceland's thermal springs

OPTIONAL

- Camera with spare batteries. You won't be able to recharge during the day
- Earplugs and eye mask (for light sleepers)

Group Leader

All group trips are accompanied by one of our group leader or local representative. The aim of the group leader or local representative is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced group leader or local representative however, due to the

seasonality of travel, rare situations may arise where your group leader or local representative is new to a particular region or training other group leader or local representative.

Your group leader or local representative will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group leader or local representative can recommend a local guide service in most of the main destinations of your trip.

On this trip your group leader is also your driver, taking you from start to finish in a comfortable vehicle.

All Intrepid group trips in Iceland are accompanied by one of our group leaders, who will also be the driver. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your group leader or local representative will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your group leader or local representative will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your group leader or local representative has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

PETTY THEFT AND PERSONAL SAFETY

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

VOLCANOES

Volcanos in Iceland has been showing growing activity in recent months. An eruption of the volcano is often accompanied by flash floods. Authorities warn that travellers could have as little as 15 minutes to get to safety (higher ground) in the case of an eruption. Text messages will be sent to all mobile devices in the affected areas, advising residents and travellers to evacuate or move to safety. Therefore, please make sure that your mobile phone is turned on and international roaming is enabled while in the area.

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

TRAFFIC AND DRIVING ON THE OTHER SIDE OF THE ROAD:

Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

A couple of rules

We like to think our Intrepid travellers are all connected by a love of adventure and passion for seeing the world in a different way. We've laid down a few non-negotiable rules to ensure everyone feels connected, comfortable and safe on our trips.

We ask that you respect your fellow travellers, group leader or local representative, and local people and places we visit in all circumstances. We don't tolerate any forms of violence and expect that you follow the local laws, customs and regulations in any destination we travel to. Any behaviour contrary to the above, including any behaviour that prevents our staff from performing their duty of care or continuing the itinerary as planned, may result in travellers being removed from the trip.

If you consume alcohol while travelling, we encourage responsible drinking and expect you to abide by local alcohol laws.

To ensure the well-being of everyone on the trip, all decisions made by group leaders or local representatives and ground staff are final.

Romantic relationships between travellers and group leader or local representative are not permitted while on trip.

By travelling with us, you agree to comply with these rules and the laws and customs of all countries visited.

If something is concerning you during your travels with us, please speak to your group leader or local representative immediately. Alternatively, contact us on the emergency contact number detailed in your Essential Trip Information's Problems and Emergency Contact section.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons,

we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

The beauty of our style of travel is that it caters to travellers who are travelling solo and who want to meet and share experiences with like-minded people.

On our trips rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports.

As a responsible tour operator, we strive to create a safe and inclusive environment for everyone. In the case that your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

We also have an optional single supplement available on most trips for travellers who prefer to have their own room. Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

On a small selection of itineraries some accommodations are booked on an open gender, multi-share basis (for example on a felucca in Egypt or an overnight train in Vietnam). In those instances it will clearly be stated in our Essential Trip Information prior to booking and travelling.

Travel insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your group leader or local representative.

If you have credit card insurance your group leader or local representative will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

For travellers who reside within the European Union, Switzerland or USA the requirement to purchase travel insurance cannot be compulsory. However the purchase of travel insurance is still highly recommended, and travellers from these regions who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting, recognizing personal responsibility for emergency medical and repatriation costs should they arise.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip group leaders or local representatives, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

WHALING

We are big supporters of the protection of endangered species around the world. Although a global ban on commercial whaling came into effect in 1986, approximately 1,000 whales are still being killed every year, as Iceland, Norway and Japan ignore the ban. We strive not to visit places that serve whale on any of our trips, however often this is unavoidable and there is a likelihood that you will come across whale meat on a menu or at a market stand.

The Intrepid Foundation

We created our not-for-profit, the Intrepid Foundation because you – our travellers – told us you wanted to make an even greater impact in the communities you visit.

The Foundation works by teaming up with partners around the world so that together we can deliver greater positive impact at scale. Partners are identified by our local staff who live and work in our destinations. They harness their powerful community connections to determine the issues that matter most and select local partners who can deliver real solutions.

Since 2002, the Intrepid Foundation has raised more than \$14million dollars and supported more than 160 communities worldwide. Now, with over 40 partners all over the world, your donations are helping to restore forests in Kenya, empower women in Honduras and promote elephant welfare in Laos, to name just a few.

For more information about the Intrepid Foundation, please ask your group leader or local representative or visit our website: <http://www.theintrepidfoundation.org/>

This trip supports Eden Reforestation Projects, who are tackling climate change by restoring forests across the world; they also hire locally and create job opportunities within communities. Donations support restoration across planting sites in 10 countries, including Kenya and Nepal. Intrepid will double your impact by dollar-matching post-trip donations made to The Intrepid Foundation.

To find out more or make a donation, visit: <http://www.theintrepidfoundation.org/t/eden-reforestation-projects>

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.