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4x4 Expeditions  
Consultancy  
Training



OneLife Adventure  
[www.onelifeadventure.co.uk](http://www.onelifeadventure.co.uk)

# Summer Ice Explorer

14<sup>th</sup> to 28<sup>th</sup> July 2005 and

28<sup>th</sup> July to 11<sup>th</sup> August 2005

**ICELAND** - "Ice and fire" is commonly used to summarise Iceland - but in such a succinct phrase so much is lost. Its one of the most sparsely populated places in Europe, about the size of England, with only 250,00 people but on Iceland is Europe's largest ice cap, its most powerful waterfall, the highest geyser, the largest puffin colonies, the newest islands, the biggest volcano ....., the list of surprises goes on. Iceland and its people will constantly surprise you, sometimes sombre and wild, sometimes hot and steamy but always so much more than just some of the most challenging off road driving in Europe.

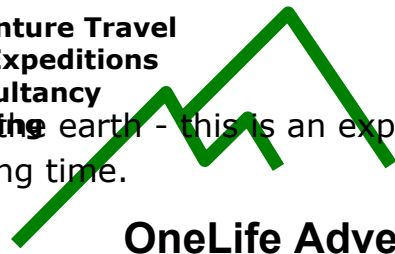
We will spend virtually the whole of our time in Iceland away from tarmac roads. On the interior gravel roads, only passable with 4x4 vehicles, we'll ford deep glacial rivers, transect the great glacial plains of the interior, pass around the northern side of the Vatnajokull ice cap, the third largest mass of glacial ice in the world, to explore the icecaves at Kverkfjoll. We will drive up onto glaciers, search for whales on the Arctic Ocean, bath in hot springs on a shore line crusted with ice, join in the famous *runtur*, super cool Reykjavik's legendary pub run, walk on still steaming lava and see the famous Iceland Sagas come to life. Not to mention the waterfalls, the iceberg studded lagoons, the geysers, the active volcanoes, the midnight sun, the soaring seabird colonies, the lava tunnels plunging

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deep into the bowels of the earth - this is an expedition you'll remember for a long time.



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## **Summary**

<b>Start point</b>	Seydisfjordur, Iceland (Ferry from Aberdeen, via Shetland and Faroes).
<b>Finish point</b>	Seydisfjordur, Iceland (Ferry from Aberdeen, via Shetland and Faroes).
<b>Number of days</b>	15 days, 14 nights on Iceland plus shipping time.
<b>Approx. distance</b>	2000 kilometres.
<b>Road conditions</b>	Mixture of gravel tracks, some graded, short section of tarmac. Some ice cap and glacier driving, snow cover is virtually guaranteed in upland areas.
<b>No' of vehicles</b>	Maximum of 6 guest vehicles plus support vehicles.
<b>Accommodation used</b>	Accommodation will be in campsites with toilet/shower facilities where available. Some sites will be wild sites set in the incomparable countryside. Two nights will be in a hotel in Reykjavik.
<b>Specialist equipment - vehicle</b>	A well maintained and serviced 4x4 vehicle fitted with underbody protection and a snorkel is desirable for deep fording. A CB radio must be fitted. Tyres of Mud Terrain tread patterns most suitable, AT's are OK but of limited use in snow/ice slush, snow chains are not essential but can be useful on the ice. A full set of recovery equipment (strops and shackles) is essential along with a spade. A winch is not essential and additional fuel cans are not needed.
<b>Specialist equipment - camping</b>	Either roof or ground tents are suitable; it can be very windy so ensure you have plenty of pegs for ground tents! I recommend a 'Thermorest' type thermal insulated mattress, if sleeping on the ground. Sleeping bags should be at least 3 season bags. Bring own chairs, table, cutlery and utensils. A small stove and a Thermos flask is useful for preparing your own hot drinks. Clothing should be warm and windproof.
<b>Passport</b>	Required.
<b>Visa</b>	Not needed for citizens of the EEU.
<b>Health</b>	No special requirements beyond small first aid kit and E111 - Certificate of Entitlement (available from UK Post Offices).

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**Cost of living**

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Much more expensive than the UK, stock up with fuel, snacks and drinks before leaving the UK. The currency is the Kronar, approx 127 Kr to the pound. A beer costs 500-600 kr! Credit cards are widely accepted and most towns have an ATM.

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**Weather**

Milder than you think but very unpredictable, inland near the main ice masses night temperatures can be several degrees lower than those shown for Reykjavik. In the summer, day time temperatures can reach 17 ° C but days can be interspersed with rain and misty spells when the temperature may fall to 10 ° C. Days are long and in the north during July the sun never really sets.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Average daily temp</b>												
Max ° C	2	3	4	6	10	12	14	14	11	7	4	2
Min ° C	-2	-2	-1	1	4	7	9	8	6	3	0	-2
<b>Rainfall mm</b>	89	64	62	56	42	42	50	56	67	94	78	79

**Outbound shipping**

Day	Section	Overnight
Monday	Depart Aberdeen 19.00.	Boat.
Tuesday	Arrive Lerwick (Shetlands) 07.30, day in Shetland at your leisure.	Boat.
Wednesday	Depart Lerwick 01.30 morning, arrive Faroes 15.00, depart Faroes 18.00.	Boat.

**Note** – This section of the expedition is unsupported by OneLife Adventure, the above information is to aid you plan your arrivals and departures. The booking is made on your behalf and cost of the ferry and the accommodation on board is included in the expedition price.

**Iceland itinerary**

Day	Highlights	Overnight
<b>1 Thursday</b>	Arrive at Seyoisfjorour at 08.00, then a short drive to Eastern Iceland's highest peak – Snaefell.	Wild camp at Snaefell.
<b>2 Friday</b>	Drive on gravel roads and ford rivers around the NE side of Vatnajokull, explore the remote ice caves at Kverkfjoll.	Campsite at Dyngjufjoll.
<b>3 Saturday</b>	Drive to Askja crater lake and up onto Vatnajokull glacier.	Wildcamp on edge of Vatnajokull.
<b>4 Sunday</b>	Head SW along the edge of Vatnajokull ice cap and through some of Iceland's most exceptional	Camp site at Landmannalaugar.

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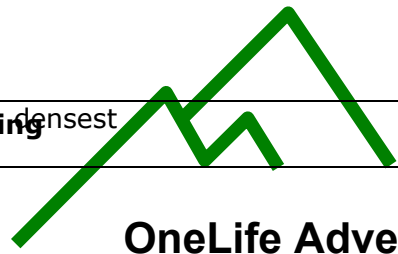
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**Sunday**

scenery before camping amongst the densest  
accumulation of hot springs on the island.

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<b>Day</b>	<b>Highlights</b>	<b>Overnight</b>
<b>5 Monday</b>	Drive the coast road to see the ice studded lagoon at Jokulsarlon and head up to the ice cap again at Skalafellsjokul.	Reykjavik hotel.
<b>6 Tuesday</b>	Reykjavik, a day at leisure to explore the worlds most northerly capital. Experience the legendary and good natured 'runtur' in the evening.	Reykjavik hotel.
<b>7 Wednesday</b>	Follow the Golden Circle route to see Gullfoss waterfall, the geyser at Geyser (that's where it came from!) and Pingvellir, seat of the ancient court of Iceland and site of Iceland's own rift valley.	Campsite at Pingvellir.
<b>8 Thursday</b>	Explore the lava tubes at Surtshellir and Viogelmir that extend nearly 2 km under the earth - the largest lava caves in the world.	Wild camp at Hveravellir.
<b>9 Friday</b>	Skirt the Hofsjokull glacier and head north to the Arctic Ocean and bath in hot springs on the shoreline at Grettislaug.	Campsite at Sauoarkrokur.
<b>10 Saturday</b>	Take advantage of a relaxed day to explore the Skagi peninsular and the rock formation - Hvitserkur or a take a visit to Drangey, home to thousands of kittiwakes, gullimots and puffins.	Campsite at Sauoarkrokur.
<b>11 Sunday</b>	Skirting the Arctic Ocean we head north to picturesque Siglufjordur, a mere 40 kms from the Arctic Circle and about as far north as you can drive before we head south again to the interior.	Campsite at Laugafell.
<b>12 Monday</b>	Swinging back north we'll visit the waterfall Godafoss, before we get to Husavik, a attractive former whaling port.	Campsite at Husavik.
<b>13 Tuesday</b>	Husavik is the the best place to see whales in Iceland and on our whale safari we'll have an excellent chance to see minke, fin and humpback whales. Occasionally the massive blue whales put in a appearance.	Campsite at Husavik.
<b>14 Wednesday</b>	We head south to see Lake Myvatn famous ducks, some unique to Iceland and then drive to Krafla and its still steaming lava flows before heading to Dettifoss, the most powerful waterfall, in terms of flow rate, on Iceland, indeed in Europe.	Campsite at Fellabaer.
<b>15 Thursday</b>	A short drive will see us back in attractive Seyoisfjorour and a chance to relax and look back on the expedition before embarking on the ferry for the homeward voyage.	Boat.

The route is not fixed, we will be free to choose the exact route, guided by ice and snow conditions but free to break journey, stop and explore, as you desire. I aim to be in the campsite/hotel by 17.00 on most days to allow us to relax and enjoy the experiences of the day. The daily distances driven vary due to the terrain and ground conditions but a typical day will be 2-3 hours driving in the morning, 1 hour for lunch and then a further 2-3 hours driving.

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## **Inbound Shipping**

<b>Day</b>	<b>Section</b>	<b>Overnight</b>
Thursday	Depart Iceland 12.00.	Boat.
Friday	Arrive Faroes 05.00, depart Faroes 08.30, arrive Lerwick (Shetlands) 21.00.	Lerwick.
Saturday	Day in Shetland at your leisure, depart Lerwick 19.00.	Boat.
Sunday	Arrive Aberdeen 07.00.	

**Note** – This section of the expedition is unsupported by OneLife Adventure, the above information is to aid you plan your arrivals and departures. The booking is made on your behalf and cost of the ferry and the accommodation on board is included in the expedition price.

## **Cost**

- £1600 per person based on 2 sharing, fully catered.
- £1250 per person based on 2 sharing, self catered.
  
- For each additional person up to a maximum of 4 adults per vehicle add £ 750, fully catered or £550 if self catering.

The expedition price includes flexible return ferry crossing from Aberdeen to Iceland and accommodation on board, all accommodation costs on Iceland, full backup and guiding from the support team. The boat trip to Drangey, the Husavik whale safari are also included, along with all the entry costs to natural parks and sites. The fully catered option includes meals (hot/cold breakfast, buffet lunch, evening meal) and non alcoholic drinks.

Neither option includes your entry taxes/diesel duty, fuel, snacks, alcoholic drinks and personal spending.

## **Icelandic web sites**

[www.icetourist.is](http://www.icetourist.is)

The Icelandic Tourist Board site – comprehensive site split into regions, listing the main sights on the island.

[www.iww.is](http://www.iww.is)

Some great photographs and a monthly newsletter.

[www.icelandreview.is](http://www.icelandreview.is)

A daily news site in English – shows the quirky nature of the Icelanders, a good overview of the country and what's happening.

**FOR MORE INFORMATION OR TO  
BOOK YOUR PLACE ON THIS EXPEDITION  
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