

# Iceland Bike

Bike the volcanic landscape of Iceland



Ultimate Challenges

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# Iceland Bike

## Over 100km across the Southern Highlands

On this stunning cycling challenge we will discover one of the hidden gems of Europe, cycling across the Southern Highlands of Iceland following in the path of the glaciers to the volcanoes.

Iceland rests on the edge of the arctic circle and sits atop one of the world's most volcanically active hotspots. It is unfortunate therefore that one of the country's earliest visitors, the Viking Floki Vilgeroarson, arrived at the beginning of winter and having lost all his cattle to the cold left in early spring having seen nothing of the country in the months when the sun never sets. Nowadays luckily visitors learn there is more to the island than ice including a striking mix of magisterial glaciers, bubbling hot springs, rugged fjords and the fact that it is the one and only commercial grower of bananas in Europe!

Discover the stunning scenery of Iceland on this fantastic biking challenge as we pass the striking mix of magisterial glaciers, bubbling hot springs, big deserts and rugged fjords.

There are beautiful views on the way and we see mountain lakes, traditional communities and Icelandic houses. Most of the landscape that we cycle is from the last Ice Age which is tens of thousands years old and the landscape is very typical with shale and lava remnants.



# Detailed itinerary

## Day 1: Depart London-Keflavík

Depart London Heathrow on Iceland Air flight to Keflavík. On arrival we transfer to the Skaftártungur district in the south-east to our overnight guesthouse. In the evening we will experience true Icelandic food, meet the team and have a full briefing about the challenge ahead.

## Day 2: Skaftártungur to Mælifellssandur Approx. 35-40km/ 5-7hrs riding

After a very early breakfast and bike fitting, our bike challenge begins. From Skaftártungur we bike the very beautiful path to the Mýrdalsjökull Glacier and follow the east side heading north until we come to the black plains of the Mælifellssandur Desert. At the unusually green Mælifell Volcano, we leave the desert and sneak into a hidden valley at the foot of another ancient volcano, the Strútur. In late afternoon we walk to the Strútslaug hot springs to enjoy a well earned dip before returning to our mountain hut.

## Day 3: Mælifellssandur to Hólaskjól hut 40km/ 5-6hrs riding

Back in the saddles as we head back to the Mælifellssandur Desert before cycling up into the hills of Svartihnúkur. From here we descend into the Álftavatnkrókar Valley, where we cross the River Ófæra on a natural lava bridge. We then climb the red hills above the Eldgjá volcanic crevasse and descend to the Hólaskjól hut where we spend the night at the foot of a magnificent lava flow which is c1100 years old.



# Detailed itinerary

## Day 4: Hólaskjól hut to Reykjavík 40-45km/ 5-7hrs riding

This morning we'll get the hearts pumping and legs moving with a warm up cycle of 6km to the Eldgjá crevasse where we take a walk to the Ófærufoss Waterfall. From here, we then bike the undulations of the hills that separate us from the beautiful Jökuldalur Valley and Church Mountain, one of the most beautiful peaks of Iceland. We continue the last leg of this mammoth bike challenge, arriving to Landmannalaugar mountain hut where we enjoy a late afternoon bath in the hot spring river before being transferred to Reykjavík, the capital city of this wonderful country. Overnight in a local traditional guesthouse. This evening we celebrate our biking achievements with a celebration dinner.

## Day 5: Reykjavík to London

Free morning in Reykjavík, with an option to go to the Blue Lagoon a geothermal spa before transferring to Keflavík airport for afternoon flight back to London arriving mid evening.

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*This itinerary is complex and subject to change*

**Challenge grade**  
Moderate to tough

**Best time of year**  
June to September



# Why choose Ultimate Challenges?

- We have over 16 years experience running pioneering charity challenges e.g. Kilimanjaro , the Inca Trail, California Bike
- We choose the most unexplored and upcoming regions for our amazing expeditions
- We are built on a team of Senior Event Fundraisers
- Our team is driven to provide inspiring, life changing and effective fundraising events for our charity partners
- We use the best ground agents, the most experienced trek staff and doctors to ensure your supporters have a safe and memorable challenge
- We operate an Ethical Code of Conduct with all our ground handlers to ensure fair treatment of all our local staff. We have high health and safety expectations and all our partnerships are conducted with respect for local cultures and environmental concerns
- We offer an end-to-end service to ensure our charity partners are given full support from our experienced staff ensuring you maximise your income

## **Our pricing policy**

We believe that we are very competitive and offer excellent value for money. However, it can be confusing when comparing prices, as small alterations in an itinerary, can make a substantial difference. We would be happy to review proposals you may have received from other tour operators, as we are confident that we can beat any genuine quote.

*‘ Choose your Tour Operator with your head, so your supporters can follow their hearts when they travel’*



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