

telos leadership ventures: Laugavegur Backpack, Iceland



Laugavegur Backpack

August 13 - 19, 2017

Reykjavik, Iceland

Trip Type: Hut to Hut Backpacking

Physical Difficulty: 3 (moderate*)

Length: 7 days (5 days on the trail & ½ day community building & professional development)

Hiking Mileage: 34 - 48 miles

Group Size: maximum 12, including facilitators and back country guide(s)

Meeting Time & Place: You will need to arrive no later than 12pm on August 13 in Reykjavik, Iceland.

Trip Conclusion: Depart Reykjavik in the morning after breakfast at the hotel on the 7th day.

Trip Cost: \$13,725

Trip Fees Include: 4 coaching sessions; on-line leadership assessment and individual report; pre-trip exercises and activities to help you prepare for your telos leadership venture; community building activities both before and during the trip; personal and professional development tools, content, and resources before, during and after the trip.

Trip fees also include: transportation to / from airport to Landmannalaugar, 2 days hotel accommodations, park entrance fees, permits, essential trip gear (see list on page 4), meals, professional guide, and tip for guide.

Introduction

Leaders know that change simultaneously represents opportunities and challenges. This trip explores the dynamic aspects of change in both our personal and professional lives, and encourages participants to embrace the continual nature of change as a strategic advantage.

telos' powerful development methodology combines themes central to leaders of all kinds, while uniquely combining the individual goals expressed by each participant prior to each trip.

Themes that are common to all telos leadership ventures include the following:

- Exploring self-leadership
- Crafting your personal charter
- Developing your leadership signature
- Leveraging group dynamics
- Incorporating mindfulness as a tactical advantage
- Identifying and challenging your self-imposed limitations
- Using systems thinking as a strategic advantage
- Igniting transformational change

* This trip earns its Level 3 Difficulty rating due to the 4 days of trekking length of approximately 10 miles per day. Elevations on this trip are low (below 3000 feet) which makes for moderate hiking.

Overview

The Laugavegur Backpack is Iceland's most popular trek, for good reason. You travel through a wide variety of landscapes from Landmannalaugar to Thorsmork. You experience colorful mountains, hot springs, mud pools, lush birch forests, obsidian lava fields, and, of course, huge glacier ice caps. The Laugavegur trek and its geographic features are known for being "unearthly" and solely unique to the "Land of Fire and Ice", Iceland.



Day 1

Shuttle from airport 45 min – 60 min

We provide you with a shuttle voucher to get from Keflavik International airport in Reykjavik, Iceland to the hotel. After checking into your hotel room, you're free to explore the capital city on your own. You can travel everywhere on foot in Reykjavik's city center. Pre-trip community building and leadership development activities begin with lunch at noon. The afternoon will include an orientation meeting with Wildland Trekking Company. The orientation meeting is time to ask questions about the hike, check over gear, and review the itinerary.

Important note: Most flights from the US arrive in the morning. Hotels are available for check-in in the afternoon. You can still store your luggage, so you can explore the city. Also, consider arriving a day early, because of potential delayed flights



Day 2

Bus Ride: 4 hour drive

Distance: 2-4 miles

Difficulty: easy to moderate

We get an early start & travel to Landmannalaugar. We have a 4 hour ride through the beautiful Icelandic country side where you'll soak up the amazing views of the famous Hekla Volcano & journey into the Fjallabak Nature Preserve. We arrive at Landmannalaugar around mid-day where we have lunch & check into our rustic mountain hut. After check in we begin our first half-day hike. We immerse ourselves among the colorful peaks, valleys, geothermal features & lava fields. Once we return from our hike you'll have time to soak in the geothermal hot creek which runs close to our hut. After, we'll sit down to a delicious dinner. Typical Icelandic food consists of tender mountain lamb, delicious fish & lots of potatoes. Make sure you let us know if you have any dietary restrictions! After dinner, we'll brief you on the plan for the next day.

Important note: In June and July it **does not** get dark in Iceland so make sure you bring a scarf or sleep mask to help you sleep.

Day 3

Trekking Distance: 7-9 miles

Trekking Duration: 7-8 hours

Elevation Gain: 1600 feet

After breakfast we'll depart in the morning for our trek. We'll encounter multicolored mountains, obsidian lava fields & geothermal features. The scenery is unique to Iceland & many are surprised by how "unearthly" it looks. If weather permits, we'll have views of Mt Hekla & the icecaps. Our hike will lead us to the obsidian dome where the Hrafninnusker Mountain Hut is located. The Hrafninnusker Hut is extremely rustic, but functional.

Day 4

Trekking Distance: 7-10 miles

Trekking Duration: 7-8 hours

Elevation Loss: 1600 feet

After breakfast we pack our gear & start hiking the Hrafninnusker Plateau with amazing views of hot springs & mud pools. There is potential for us to be hiking in snow. Reaching the edge of this plateau, the view opens up to green plains & moss covered hills. Accommodations for the evening will either be in the Alftavatn or Hvanngil huts, depending upon availability. There's little time for exploration after a full day of hiking but you're free to relax while we wait for dinner.





Overview (cont)

Day 7

Shuttle to Airport: 45 min – 60 min

Today is the final day of tour. Breakfast is at the hotel. We'll ensure you get on the proper Flybus Shuttle for departure to Keflavik International Airport.

If you choose to remain in Iceland, let us know and we can recommend additional activities while you are there.

Trip itinerary note: All trips are subject to itinerary changes based on a variety of circumstances, including, but not limited to hotel and/or hut availability, extreme weather, volcanic eruptions and the river levels. However, in the event of a major storm or eruption, flights could be delayed and guest travel could be interrupted. For this reason, we highly recommend trip insurance to cover the additional costs you would incur. Payments are not refundable based on itinerary changes, only on cancellations.

Day 5

Trekking Distance: 8-14 mile

Trekking Duration: 7-8 hours

Elevation Gain: 900 feet

We'll wake up with a hearty breakfast & prepare for our trek across a black sand desert. We leave the green mossy mountains behind & hike through the black sand desert with phenomenal views of gorges & glaciers. After we reach our Botnar huts in the valley of Emstrur, we have the option to venture into the Makarfljotsgljufur which is a large impressive canyon with views of the neighboring icecaps. Depending upon the weather, we may be able to venture off trail to get closer to the icecaps.

Day 6

Trekking Distance: 10-11 miles

Trekking Duration: 8 hours

Elevation Loss: 1000 feet

After an early breakfast we'll depart for the Emstrur Valley after a steep descent & bridge crossing. Along the trail we'll witness amazing basaltic columns, green mossy gorges & views of the large glaciers. Eventually we'll descend into a lush Birch forest. We'll reach Thorsmork where we finish our trek & get on a scheduled bus back to Reykjavik. Once we return to Reykjavik we'll check into our hotel rooms.



Transportation

This trip begins and ends in Reykjavic, Iceland. Travel to and from Reykjavic, Iceland is not included in the cost of our trips.

U.S. citizens may enter Iceland for up to 90 days for tourist or business purposes without a visa. Your passport should be valid for at least three months beyond the period of stay. You need sufficient funds and a return airline ticket.

You will need to arrive in Reykjavik, Iceland on the day the trip begins, no later than 12pm. When you arrive in Reykjavik, you will walk to the Excursion counter to exchange your voucher for a [FlyBus](#) ticket.

Consider arriving a day early, because flight delays are not uncommon.

Multiple airlines operate flights into Reykjavik from many U.S. and European International Airports.

Some of the Primary U.S. Departure cities include Boston, Washington, New York, Minneapolis, Chicago, Orlando, Denver, Portland, Seattle and Anchorage.

Gear

What We Provide

We provide top-of-the-line backpacks, tents, sleeping bags, sleeping pads, trekking poles, stoves, cookware, bowls, cups and utensils. We also carry field guides and quality binoculars for the natural history buff.

What You Need To Bring

The following items are required for your trip unless otherwise noted. They are a must for your safety and comfort. When shopping, think layered clothing systems that work together (synthetics dry fast).

- Sturdy Hiking boots, mid weight, lug-soled, above the ankle, waterproof and ideally well broken in Important note: Buy your boots 1/2 size to 1 size larger than your street shoes to allow for feet swelling and thicker socks
- Hiking socks, one pair for every two days of your trip, plus an extra pair to sleep in. Recommended brands include Bridgedale®, Smartwool®, or similar padded socks (wearing thin liner socks under your hiking socks is highly recommended). No cotton socks!
- Brimmed sunhat or baseball cap
- Rain shell/pant, waterproof / breathable jacket and pant, for the pant look for side zippers or a style that will allow you to remove them without removing your boots
- Thick wool sweater for evenings
- Other warm top, midweight shirt, sweater, or pull-over – wicking material is ideal.
- T-shirt or nylon travel shirt (dry fit or quick dry clothing)

Important note: In the hut, you are free to change out of your hiking gear. Bring casual clothes that travel well.

- Warm hat and gloves
- Long underwear, one pair of wicking tops and bottoms that are light-to midweight, example materials include capilene, merino wool, polypropylene, etc.
- Fleece jacket or insulated coat, warm, lightweight and packable fleece jacket or coat insulated with a synthetic material
- Bathing suit &/or Shorts, nylon is nice for light weight
- Sport sandals like Tevas, or tennis shoes for camp
- Water bottles or bladder, 2 liters total capacity
- Camp pillow, lightweight, packable camp pillow
- Contact lenses and glasses; if you wear contact lenses please also bring a pair of glasses - your contacts are likely to become dirty and may be difficult to clean
- Sunglasses, sunscreen (30+ SPF), lip balm
- Toiletries, and a small washcloth in stuff sack
- Headlamp, spare batteries (preferably an L.E.D. type that works with AA or AAA batteries, spare bulb)
- Camera, spare batteries (optional)
- Notebook or paperback book (optional)
- Knee braces, if needed
- Prescription medicine, please inform your trip leader of any medications you are taking
- Vitamins (optional)

Important note: With the exception of a cotton t-shirt and bandana, NO clothing item should be cotton! Cotton does not insulate when wet and takes longer to dry.



Payment Policy

Reserve your spot

A payment of \$2000 is necessary to confirm your spot by June 01, 2017.

Balance

Your balance is due by July 01, 2017.

Remittance

Please make all checks payable to:

telos

9905 Auburn Rd.

Chardon, OH 44024

Cancellation Policy

the telos institute reserves the right to cancel any trip because of inadequate registration or other causes that make it infeasible for the scheduling of the trip. If this is the case, we will inform you at least 30 days prior to departure and a full refund of the advertised trip cost will be given, including the deposit.

Neither the telos institute nor The Wildland Trekking Company are responsible for additional expenses incurred by preparing for the trip (for example: non-refundable advance purchase air tickets, clothing, equipment, visa fees, medical expenses, etc.). If you cancel or leave a trip for any reason:

- 60 or more days prior to the trip start date, we will grant you a full refund, less a \$100 administrative fee.
- Between 59 and 30 days prior to the trip start date, we will retain 25 percent of the trip cost.
- Between 29 and 15 days prior to the trip start date, we will retain 75 percent of the trip cost.
- Less than 15 days prior to the trip start date, or once the trip has begun, there will be no refund.

Transfer Policy

If you transfer from one trip to another:

- 30 or more days prior to the trip start date, there will be a \$25 processing fee.
- Less than 29 days prior to the trip start date, regular cancellation and refund policies will apply.

Trip Insurance

For your protection, we strongly recommend the purchase of trip insurance. It will protect you against financial loss in the event of trip cancellation or interruption, medical expenses, travel delay, emergency evacuation or other circumstances. Medical coverage secured with your policy will also satisfy our requirement for health insurance.

With our International Trips, we require individuals to purchase trip insurance that covers at least \$200K of evacuation and repatriation insurance. Insurance must also cover personal injury and emergency medical expenses.

