

## telos leadership ventures: Iceland's Laugavegur Trek for Couples



### Introduction

Learning for high functioning adults is best done in liminality™ ...outside of normal surroundings. Immersion in a new and somewhat unfamiliar environment predisposes you to think differently, to examine yourself and key relationships from a perspective too often unattainable in day-to-day routine. Exploring these concepts while also testing the edges of your capabilities radically enhances the 'stickiness' of your learning. telos leadership ventures are designed specifically to that task: year-long development experiences centered around professionally guided, physically ambitious personal/professional development journeys through awe-inspiring locations around the world.

This telos leadership venture for couples is a 16-month long development experience involving at least 160 hours of preparation, interaction, and community support:

- personal and partner reflection to consider self-selected areas of focus as well as topics proposed by your leadership guides
- assessment to help understand your key strengths, those of your partner, and how those strengths compliment and detract one another
- one-one, partner and group leadership coaching to identify personal, professional and relational objectives as well as successfully transfer your new awareness, insights, key learnings and habits into your daily activities
- support team to anticipate your needs, answer questions and provide support throughout the experience

Reykjavik, Iceland

September 7-15, 2019

### Engagement Calendar

- May:** Coach welcome call
- June:** Coaching session 1
- July:** Assessment
- Aug:** Partner Coaching Session 1  
Group Coaching Session 1– Pre Expedition
- Sept:** Expedition and Re-entry  
Re-entry Group Call
- Nov:** Coaching Session 2
- Dec:** Group Coaching Session 2
- Feb:** Partner Coaching Session 2
- Mar:** Group Coaching Session 3
- May:** Coaching Session 3
- Jun:** Group Coaching Session 4
- Aug:** Partner Coaching Session 3
- Sept:** Group Coaching Session 5

## Overview

The Laugavegur Classic Trek is Iceland's most popular trek and for good reason! This trek offers hut to hut camping and is rated a level 3 of difficulty due to trekking length of 7-14 miles per day for all but the first two days. Two days will have elevation changes of 1,600 feet, all of which makes for moderate hiking. This trek will take you through a wide variety of landscapes from Landmannalaugar to Thorsmork. You will experience colorful mountains, a variety of geothermal features and obsidian lava fields. Additionally, black sand deserts and beautiful lush Birch forests are accompanied by huge glacier ice caps. The weather can be harsh and the huts are rustic, so prepare yourself for a true Icelandic experience. 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 minutes to one-hour drive to Reykjavik**

We recommend flying into Keflavik International Airport arriving early on September 7<sup>th</sup>. On this Iceland hiking tour, we provide you with a shuttle voucher to get from Keflavik International airport in Reykjavik, Iceland to tonight's hotel. After a short stop at the main bus station, you will be dropped off at your hotel. We work with a variety of hotels; your trip confirmation will state at which one you will be staying. After checking into your hotel room (included), there will be a partner expedition for couples. We will meet as a large group for dinner that evening. Reykjavik's city center is small and you can travel everywhere on foot. Icelandic weather can be cold, windy and rainy so be sure to follow the gear list closely and contact us with any questions!

**Important note:** If you are flying from the United States, you should know most flights arrive in the morning and the hotel accommodations will not be available for you to check in until the afternoon (however you will be able to store your luggage and start your city exploration).

### Day 2 Hotel in Reykjavik

We will begin our Community Building as a group at 8am with a ceremonial hike beginning our trek in Iceland. Community Build Day offers an opportunity for learning and a time to pause and reflect before embarking on the hiking portion of this leadership venture. Wildland Trekking will conduct their orientation at 5pm, after which the group will share a meal before parting for the night.

### Day 3 Drive to Landmannalaugar

**Bus Ride: 4-hour drive**

**Trekking Distance: 2-4 miles**

**Trekking Duration: 1-2 hours**

**Elevation Gain/Loss: minimal**

Today we will get an early start to the day and travel to Landmannalaugar. Your guide will pick you up at the hotel and our shuttle driver will transport everyone to the local bus station. From the bus station, you will have a 4-hour ride through the beautiful Icelandic country side where you will be able to take in the amazing views of the famous Hekla Volcano and journey into the Fjallabak Nature Reserve.

We will arrive at Landmannalaugar around mid-day where lunch will be served and we will check into our rustic mountain hut.

### Day 3 continued

After check in we will begin our first half-day hike where we will immerse ourselves among the colorful peaks and valleys, geothermal features and lava fields. Once we return from our hike you will have time to soak in the geothermal hot creek nearby. After we enjoy our soak in the hot spring, we will sit down to a delicious dinner provided by your guide.

### Day 4 Trek to Hrafninnusker

**Trekking Distance: 7-9 miles**

**Trekking Duration: 7-8 hours**

**Elevation gain: 1,600 feet**

Today we will wake up and, after a delicious breakfast, depart in the morning for our trek. We will encounter multicolored mountains, obsidian lava fields and geothermal features. The scenery today is unique to Iceland and many people are surprised by how 'unearthly' it looks. Depending upon our weather we may have views of Mt. Hekla and several icecaps. Our hike will eventually lead us to the obsidian dome where the Hrafninnusker Mountain Hut is located. Do not worry if you cannot pronounce it, we will teach you! The Hrafninnusker Hut is extremely rustic but chances are we will be thankful to have a roof over our heads!



## Day 5 Crossing the Hrafninnusker Plateau

Trekking Mileage: 7-10 miles

Trekking Duration: 7-8 hours

Elevation Loss: 1,600 feet

This morning we will have a nutritious breakfast, pack our gear, and head out on our trek for the day. We will start hiking the Hrafninnusker Plateau with amazing views of geothermal formations, hot springs and mud pools. Depending on the time frame during the fall there is potential for us to be hiking in snow. Reaching the edge of this plateau, the view opens up to green plains and moss-covered hills. Accommodations for the evening will either be in the Alftavatn or Hvanngil huts, depending upon availability. There will be little time for exploration after our full day of hiking but you are free to relax while your guide prepares a nourishing meal and we all prepare for the next days' adventure!

## Day 6 Trek to Emstrur

Trekking Mileage: 8-14 miles

Trekking Duration: 7-8 hours

Elevation Gain: 900 feet

Today we will wake up with a hearty breakfast and prepare to pursue our trek across a black sand desert. We leave the green mossy mountains behind and hike through the black sand desert with phenomenal views of gorges and glaciers. After we reach our Botnar huts in the valley of Emstrur, we might have the option to venture on the edge of 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.

**Trip itinerary note:** all trips are subject to itinerary changes based on a variety of circumstances, including, but not limited to permit availability, extreme weather such as flooding or fires. The price and duration of a trip will never change once you are registered. Payments are not refundable based on itinerary changes, only on cancellations.

## Overview (cont.)

### Day 7 En Route to Thorsmork

Trekking Distance: 10-12 miles

Trekking Duration: 8 hours

Elevation Loss: 1,000 feet

After an early breakfast we will depart for the Emstrur Valley beginning with a steep descent and bridge crossing. Along the trail we will witness amazing basaltic columns, green mossy gorges and views of the large glaciers. Eventually we will descend into a Birch forest with lush vegetation all around us. We will reach Thorsmork where we will finish our trek and get on a scheduled bus back to Reykjavik. The journey isn't over yet, as the first part of the bus ride has some impressive river crossings. Once we return to Reykjavik we will check into our hotel rooms (included), have time to refresh, and will convene as a group for dinner.

### Day 8 Community Re-entry Day

#### Hotel in Reykjavik

Intentionally designed time for individual and partner processing of the expedition and the preparation process. Begin the important work of integrating the experience. This time allows for necessary discussion on how to best explain to your partner and others how this experience has impacted you so far.

### Day 9 Departure

Shuttle to Airport: 45 minutes to 1 hour

Today is the final day of our tour where breakfast is at the hotel. We will ensure you get on the proper Flybus Shuttle for departure to Keflavik International Airport. If you are remaining in Iceland, please let us know. We can arrange extra activities or suggestions for you to explore.



## Payment Policy

### Reserve your spot

A payment of \$1500 is necessary to confirm your spot by **April 1, 2019.**

### Balance

Your balance is due by **June 1, 2019.**

Payment plans are available.

### Remittance

Please make all checks payable to:

**the telos institute**  
9905 Auburn Rd.  
Chardon, OH 44024

### Total Investment:

**\$32,750.00 per couple**

**Investment includes:** one-on-one, partner, and group coaching sessions; on-line leadership assessment and individual report; pre-venture exercises and activities to help you prepare for your telos leadership venture; community building activities throughout the experience; personal and professional development tools, content, and resources throughout the experience.

Transportation to / from Keflavik International airport, hotel accommodations, park entrance fees, permits, essential trip gear, meals, professional guide, and tip for guide.

## Cancellation and Transfer Policy

the telos institute reserves the right to cancel any venture because of inadequate registration or other causes that make it infeasible for the scheduling of the venture. If this is the case, we will inform you and a full refund will be offered, 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 venture for any reason:

- Prior to Kick-Off a full refund is offered.
- Cancellations or transfers occurring after Kick-Off are handled on a case-by-case basis.

## Travel Insurance

For your protection, we strongly recommend the purchase of travel 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.

