

Iceland Fire & Ice

Trek

2023 & 2024

actionchallenge.com



actionchallenge

challenge events worldwide





About Us

Action Challenge

We are Action Challenge, and we bring people together through challenge & adventure.



Since 1999 we've organised inspirational challenge events & adventures in the UK and Worldwide, for individuals to join, and for groups, companies & charities. Take on a challenge just for yourself, or link it to a special cause and fundraise – so far our events have raised over £90 million for charities. Now is the time to set new goals, to re-energise, and to get active!

We have over 40 UK & overseas challenge events that you can sign up to now – ranging from a meandering 25 km Thames Path walk, to conquering a mighty Himalayan peak. Take on an unforgettable group adventure and push yourself further! We welcome individuals, couples, or groups of friends & family – and you can self fund, or link your challenge with fundraising for a chosen charity.



Few experiences bring a group closer together than an outdoor adventure which challenges comfort zones, builds resilience & understanding, and forges respect & friendships. If you have a group, you can join one of our 40 or so scheduled events, or if you want something special – we can craft a bespoke itinerary or plan a unique challenge event to meet your objectives and get your team energised!

Why Choose Us?



1

100% ATOL PROTECTION

We are 100% ATOL (Air Travel Organiser's Licence) bonded - ATOL number 6296. Offers full financial protection by the CAA (Civil Aviation Authority) for clients who have booked package trips, including flights.



2

UK LEADERS & MEDICS

Every challenge is managed & led by one of our expert UK Qualified & trained Mountain Leaders, working alongside them will be a UK Medic whom has experience of expeditions & group challenges.



3

EXPERIENCED LOCAL TEAMS

Our hand picked local teams & crew know the routes like the back of their hands! You will be fully supported by the experts - who will also teach you about the destination, people, culture & history!

4 THE GROUP EXPERIENCE

Join as an individual, couple, or group of friends - we bring people together and create an atmosphere where each person is supported, motivated & encouraged through the trip. Sharing adventures together we have a lot of fun!

5 TRAINING & SUPPORT

Once you've signed up to the challenge, you'll be supported by our teams with specifically designed training plans, a challenge app, an invite to join our Facebook group & options to join us on training walks & challenge briefing. By the time you are due to travel you'll be ready & raring to go!

6 OUR ITINERARIES

OVER 20+ YEARS OF EXPERIENCE BRINGS YOU THE BEST ITINERARIES & DESTINATIONS

7 QUALITY ASSURED VALUE

We pride ourselves on selecting the best local teams, hotels (always 3*+), restaurants & guides so you can experience the best each destination has to offer. A highlight will certainly be our final celebratory meals & party at a fantastic venue!

8 OUR CLIENTS

We've taken teams from Harrods, Blackrock, HSBC and more to the summit of Kilimanjaro, and have also run events here in the UK for companies such as Tesco, British Gas and M&S. We've got over a decade of experience of working with organisations of every size. Our team of experts will work with you to ensure that your event is a success, achieving your goals and leaving a lasting impact.

The Challenge



Iceland Fire & Ice Trek

TREK THE LAND OF FIRE AND ICE

The varied Icelandic wilderness provides a stunning backdrop for our 3 days trekking challenge. We fly from London to Keflavik before transferring across the Icelandic wilderness to our first camp. The challenge includes 3 nights camping and three tough days trekking. We'll trek a total of 53km over rugged and varied terrain during the 3 days walking (24km, 14km and 15km each day) and get to see the best that Iceland has to offer in terms of landscapes and natural wonders! After a tough day facing the Icelandic elements we can relax in our private campsites and look forward to a hearty meal as we enjoy the near constant daylight of an arctic summer.

We end with a Reykjavik hotel night and a bit of a celebration!

Iceland Fire & Ice Trek

DAY 1 - DEPART LONDON

We fly from London to Keflavik Airport . At the airport we are met by our local guides who will be with us for our trek. From the airport we head to the beautiful Southern Highlands, approximately three hours away. En route we enjoy the views of Hekla, Iceland 's most famous volcano, glistening with glaciers, geysers, hot springs and waterfalls. We arrive at our campsite in Landmannalaugar and enjoy a welcome dinner.

Meals: Dependent on flight schedule

Accommodation: Tent

DAY 2 - LANDMANNALAUGAR - ÁLFTAVATN

A tough but rewarding day of hiking as we climb through the volcanic rhyolite zone and cross lava and snow fields! Near the highest point we pass Stórihver, a large hot spring, before walking through fields of glistening black obsidian rock. Finally, we have a long descent over scree before a river crossing to Álftavatn, a huge volcanic lake, where we stay the night. If we're still feeling energetic, we can have a swim and take in the beautiful scenery!

Meals: B, L, D

Accommodation: Tent

DAY - ÁLFTAVATN - EMSTRUR As we leave an area of volcanic rhyolite, we enter a glacial area with fast running glacial streams and deep gorges. We experience river crossings first-hand as we wade through the ice-cold streams and get a true feel for Iceland! We climb down to Hvanngil and trek across desert-like passes and hills to the Emstrur where we stay for the night.

Meals: B, L, D

Accommodation: Tent



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DAY 4 - EMSTRUR - THORSMÖRK - REYKJAVIK

Today begins with a safe, but challenging and exhilarating, river crossing before we climb out of the valley, then descend a long steep path into the main valley of Thorsmörk. Here, we trek through stunning scenery surrounded by giant glaciers and raging rivers. After this fabulous trip highlight, we transfer back to Reykjavik, through dramatic landscape, to our Guesthouse Aurora in Reykjavik.

Tonight, we celebrate our incredible journey with a dinner and party Iceland-style!

Meals: B, L, D Accommodation: Hotel Distance: 15 km

DAY 5 - REYKJAVIK - UK

Iceland really is the land of fire and ice, and today we get to witness one of the wonders of nature that makes Iceland so special. In March 2021 the earth's surface broke up and lava started flowing- this is the new eruption site of Geldingardalur, where we'll spend 2 hours of our morning exploring.

In early afternoon we head to the airport and depart back to London, and perhaps another aerial glimpse of the eruption site.

Meals: B, L



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INCLUSIONS

- International flights
- Action Challenge trek leader & Medic
- Full support team, including local guides
- All accommodation
- All Meals, except in free time
- Airport / Air travel taxes
- All transfers in local vehicles
- Celebration dinner
- Fitness and training guide
- Discounts from UK retailers
- Reduced rates at Nomad Travel Clinics and Masta Health

DATES & PRICES

Visit website for dates in 2023 & 2024.

PAYMENT OPTIONS

An online Registration Deposit is required to secure your place on this challenge. Once registered, there are 3 payment options available to cover the remaining cost of your trip.

SELF FUNDING

You pay the registration deposit, and then the full final balance directly to us.

CHARITY SPONSORSHIP

You pay the registration deposit & fundraise twice the amount of the final balance. Your chosen charity pays us the final balance from this fundraising.

MIXED FUNDING

A bit of both. You pay the deposit and split the final balance with your chosen charity. You will fundraise twice the amount that the charity is due to pay.



Contact Us

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[actionchallenge.com](https://www.actionchallenge.com)

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