

CH>RITY
CH>LLENGE



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

ICELAND GLACIER TREK
ICELAND

Sat 03 Feb - Sun 11 Feb 2018





In aid of your choice of charity

03 Feb - 11 Feb 2018

9 DAYS | ICELAND | EXTREME

Get out of your comfort zone of this extreme glacier challenge where you will ski trek across Langjökull glacier ice cap for 5 days. Based in the highlands of Iceland starting at Husafell, you will ski trek towards Baldjökull, the most northern point of the glacier, which rises 1450m above sea level. As well as the spectacular glacier scenery, you will be rewarded with views of Pursaborg mountain range. Nights will be spent camping on the ice making this a life changing experience you won't forget.

- Trek to the Langjökull glacier
- The second largest glacier in Iceland
- Accessible ski trekking
- Camp on the ice
- Pass nunatak's - mountains peaking through the ice cap

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 03 Feb

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INTERNATIONAL DEPARTURE FROM LONDON

It's a short flight to Keflavik where you will then transfer to your accommodation in Reykjavik for the night.

You will inspect, prepare and try out your equipment today.

DAY 2 Sun 04 Feb

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Depart to Husafell

Today you will be picked up by the 4x4 super jeeps and head to East of Husafell where you will be dropped off at the edge of the snow and set up for your first night camping on the ice.

Upon arrival you will prepare the equipment for tomorrow's first day on trekking.

DAY 3 Mon 05 Feb

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Ski Trekking

This will be your first day setting foot on the ice where you will start your adventure!

Early in the afternoon you will prepare your first camp on the ice cap.

DAY 4 Tue 06 Feb

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Ski Trekking

Climbing further towards the top ridge of the ice cap, you will get to approximately 1300m altitude heading north west.

Camp on the ice.

DAY 5 Wed 07 Feb

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Ski Trekking

Today you will pass so called nunatak's, mountains that peak through the ice cap, with Pursaborg the highest amongst them.

Camp on the ice.

DAY 6 Thu 08 Feb

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Ski Trekking

Today you will head to the most northern part of the Langjökull ice cap - Baldjökull.

Tonight will be your last night on the ice.

DAY 7 *Fri 09 Feb*

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Ski Trekking

Today you will carefully navigate to find a way off the ice by continuing through the snow loaded landscape towards the mountain cabin of Hveravellir.

The cabin is in a geothermal area so you will be blessed with natural hot springs to go in while staying the night.

DAY 8 *Sat 10 Feb*

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Leave the ice cap

Today you say goodbye to the snow as you get picked up by the superjeeps and transferred back to Reykjavik.

Depending on the snow and weather conditions, you can either go north or south to stop at Gullfoss or Geysir.

Once back in Reykjavik you will have a celebratory meal to toast your epic achievement and the night is spent at a guesthouse.

DAY 9 *Sun 11 Feb*

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Return to the UK

Enjoy a final team breakfast at the guesthouse before saying farewell to Iceland and getting your flight back to the UK.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

-

Pay a registration fee of £495.00 when you book

Then a balance of £2133.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £495.00 when you book

Raise a minimum of £4350.00 for your charity.

FLEXI

-

Registration fee of £495.00 when you book

Then £495.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £3340.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA
- A-Z of fundraising ideas
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)

On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- All challenge management before, during and post event
- A Charity Challenge T-Shirt
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A donation to a community project in one of the countries in which we operate
- Full back-up support including first-aid qualified staff and first-aid supplies
- All ground staff including English speaking guide, drivers, cooks, and porters
- Drinking water on challenge days
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)
- Internal road and air transfers as per the itinerary

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Access to training weekends (optional and at

On your challenge

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- Tips

additional expense)

THE DETAILS

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 25/11/2017), and the remaining 20% within 4 weeks of completing the challenge (by 11/03/2018). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

Typical group size

The typical group size is 8 - 10 participants

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 8 participants. We can run this trip with 6-7 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Optional extras

Travel insurance
Single room supplements*
(*subject to availability)

Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

Level of Difficulty

The Iceland Glacier Trek is graded as “extreme”. This challenge is suitable for participants who want to push themselves physically and mentally. You should not undertake this challenge without significant training.

You can tell your supporters that on your Icelandic Lava Trek you will be:

- Ski trekking across the second largest glacier ice cap in Iceland.
- Camping on the ice cap.
- Pushing physical and mental limits

Do I need previous skiing experience?

Previous skiing experience would be highly advantageous, but not strictly necessary. If you have never skied before, it is advised to try skiing beforehand as there won't be much time to learn from scratch on the challenge.

Typical Day

It's very difficult to give a typical day as it will be heavily dependent on the weather and conditions, but a rough guide, you will wake up early, collect snow, melt snow, boil water and make breakfast and warm up. You will then organise yourself and get your kit sorted for the day. The less you need to do once you have started skiing the better so preparation is key. You will fill your water bottles and flasks and get your snack food ready. Then the task of breaking down camp begins. Once the tents are down and packed on to your sledges, you will need to start walking/skiing/sledge hauling, to keep warm and progress further north! You will stop every hour or so to have some water and snack. You'll check on each other and then continue for another hour. This will continue for around 8-9 hours but could be more if required. Your leader will dictate the speed and distance to be covered. On some days this could be smooth going on others you could spend hours just trying to negotiate an open lead. When your leader advises you will stop and pitch tents, and start the evening routine. Collecting snow, melting snow, boiling water and making your freeze dried dinner. Keeping warm and dry is key. After a good night's rest, the whole process begins again.

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

Training

Training and a high level of fitness are definitely required. A full Fitness Training programme is included within the challenge cost and more will be explained during the training weekend. You will be skiing and sledge hauling for around 8 hours a day and still have lots of physical work to do in setting up and breaking down the camp. We will provide a training guide but essentially you should improve your cardio vascular ability and practice pulling a tyre with a harness to simulate the actions and work the muscles that you will be using on the challenge. You do not need to be an expert skier but some confidence on skis will of course help! In your account area you will find more comprehensive Fitness Training Notes.

Emergencies

The event is not run as a race and there will be a discrepancy in people's speed on the ice and capabilities in camp. This is allowed for. In the unlikely event that rescue from the ice is required, this will be carried out by satellite phone call.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

In terms of your Iceland Glacier Trek, there are a couple of important points that you should be aware of:

- The trails that you are on are not all accessible by vehicle, and as such emergency evacuation to a hospital may take upwards of 2 hours, depending on the location.
- Distances are immense, and facilities scarce.
- Logistics problems are enormous; the weather ferocious and unpredictable, and the ice condition is unstable. Even before the ski challenge itself begins, there can be major delays and changes to the programme.
- Once on the ice, our progress will depend on the weather conditions, the physical state of the group, whether the ice is flat or broken up or whether we encounter any leads (breaks in the ice).
- It is important to consider possible delays or alterations, and accept them with patience.
- The challenge area is very remote and rescue can sometimes only really be implemented if helicopters can fly which is heavily dependent on the weather.
- Temperatures can go as low as -10 degrees centigrade and if you do not look after yourself, frostbite is a possible side effect.

Phone & Wi-Fi

Most of the accommodation you are in will have limited Wi-Fi which you will be able to use, but please do not rely upon this. You are unlikely to have any phone signal once you leave reykjavik.

We will have a satellite phone with us for emergencies and the guides and leaders will all have radios. While at camp, each tent will have there own short range walky talky so contact can always be made in case of bad weather.

Toilets

On the main challenge there are no facilities and you should pack a 'pee bottle' for the tent at night and take plenty of toilet paper and anti-bacterial hand gel (NB: wet wipes freeze).

Each camp will have a set-aside toilet area where a hole will be dug.

Clothing & Equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, we will provide a comprehensive kit list and can also help you to buy the gear through some outdoor retailers with whom we have negotiated some discounts. With significant cold weather, keeping warm and dry is paramount. We will advise you and support you to ensure you are properly kitted out. A full kit list for this challenge can be found here.

Ski gear will be provided in Iceland.

Food & Drink

The food will be basic but very filling and nutritious. Breakfast will consist of porridge, cereal and tea/coffee. Lunch will be a 'make your own' packed lunch of sandwiches and crackers. **If the weather allows, there may be boiled soup too.** Dinner will be soup followed by meat/fish and pasta/rice, and a dessert. Coffee, tea and soup will be supplied throughout and plenty of drinking water will be available to keep you hydrated. You might want to bring some extra snacks, such as tracker bars, nutrigains, dried fruits etc. There is nowhere to buy food or alcohol at any point during the trek, so please come prepared if you would like anything over and above the food provided! Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Accommodation

During the challenge, your accommodation will be in two-man tents and on the last night in hostel or guesthouse accommodation (twin rooms).

Luggage Allowance & Valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details on what to pack are provided in your Kit List. Your rucksack or holdall (suitcases are not appropriate) must not exceed 15kgs in weight. During the challenge, your bags will be dragged by you using pulks that are provided in-country.

Whilst we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times.

Terrain

Your days and nights will be spent on the glacier, apart from the first and last nights in Reykjavik.

Climate

You will be spending all day and night on the ice cap in freezing temperatures and you will need proper technical equipment in order to complete this challenge.

Temperatures can get as low as -15 celcius during the night and during the day can average between 0 and -8 celcius.

Leadership

We employ a number of first aid qualified challenge leaders, all of whom speak English to varying degrees. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Group Size

Each group is intended to be a minimum of 8 people in order to run and a maximum of approximately 10 people due to the wilderness environment in which the challenge takes place. We can run this trip with groups of 6-7 people, but there will be a small group supplement of £75.

This is payable by your charity if you book under the minimum sponsorship or flexi options, and by yourself if you are a self-funder. If a small group supplement is necessary, we will notify you 12 weeks before departure.

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQs page](#).

Flights

You will be flying from London Heathrow Airport to Keflavik with Iceland Air. The flight will take approx 3 hours. Your flight tickets will be issued to you on the day of departure at London Heathrow Airport. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included

group flights (please contact flights@charitychallenge.com for further assistance).

Vaccinations

For up to date vaccination information please visit the NHS Government website 'Fit for Travel' at: <http://www.fitfortravel.nhs.uk/home.aspx>. Although the Charity Challenge team are travel professionals, they are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements

Visa

UK Citizens do not require a visa to visit Iceland. You will however need your passport and it must be valid for at least six months from the end of your challenge. You may also be asked for proof of return in the form of your flight ticket.

Money

Currency: Icelandic Krona. For up to date currency exchange, go to www.xe.com.

Credit cards: Most major Credit Cards are widely accepted in Iceland, although Mastercard and Visa are most common. American Express cards are not widely accepted. You will not be able to use your cards at all during the trek until you arrive at Reykjavik, so ensure that you have enough cash available.

Spending money: You will not need to carry a large amount of money during this trip. We recommend that you change your pounds into Krona in England before you go, and that you carry a sufficient amount of cash with you during the trek, as the banks/exchange offices may also be closed by the time you return to Reykjavik.

Tips: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. GBP£5 / 3000 Krona per participant per trekking day and this should be given to the challenge leader at the end of the challenge who will distribute it amongst the local support team.

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Any more questions?

Contact us:

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