CH>RITY
CH>LLENGE

TRIP NOTES

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ICELAND FIRE AND ICE CYCLE CHALLENGE ICELAND

Wed 31 Aug - Sun 04 Sep 2022

In aid of your choice of charity

31 Aug - 04 Sep 2022

5 DAYS | ICELAND | TOUGH

Iceland is home to some of nature's most exciting geography, including active volcanoes, sheer cliffs, thundering waterfalls, steaming lava fields, ice caps and glaciers, boiling mud pools and spouting geysers. Our short but tough biking challenge takes in some of the country's most stunning and rugged terrain as we cycle past volcanoes, hot springs and bubbling mud pots.

- Cycle through one of the world's most volcanic regions
- See countless streams, hot springs and lava fields
- Relish the solitude as you ride through a remote region of Iceland
- Explore one of Europe's most eclectic capital cities
- Enjoy an indulgent dip in Iceland's Blue Lagoon

YOUR CHALLENGE DAY BY DAY

DAY 1 *Wed 31 Aug*

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International departure from London

After months of preparation, the long-awaited departure day is finally here. Upon arrival in Iceland, it's just a short trip to Hella where your bike will be ready and waiting. Here in the heart of Iceland is where the adventure truly begins. Any necessary adjustments will be made to the bikes and then you'll set up camp for your first team meal and night beneath the stars. (D)

Accommodation: Camping

DAY 2 *Thu 01 Sep*

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Hella to Áfangagil (approx. 60km)

After an early breakfast you cycle north towards the giant Mt. Hekla, referred to in medieval times as the Gateway to Hell. The route begins with rolling green hills, but the vegetation becomes sparser as the route enters lava fields. Adrenaline will be pumping as you tackle the western slopes of this huge mountain en route to Áfangagill, your camp for the night in a barren landscape. (B,L,D)

Accommodation: Camping

DAY 3 *Fri 02 Sep*

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Áfangagill to Landmannalaugar via Frostastaðavatn (approx. 58km)

Bidding farewell to the desert-like surroundings, the route pushes on towards the young lava fields of Hekla. The landscape dramatically morphs as the Frostastaðavatn crater comes into view. From here, there's just one more hill to negotiate before the Landmannalaugar hot pool, where you can indulge in a long soak. Encircled by vast lava fields and mountains of various hues, this area is the ideal spot to camp. (B,L,D)

Accommodation: Camping

DAY 4 *Sat 03 Sep*

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Landmannalaugar to Vik. Trasfer to Reykjavik (approx. 115km)

It's the most gruelling day and your goal is to reach the giant volcanic crack of the Eldgjá which dominates the horizon. The afternoon will be spent traversing 80kms of gravel track towards the coast. From here it's 35kms to the southern village of Vik – a scenic spot and the perfect place to end your challenge. From here you'll transfer back to Reykjavik. (B,L,D)

Accommodation: Hotel

DAY 5 *Sun 04 Sep*

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Reykjavik and return to UK

The day will be spent exploring Reykjavik, the world's most northerly capital. Set on a sweeping bay against a backdrop of mountains, the air is so clear that the vistas stretch for 100 miles. Later you'll head to the famous Blue Lagoon, where you can indulge in a dip in another of Iceland's rich geothermal pools. It's then time to head to Keflavik airport for your flight. (B)

NB

B = Breakfast, L = Lunch, D = Dinner

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your expedition leader will have the final say.

HOW TO FUND YOUR CHALLENGE

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

SELF FUNDER

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Pay a registration fee of £475.00 when you book
Then a balance of £1798.00 (10 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £475.00 when you book
Raise a minimum of £3670.00 for your charity.

FLEXI

-

Registration fee of £475.00 when you book
Then £475.00 towards challenge costs (10 weeks before your challenge)
Raise a minimum of £2700.00 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.
- Sponsorship forms
- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Warm up exercise routines
- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules
- 16 and 20 week trek/bike training schedule
- Access to training weekends (optional and at additional expense)
- Fitness training notes
- Fundraising advice
- Public liability insurance

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)
- An English speaking first aid trained challenge leader and full local support team
- 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
- Drinking water on challenge days
- Bike
- Equipment as per the challenge activity
- Internal transfers (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Entrance fees to national parks or other places of interest visited on the itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- A Charity Challenge T-Shirt
- UK-based 24-hour emergency support line

WHAT'S NOT INCLUDED

Before you go

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- Visa (if required)
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

On your challenge

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- Helmet
- Tips
- Departure Tax (if applicable)

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 12 weeks before departure (by 08/06/2022), and the remaining 20% within 4 weeks of completing the challenge (by 02/10/2022). 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 16 - 30 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 16 participants. We can run this trip with 10-15 people, but there will be a small group supplement of £30. This is payable by you if you book as a Self Funder or your charity under the Minimum Sponsorship or Flexi payment option if you have raised the necessary minimum fundraising target. For Self Funders, we will notify you 12 weeks before departure if this is necessary, and it will be added to your final balance of challenge costs invoice.

Optional extras	Extensions at end of trip* Single room supplements* Business class upgrades* Travel insurance (*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. Charity Challenge has chosen to partner with specialist travel insurance providers Campbell Irvine (for UK residents) and Rise & Shield* (for non-UK residents). Both companies can arrange cover for an extensive number of activities, such as high-altitude trekking and cycling events, which include emergency medical treatment and repatriation expenses. Please note that Charity Challenge is not able to advise on matters relating to individual travel insurance policies and does not accept any liability for policy matters or claims. Full details including costs may be found at https://www.campbellirvine.com/charitychallenge and https://riseandshield.com/partners/charity-challenge/ * Rise and Shield do not provide cover to Cuba.

Level of Difficulty

The Fire and Ice Cycle Challenge is graded as “Tough”. This challenge is suitable for participants who already enjoy cycling, but who want to get out of their comfort zone, and challenge themselves to a higher level. A good level of training is necessary to take part in this challenge.
You can tell your supporters that on your Fire and Ice bike challenge you will be:

- Biking for approximately 6-9 hours per day
- Covering approximately 200km across 3 days of biking
- Tackling difficult, uneven terrain (only approximately 10km of the challenge is on a tarmac road)
- Taking on lots of difficult hill climbs, particularly on the final day. Gradients are tough but the views are spectacular
- Putting up your own tent each night and dismantling it in the morning. You will also be helping to wash up after each meal, and making your sandwiches in the morning, in a more interactive camping experience!

Typical day

You will wake early for breakfast and to make a packed lunch for the day ahead. Cycling will start around 9 am. The number of hours spent cycling will depend on the weather conditions (which are extremely unpredictable) and the size and ability of the group, but it will be around 6-8 hours per day. There will be plenty of refreshment stops, as well as visits to places of natural beauty and interest along the way. In the evening you will arrive at camp and will help to set up your camp (erecting tents), before having dinner.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand 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 activity itself. Your welfare is paramount!

In terms of your Iceland Fire and Ice Cycle Challenge, there are a couple of important points that you should be aware of:

- You will be in a very remote area of Iceland, and emergency evacuation to a hospital may take upwards of 6 hours depending on the location
- You will be riding on terrain with pot holes, large pieces of debris, steeps ascents and descents and other obstacles. You should ride with care throughout, without racing.
- The volcanoes in Iceland are volatile! Volcanic activity is always a possibility, which means that, in the worst case scenario, immediate evacuation may be necessary

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the

natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Flights

You will be flying from London Heathrow Airport to Keflavik. The flight will take approx 3 hours. Your flight tickets will be e-mailed to you before departure. 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).

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.

Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. 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 by clicking here.

For more general travel insurance questions, please refer to our main FAQs page.

Vaccinations & Medicines

For up to date vaccination information please check the Travel Health Pro page:
https://travelhealthpro.org.uk/country/104/iceland#Vaccine_recommendations

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting, and as such it may be useful to take a copy of your itinerary with you.

Medication

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check. You can find further information at https://travelhealthpro.org.uk/factsheet/43/medicines-abroad

Climate & Terrain

Climate

Thanks to the Gulf Stream, Iceland enjoys a cool temperate ocean climate: cool in summer and fairly mild in winter. However, the weather is always very changeable, be prepared for the unexpected! The temperature may vary by 10c from day to day. The average temperature ranges from –1c in January to 11c in July. In July, if the skies are clear and the sun is shining you could be lucky and get temperatures of up to 23c. Alternatively you may get gale winds and a day full of rain. In this event it is likely that your cycle route will be changed or you may be unable to complete the cycle that day. Your leader will make the final decision.

Terrain

This cycle ride is on mountain bike terrain, with rough uneven roads and ash covered trails. However, there will be no steep downhills and you do not have to have experience on this kind of terrain, although it does help.

Training

Training and fitness is definitely required. It is important that you work specifically on your stamina, leg and joint strength, core and balance in order to get as much out of the challenge as possible. You will be cycling every day on varied terrain so get out on your bike as often as you can! You need to be able to sustain around 7-8 hours of cycling for 5 continuous days, so if you can replicate this over a weekend it would be fantastic training. In your members area you will find more comprehensive Fitness Training Notes in your members' area. You can also look to join one of our training weekends.

Training tips for the Fire and Ice Challenge

- In the run up to the challenge, try to do at least 2 days of consecutive biking, of at least 60km per day
- Although there is no technical mountain bike experience needed, there are a couple of steep ascents and descents, and the terrain does affect how you handle the bike. If possible, try and do some practice on dirt tracks and trails, in order to get used to the different feel of the terrain.
- Make sure that you train with the kit that you will be taking on the challenge. This will show up any manufacturing faults.

Luggage allowance & valuables

The luggage allowance will depend on the airline we are using for your challenge, but in general it will be one piece of checked baggage at around 23kg. However, we suggest that for our Iceland bike challenge you should only need around 13-15kg. If you don't need it, don't bring it is a good rule. Carry your passport with you and make sure that you have a photocopy of your documents (travel insurance etc) in case they get lost or damaged.

Leadership

We employ a number of first aid qualified challenge leaders, all of whom speak fluent English. 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 20 people in order to run and a maximum of approximately 30 people due to the wilderness environment in which the challenge takes place. We will be able to run this challenge for 10 to 19 people by charging a small group supplement of £75 which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For your cycle challenge, padded cycling shorts and comfortable footwear are essential, and helmets are compulsory throughout. Training with your cycling shorts is definitely advised! You can bring equipment like clip-in pedals or a gel seat, if desired, in order to adapt your bike in country, and we would also recommend technical/wicking t-shirts rather than cotton shirts. A full kit list for this challenge can be found here and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

What are the bikes like?

The bikes we use on the Iceland Challenge are state of the art 2016 Trek X-Caliber 29". The 29" is the perfect size for rolling around Iceland's roads. Bikes come complete with kickstands and come in a variety of sizes

Accommodation & Toilets

Accommodation

During the challenge, your accommodation will be in two-man tents and on the last night in hotel accommodation in Reykjavik (twin rooms). At camp sites you will be expected to pitch in and set up your tents as part of your challenge. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

Toilets

You will have clean toilets and good washing facilities on most campsites. In Hella we stay at a regular campsite, in Áfangagil we have more basic facilities as there are toilets and sinks but no shower. At Landmannalaugar there are toilets and coin-operated showers (ISK500 for 5 minutes), as well as the naturally occurring hot pool for swimming.

Toilet paper is provided, but you may want to bring your own supply to use during the day.

Food & Drink

The food will be basic but very filling and nutritious. Breakfast will consist of porridge, fruit and tea/coffee, Dinner will be soup followed by meat and pasta/rice, and a desert. Coffee and tea 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, nutrigrains, dried fruits etc. There is nowhere to buy food or alcohol at any point during the cycle, 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.

Money

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

Cash: There are ATMs available at the airport and in Reykjavik at the end of the challenge. This is the best source of obtaining currency whilst you are in Iceland.

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.

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 money with you during the cycle, as the banks/exchange offices may also be closed by the time you return to Reykjavik. Credit cards are widely accepted and there are plenty of ATMs in Reykjavik.

Tipping: 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 / ISK3000 per participant per cycling 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.

Phone & WiFi

Due to your location, mobile phone reception will be intermittent during the cycling days. There should be good internet Wi-Fi access in Reykjavik.

Emergencies

Full back-up support (by 4WD vehicles) will be close by and can be brought in should there be an emergency, or if you need to stop for any reason. The challenge is not run as a race and there is always a large discrepancy in people's cycling abilities. There will be a staff member at the back of the group at all times to ensure that no one is left behind and can take things at your own pace

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Any more questions?

Contact us:

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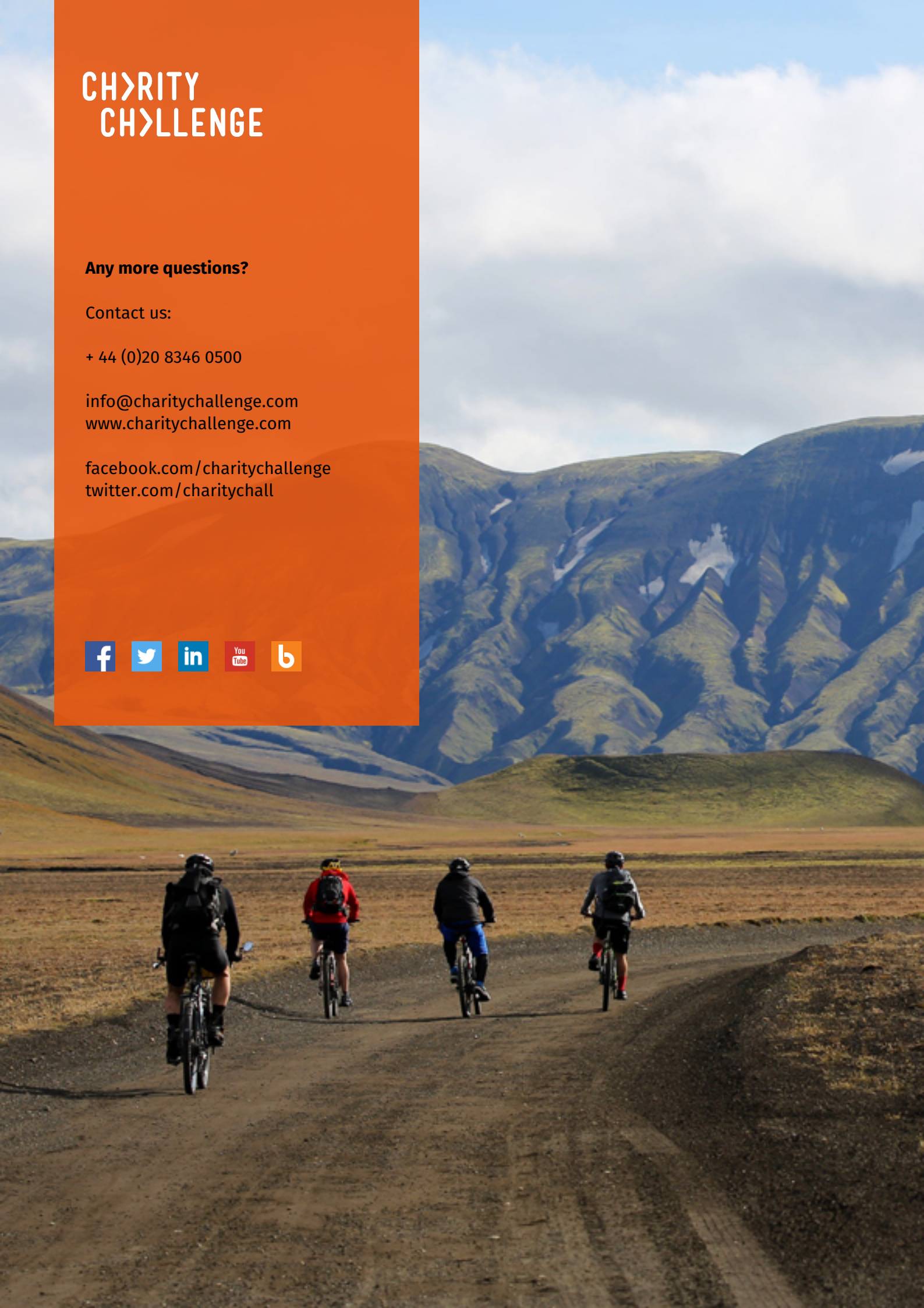
www.charitychallenge.com

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