CANCER RESEARCH UK for Children & Young People

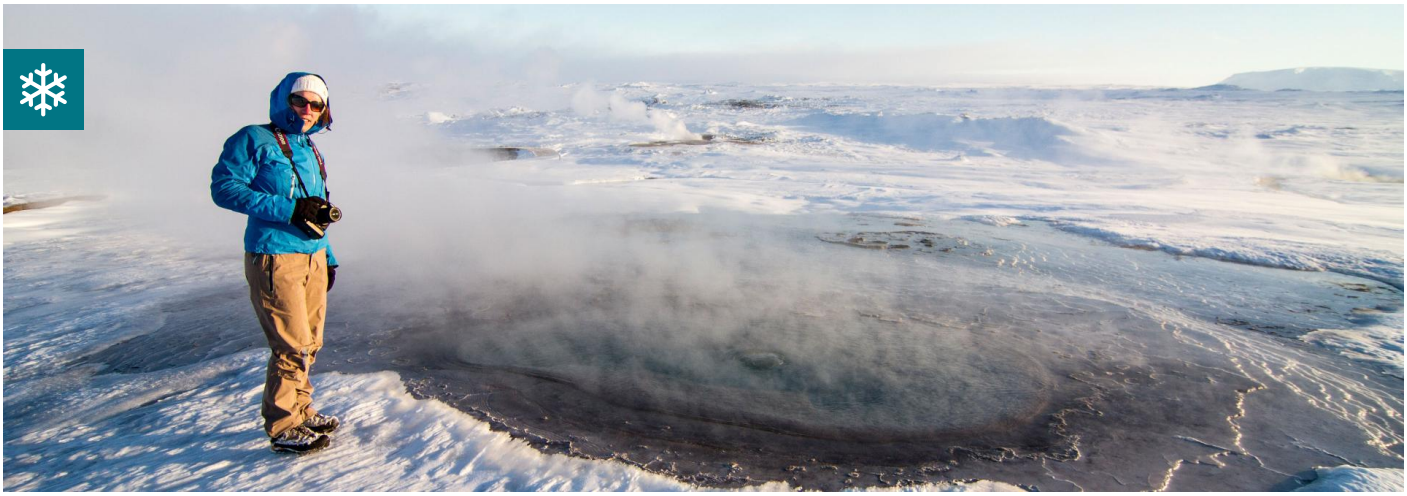
TRIP NOTES

# BELIEVE ACHIEVE INSPIRE

## ICELANDIC GLACIER CHALLENGE ICELAND

Sat 10 May - Sun 18 May 2025





## In conjunction with Levmet, in aid of Cancer Research UK for Children & Young People

*10 May - 18 May 2025*

CANCER RESEARCH UK for Children & Young People

**9 DAYS | ICELAND | EXTREME**

This is a challenge to get you out of your comfort zone and onto Iceland's most extreme glacial landscapes. Spend five days ski-trekking across Langjökull glacier ice cap, enjoying incredible scenery along the way.

Starting at Husafell in the highlands of Iceland, 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 Þursaborg mountain range.

Push through the physical and environmental obstacles before spending your nights camping on the ice under starry northern skies.

This is an experience you'll never forget.

- Trek to the Langjökull glacier
- Traverse the second largest glacier in Iceland
- Admire Iceland's most incredible landscapes
- Spend nights camping on the ice
- Relax in geothermal springs

## YOUR CHALLENGE DAY BY DAY

**DAY 1** *Sat 10 May*

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**Arrival in Reykjavik**

After your arrival in Keflavik, you will make your way to your first night's accommodation in Reykjavik.

On clearing customs, go through to the arrivals area. You can take a taxi to the hotel (approx. 160Euros) but we would recommend taking the FlyBus to the hotel (approx. 30Euros) as they leave after all arriving flights. You can book the Flybus online: https://www.re.is/tour/flybus or purchase as the FlyBus kiosk in the airport. If booking online, make sure you choose on the 'To' drop down menu -Hotel Klettur, this way you will be brought from the main terminal in Reykjavik in a minibus to the front foor of the hotel.

Your first evening will include a team dinner, a challenge briefing and a kit check before getting a good nights sleep in preparation for your trek. You should aim to arrive at the hotel no later than 6pm.

Accommodation: Hotel

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**DAY 2** *Sun 11 May*

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**Depart to Husafell**

In the morning, travel by 4x4 super jeeps to East of Husafell where you'll be dropped off at the edge of the snow and will set up for your first night's camping on the ice. Upon arrival you'll prepare the equipment for tomorrow's first day of trekking. (B,L,D)

Accommodation: Camping

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**DAY 3** *Mon 12 May*

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**Ski Trekking**

Your epic challenge starts in earnest today, so be prepared!
After most of the day out on the ice, the early afternoon will be spent preparing your first camp on the ice cap. (B,L,D)

Accommodation: Camping

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**DAY 4** *Tue 13 May*

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**Ski Trekking**

Climbing further towards the top ridge of the ice cap, you will ski-trek to approximately 1300m altitude heading North West. (B,L,D)

Accommodation: Camping

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**DAY 5** *Wed 14 May*

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**Ski Trekking**

Today you will pass so-called nunatak's, mountains that peak through the ice cap, with Þursaborg the highest amongst them. (B,L,D)

Accommodation: Camping

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**DAY 6** *Thu 15 May*

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**Ski Trekking**

The day will be spent heading towards the most northern part of the Langjökull ice cap - Baldjökull. Make sure you enjoy your final evening camping on the ice. (B,L,D)

Accommodation: Camping

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**DAY 7** *Fri 16 May*

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**Ski Trekking**

The final day on the ice will be spent carefully navigating your way off the ice by continuing through the snowy landscape towards the mountain cabin of Hveravellir.
The cabin, in a geothermal area, is the perfect location to rest those weary legs. (B,L,D)

Accommodation: Cabin

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**DAY 8** *Sat 17 May*

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**Leave the ice cap**

Wave goodbye to the snow you've spent the last five days on. Travel by 4x4 superjeeps back to Reykjavik. Depending on the 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. (B,L,D)

Accommodation: Guesthouse

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**DAY 9** *Sun 18 May*

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**Departure from Iceland**

Enjoy a final team breakfast at the guesthouse before saying a fond farewell to Iceland and making your own way to the airport for your return flight home. (B)

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**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 might occur. In all such circumstances, your expedition leader will have the final say.

### In Summary

Pay a non-refundable registration fee of £525.00 when you book.

Then a balance of £2,500.00
(10 weeks before your challenge).

Raise as much as you can for children's cancer research for Cancer Research UK for Children & Young People

### In Detail

The full cost of this challenge is £3,025.00. You will be required to pay the non-refundable registration fee of £525.00 at the time of booking, and 10 weeks before departure (01/03/2025) you will be required to pay the final balance of your challenge costs (£2,500.00). You will receive fundraising advice and be asked to raise as much as you can for Cancer Research UK for Children & Young People. As you have covered the full cost of the challenge, 100% of this fundraising will be retained by Cancer Research UK for for Children & Young People.

### This is a ground only challenge

This challenge is ground only. This means you will need to organise travel to arrive at the starting point of the itinerary in the host country and to return home at the end of the challenge. You will be provided with details of where and when to arrive and depart but please do budget for the appropriate travel arrangements.

### What's included?

**Before you go**

- Sponsorship forms
- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Challenge equipment demonstration with leaders
- Public liability insurance
- Risk assessment and emergency management planning
- Warm up exercise routines
- Fitness training notes
- Access to your own password protected account including support materials and training schedules
- Fundraising advice
- 16 and 20 week trek/bike training schedule

**On your challenge**

- Three meals a day (unless otherwise stated in the itinerary)
- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)

- Equipment as per the challenge activity
- An English speaking first aid trained challenge leader and full local support team
- A donation to a community project in one of the countries in which we operate
- Drinking water on challenge days
- Accommodation during the challenge (usually in twin share)
- Full back-up support including first-aid qualified staff and first-aid supplies
- A Charity Challenge T-Shirt
- Entrance fees to national parks or other places of interest visited on the itinerary

## What's not included?

**Before you go**

- Visa (if required)
- Vaccinations (please check Trip Notes for requirements)

**On your challenge**

- Tips

## The details

### Raising the sponsorship

Visit your Team fundraising page here: **https://fundraise.cancerresearchuk.org/unite/iceland-glacier-challenge.**

You can set up your individual fundraising page through this link by clicking 'Start fundraising'. The team at Cancer Research UK for Children & Young People will be in touch with detailed instructions on how to do this.

### 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 12-15 people, but there will be a small group supplement of £300.00. We will notify you 12 weeks before departure if this is necessary.

### Optional extras

- Single room supplements*
- 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. 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.

### Level of Difficulty

The Iceland Glacier Trek is graded as “extreme”. These trips are not to be taken lightly, and will take place in extreme environments, without home comforts. They are usually undertaken by someone with previous experience in a similar setting, but who wants to take their experience to the next level physically and mentally. Training is essential to ensure you are suitably prepared for the challenge.

You can tell your supporters that on your Icelandic Glacier 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.

We use cross-country skis as a means of transport, so being able to balance on them is most important. Downhill techniques can be at basic level as we don’t make steep descents on them.

### Typical Day

It's very difficult to give a typical day as it will be heavily dependent on the weather and conditions but, as a rough guide, you will wake up early, collect snow, melt snow, boil water, 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'll 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. When your leader advises you will stop, pitch the tents and start the evening routine - collecting and 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.....

### 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.
- Logistical problems are enormous; the weather can be 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, and the condition of 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 Celsius and if you do not look after yourself, frostbite is a possible side effect.

### 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

Flights are not included on this challenge. You will need to book your own flights to Keflavik Airport for 10 May 2025 and back home on 18 May 2025. Please be aware that transfers from the airport to your start hotel and from your final nights hotel back to the airport are not included. Please arrange your transfers to be at the hotel by 6pm on the 10th May 2025.

### 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.

If you have a passport other than British, you will need to check the requirements with your nearest Iceland Embassy or High Commission.

### 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

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

### Training Weekend

The challenge leaders will come to South East of France area, to the vicinity of the ski resorts of Isloa, Auron and Valberg, for a training weekend in January/February 2025 (**exact date TBC**) with the equipment used on the challenge to provide a demonstration on the nature of the challenge. You will need to arrange your own travel, accommodation and meals for this weekend. Whilst not essential that you have to be there it would be great if you can come, meet the others and get used to the equipment, putting up a tent on snow etc.

### Climate & Terrain

**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 -25 Celsius during the night and during the day can average between 0 and -8 Celsius.

**Terrain**
Your days and nights will be spent on the glacier, apart from the first and last nights in Reykjavik., and the night on day 7, which is spent in a cabin.

## 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.

## 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

## 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.

### Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. The challenge leader 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 16 people in order to run and a maximum of approximately 30 people due to the wilderness environment in which the challenge takes place. We can run this trip with groups of 12-15 people, but there will be a small group supplement of £300. If a small group supplement is necessary, we will notify you 12 weeks before departure.

### 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.

As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Snow + Rock, Water to Go, Sporttape and Nomad & MASTA.

### Accommodation & Toilets

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

**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.

### Food & Drink

On the ice freeze-dried food will be cooked by the challenge members and guides. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies. All meals are provided from arrival to departure in Iceland.

### 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.

### 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 their own short-range walkie talkie so contact can always be made in case of bad weather.

### 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.

### Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

### Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-exiting

medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

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**Any more questions?**

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

facebook.com/charitychallenge
twitter.com/charitychall

