STEM STUDY TOURS
TRAVEL WITH PURPOSE

FIRE & ICE

Bio-Treks: STEM Ecology Series

A global series of immersive STEM programs exploring biology, ecology, geology, ocean science, and environmental sustainability through hands-on fieldwork and meaningful environmental context.

ICELAND: FIRE & ICE

Bio-Treks: STEM Ecology Series

Reykjavik, Iceland

Day	Meals	Morning		Afternoon		Evening
1	✈	Travel to Keflavik, Iceland; overnight flight (meals on own / in flight)				
2	B, L, D	Arrive Keflavik, Vikingaheimar Museum & Viking Ship Islendingur with Breakfast	Lava Tunnel Raufarholshellir Caving Experience	Hveragerði Geothermal Park & Hike	Hotel check-in at Hellisholar; Welcome, Safety & Orientation	Dinner at Hotel & Guided Northern Lights Hunt
3	B, L, D	Waterfalls & Volcanoes Tour - Vík í Mýrdal, Seljalandsfoss Waterfall, Lava Center Visitors Center, Skógafoss Waterfall, Skógar Folk Museum, Cliffs of Dyrhólaey, Reynisdrangar Rocks, and Mýrdalsjökull Glacier				Dinner & Icelandic Folklore Story Telling - Fairies, Elves & Trolls!
4	B, L, D	Iceland's Golden Circle Tour - Gullfoss, Geysir, Strokkur, Þingvellir National Park, Almannagja Fault & Alþingi Parliament, Hellisheiði Geothermal Power Plant, plus a visit to the Friðheimar Greenhouse & Icelandic Horses				Check into Hotel Cabin; Hotel Dinner & Free Time
5	B, L, D	Iceland Whale Watching Cruise on the Reykjavik Coast Humpback, Orca, Blue, and Minke Whales		Reykjavik Guided City Tour	Free time to explore & shop in Reykjavik	Dinner at The Hamburger Factory, Reykjavik
6	B, L, D	The Snæfellsnes Peninsula Tour - Snæfellsjökull Glacier, Djúpalónssandur Beach, Cliffs of Lóndrangar, Hellnar, Arnarstapi Village, Búðir and more				Farewell Dinner - Traditional Viking Dinner & Reflections
7	B	The Blue Lagoon		Transfer to Keflavik Airport; depart Iceland for Home		

As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.

HAMMOCK EXPEDITIONS

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www.STEMStudyTours.com

STEM STUDY TOURS
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A Message From Our Team

At STEM Study Tours, we believe students learn best when they're immersed, engaged, and inspired. Every program is built with intention - blending hands-on discovery, academic depth, and meaningful experiences that help students see the world (and themselves) in new ways. Our goal is for each itinerary to spark curiosity, build confidence, and create moments students carry long after the trip ends. We're honored to partner with schools who share that vision and to help bring learning to life beyond the classroom.

— Michele & The Hammock Expeditions Team

Why Travel With Hammock Expeditions & STEM Study Tours

Schools choose us because we design programs that are organized, intentional, and built around real learning. Our itineraries combine strong academics with smooth logistics, giving teachers confidence and giving students opportunities to explore, ask questions, and grow. We partner with trusted local experts, communicate clearly, and support groups every step of the way so educators can focus on their students - not the logistics.

What Sets Us Apart

- **Purpose-Driven Itineraries** - Students actively participate in meaningful, real-world learning.
- **Safety, Structure & Professionalism** - From 24-hour support to vetted partners and clear communication, we ensure teachers can focus on their students while we handle the logistics.
- **Hands-On, High-Impact Learning** - Our programs emphasize field science, conservation, and experiential learning - the kind that sticks with students long after the trip ends.
- **Student-Centered Design** - We balance learning with fun, reflection with adventure, and structure with flexibility. Every day is crafted to keep students engaged, energized, and supported.
- **A Team That Travels With Purpose** - We're educators, planners, naturalists, and travel professionals who care deeply about student growth. Your goals become our goals.

Our Commitment to You

When you travel with us, you gain a partner who understands your vision, anticipates your needs, and delivers an experience your students will remember for years to come. We're here to support your school, empower your students, and make every moment meaningful.

We want to be your educational partner. Let us know how we may serve you.

Michele, Christina, Izzy, Dana, Taylor, and the Team

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Iceland: Fire & Ice

Where Earth's Energy Meets Ecology: Iceland is a land of contrasts - glaciers and volcanoes, fire and ice, ancient sagas and cutting-edge sustainability. Shaped by the forces of nature and powered by renewable energy, it's a living laboratory for geology, ecology, and innovation. From steaming geothermal fields to thundering waterfalls and black-sand beaches, every landscape tells a story of how Earth continually transforms itself.

For students and educators, Iceland offers more than scenery - it's a hands-on classroom where science, culture, and conservation intersect. Here, you'll explore how tectonic activity fuels geothermal power, how glaciers carve valleys, and how Icelanders harness natural energy to build a cleaner future. It's a destination that inspires curiosity, creativity, and respect for the planet.

Educational Iceland

NATURE'S VARIETY SHOW - Geologically speaking, Iceland is still young - its formation began less than 20 million years ago and continues today. Volcanic eruptions along the Mid-Atlantic Ridge built mountains that rose above sea level, creating an island born of fire. This origin story is visible everywhere: lava fields, craters, ash plains, and rugged table mountains reveal the island's dynamic past and present.

ICELAND'S WILDLIFE - Iceland's wildlife reflects its youth and isolation. The Arctic fox remains the only native land mammal, while other species - from reindeer to mink - were introduced by settlers. Birdlife is abundant and ever-changing, with new species recorded each year. There are no reptiles or amphibians, and no dangerous animals, making Iceland one of the safest natural environments to explore.

VOLCANOES, ICE & WATER - Few places on Earth show the interaction between volcanic activity and ice as vividly as Iceland. In regions like Kverkfjöll, hot springs beneath glaciers carve shimmering ice caves, while subglacial eruptions can trigger sudden floods and reshape entire valleys. This constant interplay between heat and cold defines Iceland's landscape - and its scientific fascination.

VEGETATION & GROWTH - Despite its northern latitude, Iceland's geothermal warmth nurtures surprising biodiversity. Summer's brief burst of light brings simultaneous blooms of orchids, gentians, and Arctic wildflowers. The soil's natural heat supports hardy vegetation and greenhouses that thrive year-round, creating ecosystems far richer than one might expect so close to the Arctic Circle.

A THINNER CRUST, A WARMER EARTH - The Earth's crust beneath Iceland is thinner than under most continents, allowing magma to heat groundwater close to the surface. This gives rise to countless hot springs and geysers - most famously Strokkur, which erupts every few minutes. Icelanders use this natural heat for home heating, pools, and sustainable energy, turning geology into daily life.

THE IMPORTANCE OF ENVIRONMENT - Glaciers, rivers, and tectonic movement have sculpted Iceland's terrain into a masterpiece of natural engineering. Waterfalls tumble from volcanic cliffs, rivers power hydroelectric plants, and geothermal energy fuels homes and industries. Environmental stewardship is woven into Icelandic identity — hydrogen fuel and renewable energy aren't future goals here; they're everyday reality.

GLACIERS - Nearly ten percent of Iceland is covered by glaciers - vast, shifting worlds of ice that advance and retreat with the climate. Layers of volcanic ash streak the ice black and gray, creating surreal patterns across the landscape. At Jökulsárlón, icebergs drift through a glacial lagoon, reflecting the delicate balance between fire, ice, and time. These frozen giants are both a reminder of Earth's power and a call to protect its fragile systems.

Day 1 - Wheels Up to the Land of Fire & Ice

Meals in flight, dependent upon airline

Settle in for your overnight flight as we head toward Iceland's dramatic landscapes and the start of an extraordinary week of exploration.

Your Iceland adventure begins as you board your overnight flight to Keflavík, crossing the Atlantic toward glaciers, geysers, and the dramatic landscapes that await you. This travel day is designed to be smooth and flexible for schools, with plenty of time to settle in, rest, and get excited for the week ahead.

Some groups choose to fly to a major U.S. gateway city—such as New York, Boston, or Washington, D.C. - the day before their international departure to add an additional destination or simplify connections. If your school prefers this option, we're happy to customize your itinerary and build a seamless pre-Iceland experience that fits your goals.

Rest up tonight—tomorrow, Iceland welcomes you with its first unforgettable sights.

Day 2 — Fire Beneath, Lights Above

Light breakfast at Viking World, packed lunch, dinner at hotel

Your first day in Iceland brings Viking heritage, volcanic exploration, geothermal energy in action — and a nighttime quest to witness the Northern Lights dancing overhead.

After landing at Keflavík International Airport, you'll meet your Tour Director and begin your journey into Iceland's dramatic landscapes. We'll transfer to Reykjavík to get settled and prepare for an exciting first day of exploration. Your Tour Director will provide a brief orientation, outlining the week's plans, safety guidelines, and tips for navigating Iceland's unique terrain and weather.

Today's activities include:

The Vikingaheimar (Viking World) Museum & Viking Ship Islanding – Explore Vikingaheimar Museum, home to the remarkable Viking Ship *Íslendingur*, a full-scale replica built using traditional methods. Students will discover how Viking explorers navigated the North Atlantic with skill and innovation, shaping early settlement in Iceland. Exhibits highlight craftsmanship, culture, and the engineering behind Viking longships. It's an engaging introduction to Iceland's history and the spirit of exploration that defines the island.

The Lava Tunnel Caving Experience - Step straight into Iceland's underground world as you explore Raufarhólshellir, a massive lava tunnel formed thousands of years ago during a powerful volcanic eruption. Colorful mineral walls, towering rock formations, and the tunnel's sheer scale reveal how molten lava once rushed through this space. Students get a firsthand look at volcanic processes they've only seen in textbooks, making geology feel real, dramatic, and unforgettable. Seasonal ice formations near the entrance add a surprising touch of beauty to this otherworldly experience.

Hveragerði – Hot Springs Capitol of the World! - Visit Hveragerði, a town built directly on geothermal energy, where steam vents, hot springs, and colorful mineral pools create one of Iceland's most unique landscapes. Students learn how geothermal heat shapes daily life here - from cooking traditional rye bread in the warm earth to harnessing natural steam for sustainable power. The geothermal park offers hands-on experiences that make Iceland's energy story come alive, blending science, culture, and a little bit of fun.

Northern Lights Hunt - Experience the magic of the Aurora Borealis as you watch the night sky come alive with shifting waves of green, pink, and violet light. Students learn how solar particles interact with Earth's atmosphere to create this dazzling natural display, making the science feel just as exciting as the spectacle. The quiet, wide-open Icelandic landscape adds to the sense of wonder, giving the group a rare chance to witness one of the world's most extraordinary phenomena together. It's an unforgettable moment that blends beauty, discovery, and pure Arctic magic.

Day 3 — A Day of Fire, Falls & Folklore

Breakfast, packed lunch & dinner included

Explore Iceland's iconic waterfalls and volcanic wonders, discovering how water and fire shape the island — and finish the evening with enchanting tales from an Icelandic storyteller.

Today's activities include:

Vík í Mýrdal - Travel to Vík í Mýrdal, a small coastal village surrounded by dramatic cliffs, black-sand beaches, and sweeping ocean views. Students learn how volcanic activity and powerful Atlantic waves continually reshape this region, creating one of Iceland's most striking landscapes. The village's location beneath the massive Mýrdalsjökull Glacier adds an element of geological wonder. It's a beautiful introduction to Iceland's south coast and the forces that define it.

Seljalandsfoss Waterfall - Seljalandsfoss offers a rare chance to see how water, time, and geology work together, as the falls plunge over ancient sea cliffs that once marked Iceland's coastline. Students learn how glacial meltwater carved the Seljalands River and how erosion continues to reshape the surrounding landscape. The path behind the waterfall reveals layers of volcanic rock deposited by past eruptions, creating a living timeline of Iceland's geological history. It's an unforgettable stop that blends dramatic scenery with real earth-science discovery.

Lava Center Visitor's Center – The Center offers a deep look into Iceland's volcanic systems through interactive exhibits that track eruptions, earthquakes, and tectonic plate movement in real time. Explore models showing how magma rises, how lava flows behave, and why Iceland sits atop one of the world's most active geological hotspots. The center's seismic monitors and eruption simulations help students connect the science to the landscapes they've been exploring throughout the trip. It's an essential stop for understanding the forces that built - and continue to reshape - Iceland.

Skógafoss Waterfall - Skógafoss demonstrates the power of glacial meltwater as it drops 60 meters over cliffs that once marked Iceland's ancient coastline. Students learn how the retreat of nearby glaciers carved the Skógá River valley and how consistent water flow continues to shape the surrounding terrain. The waterfall's straight, uninterrupted plunge highlights the region's volcanic bedrock, revealing layers formed by past eruptions. It's a vivid example of how ice, water, and volcanic activity work together to build Iceland's dramatic landscapes.

Skogar Folk Museum - The Museum offers a detailed look at how Icelanders adapted to life in a volcanic, glacier-shaped environment through ingenuity and resourcefulness. Students explore turf houses, tools, and everyday objects that reveal how communities used local materials and traditional engineering to survive harsh weather and limited resources. The museum's collections trace changes in Icelandic society from early settlement through modern times, highlighting how geography and geology shaped culture.

The Cliffs of Dyrhólaey – The cliffs showcase how volcanic activity and powerful coastal erosion work together to shape Iceland's southern shoreline. Students observe basalt formations, sea arches, and steep headlands created by ancient eruptions and continually sculpted by the Atlantic Ocean. The site offers an excellent vantage point to study marine erosion, wave dynamics, and the long-term impact of Iceland's volcanic past on its coastline. It's a striking example of how landforms evolve where fire and ocean meet.

Reynisdrangar Rocks – The Reynisdrangar sea stacks rise sharply from the Atlantic, formed when cooling basalt fractured into columns and was later isolated by powerful coastal erosion. Students examine how wave energy, weathering, and volcanic processes interact to sculpt Iceland's shoreline over thousands of years. The site also illustrates how columnar basalt forms under slow-cooling lava conditions, creating geometric patterns found in only a few places worldwide. Standing here gives the group a clear view of how Iceland's coastline records both volcanic history and ongoing ocean forces.

Mýrdalsjökull Glacier - Mýrdalsjökull Glacier covers the active Katla volcano, creating one of Iceland's most complex and closely studied geological environments. Students see how glacial ice moves across the landscape, shaping valleys, feeding rivers, and leaving behind clear evidence of past climate shifts. Beneath the surface, Katla's eruptions have deposited ash layers and lava fields that scientists use to reconstruct Iceland's volcanic timeline. Standing at the glacier's edge gives the group a direct look at how volcanic heat and glacial ice interact in a system that is constantly changing.

Icelandic Folklore Story Telling - Icelandic folklore comes alive as students gather to hear stories of elves, trolls, hidden people, and the supernatural beings woven into Iceland's history. These tales reflect how early Icelanders explained the natural world around them — from volcanic eruptions to strange rock formations — long before modern science. Listening to an Icelandic storyteller gives the group a deeper understanding of how mythology, landscape, and culture intersect. It's a fun, immersive way to experience a tradition that still shapes Icelandic identity today.

Day 4 — The Golden Circle: Wonders of Earth, Energy & Icelandic Life

Breakfast, lunch & dinner included

Explore Iceland's most iconic natural marvels — rift valleys, erupting geysers, and roaring waterfalls — then step into Friðheimar's glowing greenhouse and meet the remarkable Icelandic horse.

Today's activities include:

Gullfoss Waterfall - Gullfoss reveals the immense power of glacial meltwater as the Hvítá River drops in two dramatic stages into a deep volcanic canyon. Students observe how the waterfall has carved its gorge over thousands of years, leaving behind clear evidence of erosion, flooding events, and Iceland's changing climate. The site also highlights the role of Langjökull Glacier, whose meltwater feeds the river system and drives the falls' year-round force. Standing at Gullfoss gives the group a direct look at how ice, water, and geology continually reshape Iceland's landscape.

Geysir & Strokkur - The Geysir geothermal field gives students a close look at Iceland's active hydrothermal systems, where superheated groundwater builds pressure beneath the surface. Strokkur, the area's most reliable geyser, erupts every few minutes as steam and boiling water shoot upward through a narrow vent. Students learn how magma beneath the crust heats groundwater, how pressure cycles trigger eruptions, and why geothermal features like these are common along tectonic plate boundaries. Observing Strokkur in action offers a vivid demonstration of the energy moving beneath Iceland's landscape.

Þingvellir National Park - Þingvellir National Park sits directly atop the Mid-Atlantic Ridge, where the North American and Eurasian tectonic plates are slowly pulling apart and reshaping the landscape. Students can see visible rift valleys, fractured lava fields, and clear evidence of how continental drift creates new terrain over time. The site also holds deep historical significance as the location of the Althing, Iceland's early parliament, founded in 930 CE. Exploring Þingvellir gives the group a rare chance to study geology and human history in the same place, each shaped by the forces that define Iceland.

Almannagja Fault & Alþingi Parliament – The Almannagjá Fault is one of the clearest visible markers of the Mid-Atlantic Ridge, where the North American tectonic plate is slowly pulling away from Eurasia and creating deep fissures across the landscape. Students can walk through the fault and see how repeated earthquakes and rifting events have widened the canyon over time. This same location hosted the Alþingi, Iceland's early parliament, where leaders gathered outdoors beginning in 930 CE to settle disputes and shape national law. The combination of an active geological boundary and a foundational political site makes Almannagjá a rare place where earth science and human history intersect directly.

Hellisheiði Geothermal Power Plant - This plant gives students a firsthand look at how Iceland converts volcanic heat into renewable energy. Here, they see how steam and hot water from deep underground are captured, separated, and routed through turbines to generate electricity for much of the country. The facility also demonstrates how geothermal systems are monitored, how carbon emissions are managed, and why Iceland's location on the Mid-Atlantic Ridge makes geothermal power so efficient. Visiting Hellisheiði shows the group how geology directly supports modern infrastructure in a nation built on volcanic activity.

Friðheimar Greenhouse & Icelandic Horses – Friðheimar showcases how Iceland uses geothermal energy to grow food in a challenging climate, giving students a close look at sustainable agriculture in action. Inside the greenhouse, they see how controlled heat, light, and water systems support year-round tomato production, all powered by the volcanic landscape beneath their feet. The visit also includes time with Icelandic horses, where students learn about the breed's unique genetics, history, and five natural gaits. Together, the greenhouse and horse farm highlight how Icelanders blend tradition with innovation to thrive in their environment.

Day 5 — Ocean Giants & Iceland's Coolest Capital

Breakfast, lunch & dinner included

Cruise the North Atlantic in search of whales, discover Reykjavík's vibrant culture on a guided city tour, and wrap up the day with free time for shopping and a local dinner.

Icelandic Whale Watch Tour* - Heading out from Reykjavík's harbor, students travel into rich feeding grounds where minke whales, humpbacks, and porpoises are often seen. Marine guides explain how cold Atlantic currents, seasonal plankton blooms, and underwater topography create ideal conditions for large marine mammals. As the boat moves through these coastal ecosystems, students learn how whale behavior, migration patterns, and feeding habits are shaped by Iceland's marine environment. The cruise offers a clear, engaging look at how ocean science and wildlife conservation come together along Iceland's shores.

** If traveling during the winter months, this experience may be substituted with a visit to the Perlan Museum.*

Reykjavik Guided Walking Tour – A guided tour of Reykjavík introduces students to Iceland's capital through its history, architecture, and coastal geography. As the group moves through the city, they learn how volcanic terrain shaped early settlement patterns and how modern Iceland blends tradition with innovative design. Key landmarks such as Hallgrímskirkja, the Harpa Concert Hall, and the Old Harbor highlight different eras of Icelandic culture and development.

Reykjavík - Iceland´s Capital: Pure Energy

Shaped by the forces of nature and fueled by creativity, Reykjavík stands between sea and mountain, where geothermal warmth meets Arctic air. The city's colorful homes and modern architecture reflect Iceland's balance of tradition and innovation. Surrounded by unspoiled landscapes, Reykjavík embodies the pure energy that defines Iceland — natural, cultural, and human. Icelandic is the official language, closely related to Norwegian and Faroese, though English is widely spoken throughout Reykjavík.

Day 6 — The Peninsula of Legends: Coastlines, Cliffs & Glacier Magic

Breakfast, packed lunch & dinner included

Explore Iceland's most diverse region — from black-sand beaches and towering sea cliffs to lava fields, charming villages, and the iconic Snæfellsjökull Glacier that inspired centuries of myth.

Today's activities include:

The Snæfellsnes Peninsula – The Snæfellsnes Peninsula is often called "Iceland in Miniature" because it contains nearly every type of landscape found across the country — glaciers, black-sand beaches, volcanic craters, sea cliffs, lava fields, and charming coastal villages. Students see how the region's geology has been shaped by centuries of volcanic activity, ocean forces, and glacial movement. Snæfellsjökull Glacier rises above the peninsula as its defining landmark, creating a dramatic backdrop for the day's exploration. Visiting Snæfellsnes offers a rare chance to experience Iceland's diverse natural features in one unforgettable region.

Snæfellsjökull Glacier – The Snæfellsjökull Glacier rises above the peninsula as its defining landmark, a stratovolcano capped by ice and shaped by thousands of years of eruptions and glacial movement. Students see how volcanic heat, shifting ice, and coastal weather interact to form one of Iceland's most dramatic natural features. The glacier has inspired explorers, writers, and scientists alike, and its surrounding lava fields show clear evidence of past activity. Visiting Snæfellsjökull gives the group a close look at how Iceland's volcanic systems continue to influence the landscape.

Djúpalónssandur Beach - Djúpalónssandur is a black-pebble beach shaped by powerful Atlantic waves and the volcanic forces of Snæfellsjökull. Students walk among smooth lava stones, twisted rock formations, and the rusted remains of a shipwreck that hint at the coastline's long maritime history. The beach's shifting tides and dramatic cliffs show how ocean energy continually reshapes Iceland's shoreline. Djúpalónssandur offers a striking blend of geology and storytelling, making it one of the peninsula's most memorable stops.

Cliffs of Lóndrangar - Lóndrangar's towering basalt formations rise sharply from the coastline, remnants of an ancient volcanic crater that has been carved down by centuries of wind and waves. Students see how erosion, lava flow structure, and ocean forces combine to create dramatic coastal geology. The cliffs are also home to nesting seabirds, adding an ecological layer to the visit as the group observes how wildlife adapts to steep, exposed environments. Lóndrangar highlights the peninsula's blend of volcanic history and active coastal processes.

Hellnar - Hellnar is a quiet coastal village set against dramatic cliffs and curved rock formations shaped by centuries of ocean waves. Students explore the shoreline where basalt layers, sea caves, and tidal patterns reveal how the Atlantic continually reshapes the landscape. The area's natural archways and sheltered coves highlight the peninsula's blend of volcanic geology and marine forces. Hellnar offers a peaceful contrast to the rugged cliffs nearby, giving the group a chance to see how small communities adapt to life along Iceland's dynamic coast.

Arnarstapi Village - Arnarstapi is a small coastal village known for its dramatic basalt cliffs, natural archways, and rich folklore. Students follow the walking paths along the shoreline where layered lava formations, sea stacks, and crashing waves reveal how volcanic rock responds to constant ocean forces. The harbor area shows how communities historically relied on these rugged coasts for fishing and travel, while the surrounding birdlife adds an ecological dimension to the visit. Arnarstapi offers a striking blend of geology, culture, and coastal scenery, making it one of the peninsula's most iconic stops.

Búðir - Búðir is known for its striking black church set against golden sand dunes, lava fields, and the wide-open coastal plain. Students see how the region's volcanic past shaped the landscape, creating the dark rock formations that contrast so sharply with the surrounding grasslands and shoreline. The area highlights Iceland's blend of natural beauty and cultural heritage, showing how small communities built meaningful spaces within dramatic environments.

Day 7 - Blue Lagoon Bliss & Homeward Bound
Breakfast included but dependent upon departure time
Soak in Iceland's iconic Blue Lagoon and then head to the airport refreshed, recharged, and full of unforgettable memories.

Today's activities include:

The Blue Lagoon – The Blue Lagoon is one of Iceland's most unforgettable experiences, where students get to bathe in warm, mineral-rich geothermal waters surrounded by black lava fields. They can float through the bright blue pools, try silica mud masks, stand beneath geothermal waterfalls, and even visit the swim-up bar for fruit smoothies. Guests here literally bathe between two continents — the Eurasian and North American tectonic plates meet beneath the lagoon, adding a geological twist to an already incredible experience. Depending on travel timing, students may also enjoy lunch at the lagoon's café or restaurant, paid on their own.

The lagoon's water originates 2,000 meters below the surface, where seawater and freshwater mix and heat as they move through porous lava. As the water rises, minerals concentrate through vaporization and evaporation, creating the silica and sulfur blend that gives the lagoon its signature color and skin-soothing properties. The Blue Lagoon operates within a closed eco-cycle connected to the nearby Svartsengi geothermal power plant, where superheated water generates electricity before being channeled into the lagoon and renewed every two days. This unique relationship between nature and technology creates an experience rooted in wellness, geology, and Iceland's innovative use of geothermal energy.

After an unforgettable week exploring Iceland's glaciers, coastlines, geothermal wonders, and vibrant culture, it's time to begin the journey home. If your group has free time prior to departure, our team is happy to help you add a short, no-cost activity to your itinerary — whether a scenic walk, a final viewpoint, or one last moment to take in the landscape. As our mission is to expand minds through transformative travel experiences, we hope that as you settle into your seat for the flight, the moments you've discovered, learned, and shared throughout this program leave you with a deeper sense of confidence, curiosity, and connection - and a spark for your next adventure.

Optional Add-on

Silfra Snorkel Tour (SUMMER) - The Golden Circle is home to one of the most fascinating underwater sites in the world. A trip to Iceland is just not complete without a visit to the natural diving site of Silfra, in the heart of Þingvellir National Park. In a drysuit or wetsuit, you'll swim between two tectonic plates, through pristine blue waters with up to 100 meters visibility. Pricing is approximately $220 per person and includes suit rental, all equipment, full instruction and transportation.

Weather in Reykjavik, Iceland

Spring (March–May): Cool, Brightening, and Unpredictable

- Temperature: 32–50°F (0–10°C)
- Conditions: Rapidly changing — sun, wind, rain, and even late snow can all occur in a single day. Daylight increases dramatically, reaching 13–18 hours by May.
- Highlights: Migrating birds return, lupins begin to bloom, and longer days make outdoor exploration easier.
- Packing Tips: Waterproof jacket and pants, warm layers (fleece + thermals), sturdy waterproof shoes, hat and gloves. Umbrellas are not recommended due to strong winds.

Summer (June–August): Mild, Windy, and Sunlit

- Temperature: 50–59°F (10–15°C) in Reykjavík.
- Conditions: Long stretches of daylight — up to 20+ hours — with regular wind and occasional rain. Weather remains variable but generally comfortable.
- Highlights: Ideal for outdoor activities, whale watching, coastal walks, and enjoying the midnight sun.
- Packing Tips: Breathable layers, waterproof shell, quick-dry pants, thin hat and gloves for evenings, and a sleep mask for bright nights.

Fall (September–November): Crisp, Colorful, and Changeable

- Temperature: 32–50°F (0–10°C).
- Conditions: Cooler days with increasing wind, some rain, and early snow possible by November. Daylight decreases quickly.
- Highlights: Autumn colors across lava fields, fewer crowds, and the return of Northern Lights viewing conditions.
- Packing Tips: Thermal base layers, mid-weight fleece, waterproof outer shell, warm hat and gloves, and sturdy waterproof footwear.

Winter (December–February): Cool, Calm, and Surprisingly Mild

- Temperature: 30–39°F (-1 to 4°C), often warmer than many U.S. states.
- Conditions: Short daylight hours and a mix of crisp air, light snow, and occasional wind — but rarely extreme. Reykjavík's coastal climate keeps winter temperatures steadier and more comfortable than people expect.
- Highlights: Northern Lights viewing, geothermal pools, cozy cafés, and dramatic winter landscapes without harsh cold. Many schools travel during this season because the weather is manageable and crowds are low.
- Packing Tips: Warm layers, a windproof jacket, insulated boots, hat and gloves. Waterproof outerwear is helpful, but heavy Arctic gear is not needed.

Civics & Expectations in Iceland

Respect for Nature & Geothermal Areas - Iceland's landscapes are powerful and fragile. Stay on marked paths, follow guide instructions, and keep a safe distance from geothermal vents, hot springs, and cliff edges. Never touch or enter geothermal pools unless they are designated for bathing.

Environmental Stewardship - Icelanders take environmental protection seriously. Dispose of trash properly, avoid disturbing wildlife, and leave natural areas exactly as you found them. Even small actions help preserve the country's unique ecosystems.

City Courtesy in Reykjavík - Reykjavík is a safe, walkable city with friendly locals and a relaxed pace. Stay aware of traffic at crosswalks, keep backpacks zipped, and be mindful of personal space in shops and cafés. Icelanders value calm, polite behavior in public areas.

Photography & Cultural Sensitivity - Photography is welcome in most outdoor spaces, but always ask before taking photos of people, especially inside small shops or cultural sites. Respect signage in churches, museums, and geothermal facilities where photography may be limited.

Community Spaces & Small Businesses - Many of the places you'll visit are locally owned. Use quiet voices indoors, handle items carefully, and show appreciation for staff and guides. Icelanders are proud of their culture and enjoy sharing it with respectful visitors.

Safety & Group Awareness - Weather can shift quickly, even on calm days. Stay with your group, listen to your Tour Director, and dress in layers. Iceland's emergency services are excellent, but prevention and awareness are key to safe exploration.

Taste of Iceland – Local Favorites to Try

Iceland blends fresh Nordic ingredients with cozy comfort foods and international flavors. Whether grabbing a quick bite in Reykjavík or exploring local cafés during free time, students will find plenty of delicious, easy-to-love options across the country.

1. Icelandic Fish & Chips – Light, crispy, and served with fresh tartar or skyr-based sauces. A student favorite and widely available.
2. Hot Dogs (Pylsur) – Iceland's most famous street food, topped with crispy onions and sweet mustard. Affordable, quick, and beloved by locals.
3. Fresh Icelandic Soup – Warm lamb or vegetable soups served with homemade bread - perfect on cool days and found everywhere.
4. Skyr – Iceland's signature high-protein dairy snack, similar to yogurt but creamier. Comes in fruit flavors students love.
5. Bakery Treats – Cinnamon rolls (kanilsnúðar), chocolate-dipped pastries, and flaky croissants from Reykjavík's cozy bakeries.
6. Fish of the Day – Mild, fresh options like cod, haddock, or salmon prepared simply and deliciously - great for students trying local cuisine.
7. International Favorites – Reykjavík has excellent pizza, noodles, burgers, and cafés, making it easy for students to find familiar meals.

Entry Requirements for Travel to Iceland

Entry requirements for entering Iceland vary by nationality, and all travelers are responsible for checking the most current information during planning and before departure. The guidelines below are accurate at the time of writing and are subject to change without notice. **Always verify requirements through your government's travel authority and the official Schengen/ETIAS websites prior to travel.**

General Requirements (All International Travelers)

- ✓ A valid passport
- ✓ Proof of onward or return travel
- ✓ Compliance with Schengen Area border screening
- ✓ No active travel restrictions or inadmissibility flags

USA & Canada Travelers

- ✓ Passport must be valid for **at least 3 months beyond departure** from Iceland
- ✓ No visa required for stays under 90 days
- ✓ May be asked to show accommodation details or program information

UK Travelers

- ✓ Passport required; must be valid for **3 months beyond departure**
- ✓ Visa-free entry for stays up to 90 days
- ✓ Standard Schengen border procedures apply

EU/EEA/Swiss Travelers

- ✓ May enter with a passport or national ID card
- ✓ No visa required
- ✓ Free movement rules apply within the Schengen Area

Upcoming EES & ETIAS Requirements

The EU is in the process of implementing two new systems for non-EU travelers:

- ✓ **EES (Entry/Exit System):** Will require biometric screening (fingerprints + facial image) upon arrival for short-stay visitors.
- ✓ **ETIAS (European Travel Information and Authorization System):** Will require pre-travel authorization for visa-exempt travelers once active.

Launch dates may shift; travelers must check for updates before departure.

Important Notes

- Entry requirements can change; travelers should confirm details before departure.
- Some nationalities may require additional documentation or interviews.
- Schools traveling as a group should ensure all passports meet validity requirements.
- Students should keep passports accessible during airport transfers and border checks

BIO-TREKS SERIES: ICELAND'S FIRE & ICE

Minimum Booking Numbers: 16 students

What's Included:

- ✓ International roundtrip flights
- ✓ 5-nights' accommodation in Reykjavik (+1 overnight air)
- ✓ Airport transfers & group transportation as detailed
- ✓ Breakfasts, lunches & dinners daily, starting with breakfast on your day of arrival and ending with breakfast on your day of departure
- ✓ Vikingaheimar Museum & Viking Ship Islendingur
- ✓ Lava Tunnel Raufarholshellir Caving Experience
- ✓ Northern Lights Evening Presentation
- ✓ Golden Circle Tour with private guide - Gullfoss, Geysir, Strokkur, Þingvellir National Park, Almannagja Fault & Alpingi Parliament
- ✓ Hveragerði Geothermal Center
- ✓ Guided Waterfalls & Volcanoes Tour, private guide - Vík í Mýrdal, Seljalandsfoss Waterfall, Lava Center Visitors Center, Skógafoss Waterfall, Skógar Folk Museum, Cliffs of Dyrhólaey, Reynisdrangar Rocks & Mýrdalsjökull Glacier
- ✓ Reykjavik City Tour
- ✓ Friðheimar Greenhouse & Horse Farm admission
- ✓ Hellisheiði Power Plant & Geothermal Presentation
- ✓ Icelandic Storytelling Evening
- ✓ Blue Lagoon, admission
- ✓ Whale Watching tour from Reykjavik
- ✓ The Snæfellsnes Peninsula Tour
- ✓ Personal Tour Director
- ✓ 24-hour emergency cover

What's Not Included:

- ⊗ Fully comprehensive insurance (**mandatory**)
- ⊗ Airline baggage fees (if not included in flight costs, paid directly to airline at check-in, both ways)
- ⊗ Baggage handling - everyone should be able to pull / load their own bag
- ⊗ Meals onboard flights (pay on own) nor snacks other than at designated mealtimes
- ⊗ Meal selections other than ones provided for the entire group (we are generally able to cater for allergy conditions, vegetarians, halal and in some cases vegan)
- ⊗ Airport transfers in your home city
- ⊗ BEVERAGES other than water with lunches & dinners, pay on own
- ⊗ Cost of visas, visa waivers, passports or other legal requirements for entry/return
- ⊗ Cost of inoculations or medication required for travel
- ⊗ Sightseeing / Entertainment / Transport not shown in Itinerary
- ⊗ Hotel incidental deposits & bills – mini-bar, movies, etc.
- ⊗ Gratuities – drivers, hotel services, local guides, tour director
- ⊗ Credit card fees if individuals wish to pay via credit card instead of ACH
- ⊗ Additional taxes, fuel surcharges or fees levied by governments / suppliers

As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.

HAMMOCK EXPEDITIONS

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