



# Northern Lights and Natural Spa Weekend



**HOLIDAY TYPE:** Small Group

**VISITING:** Iceland

**BROCHURE CODE:** 20921

**DURATION:** 3 nights

## In Brief

For a relatively small island in the North Atlantic Ocean, Iceland is dotted with an incredible number of natural wonders and attractions. This holiday boasts the chance to relax, unwind and escape from day-to-day life in some of the most incredible, atmospheric natural spas in the world. You will also head out on some Northern Lights hunts during your short break to wonder some more at just how powerful and beautiful mother nature can be.

## Our Opinion

“ *Iceland is my favourite place in the world. I was lucky enough to visit through work and I took my husband to some of my favourite places on our honeymoon. Everywhere you look the scenery is so dramatic and spectacular and every person you meet is so friendly and welcoming. I like this holiday in particular as it allows you to see the incredible nature in Iceland whilst enjoying some pampering that offers a real chance to unwind during your short break.* ”

Dawn Kitson



## What's included?

- **Transfers:** return airport transfers and all activity transfers (arrival airport transfer is via taxi and return airport transfer is via the scheduled Flybus shuttle)
  - **Meals:** 3 breakfasts and 1 dinner
  - **Accommodation:** 3 nights standard double/twin room at Hotel Frón (or similar) (upgrades available subject to availability; supplements may apply)
  - **The following activities and equipment are included:** Blue Lagoon entrance (inc. towel and cocktail), Northern Lights cruise, visit the Sky Lagoon (including entry and towel) (**order subject to change**)
  - Emergency contact during your time in Iceland
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- **A note on flights:** flights are not included in the holiday price so that the best possible fares and schedule can be found at the time of booking. There are low cost and scheduled flights operating this route and our travel experts will happily provide a quotation and arrange the flights as part of the package

## Trip Overview

Iceland is quite unlike anywhere else in the world. With a population of just 350,000 people (which is slightly smaller than the city of Bristol in the UK!) but more landmass than Portugal, it is one of the most sparsely populated countries on Earth. It is also statistically one of the most eco-friendly countries as 99% of electricity in Iceland is produced using renewable energy sources.

The scenery in Iceland is absolutely stunning regardless of which season you visit. It is defined by its dramatic landscapes laden with volcanoes, hot springs, geysers, lava fields and waterfalls. Around 11% of Iceland is covered in glaciers. Visiting Iceland is like stepping into a living geography textbook and it is impossible to spend any time there and not become fascinated by its unique landscape.

The Icelandic people are innovative in developing iconic outdoor experiences which incorporate the incredible landscape. During this holiday, you will visit the world-famous Blue Lagoon, go on a

Northern Lights cruise and also visit the brand new Sky Lagoon - a thermal spa inspired by nature and culture.

This short break will allow you to relax and unwind whilst getting back to nature. We have a range of tours you can add to the standard programme, you can personalise your time in Iceland with a tour of the city of Reykjavik or a day trip exploring the famous Golden Circle. Please see the '[Personalise](#)' tab for more information.

Image Credit: Lost in Iceland

# Agenda

Please note the order of activities is subject to change

DAY  
1

ARRIVAL AND BLUE LAGOON

Upon arrival at Keflavik Airport, you will be greeted by your driver at arrivals and transferred to the world-famous Blue Lagoon. Here, you will check in to one of the most famous spas in the world.

Your luggage will be stored in lockers while you change into your swimming costume and slip into 'holiday mode' almost immediately! Within an hour of landing in Iceland, you will be relaxing in a natural hot spring, cocktail in hand, taking in your stunning surroundings.

After your time enjoying the Blue Lagoon, you will be picked up by the shuttle bus outside and taken to your hotel in Reykjavik. Once you have checked into your room, we recommend you head to the FlyOver Iceland experience located in the harbour area of the city. The ride commences every 15 to 20 minutes and the whole experience is a great introduction to this remarkable country. It takes around 35 minutes in total, you can see the price and more information in the '[Personalise](#)' section of our website. Finally, this evening, we would recommend sampling one of the local restaurants close to your hotel - there are several on the same street as well as the hotel restaurant also.

**Included Meals:** None

DAY  
2

FREE DAY TO EXPLORE REYKJAVIK, DINNER AND NORTHERN LIGHTS CRUISE

We have left today free for you to tailor your time in Reykjavik. It has so many fantastic attractions and tours that there is something to suit everyone. We do have some suggestions based on our Travel Expert's visits to Iceland. Please see the '[Personalise](#)' section for more information.

After dinner at a local restaurant close to the harbour (3 courses are included - please advise of any food allergies at the time of booking. Drinks not included.), you will set off on a Northern Lights cruise. This voyage takes between 1.5 – 2.5 hours and you will travel far away from the bright lights of

Reykjavik to, hopefully, catch a glimpse of the Northern Lights whilst out at sea. Even if you are not successful in your quest this is a great adventure to share with your travelling companions.

**Included Meals:** Breakfast, Dinner

DAY  
3

## SKY LAGOON

For your final day in Iceland, you can choose to explore at your own pace today or choose from our selection of activities. For lunch, we recommend a visit to one of the three food markets within walking distance of the hotel. Reykjavik is fast becoming a culinary capital, but with the twist of the informal atmosphere favoured by the Icelandic's, it tends to be these food markets or street food vans that are amongst the most popular places for locals to go for some delicious food.

At 15.00 you will be picked up from the hotel and transferred to the brand-new Sky Lagoon which opened in 2021 just a few kilometres from downtown Reykjavik. Sky Lagoon has been designed to draw inspiration from the local nature and heritage but with a modern, luxurious twist.

The awesome new spa experience has a huge (264ft long!) natural geothermal infinity pool overlooking the dramatic North Atlantic Ocean. It is home to a great sauna which, thanks to the largest window in Iceland, boasts some epic views of the wild landscape outside.

Once you have checked in, you will be invited to start on the 7-step spa experience which is based on Icelandic traditions designed as a *"rejuvenating journey that awakens your senses and leaves your skin healthy and glowing. It combines warm and cold waters, warm steam, dry heat and fresh air."*

After you are fully refreshed and glowing from your time in the spa, you will be transferred back to Reykjavik for a final evening in this stunning city.

**Included Meals:** Breakfast

DAY  
4

## DEPARTURE

After breakfast this morning, it is time to check out and catch the Flybus back to the airport. Depending on flight times on day 1 and day 4 it is also possible to visit the Blue Lagoon on your final day before proceeding straight to the airport. Our Travel Experts will discuss the best options with you at the time of booking.

**Included Meals:** Breakfast

# Personalise this tour

## Our pick



### Golden Circle Tour

The golden circle combines some of Iceland's most popular natural attractions. By bus, you will travel to the southern highlands visiting Þingvellir National Park, Geysir geothermal area, and Gullfoss waterfall.

Þingvellir National Park was Iceland's first National Park and a UNESCO world heritage site. It was the first area of Iceland to be inhabited and later became the sight of the world's first parliament. Geology enthusiasts may already be familiar with this area as it is the meeting point of the North American and Eurasian tectonic plates, which

creates some stunning geological sights.

The Geysir geothermal area is located in the Haukadalur Valley and at this site, you will find two remarkable Geysirs which have been active for around 10,000 years. Great Geysir only erupts every few months at most so you will need to be exceptionally lucky to catch that one but nearby Strokkur Geysir erupts every 6-10 minutes and can shoot hot water as high as 40 metres into the air.

Finally, on your tour, you will visit Gullfoss Waterfall. This is one of Iceland's most iconic, and most photographed attractions. The waterfall has two drops which together total 32 metres. The power of the water is mesmerising and on sunny days it is possible to view rainbows shooting from the spray.

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**Credit: Lost in Iceland**

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## Other options

### ACTIVITIES



## Reykjavik Food Tour

Why not experience Reykjavik in the tastiest way possible? On this 3-4 hour tour, which starts just 700 metres from your hotel, you will not only get an introduction to the city, but also the delicious local foods and produce on offer. Your knowledgeable guide will highlight points of interest as they escort you to 5-6 local restaurants, some of which you would probably never discover by yourself. The delicious dishes you will sample are all made according to Icelandic tradition and family recipes, but please do not worry – fermented shark will not feature on the menu!

© Lost in Iceland



## FlyOver Iceland

Around the world, Iceland is known for its incredible landscapes and dramatic views. Due to the remote location of some of these incredible settings, the FlyOver Iceland experience has opened in the harbour area of Reykjavik. Using state of the art technology, from your seat suspended before a 20-metre spherical screen, you will feel as if you are literally 'flying over Iceland' as you explore the vast glaciers, majestic fjords, dramatic ravines and many other attractions.

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# Included Accommodation

Hotel Frón (Nights: 1-3)



Hotel Frón has a great location in downtown Reykjavik. It is located just a few minutes walk from the main shops, restaurants, cafes, galleries and museums that this vibrant city has to offer. The staff are really welcoming, friendly and knowledgeable and are more than happy to help with anything guests need during their stay.

There is a range of room types available at Hotel Frón. Our holiday is based in the double/ twin rooms but there are also apartments (both standard and deluxe, studio, one or two-bedroom) and also suites if you are looking for a little more luxury during your stay. Please ask our Travel Experts for more information and a quotation if you are interested.

## Room Type

**Double/Twin rooms:** these rooms are a stylish and comfortable base for your time in Iceland. They are furnished in a modern design and offer a great bolthole from the vibrant city around you. All rooms are en-suite and have a shower, a minibar, satellite TV, free Wi-Fi, a hairdryer and a safe to store valuables.

# The Specifics

## Holiday group size (approximate)

Minimum 2 persons; maximum 25 (approximately)

## Group Size

We always try to provide an approximation of the group size you can expect to be with for the duration of each of our holidays. It may be that you are joined by others for parts of your holiday (such as transfers and particular activities) but the above number reflects those you can normally expect to be with from beginning to end. If group size is something which is particularly important to you, please speak to our Travel Experts and they can suggest the best holidays for you.

Tailor-made holiday group sizes will vary for all activities as will the group size for any additional

activities you book.

## Minimum numbers required for a holiday to operate

Some of our holidays require a minimum number of participants to operate (as listed in the 'Group Size' section). If your holiday departure has not yet reached the minimum number, you will be told at the time of booking. In the unlikely event that your chosen date is not guaranteed by nine weeks before your scheduled departure date, we will contact you to discuss the available options as per our [booking conditions](#).

## Minimum and maximum age

If a specific minimum age applies to this holiday, it can be found in the Key Facts box on the holiday Overview page.

Unless otherwise stated in the Key Facts box on the holiday Overview page, the minimum age for participation in an Aurora Zone holiday is typically 12 years old (there may be younger children in some destinations who have booked with other companies). If an adult-only environment is important to you, then please contact our Travel Experts and they will advise on the best dates and destinations for you. If you are looking for a holiday designed specifically for families then please see our sister company [www.activitiesabroad.com](http://www.activitiesabroad.com).

## Itinerary amendments

The order of activities listed in this agenda is provided for guidance only, your final and detailed itinerary will be provided either with your final travel documents (which are uploaded into your online account around a week prior to departure) or upon arrival.

## Terms and Conditions

Our full booking terms and conditions can be found on our website: <https://www.theaurorazone.com/booking-conditions>