



Itinerary in September 2026

7 days / 6 nights starting September 26th

Travel companions

13 people, including the teacher. Irena Bartolec

Itinerary

Day one: September 26th: Pickup, Reykjanes, and Blue Lagoon

Pick up from the airport at 8:00 a.m.

A very good way to get rid of the jet lag is to go on a short tour of the *Reykjanes Peninsula*, followed by a visit to the Blue Lagoon for a couple of hours and head to **Center Hotel**

Arnarhvoll in Reykjavik at 3:00 p.m. This also eliminates the need for an early check-in.

Now we recommend a nap for a couple of hours before going on a walking food tour at 5:30 p.m. that ends in a restaurant close to your hotel.

9:00 p.m., early to bed, and you are ready for the adventures in the days to come.

Our guests have told us that this is a great way to get rid of the jet lag.

Day two: September 27th: The Golden Circle sites

9:00 a.m. Pick up from Center Hotel Arnarhvoll

We stop by the best bakery in Iceland, *Mosfellsbakarí*, for a cup of coffee and a special Icelandic snack on our way out of town.

Drive the scenic route called *Nesjavallaleið* into the mountains, with a spectacular view over the area.

Bingvellir, the ancient Vikings' parliament site, and tectonic plates.

12:00 p.m., *Lindin* Restaurant for lunch.

The geyser area for the spouting hot spring, *Strokkur*.

Gullfoss is Iceland's second-largest waterfall.

4:30 p.m.: Estimated arrival at **Hótel Leirubakki**, where we stay for four nights.

5:30 p.m. Yoga

7:30 p.m. Dinner at Hótel Leirubakki

Hótel Leirubakki has a very nice and spacious yoga room, hot tubs, and a living room area where people can meet and have fun together.

Day three, September 28th: The South Coast to Vík

7:30 a.m., Yoga followed by breakfast

10:00 a.m., Leaving for today's adventure

Skógafoss waterfall

Reynisfjara Black sand beach

Cape *Dyrhólaey*

Hike to the edge of the *Sólheimajökull* outlet glacier and back. (one way is about 25 minutes.)

Back to Hótel Leirubakki right in time for the 5:00 p.m. yoga.

7:00 p.m. Dinner at Leirubakki or at Landhotel, which is 15-minute drive away



Day four, September 29th: Easy day in the area

8:00 a.m. Yoga followed by breakfast

10:00 a.m.: leaving for today's adventure

Pjófafoss waterfall short hike

Fossbrekkur river and water

Lunch at the site

Optional one-hour horseback riding. This is not included. About 10,000 Isk per person.

Afternoon yoga and dinner 7:00 p.m. at Leirubakki

Day five, September 30th: Adventure day

8:00 a.m. Yoga followed by breakfast

10:00 a.m.: leaving for today's adventure

Nauthúsagil gorge and waterfalls. We hike in the beautiful and exotic gorge and those who dare to climb a small waterfall continue to hike further in the gorge to another beautiful waterfall.

Seljalandsfoss is a waterfall you can walk behind.

1:00 p.m., Lunch in Hvolsvöllur town

Enjoy the public geothermal swimming pool in Hvolsvöllur for an hour and half after lunch

*Possible to add in a visit to the *Lava Center* museum about eruptions in Iceland

Back to Leirubakki at around 3:30 or *4:15 p.m. for yoga and dinner.

Day six, October 1st: Waterfalls and Tomato farm

8:00 a.m. Yoga followed by breakfast

10:00 a.m.: leaving for today's adventure

Urriðafoss waterfall

Faxi waterfall

Lunch at **Friðheimar** tomato farm and family-run restaurant

Kerið, old volcanic crater

Yoga in a yoga room in walking distance from the hotel in *Hveragerði*

Stay and dine at **Frost and Funi** in Hveragerði

Day seven, October 2nd: Cave, Reykjavik, and Keflavik airport

7:30 a.m., Yoga followed by breakfast

9:30 a.m., Leaving for today's adventure

10:00 a.m., Raufarhólshellir, lava tube cave, 1-hour visit

Drive to Reykjavik, where we have a short tour of the city, both driving and walking.

Bakery stop for quick lunch

Drop off at the airport at 2:30 p.m. for your 5:00 p.m. flight back home!

Those who choose to stay in Reykjavik longer are dropped off at their hotels.

Book this tour through Ashtanga Yoga Mama [HERE](#)