



**Iceland: A Week of Wellness**  
*Dates: May 10-18, 2019*  
Number of Participants: 16 minimum  
*(Itinerary Subject to Change)*

Activity Level - Moderate: every day includes at least a swim and a walk; distances vary

**Departure (5/10) Friday**

International overnight flight from US to Keflavik, Iceland

**Day 1 (5/11) Saturday Arrival in Iceland**

*(This is a lightly scheduled day due to jet lag (5 hrs) and overnight flight Friday) Times TBA based on flight arrival.*

Transfer from Keflavik to Reykjavik (1 hr)

Coach transfer from Reykjavik (1 hr) to NLFI Spa and Medical Clinic

<http://www.heilsustofnun.is/>

Check in to NLFI clinic

Lunch at NLFI

Afternoon walk and open swim

Dinner at NLFI

**Day 2 (5/12) Sunday: Golden Circle Tour**

8-9am: Breakfast at NLFI

9am: Depart for day long guided tour by Iceland Activities of the Golden Circle and Þingvellir National Park, Laugarvatn Fontana, Gullfoss Falls, Stokur Geysir, Selfoss  
(Picnic Lunch provided by Tour Company)

6pm: Arrive back at NLFI

6-7pm: Dinner at NLFI

*(Activity level: Three 30-60 minute walks; optional swim; longest time in the bus = 1 hr at a time)*

**Day 3 (5/13) Monday: Welcome to NLFI**

8-9am: Breakfast at NFLI

9-10:30am: Introductions to NFLI Directors, Tour of Facility and History Room

11-12noon: Daily walk/hike: 3 different distances offered  
12-1pm: Lunch at NFLI  
1:30-2:30pm: Aquatic exercise class  
3-3:30pm: Afternoon tea at NLFI  
4-5pm: Discussion on Health Care system in Iceland  
5-5:45pm: Mindfulness session  
6-7pm: Dinner at NLFI  
7-8pm: Presentation on “Vermont” by OLLI participants

**Day 4 (5/14) Tuesday: Meet the Mayor and evening History Talk**

8-9am: Breakfast at NLFI  
9-10am: Mindfulness and imagination therapy discussion with Dr. Hardule, MD  
10-11am: Yoga class  
11-12noon: Daily walk/hike: 3 different distances offered  
12-1pm: Lunch at NLFI  
*(Individual sessions offered today during regular afternoon programming, for those going on the Warm River Hike on Thursday afternoon)*  
1:30-2:30pm: Balance class  
3pm: Meet the Mayor of Hverageroi for afternoon tea and discussion  
5-5:45pm: Mindfulness session  
6-7pm: Dinner at NLFI  
7:30-8:30pm: Meet to walk into town (10-12 min walk) with Local Historian to learn about this region of Iceland, Elves, Trolls and other Folklore

**Day 5 (5/15) Wednesday: Blue Lagoon and Reykjanes Peninsula**

8-9am: Breakfast at NLFI  
9am: Depart for the Blue Lagoon  
10am: Energy Plant Tour  
11-12noon: Bridge between continents walk (15-20 min walking each way)  
12-1pm: Picnic lunch (provided by NLFI)  
1-3:30pm: Swim in Blue Lagoon  
4-5pm: Bus ride back to NLFI  
6-7pm: Dinner at NFLI

**Day 6 (5/16) Thursday: Clinic and optional warm river hike for the afternoon**

8-9am: Breakfast at NLFI  
9-10am: Energy Tour of NLFI  
10-11am: Group dance class  
11-12noon: Daily walk/hike: 3 different distances offered  
12-1pm: Lunch at NLFI  
1-5pm Optional: Warm River Hike OR  
1-5pm: Scheduled individual treatments (acupuncture, massage, mud or herbal bath)

5-6pm: Mindfulness class

6-7pm: Dinner at NLFI

7:30-8:30pm: Local musicians perform Icelandic Music Concert (or Friday)

**Day 7 (5/17) Friday: Morning at NLFI; Afternoon Adventure**

8-9am: Breakfast at NLFI

9-10am: Nutrition discussion on food served at NLFI

10-11am: Healthy sleep discussion

11-12noon: Relaxation class in the pool

12-1pm: Lunch at NLFI

1pm: Tour by Iceland Activities short hike or walk see Gjáinn and the rebuilt farm Stöng

6-7pm: Dinner at NLFI

**Day 8 (5/18) Saturday: Depart for the US**

8-9am: Breakfast at NLFI

10am: Coach transfer to Reykjavik; transfer from Reykjavik to Keflavik Airport

Late afternoon flight back