



Vik, Iceland's most southerly village

## Medical and Dental Study Tour to Iceland

15 – 24 May 2021

*“There was not one place I didn’t fully embrace with all my heart. I can’t think of a journey that has been better prepared or went better than this. I’d do it again any time.”*

Fredericke Eusterbrock, Midwifery in Iceland, May 2019





The dramatic mountainous landscapes of Iceland

**Iceland is a magical island humming with energy and natural phenomena that turn everyday experiences - a walk, a drive, a dip in a pool - into something that will take your breath away. Its beauty comes from a vast volcanic landscape where mighty forces shape the earth; geysers and glooping mudflats, rumbling volcanoes swathed in ice and glaciers grinding their way through mountains. Its rich cultural life encompasses a literary legacy that stretches from medieval sagas to contemporary thrillers by way of Nobel Prize winners, as well as live music and Nordic style.**

As well as its wonderful culture and landscapes, the local people are welcoming and creative and have a progressive, egalitarian sensibility. Experience the beauty and culture of this remarkable island while gaining insight into its universal healthcare system, which also has a strong holistic focus. The healthcare system is largely paid for by taxes (and to some extent by service fees) and is administrated by the Ministry of Welfare. A considerable portion of government spending is assigned to healthcare. There is almost no private health insurance in Iceland and no private hospitals. In contrast to general healthcare, however, almost all dental care is paid for.

## Tour Leaders

**Dr Nathalie Richard** is a consultant in emergency medicine with several years' experience. Nathalie is also a member of the Royal College of General Practitioners, has worked in a multidisciplinary dental and medical centre in Harley Street and regularly teaches emergency medicine to dentists.

**Tim Sunnucks** is on the specialist register in endodontics and lectures and runs courses on endodontics and restorative dentistry. Tim is a member of various organisations including The British Society for Restorative Dentistry, The British Endodontist Society and the International College of Dentists.

Natalie and Tim will be accompanied throughout the tour by the experienced national guide, **Margrét Unnur Sigtryggisdotti**. Margrét has accompanied several of our tours in Iceland



and is extremely knowledgeable and popular with the groups. She is also as being a prenatal yoga teacher, a nurse and midwife, working at Landspítali, the biggest hospital in Reykjavík, and at the hospital in Selfoss. Margrét has always had a great passion for geology and the history of Iceland and has worked as a guide for the last five years.

*“Tour went so smoothly thanks to Margrét, our tour guide. I really enjoyed this tour.”*

Cath Robinson, Midwifery in Iceland, May 2019

Dettifoss Waterfall – one of the mightiest in the world



2 nights Reykjavik – 2 nights Akureyri – 1 night Egilsstaðir – 1 night Höfn – 1 night Vik  
– 1 night Selfoss – 1 night Reykjavik



## Day 1: Reykjavik (Sat, 15 May) **D**

**Pm:** Arrive in Reykjavik, the world's most northerly capital, and check into the Exeter Hótel Reykjavik. The city combines colourful buildings, quirky, creative people, striking design and a richly cosmopolitan feel with its excellent museums and art, food and vibrant nightlife. Settle in at your leisure.

**Eve:** Walk to a local restaurant for dinner with the tour leader and group.

## Day 2: Reykjavik (Sun, 16 May) **B D**

**Am:** Meet your local guide and take part in a city sightseeing tour. Learn the background to the history, culture and society of Iceland.

**Pm:** Visit Thingvellir National Park, the site of the country's first parliament, set in dramatic scenery.

**Eve:** Walk to a welcome dinner at a local restaurant.

## Day 3: Reykjavik / Akureyri (Mon, 17 May) **B D**

**Am:** Visit the National University Hospital, Landspítali - Iceland's biggest hospital.

Landspítali's role is threefold – patient care, teaching and training and scientific research. Hear a talk providing background to health care and medicine in Iceland and take a short tour of the hospital. Continue to the holistic rehabilitation centre of Reykjalundur, which started life as a work centre for tuberculosis patients, and learn about the organisation's history and rehabilitation in Iceland.

**Pm:** Visit the Grábrók Crater. Drive to Akureyri on the north coast - the second biggest town in Iceland, although its population is less than 20,000. This vibrant, friendly town belies its small size with buzzing cafes, quality restaurants and late night bustle, with summer flowerboxes, trees and well-tended gardens making it easy to forget that it's a mere stone's throw from the Arctic Circle.

**Eve:** Check into Icelandair Hótel Akureyri and have dinner.

## Day 4: Akureyri (Tues, 18 May) **B D**

**Am:** Meet doctors at Akureyri's multidisciplinary hospital the next morning, which serves north and east Iceland, and take a tour OR visit Akureyri Dental Clinic and meet with dentists.

**Pm:** Take a sightseeing tour of Akureyri.

**Eve:** Dinner at a local restaurant

## Day 5: Akureyri / Egilsstaðir (Wed, 19 May) **B D**

**Am:** Drive to the dramatic east of Iceland through some of the most spectacular scenery on the planet. Visit Goðafoss waterfall – one of the largest in Iceland, known as the Waterfall of the Gods - as well as Skútustaðagíar, Dimmuborgir and Hverarönd. The drive will take you through the changing landscapes of northeastern Iceland to the east coast, from stunning waterfalls to lava fields and

lakes. Continue to to the dramatic scenery of Mývatn, where you have the option to bathe in a geothermal bath, following a centuries-old tradition that begins with a relaxing dip amidst clouds of steam rising up from a fissure deep in the Earth's surface, and ends with a swim in a pool of geothermal water drawn from depths of up to 2,500 metres. Containing a unique blend of minerals, silicates and geothermal microorganisms, the water is reputed to have health giving properties.

**Pm:** Drive to and see the dramatic glacial canyon of Ásbyrgi, known as the Shelter of the Gods. Continue to awe inspiring Dettifoss Waterfall, one of the most powerful in the world.

**Eve:** Continue to the far eastern fjord town of Egilsstaðir and check into Hótel Hérað.

#### **Day 6: Egilsstaðir / Höfn (Thurs, 20 May)** B D

**Am:** Drive to Seyðisfjörður and visit the small rural Health Center Seyðisfjörður.

**Pm:** Drive to Stöðvarfjörður on the east coast to visit Petra's extraordinary private stone collection and garden. Arrive in Höfn and check into Hótel Höfn before exploring this attractive village

**Eve:** Dinner at the hotel.

#### **Day 7: Höfn / Vik (Fri, 21 May)** B D

**Am:** Head out to visit the spectacular glacial lagoon of Jökulsárlón, a birdlife-rich glacial lagoon where wind and water sculpt icebergs into otherworldly shapes (boat trip optional).

**Pm:** Continue along the coast and see the many glacial tongues and one of Iceland's largest ice-covered volcanoes, Öraefajökull Glacier. Stop off at the Skaftafell National Park where you can walk to the waterfall of Svartifoss, one of Iceland's most popular sights due to its distinctive hexagonal black basalt columns beneath a 20m tall waterfall. Continue to Reynisfjara Beach. Arrive in Iceland's most southerly village, Vik, and spend the night in a beautiful

coastal setting in Hótel Katla.

**Eve:** Dinner at the hotel with the option to take a swim in the outdoor geothermal pool.

#### **Day 8: Vik / Seljalandsfoss (Sat, 22 May)** B D

**Am:** Depart Vik and head to the great lands of the south. Here the landscapes forged from fire and ice become wonderfully jagged, with spectacular waterfalls and vast glaciers cutting their way to black sand beaches. Drive along the south coast of Iceland to Dyrhólaey and visit Skógafoss waterfall.

**Pm:** Visit the tiny village of Skógar and visit Seljanlandsfoss, one of Iceland's great waterfalls. Visit Sólheimar, a world renowned sustainable community known for its artistic and ecological credentials, where about 100 people live and work together. Continue to Kerið Crater, where a vivid blue lake sits within a caldera surrounded by rare red volcanic rock. Option to enter and walk around the rim.

**Eve:** Arrival Hótel Selfoss and option to use the riverside spa. Dinner at the hotel.

#### **Day 9: Seljalandsfoss / Reykjavik (Sun, 23 May)** B D

**Am:** Depart Selfoss and visit NLF Spa and Medical Centre Hveragerði, a specialised medical rehabilitation based on holistic treatment of diseases and injuries.

**Pm:** Vist the roaring Gullfoss Waterfall and Strokkur Geyser, spurting hot water and steam 30 metres into the air. Continue to Reykjavik and check into Hotel Exeter and at leisure.

**Eve:** Transfer to Fjörukráin restaurant for a farewell dinner with the group.

#### **Day 10: Reykjavik (Mon, 24 May)** B

**Am:** Depart Reykjavik.

*“Outstanding experience overall.”*



Reykjavik

## Hotels

You will be staying in good quality, mid range hotels. In Scandinavian style hotels, rooms tend to be simple but comfortable. Hotel names are listed in the itinerary and full hotel details will be sent with your joining instructions.



Beautiful Asbyrgi Canyon

## Iceland facts

- Every year since 2008, Iceland has been ranked as the world's safest country in the Global Peace Index (The Institute for Economics and Peace).
- The national flag (blue with a red cross outlined in white) represents red for volcanic fire, white for snow and glaciers, and blue for Iceland's vivid skies.
- Iceland was the last country to be settled in Europe, through migration from Scandinavia and the British Isles, in the ninth and tenth century.
- There are fewer than three inhabitants per square kilometre and 11% of the country of Iceland is covered by glaciers.
- Iceland went through a prohibition of beer which began in 1915 and ended in 1989 after a referendum vote by the population. Now, every March 1st, the country celebrates "Bjórdagurinn" or "Beer Day", commemorating the end of the 74-year beer ban.



Strokkur Geyser (top); Skógar River, south Iceland (above)

**Ground only price is  
USD \$4,193 per person  
(not including international  
flights and airport transfers)**

**The cost includes:**

- 9 nights' accommodation in mid-range hotels

**Single supplement: USD \$770**

- Meals as per the itinerary
- Tour leaders (Dr Nathalie Richard and Tim Sunnucks)
- Comprehensive briefing notes
- A full programme of professional visits and cultural tours as per the itinerary
- Admission fees where applicable
- An English-speaking national guide
- All transport in Iceland

**The cost excludes:**

- Meals not mentioned
- All personal extras such as tips, portorage, laundry, inoculation fees and drinks
- All optional excursions, tours and visits
- Travel insurance and visas (if applicable)
- International flights and airport transfers

## Flights

International flights are not included in the cost of the tour but we can assist in booking them for you. If you would like a flight quote, please do let us know.

### Airport Transfers

Private transfers or taxis can be very expensive in Iceland. We suggest that participants book themselves onto the Fly Bus service that operates from the airport and drops off at selected hotels. Details about this will be with your pre departure notes and/or joining instructions, but feel free to get in touch.

## About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Local girl with an Icelandic horse (top); Godafoss Falls;  
Local puffins; Svartifoss Falls (above)



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