



# Light up your Soul Retreat Iceland

*with Cheryl Aarts @ Willow Roots*

*Dance among the northern lights & all the  
powerful elements to awaken &  
enlighten your soul.*

*October 1-7<sup>th</sup>, 2026*

Golden Circle ~ Waterfalls ~ Tectonic Plates ~ Strokkur Geysirs ~ Myrdalsjokull  
Glacier ~ Fagradalsfjall Volcano ~ Sky Lagoon Geothermal Spa ~ Museums ~  
Icelandic Horses ~ Vidgelmir Lava Cave ~ Kerid Crater ~ Black Sand Beaches ~  
Northern Lights ~ Glacier Lagoon Boat Ride ~ Ice Cave

## DAY 1: THURSDAY, OCT 1ST

### ARRIVAL TO ICELAND ~ OPENING CIRCLE

As you arrive to the land of ice & fire, begin to feel the energy of Iceland stirring within you. As you settle into your hotel, take time to rest and prepare for the journey ahead. In the early afternoon, we travel to the unique and character filled streets of downtown Reykjavik, to stroll and explore the Nordic culture of Iceland's largest city. After dinner, we gather for our *Opening Circle*, where we will set our intentions and create the container for our week together.

(Dinner)

(Overnight in Reykjavik)

## DAY 2: FRIDAY, OCT 2<sup>ND</sup>

### EXPLORING THE GOLDEN CIRCLE

Today we embark on a soulful journey around the iconic Golden Circle of Iceland. This journey takes us to many of earth's fascinating natural phenomena. We start our journey with the mysterious *Kerid Crater*, where the creation of the crater is still unknown. We travel further north and get up close to the powerful energy of the *Gulfoss Water Falls*. Here we can feel the rush of the water as it cascades over the rocks into a magnificent display of mist. Next, we experience the pressure and heat from the *Strokkur Geysers*. Eruption from one of the geysers happens every 6 to 10 mins with height up to 20 metres! *Fredheimar Greenhouse* is where we stop for lunch, for not only incredible homemade soup & bread, but to see and experience lunch within the Greenhouse and later a stable visit to see and connect with authentic *Icelandic Horses*. We finish our journey around the circle at *Thingvellir National Park*, where we can walk between two worlds of the North American Tectonic Plate and Eurasian Tectonic Plates.

(Breakfast, Lunch, Dinner)

(Overnight in Reykjavik)

## DAY 3: SATURDAY, OCT 3RD

### EXPLORING THE SILVER CIRCLE: LAVA CAVE & WATERFALLS

Today we gear up and take an unforgettable journey into Iceland's largest *Lava Cave at Vidgelmir*. During this safely, guided tour, we learn about Vidgelmir's creation and how the immense forces from the volcano shaped this land. Although waterfalls are abundant in Iceland, they are all truly unique....visually and energetically and today we get to experience two very unique waterfalls at *Hraunfossar & Barnafoss*. We finish our day in complete relaxation as we unwind in the geothermal spa at *Sky Lagoon*.

(Breakfast, Lunch, Dinner)

(Overnight in Reykjavik)

## DAY 4: SUNDAY, OCT 4<sup>TH</sup>

## FIRE & ICE

Today we hike to the Lava Fields at *Fagradalsfjall Volcano* and offer our gratitude to the fire goddess who created this island. Fagradalsfjall is a rare & active tuya (flat topped, steep-sided) volcano 40 kms from Reykjavik. It's eruptions over the past 4 years have changed the landscape in this area. From Fire to Ice. The *Perlan Museum* in Iceland takes us through an authentic ice cave that was created from real ice caves in Iceland. At Perlan we learn more about the rich history and culture of this incredible land as we experience more of the natural wonders, including a spectacular northern lights show. The museum also offers a great view of the landscape and city from the observation deck.

(Breakfast, Lunch, Dinner)  
(Overnight in Reykjavik)

## DAY 5: MONDAY, OCT 5TH

### GLACIER LAGOON & DIAMOND BEACH

Today we embark on a journey up the east coast of Iceland to experience water in many of it's forms. Our first stop is to the magical waterfall of *Seljalandsfoss*, where walking behind the falls creates a whole other magical experience. Further up the coast, we will enjoy a peaceful boat ride through *Glacier Lagoon at Jukulsarlon Glacier*, where we glide amongst the floating icebergs. Seals love to swim and play in the waters of the Lagoon, so if we are lucky, we may find seals swimming in the waters along side these massive chunks of glacier ice. Across from the Lagoon is a great place to get up close for pictures with pieces of the glacier as they make their way to the black sand of *Diamond beach*. As we make our way back along the coast, we will rest for the evening in *Vik*.

(Breakfast, Dinner)  
(Overnight in Vik)

## DAY 6: TUESDAY, OCT 6TH

### SOUTHEAST ICELAND

Today we journey our way back to Reykjavik, which includes an incredible amount of adventure. We begin our journey at *Reynisfjara Beach*, which is world famous for its black volcanic sand, powerful ocean waves, stunning basalt columns and large rock formations. Next, we venture up, to *Dyrhólaey Lighthouse* for incredible views of the ocean and surrounding landscape with arched rock formations. As we continue south, we step back in time as we enter the *Skogar Museum*, to see the rich culture and history of Iceland, including authentic Icelandic homes. Immersed within antique displays in the museum, *Freya Café* offers us a unique lunch experience, as we nourish our bodies before continuing our journey. This quaint little town of *Skogar* offers so much, including not one, but two incredible waterfalls at *Skogafoss* and *Kvernarnafoss*, both unique and beautiful. We finish our day at *Selfoss*, as we nourish our bodies once again for dinner before arriving back to Reykjavik for well deserved rest & relaxation.

(Breakfast, Lunch, Dinner)  
(Overnight in Reykjavik)

#### DAY 7: WEDNESDAY, OCT 7<sup>TH</sup> DEPARTURE DAY

Today as our journey draws to a close, we say farewell to the enchanting land of Iceland. Our hearts are full and our memories abundant. With new found friendships and connections, we hold our final ceremony and *Closing Circle*, knowing that we take home with us all that we received from this journey.

(Breakfast)

*Itinerary is subject to change due to weather conditions or  
circumstances beyond our control.*

#### What's Included:

- ✎ Zoom Call Meet & Greet and Intention Meditation Journey (1 Month Prior to Departure)
- ✎ Pick up at the airport, if arriving in the morning of Thursday, October 1st
- ✎ Welcome Dinner
- ✎ 7 Night's Accommodations (Includes arrival morning for early check-in)
- ✎ Transportation by private coach during the Retreat
- ✎ Meals as specified in the Itinerary (See Above)
- ✎ Entrance fees to Sites: Perlan Museum, Skogar Museum, Waterfalls, Lava Cave, Sky Lagoon Geothermal Spa, Glacier Lagoon Boat Ride, Horse Stable
- ✎ All taxes, fees, and service charges associated with the package

#### What's Excluded:

- ✎ International airfare to Reykjavik
- ✎ Cost to obtain a valid Passport & Travel Visa
- ✎ Cancellation or Medical Insurance
- ✎ Meals and beverages not specified in the package
- ✎ Personal expenses such as souvenirs, laundry, and telephone calls
- ✎ Optional activities or excursions not included in the itinerary
- ✎ Additional transportation or transfers not specified in the itinerary
- ✎ Entrance fees to attractions or sites not included in the tour package
- ✎ Any additional accommodations or services beyond what is outlined in the tour package
- ✎ Return Transportation to Airport (Return Transportation may be provided if date & time are aligned – please check with Cheryl)

### Hotels & Accommodations:

- ✎ 6 nights at Blue Mountain Apartments (Reykjavik) or Similar
- ✎ 1 night at Hotel Burfell (Vik) or Similar

### Flights & Airport Transfers:

- ✎ Flights are available from all over the world to the nearest airport which is **Keflavik Airport (KEF)**. Flights are not included in the Retreat Package. You are responsible for booking your own flight. It is recommended to book your flights through Forest Travel Service [www.foresttravelservice.com](http://www.foresttravelservice.com) (519) 786-2319
- ✎ It is advised to have your flight arrive on the morning of October 1<sup>st</sup> - which is the typical arrival time for most flights from Toronto to Iceland. Please contact me as soon as possible if you wish to fly into Iceland a day earlier, as you will need extra accommodations (extra expense).
- ✎ I will be picking up participants from the Airport on the morning of October 1<sup>st</sup> at no additional charge. If you are coming in earlier or later in the afternoon, you may need to book an airport transfer.
- ✎ **Airport Transfer (Flybus)** - Tickets are available on their website, at the airport, and on board Flybus. They service every arriving flight, and are scheduled to depart 35-45 mins after every arrival. The bus stop is located just outside the terminal area. Cost is approximately \$40-50 CAD. You will arrive at BSI Bus Terminal in downtown Reykjavik. I will pick you up from the bus Terminal.

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### Meals

- ✎ All Breakfast meals are included in this retreat.
- ✎ Food prices in Iceland are quite high and continue to go higher each year. In an effort to keep the price of this Retreat reasonable, some lunches & some dinners are included, while some are not. See Itinerary to see what is included.
- ✎ Our accommodations in Reykjavik are located across the street from a grocery store, bakery & 2 restaurants
- ✎ **Optionally** you can bring your own snacks if you like.

Exchange: All prices below are listed in CDN Dollars.

- ✎ **Double (Shared) Room Early Bird Price:** \$5,655.00 CDN (Discount of \$344)
  - ✎ **Double (Shared) Room after 31st January, 2026:** \$ 5,999.00 CDN
- \*\*\*\*Please note that in the event that we are unable to pair you up with a roommate, you will be responsible to pay the additional exchange for the single supplement.\*\*\*\*

- ☞ **Single Room Supplement:** \$1,144 CDN (Please note: *The Single Room Supplement applies ONLY for those who would like to secure a private room throughout the tour and for those we are unable to secure a roommate for.*)
- ☞ **Deposit:** A non-refundable deposit of \$655.00 CDN is required to secure your registration.

**Payment Plan:**

\$655.00 CAD ~ Deposit – Due at Registration  
\$2,672.00 CAD (\$2,500.00 for Early Bird) ~ Second Payment – Due 31 March 2026  
\$2,672.00 CAD (\$2,500.00 for Early Bird) ~ Final Payment – Due 31st May 2026

**Payments:**

Payments will be made to Forest Travel Services and can be made via Cash, Certified Cheques payable at BMO Branch, or Credit Cards. Once registration has been received, you will receive an email (within 3-5 business days) with all the payment details and links.

**Roommates:**

We will be happy to try to find a suitable roommate for those who are traveling alone and would like to share a twin-bedded room. An early registration will facilitate the possibility of your being matched with a roommate. **In the event that we are unable to pair you up with a roommate, you will be responsible to pay the additional exchange for the single supplement.**

**NOTE:** *The pricing is current and correct at the time of postings here on our website.*

*Should any increases occur due to suppliers increasing their prices, the amount of the increase will be passed on to the client, with no added commission for Willow Roots (Cheryl Aarts).*

**Cancellation Policy:**

- ☞ If any participant cancels 120-150 days prior to the arrival, they will be charged a \$500 CDN cancellation fee.
- ☞ If any participant cancels 90-120 days prior to the arrival, they will be charged a \$1000 CDN cancellation fee.
- ☞ If any participant cancels 0-90 days prior to arrival, they will be charged the full payment of the package with no refund.
- ☞ If a participant cancels and they are able to find a suitable replacement for the trip, cancellation fees will be waived.

**Registration Link:** <https://forms.wix.com/r/7313293193431220434>

## PASSPORT REGULATIONS

- ☞ All passports MUST be valid for at least 6 months from arrival date.

## VISA REQUIREMENTS

It is expected that a travel visa will be required for travel into Iceland in 2026. Process and details have not yet been confirmed and will be provided as soon as that information becomes available from the Icelandic Government. Please note that there may be an added expense to procure your travel visa.

## Weather Information

- ☞ The Weather in Iceland is constantly changing, so be prepared for sun, wind, snow, and rain. The temperature ranging from 6-10C. Its good to have solid weather proof hiking boots, and a warm rain proof jacket and pants. A simple rain poncho is also advised.
- ☞ Please note that the itinerary may change due to weather conditions as road closures are common in Iceland.

## What To Bring

**For clothes:** waterproof rain jacket & pants, waterproof hiking boots, rain poncho, warm hat, scarf, gloves, wool socks, swimsuit and lots of warm layers. There is a washer & dryer available during our stay in Reykjavik

**Other items:** sleep mask, ear plugs, journal, pen, and hygiene products.

Umbrellas may seem like a good idea, but they tend to be useless in the strong Iceland winds.