

Worldwide Trek: Iceland Edition

JUNE 24-JUNE 29, 2020



Cystic Fibrosis
Fibrose kystique
Canada

Another epic trek!

IMPORTANT DATES & INFORMATION

× REGISTRATION

To register please email
worldwidetrek@cysticfibrosis.ca

× DATE OF THE CHALLENGE

June 24 to June 29, 2020
Reykjavik, Iceland

× COST OF TRIP

\$1,975 (two payments: Deposit \$650 +
balance \$1,325)
Plus flight to Reykjavik, Iceland
Minimum fundraising effort of \$5,500

× MINIMUM AGE

Participants must be at least
16 years old to join the trip

× EXCLUSIVE TRIP

Open to participants raising funds
for CF Canada

**For any questions please contact
The Worldwide Trek Team at;**

✉ worldwidetrek@cysticfibrosis.ca

✉ 1-800-378-2233

Please note that in accordance with Cystic Fibrosis Canada's Infection Prevention and Control guidelines, one individual with cystic fibrosis can attend The Worldwide Trek: Iceland Edition. For more information on the guidelines, please visit www.cysticfibrosis.ca/about-cf/living-with-cystic-fibrosis/infection-prevention-and-control

Every year Cystic Fibrosis Canada's (CF Canada) largest fundraising event, The Walk to Make Cystic Fibrosis History, takes place in over 70 communities across Canada.

In 2019, CF Canada joined forces with a dedicated group of 60 supporters and completed the first international trek at Machu Picchu, Peru. Due to the overwhelming success and enthusiasm, we have decided to host yet another epic international adventure in 2020!

Please join us for the The Worldwide Trek: Iceland Edition taking place June 24, 2020 – June 29, 2020.

Participants will **fundraise specifically for CF Canada**, and alongside walking in their local communities, they'll join an exclusive group of CF Canada fundraisers on the trip of a lifetime across the Southern Highlands through one of the most actively volcanic areas in Iceland.

» FUNDRAISING

Participants must meet a minimum fundraising goal of \$5,500. \$3,500 must be reached by April 15th to be eligible for the trek, with the remaining \$2,000 raised by December, 2020. Our CF Canada fundraising coach will support participants in their fundraising efforts with access to fundraising platforms to send and request donations via email and Do-it-Yourself fundraising kits that include fundraising tips and ideas.



**Machu Picchu
2019**

HOW MUCH DOES IT COST?

The total cost for the six (6) day trek is \$1,975 + flight to Iceland. Each participant is required to pay a \$650 deposit upon registration. The remaining \$1,325 is to be paid 10 weeks prior to departure. Should your group bookings reach 15-23 participants you will be invoiced \$50 less on your final invoice. If your group reaches 24 or more bookings, you will be invoiced \$150 less on your final invoice.

Participants are responsible for arranging their own travel.

With the support of a CF Canada fundraising coach, each participant must meet a minimum fundraising goal of \$5,500. In order to be eligible to travel, \$3,500 must be raised by April 15th, with the remaining balance of \$2,000 raised by December, 2020. A donation platform is available and all donors giving \$20.00 or more will automatically receive a tax receipt.

WHAT IS INCLUDED?

All accommodations are included. Accommodations consist of two nights (one at the beginning and one at the end) in centrally located hotels with two people per room. There will be three nights of camping in spacious two person dome tents. Single accommodations can be arranged for an additional fee.

Three meals per day (unless stated otherwise in the itinerary) are included. Breakfast typically includes porridge, fruit and tea/coffee. Lunches are served buffet style and consist of fruit and sandwiches. Dinner includes a soup, main course and a dessert. Vegetarian options are provided. Coffee and tea will be supplied throughout and plenty of drinking water will be available to keep you hydrated.

ALSO INCLUDED IN THE COST OF THE TRIP:

- All ground staff including guide, drivers, porters and cooks
- Full back-up support including first-aid qualified staff and first-aid supplies
- Internal road transfers
- Warm up exercise routines
- 16 and 20 week trek training schedule and fitness training notes
- Itinerary, equipment list, Q&As, health notes, travel tips
- A Cystic Fibrosis Canada Fundraising coach
- An online donation platform is available and all donors giving \$20.00 or more will automatically receive a tax receipt

To ensure we are keeping up with you and all that you do to raise awareness and funds for CF Canada, we have partnered with Donna Dowsett and Joe Orecchio from Road Ahead Meetings & Events Inc.

Joe and Donna are here to support with all things Iceland 2020, don't be afraid to reach out to say hello at worldwidetrek@cysticfibrosis.ca

NEXT STEPS

1. To register please email worldwidetrek@cysticfibrosis.ca
2. Have your deposit of \$650.00 ready
3. Get excited to fundraise with the help of your Cystic Fibrosis Canada fundraising coach
4. Start training and pack your bags!



For information regarding sponsorship opportunities for the Worldwide Trek: Iceland Edition, please contact the Worldwide Trek Team at worldwidetrek@cysticfibrosis.ca

ITINERARY

→ REYKJAVIK ° LANDMANNALAUGAR ° ÁLFTAVATN ° ERMSTRUER ° THORSMÖRK ° REYKJAVIK

DAY 1: Arrive in Reykjavik

First night stay will be in a local hotel in Reykjavik. You will have an opportunity to meet the rest of your team and will receive further details as you begin your journey

DAY 2: Transfer to Landmannalaugare to start of trek

You will transfer (4 to 4 ½ hours) by bus to the Southern Highlands about 240 km east of Reykjavik. There will be a refreshment stop en-route – the last shop you will see for several days! You will pass by the lower slopes of Hekla, Iceland's most famous volcano which last erupted in 2000. The area around Hekla is covered with a mix of lava fields and black pumice (dust). It looks like the lunar surface. After a further hour, you will arrive at Landmannalaugar where you will camp for the night. Before you turn in, you will have the opportunity to bathe in the hot springs in the area.

DAY 3: Landmannalaugar to Álftavatn (24km)

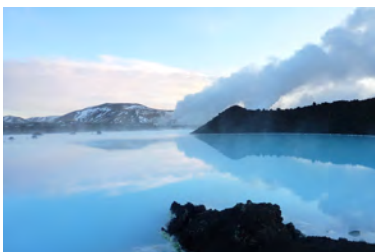
The following morning, you will wake up early and after breakfast, will start your hiking expedition. Today is an extremely challenging first day. You will climb the rhyolite, cross lava fields, pass steaming vents, and finally cross the snow fields as you wander these high lonely hills. Finally, you will have a long downhill descent over loose stone, finishing with a river crossing to Álftavatn, a huge volcanic lake where you will camp overnight.

DAY 4: Álftavatn to Ermstrur (14km)

The scenery will change as you leave the rhyolite and enter a glacial area with fast running glacial streams off the Myrdalsjökull Icecap with steep deep gorges. You will trek across 'Sahara Like' passes and hills to the Ermstrur hut. This signifies the end of your day.

DAY 5: Emstrur to Thorsmörk and transported back to Reykjavik (15km)

Completing the journey today, you will cross more rivers and have views of the amazing Markarfljót gorge and the bridged Ljorsa fissure. The distance walked today will be approximately 15 km, making the total distance walked about 58 km. The trek ends with a long steep drop into the main valley of Thorsmörk, which is surrounded by giant glaciers and raging rivers. It is regarded as one of Iceland's most well known beauty spots. An hour later you arrive at your final destination where you can start to celebrate your achievements and marvel at the spectacular scenery all around. From Thorsmörk you will be transported back to Reykjavik (about 3½ hours). Where we will continue to celebrate your accomplishments together! Overnight hotel in Reykjavik.



DAY 6: Reykjavik, the Blue Lagoon & return to Canada

For your last morning you will have some time to stroll around Reykjavik before being transported to the famous Blue lagoon - one of Iceland's pools of pure, mineral-rich, geothermal seawater. After which you will be head to Keflavik airport where your trip comes to an end.

****The itinerary is a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on.****

Optional Extensions:

There will be optional extensions for those wishing to stay on beyond the Team dates.