



JULY 30–AUGUST 7, 2017

ICELAND

PRESENTED TO THE STAFF OF MAYO CLINIC ROCHESTER, SCOTTSDALE, JACKSONVILLE & MAYO HEALTH SYSTEMS



ICELAND

GRUNDARFJORDUR

REYKJAVIK

VÍK

ITINERARY

DAY 1: SUNDAY, JULY 30

DEPART USA

Set out on a journey full of dramatic contrasts. Discover Iceland, a land forged by fire and ice. Steaming lava fields reflect a volcanic nature. Massive glaciers sculpt mountains and valleys, leaving thundering waterfalls and plunging fjords.

DAY 2: MONDAY, JULY 31

REYKJAVIK

Begin in the capital city of Reykjavik. Join a local expert for a walking tour of the city's old section featuring Hallgrímskirkja church, city hall, the harbor and Reykjavik's oldest building, home of the Kraum Icelandic design center. Tonight, gather with your fellow Mayo Clinic travelers for a sumptuous Icelandic dinner at a popular local restaurant. (D)

DAY 3: TUESDAY, AUGUST 1

GOLDEN CIRCLE/REYKJAVIK

Travel the memorable Golden Circle, a route encompassing many of Iceland's most renowned natural wonders: waterfalls, glaciers, geysers, lava fields, and volcanoes. Begin at Thingvellir National Park, where Icelanders gathered in A.D. 930 to establish one of the world's first parliaments. Find yourself standing upon one of the globe's most geologically significant landscapes, Thingvellir's rugged rift valley. This UNESCO World Heritage site marks the crest of the Mid-Atlantic Ridge, the point where the North American and Eurasian tectonic plates meet. Next, marvel at the beauty of the Gullfoss (Golden Falls) waterfall, a stunning 100-foot double cascade. Stop at the famous thermal area of Geysir to admire the hot spring Strokkur's explosive vertical spout that reaches a height of up to 90 feet. Your day concludes with a visit to Friðheimar greenhouse cultivation



center to learn how the locals grow delicious, pesticide-free tomatoes and cucumbers with the aid of Iceland's geothermal energy. (B)

DAY 4: WEDNESDAY, AUGUST 2

GRUNDARFJORDUR

Experience the otherworldliness of the Snæfellsnes Peninsula. Take in the dramatic landscapes of black and white sand beaches, stunning cliffs, mountain peaks, volcanic craters, soaring waterfalls, rocky coastlines, intimate fishing villages, and its remarkable Snæfellsjökull glacier. This afternoon it's your choice! You may choose a guided Vatnshellir Cave tour* and descend 100 feet below ground to an 8,000-year-old lava tube, where you'll experience total darkness and see amazing rock pigments, lava formations, stalagmites, stalactites, and more. Or, perhaps you'd prefer to walk the lava field and put your camera to work snapping photos of nature's artwork of varying textures, colors and arrangements in this dramatic landscape. Next, we continue on and pause at Kirkjufell, acclaimed to be the most photographed mountain in Iceland. Your day concludes with a nature cruise in Breidafjörður Bay. Experience countless birds like puffins, cormorants, kittiwakes and the majestic white tailed eagle soaring amongst basalt rock columns. While cruising, try delicious fresh scallops and sea urchin roe straight from the ocean. Seafood simply doesn't come fresher than this! (B, D)

***Optional Included Tours (you may select one):** Explore the continuous flowing beauty of lava fields that cascade along the coastline. With a locally trained guide, learn about the geography of Iceland's unique basalt formations while admiring the beauty of their black sand and pebble beaches. Put your camera to work snapping photos of the natural array of textures, colors and arrangements varying from the dramatic rocky coast, flowing lava fields, basalt sand beaches, moss-like vegetation, Icelandic sea birds and seal-spotting.



Or, enjoy a guided tour of an 8,000-year-old lava tube. Descend into the rock formation with a locally trained expert and discover the cave. Accompanied by a guiding rope, provided helmet and flashlight, join your fellow travelers on a truly unique Icelandic adventure. (Please note that sure footing and balance are highly suggested to join this tour. The Vatnshellir Cave tour is not recommended for guests who are claustrophobic or have back or knee problems.

columns and cliffs scattered with caves and rich bird life including the fulmar, black guillemot, razorbill, gannet and various types of seagulls. Later, see the unique natural rock formations at Dyrhólaey. (B, D)

DAY 5: THURSDAY, AUGUST 3 GRUNDARFJORDUR/VÍK

Embark on a true Icelandic cultural adventure as you spend time with a family that keeps alive a 400-year-old tradition of catching and preserving Greenland shark. See the fishing boat utilized by their grandfather; the tiny farmer's church; and explore the museum to learn more about Iceland's deep relationship with this trade. Before leaving, taste "hakare," cured shark meat. Continue the adventure traveling Iceland's south coast. Learn about geothermal renewable energy with a visit to Hellisheiði, the largest power station in Iceland and the second largest geothermal power station in the world. Make a picture stop at Waterfall Seljalandsfoss, one of few waterfalls providing you with a walkway for views from the inside out. Arrive in Vík, Iceland's southernmost village and one of the most visited sites in Iceland. (B, D)

DAY 6: FRIDAY, AUGUST 4 VÍK

Drive along the scenic south shore to Eyjafjallajökull Volcano Visitor Center. Learn about a family's struggle to adapt during and following the dramatic 2010 eruption of the infamous Eyjafjallajökull Volcano that brought European flights to a halt. Visit Skogar Museum which contains an outstanding collection covering all aspects of Icelandic life, including farm and domestic artifacts, as well as turf-built houses. Nearby is the impressive Skógafoss waterfall, one of the largest in Iceland. Then, view Reynisfjara, a black volcanic sand beach surrounded by basalt

DAY 7: SATURDAY, AUGUST 5 VÍK

Set sail among the huge icebergs in the picturesque scenery of Jökulsárlón Glacial Lagoon. Taste the 1,000-year-old ice and possibly see some seals. Later, stop at Skaftafell, gateway to Vatnajökull National Park, the largest national park in Europe. Marvel at the Alpine environment of Iceland's highest mountains and the Vatnajökull glacier, Europe's largest glacier. (B, D)

DAY 8: SUNDAY, AUGUST 6 REYKJAVIK

Choose how to enjoy your last day in Iceland! Perhaps you'll embark on a drive to the Reykjanes Peninsula, known for its rugged landscape, lava fields, numerous hot springs, and home to the Blue Lagoon; take a dip in the pleasantly warm, mineral-rich waters of the geothermal pool, located in the middle of a dramatic lava field. Or maybe you'd prefer to further explore the wonders of Iceland's waters during an informative whale watching adventure in the bay of Faxaflói; have your camera ready for minke and humpback whale sightings, along with white-beaked dolphins and harbor porpoises in their natural habitat. Later, gather with your fellow Mayo Clinic travelers for a local dining experience and share stories of your days in Iceland. (B, D)

DAY 9: MONDAY, AUGUST 7 RETURN HOME

Bid a final farewell to Iceland and transfer to the airport for our return flight home. (B)

REGISTRATION

Please sign me up for the Mayo Clinic tour of Iceland!

\$4,725 per person (\$4,890*)

*Price based on non-cash/check payment.

All prices quoted are per person, based on double occupancy and include all items listed under the Tour Inclusions.

Submit completed registration by fax to 612-866-9644 or email to mayo@carrouseltravel.com or mail with check payable to:

Carrousel Travel
Attn: Group Department
6625 Lyndale Avenue South, Suite 104
Minneapolis, MN 55423

Please include a photocopy of the first page of your passport.

Enclosed is:

- \$1,000 per person deposit for ____ people
- Full Payment (Due May 5, 2017)

Please bill my credit card:

- American Express
- Visa
- MasterCard

ACCOUNT # EXP. DATE CVV CODE

SIGNATURE

TRAVELER 1 NAME (legal name as it appears on your passport)

TRAVELER 2 NAME (legal name as it appears on your passport)

TRAVELER 1 NAME PREFERENCE (for name badge)

TRAVELER 2 NAME PREFERENCE (for name badge)

EMAIL

ADDRESS

CITY/STATE/ZIP CODE

HOME PHONE/CELL PHONE

AIRLINE SEATING PREFERENCE

- TRAVELER 1: Aisle Window Adjacent
TRAVELER 2: Aisle Window Adjacent

I have read and agree to the terms and conditions of this brochure.

SIGNATURE

FOR MORE INFORMATION

Please email: mayo@carrouseltravel.com
or call Sara or Vanessa at (612) 866-2503 or (800) 800-6508

TOUR INCLUSIONS

- Roundtrip economy-class air from Minneapolis/St. Paul (MSP)
- Roundtrip transfers between Rochester and MSP
- All transfers between airports and hotels
- Accommodations for 3 nights in Reykjavik, 1 night in Grundarfjordur, and 3 nights in Vik
- Guided sightseeing as outlined in the itinerary
- Daily buffet breakfast (B)
- Dinners (D) as outlined in the itinerary
- Services of an English-Speaking tour director and local guides

NOT INCLUDED

- Gratuity to tour director and driver(s)
- Airline fuel surcharges (if any)
- Baggage fees (if any)
- Items of personal nature
- Anything not listed under Tour Inclusions

MINIMUM OF 30 TRAVELERS REQUIRED FOR TRIP TO OPERATE.

TERMS & CONDITIONS

RESERVATIONS Reservations must be accompanied with a \$1,000 per person deposit and signed registration form. Payments can be made by check or credit card. Checks should be made payable to Carrousel Travel. Final payment is due May 5, 2017. A reminder notice will be sent prior to the final payment date.

CANCELLATIONS All cancellations must be received in writing and are subject to the following penalties. All deposits are non-refundable. Cancellations received prior to May 5, 2017 will be subject to a \$1,000 per person penalty. Cancellations received on or after May 5, 2017 will be subject to 100% penalty. Airline tickets are non-refundable once ticketed.

INSURANCE Carrousel Travel highly recommends travel insurance for your protection. We will provide an insurance application to all tour participants.

RESPONSIBILITY In offering these travel arrangements, Carrousel Travel (CT) acts as an agent for the sale of air transportation and other travel related services. CT takes great care in selecting its suppliers, but it does not control or guarantee personnel, equipment or operations of anyone furnishing accommodations, products or other services in connection with the travel arrangements. Therefore, CT is not able to assume responsibility for injury, damage, expense, inconvenience or any other loss experienced in connection with the travel or services. CT's control is limited to its own employees and it is responsible for the acts or omissions of such employees. The type of loss over which CT has no control and for which CT cannot be responsible for includes, without limitation; (1) any act or omission of any part of any supplier of services or other party who is not under the direct control of CT; (2) any defect or failure of any vehicle, equipment, product or service which is owned, operated or otherwise used by a supplier; (3) any financial problems of a supplier which causes non-performance by that supplier; or (4) any other cause, condition or event which is beyond the direct control of CT. Without limiting the effect of the foregoing, CT is a company of integrity and responsibility and will do everything within its capabilities to fulfill your travel arrangements. CT does not control the rates, bookings or reservation policies of any supplier and while CT will do everything possible to maintain these matters, they cannot be guaranteed. During the trip, you may have the opportunity to participate in various optional activities, such as water sports and other athletic activities or excursions. CT does not control any of these activities and will not be liable for any injury, damage, loss, expense, accident, delay, inconvenience or irregularity arising out of or relating to such participation. Your baggage and personal effects are your responsibility at all times. CT reserves the right to withdraw any tour member from a tour if the conduct of such a member is incompatible with the interests of the group as a whole. Your retention of tickets, reservations or final tour documents after issuance by CT shall constitute consent to these provisions. The conditions outlined above also pertain to the Mayo Clinic and Mayo Health Systems.