

Aberkyn Wilderness Trails

Iceland 2020



Aberkyn Wilderness Trails

The concept

Aberkyn Wilderness Trails are learning experiences in nature.

Wilderness Trails are designed to challenge you and help you become a better leader. Be inspired in beautiful surroundings. Witness nature's magnificence: the seasonal cycles of growth and decay, the interaction and collaboration between all species. Reconnect and remember what you may have forgotten.

What to expect

Our program will depend on the exact conditions when we are there: we will experience how to adapt.

This trail involves hiking, light survival techniques, team exercises, sharing stories and learnings at the camp fire, time for personal reflection and building skills to complete a short solo experience – a time spent outdoors in solitude. You will carry a daypack with lunch, water and spare clothing, weighing approximately max 6-8 kg in total.

We will travel and work as a team, learning together on our personal journeys in life. We will practice a rich set of leadership skills continuously as an integral part of this journey.

We will request that during our trip, you leave your mobile phones with us, and leave your camera at home. This helps you to be fully present and get the most out of the experience.



Aberkyn Wilderness Trails

The reason why

In going on Trail, into Nature, a leader becomes more:

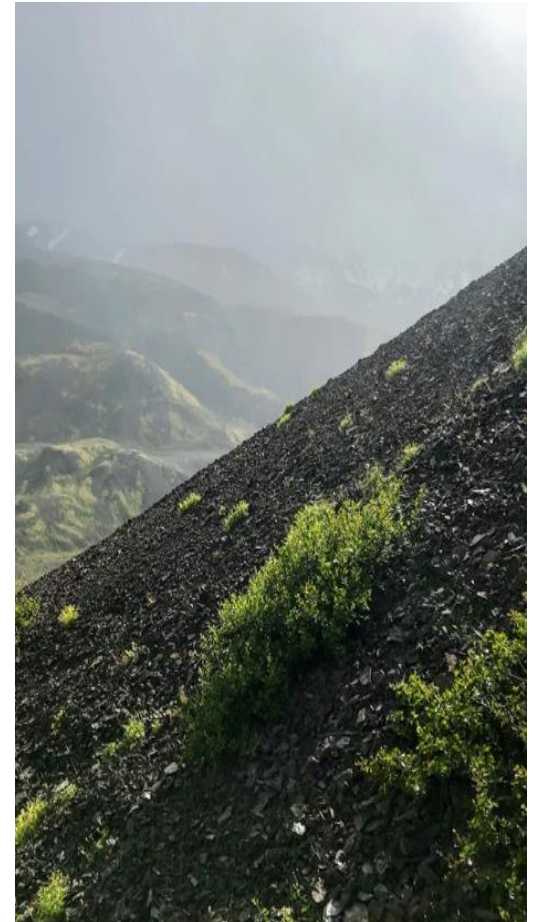
- Connected and Wise
- Purposeful and Visionary
- Dynamic and Resilient
- Inspired and Inspirational

Lessons that the wisdom of nature is able to share with us include:

- Enhancing resilience of the self, the organization and the wider ecosystem
- Emerging higher forms of relationship, interconnectedness and collaboration
- Evolving beyond our traditional limitations to harness the power of creativity, agility and emergence

Just a few highlights:

- Being in nature reduces pulse rate, blood pressure and cortisol levels (Chiba University)
- Being in nature and disconnected from multi-media increases creativity by 50% (Atchley et al, 2012)
- Being in nature leads to improved cognitive functioning and mental well-being (Kaplan, 1993, 2001)
- Spending time in nature boosts the immune system and increases resistance to cancer cells (Qing Li, 2009)
- Walking in nature improves memory by up to 20% (Berman, et al, 2008)
- Connection with nature has a significant positive effect on autonomy, personal growth, and sense of purpose (Nisbet, Zelenski, Murphy, 2011)
- Affiliation with nature gives a greater sense of meaningful existence which in turn boosts well-being (Howell, Passmore, Buro, 2012)



Icelandic Wilderness

Iceland - Lónsöræfi



Welcome to the Icelandic Wilderness

This beautiful island in the North Atlantic Ocean offers nature that is unlike any other. Situated on top of the European and North American tectonic plates, the island is a geological jewel. Here one can experience the raw elements of mother nature where the stark contrasts of fire and ice meet in vivid colors and geological formations.

The remote wilderness and the very special energy of the Icelandic nature makes it an ideal place for the “Aberkyn Wilderness experience”

When looking at options for a wilderness trail to Iceland we focused on finding a place with unique nature that is also off the beaten track and where we can have “private accommodation”.

Lónsöræfi nature reserve in the south east of Iceland fulfills all these criteria's and then some.

Lónsöræfi Nature Reserve

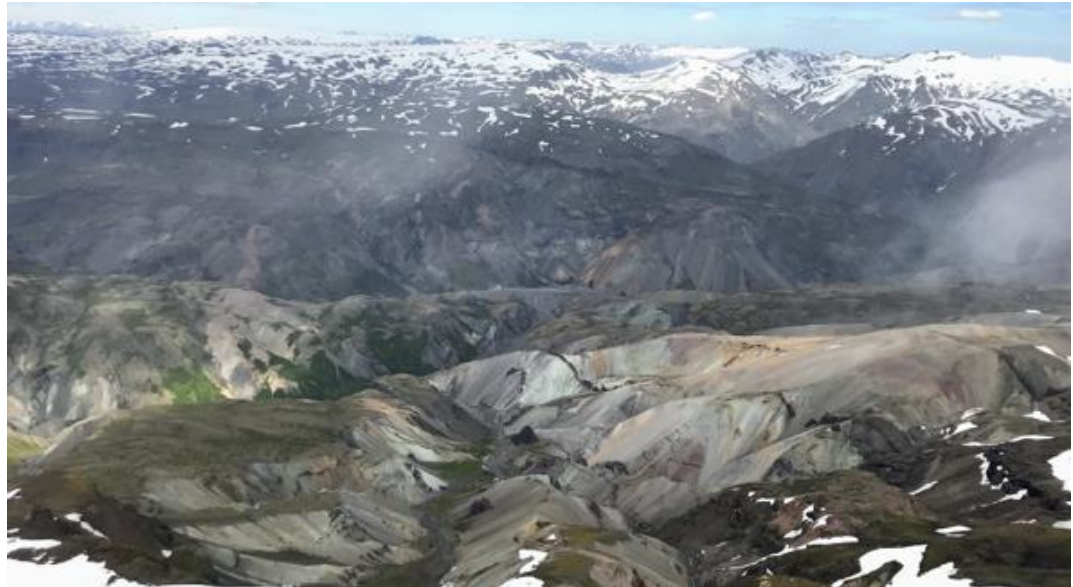
In the shadow of Vatnajökull Glacier

A Unique Mountain Wilderness

Lónsöræfi is a spectacular remote wilderness area in south-east Iceland where you will find some of the most stunning sceneries in Iceland.

Covering 320 km², this is one of the most extensive protected areas in Iceland. The area is surrounded on three sides by mountain ranges crowned with snowy peaks that reach over 1000 m above the narrow lowland strip. High glacial tongues from the eastern part of the Vatnajökull ice cap overflow into deep valleys.

The colorful peaks and plains are criss-crossed with canyons and gullies. There are many sheltered, lush valleys and waterfalls further enhancing the beauty of this landscape.



Diverse and colorful geological formations dating back 5-7 million years characterize this area.

The remains of many central volcanoes, several million years in age, stand within or near the protected area.

This is a place where you can spend days hiking without meeting other people.

There is only one “road” in to Lónsöræfi and its only reachable with big off-road jeeps.

The Program

July 6th - 11th



Program Outline

- July 6th Arrival and overnight stay at Hotel Marina in Reykjavik.
- July 7th Flight from Reykjavik to Höfn and transport by off-road jeeps to Múlakot Mountain hut.
- July 8th – 10th Various hiking trails from the hut, connecting and experiencing the beauty, silence and energy of nature while also setting intentions, sharing stories, learnings and personal reflections.
- July 10th Early morning transport by off-road jeeps to Höfn and drive to Reykjavik. The south coast of Iceland has some of the island's most famous sceneries like Jokulsarlon, Skaftafell, the black beach in Vik and landmark waterfalls. Late arrival to Reykjavik for overnight stay in Hotel Marina
- July 11th Departure for international flights

Our Accommodation

Accommodation in Mulaskali cabin

A Basic Mountain Cabin

The cabin has sleeping facilities for thirty people in beds and bunkbeds in two separate rooms (we will rent the whole hut). The place is equipped with a bathroom, kitchen and cooking facilities. We will bring our own food, sleeping bag or bedding.

We will arrange our own breakfast and pack food for our trail. Our multitalented Icelandic guide will cook dinner for the group.



The Solo Experience

An ancient ritual

Solo night in the midnight sun

A solo experience is a key part of the wilderness trail. Time spent alone, with only basic essentials, away from all other human interaction. A chance to slow down and reconnect. Space for self-reflection.

Throughout the ages, people of almost all cultures and traditions have retreated into nature for inspiration, insight and renewal.

A solo experience could be the catalyst to take your self-awareness to the next level, helping you become a better person and leader.

If weather allows we can sleep one night outside in the bright midsummer night in sleeping bags and bivouacs.

At this time of year we have 24 hours daylight in Iceland and we might experience the magical midnight sun.



Sample Hiking Options*

July 1st - July 3th

Some hiking options*

Víðbrekkusker

Time: 3-4 hours
Total distance: 6 miles / 10 km
Elevation gain/ascent: 2.230 feet 680m
Difficulty: medium challenging

Tröllakrókar – Kollumúlavatn – Egilsel

Time: 5-6 hours
Total distance: 12 miles / 19 km
Elevation gain: 2.660 feet / 810m
Difficulty: easy to medium challenging

Kollumúli/Múlakollur

Time: 6 hours
Total distance: 8 miles / 13 km
Elevation gain: 2.900 feet / 880 m
Difficulty: medium challenging

** Ultimately, our program will depend on the weather, local terrain conditions, and on group dynamics and abilities.*



Our International Team

A combination of experienced facilitators and coaches, and professional guides



Peter van der Vlis – lead facilitator

Peter is a co-founder of Aberkyn and co-leads the Aberkyn Wilderness Trails offering. He helps his clients (re)discover their purpose and passion, which allows them to make courageous choices from which they benefit professionally and personally. He combines three backgrounds: consulting, management and leadership development. He lives with his wife, three sons and a dog near the beach of The Netherlands. He enjoys staying fit, nature photography and riding his motor bike.



Kristin Petursdottir – co-facilitator

Icelandic executive coach and business leader who is passionate about leadership development and corporate social responsibility. She has over 20 years of leadership experience (company founder, CEO and Chairman of Boards) gained in international financial and technology sector. She is a yoga and mindfulness teacher (training in process) who thrives in nature, loves hiking, biking, skiing and fly-fishing.



Jose Arco

Over the past decades, José has developed his skills as a mountain, arctic guide and instructor while working in the outdoors all over the world. He is a certified Wilderness Guide (Level II Arctic), with professional qualifications in Spain (Mountain guide). He is also a certified International Mountain leader (UIMLA). He lives in Barcelona with his wife and daughter. He invests time in family, friends, his training, and exploring new wilderness areas inside and outside of Spain.



Inga Dagmar

Physiotherapist, mountain guide and tour operator with many years of experience in mountaineering, guiding and wilderness tour planning in Iceland. Inga is a member of the HSSR rescue team in Reykjavik since 1993. She is a certified mountain guide with courses in first aid, Glacier and mountain ski guiding, Avalanche rescue and Wilderness First Response (WFR).

Pricing and Additional Information

An investment in your personal development

The price for this trail package is EUR 6.750,- / US \$7.750,- (excl. VAT if applicable)

This personal development journey includes an intake coaching conversation, the 5-day trail program, a post-trail coaching session, meditation and yoga instruction materials, and the use of specialized trail sleeping equipment.

Your international flight is not included in the package.

For more information and registration, please contact us at trails@aberkyn.com referring to this specific trail (Iceland 2019).

After registration, we will plan the intake coaching session, and provide additional trail preparation information including a packing list.





