PROPOSED ITINERARY
NYU RADIOLOGY TO ICELAND

DATES:
Sunday, July 23 to Saturday, July 29, 2006

Iceland is a land of volcanoes and hot springs, mountains and lava fields, waterfalls and glaciers, northern lights and midnight sun. The rugged nature of Iceland, as if made for the adventurer, makes a rewarding challenge for visitors.

You can see the beauty of the landscape all around and enjoy the harmony with nature, on which life in Iceland is based. Hot springs boil and bubble all around the country. Some have been harnessed to provide environmentally friendly heating for most homes and for greenhouses, where vegetables and flowers are grown.

Reykjavik is the most northerly capital in the world….and a very diverse city. Enjoy Old Town, as well as the contrast of modern buildings, the harbour, the Salmon River, the National Museum, the outdoor folk museum, and an array of cultural activities. Hiking, horseback riding, golfing, biking, rafting and swimming in an outdoor pool heated by geothermal waters are invigorating experiences you won’t want to miss.

AIRLINE INFORMATION
Iceland Air currently offers the only scheduled service between the US and Iceland. Iceland Air gateway cities are Boston, JFK, Baltimore, Orlando, Minneapolis/St. Paul, and San Francisco. They fly to London, Glasgow, Amsterdam, Frankfurt, Berlin, Munich, Paris, Oslo, Stockholm, Helsinki and Copenhagen. A two week stop over in Reykjavik is allowed as well as a two week extension to any city serviced by Iceland Air. A $100 round trip add-on charge will be included for extensions.

PROPOSED ITINERARY

Saturday, July 22
-Evening departure from the U.S. Flying time from NYC is approximately 5 hours. Departure is in the late evening with early morning arrival in Reykjavik the following day.
Sunday, July 23

- Arrive Reykjavik at 6:30am
- Assistance on arrival at airport
- Transfer to the Blue Lagoon

Blue Lagoon is a Geothermal Spa and Iceland's most unique and popular attraction. Guests enjoy bathing and relaxing in geothermal seawater, known for its positive effects on the skin. A visit to the spa promotes harmony between body, mind and spirit, and enables one to soak away the stresses of modern life. The spa's guests rekindle their relationship with nature, soak up the scenic beauty and enjoy breathing the clean, fresh air. In addition to bathing in the lagoon, guests have access to a sauna with a view of the lagoon, a steam bath with white walls that resemble silica mud and a cozy steam bath carved into a lava cave. Guests can also stand beneath a waterfall for an energizing massage. Of course, guests bathing in the milky waters of the lagoon have easy access to the famous white silica mud, located in special boxes next to the lagoon, an essential part of the spa experience. A selection of in-water spa treatments and massages are available. They take place in the lagoon, and the fresh air and natural surroundings enhance the feeling of wellness. Modern, spacious changing and shower rooms are on the site and use of Blue Lagoon shower gel, hair conditioner and moisturizing cream is included in the entrance fee.

Note: Participants who choose to arrive prior to Sunday may elect to join the group at the Blue Lagoon. Those arriving Sunday on flights after 9:00am will be transferred directly to the hotel.
• Transfer to the NORDICA HOTEL, deluxe SEA VIEW accommodations
• Early NYU Registration and Private Buffet Brunch while waiting for rooms to become available. 11:30am – 1:30pm

• Afternoon - Tour of Reykjavik highlights. (Included in package)

A guided bus tour of the greater Reykjavik area. A great way to get a good overview over city within a short time. This tour includes the most significant places in the capital and some surrounding towns, such as the Presidential Residence at Bessastaðir, the Restaurant Perlan (the Pearl), and Höfði House where the all-important summit meeting between President Ronald Reagan and Secretary General Mikhail Gorbachev took place in 1986. Visit the town Hafnarfjörður, the home of “elves” and “humans” alike; see an old fishing harbor, fish market (when it is open), the University District, the Old Town Centre and Parliament Building and the New City Hall; view a geothermal heated outdoor swimming pool, and artwork crafted by Ásmundur Sveinsson and Einar Jónsson. Weather and circumstances permitting, end up at the towering Hallgrim’s church to spend time taking in the magnificent view from the top of the tower, viewing various art displays, and walking downhill approximately 10 minutes to the city centre before returning to the hotel.
• Evening Welcome Reception (Included in package.)
Monday, July 24

- Buffet breakfast (included daily)
- 7:00am-Registration
- 7:30am-12:00 Meeting
- Morning – Optional Spouse Walking/Shopping Tour
- Afternoon – Optional Tout to Þórmörk.

A bus tour to the beautiful and lush Þórmörk, "The valley between the glaciers" and to the beautiful waterfall Seljarlandsfoss. Begin this extraordinary tour by driving over the plateau Hellisheiði, through Selfoss, Hella and Hvollsvöllur. Visit the beautiful waterfall Seljarlandsfoss, and walk behind the falls. Continue over the Steinholtsgjá River and walk into the narrow gorge of Stakkholtsgjá, an unusual and breathtaking canyon. The main attraction is Þórmörk, also known as “Thor’s Woods”, a natural reserve shielded on three sides by glaciers, mountains and glacial rivers. For these reasons, Thor’s Woods, has often been difficult to reach, limiting access to heavy-duty mountain vehicles. There are a multitude of small gullies and valleys, clad with low birch-trees that create seemingly endless possibilities for the nature lover. Find more than 170 plant, moss and lichen species in this lush area. Þórmörk is a narrow valley situated between three glaciers named Mýrdals-, Eyjafjalla- and Tindafjallajökull. Þórmörk was a fjord some 12,000 years ago. The outlet glaciers tumble and crawl down into the gullies, some of them ending in spectacular glacial lagoons. The glacial melt-off forms Rivers, all have to be crossed on the way into Þórmörk. Some days the crossing is challenging. An innocent stream can change in a matter of hours to a thunderous torrent. Skilled drivers are very experienced in these driving conditions. This trip is truly unforgettable for the nature lover at the heard and ideal as a hiking trip.
- Group Lobster Dinner at Vid fjörubordid.
By the seaside, in Icelandic; Við fjöruborðið, is a restaurant true to its name, specializing in lobster, fresh from the ocean on the very doorstep. The lobster is served sizzling warm in the pan, with side dishes of vegetables of your choice, suggested by the owner, who has a heart somewhat warmer than the surroundings. This is a no nonsense place based on plain ingredients and the breeze from the sea. This restaurant may be found in the fishing village Stokkseyri, on the south shore about 40 minutes drive from Reykjavík. Close to the main highway and not far from sights like the waterfall Gullfoss and the one and only Geysir, it is a place of strange beauty. For those who prefer meat, the restaurant serves Icelandic lamb and an array of sandwiches.

Tuesday, July 25
- 7:00am - Registration
- 7:30am - 12:00 Meeting
- Morning – Optional Botanical Gardens Tour (spouses) with Geothermal Pool

Botanical Gardens -- Those who are interested in botany and gardening should not miss visiting this garden. It was opened in 1961 and accommodates a good selection of Icelandic and foreign plants, clearly marked with their Icelandic and Latin names. In the gardens are carried out experiments with plants regarding their likelihood of survival in this climate. The gardens are open all year, but are of course most beautiful and blooming during summer.

Laugardalslaug - Laugardals Swimming Pool – This geothermal outside pool area offers 4 pools - 3 hot tubs - steam bath - slide - infant slide - sun benches - massage - water massage - Cafeteria (serving warm and cold drinks cakes, sandwiches).
• Afternoon – Optional: Hiking Tour, Trout Fishing, or Glacier Snowmobile Tour

• Evening free

Wednesday, July 26

• OPTIONAL – Full Day Tour to Snæfellsnes Peninsula

Snæfellsnes, the western peninsula is a unique area and only about two hours’ drive from Reykjavik. Nature lovers enjoy the energy radiation, as they believe it to be on one of earth’s few energy spots. It has also been an inspiration for authors as the widely read book “The Journey to the centre of the earth” by the French author Jules Verne tells. Drive to Ólafsvík village and make a short stop; from there head to the north shore of Snæfellsnes and stop at Bjarnarhöfn farm to taste the traditional Icelandic shark, just to fuel up before the sailing at Breiðafjörður Bay. Breiðafjörður Bay is the second largest one in the country and about 70 kilometres wide with around 2700 islands. The bay is renowned for its stunning beauty, with the perfect frame of mountains, high and low, highlighting the scenery. The most famous of these mountains is the majestic and mystical Snæfellsjökull glacier, towering at the coastal edge of the peninsula. There is rich variety of bird life including puffins, shags and cormorants and grey phalaropes nested in the cliffs. This is also the only area where the white tailed eagle nests in Iceland. During the cruise the net is hauled and you can taste fresh shellfish and sea urchin directly from the sea! When back on dry land you will have time to stroll around Stykkishólmur village and explore the many sites of interest. This town was and still is the centre of trade and service for the peninsula and is widely influenced by Denmark – they even used to speak Danish on Sundays! After free time, head back to Reykjavik. Tour is subject to weather permitting.
• Optional Full Day Tour to Greenland
Kulusuk Island is situated west of the entrance to the stunning Ammassalik fjord. In the area around the fjord is the main settlement of the Ammassalik Eskimos, who were unknown to the rest of the world until 1884. Now more than 2,000 Greenlanders live in the Ammassalik district, earning their living by fishing and seal hunting. Take off from Reykjavík Airport with knowledgeable guides who inform you during the two-hour flight about the exciting day that lies ahead. On arrival at Kulusuk, begin with a 30-minute walk down to the village itself, with short stops en route to take in the magnificent scenery. There is time to stroll around the village itself, purchase hand made craft articles or even strike up an acquaintance with some of Kulusuk's 360 inhabitants. Weather permitting, see a demonstration of kayak rowing and the ancient drum dance which disappeared a long time ago on Greenland's west coast but is still kept alive by a few people on the east coast. On the return flight to Reykjavík we enjoy a spectacular view over Ammassalik village and its neighborhood where the scenery is magnificent and huge glaciers and floating icebergs can be seen. Finally you will be given a certificate as well as a stamp in your passport acknowledging your visit to Kulusuk.

Thursday, July 27
• 7:00am-Registration
• 7:00am-12:00 Meeting
• Morning - Optional Shopping Tour to Alafoss Wool and Handicraft Outlet Factory (spouses)
• Afternoon - Golden Circle Tour (including lunch)

This tour gives you the opportunity to see the highlights of Iceland. Start by visiting the National Park, Þingvellir, where the Icelandic parliament Alþingi was established in 930 and in August 2004 added to UNESCO’s World Heritage List. Continue to the majestic and beautiful waterfall Gullfoss in the golden rays of setting sun. From there, visit the geothermal area around the incredible spouting hot springs of Geysir and Strokkur. This is a great opportunity to experience romantic tranquility in a beautiful area that touches everybody.

• Evening Free
Friday, July 28
- 7:00am-Registration
- 7:00am-12:00 meeting
- Afternoon – Optional Whale Watching Cruise or Horseback Riding

Saturday, July 29
Free morning – Optional Whale Watching Cruise or time for shopping on your own.
Return flights are in the afternoon…..arriving in the U.S. the same evening.
Departure Transfers included.

*Helicopter rides, river rafting down the glacier river rapids, and golf can also be arranged on an optional basis.

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Those interested in receiving the final brochure and pricing as soon as it is completed, please complete the following:

Last Name_________________________________First Name__________________________________
Mailing Address_______________________________________________________________________
City________________________________State_______________________Zip___________________
Phone:_(______)__________________________ Fax:_(_______)_______________________________
Email Address_________________________________________________________________________

Fax the above to Travel Planners, Inc at 210-341-5252 or email the information to NYU@tpires.com.