

BOOK NOW TO SECURE YOUR SPOT!

L&L

Iceland

THE LAND OF FIRE + ICE
MAY 10-19, 2027

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

Iceland

FUN FACTS

ICELAND HAS NO MOSQUITOES — despite having plenty of water and wetlands, the climate and ecological conditions prevent mosquitoes from surviving.

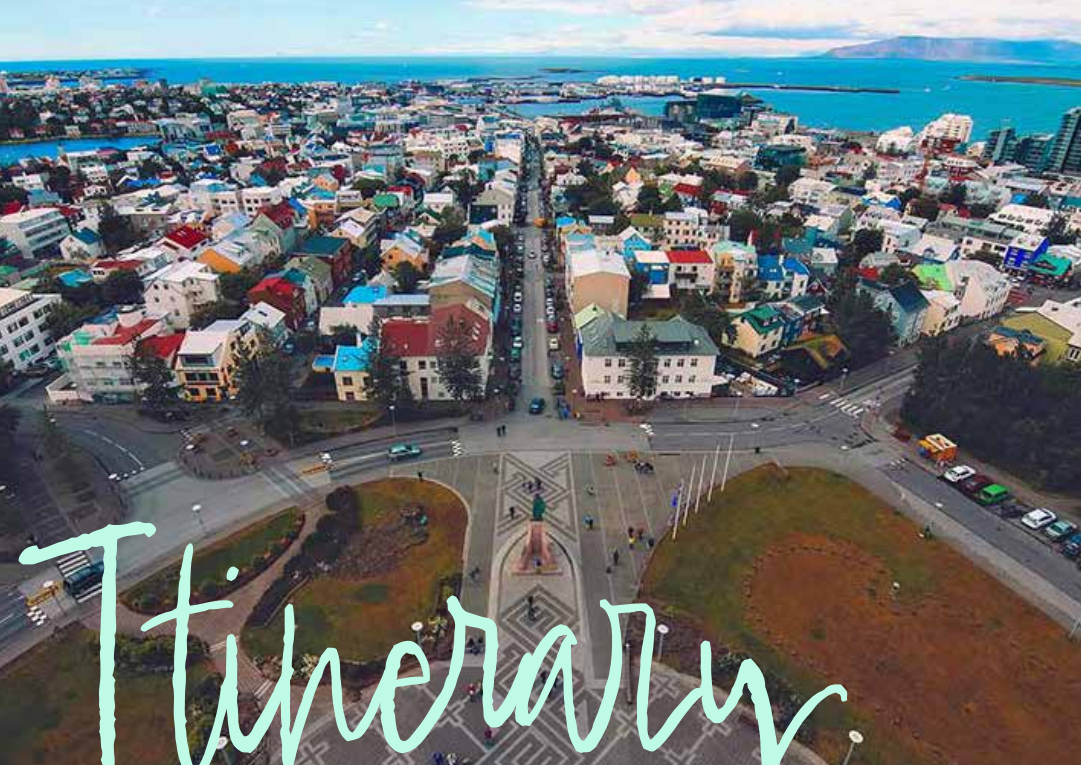
YOU CAN WALK BETWEEN TWO CONTINENTS — Iceland sits directly on the boundary of the North American and Eurasian tectonic plates and, at Þingvellir, you can literally stroll between them.

THERE ARE MORE SHEEP THAN PEOPLE — sheep roam freely across the countryside, outnumbering Iceland's population several times over.

ICELAND RUNS ALMOST ENTIRELY ON RENEWABLE ENERGY — geothermal and hydropower provide most of the country's electricity and heating, making it one of the world's cleanest energy systems.

BEER WAS BANNED UNTIL 1989 — Iceland prohibited beer for 74 years, and now celebrates "Beer Day" every March 1st to mark the end of the ban.





Itinerary

DAY 1 MONDAY, MAY 10

DEPART FROM THE US

Depart on an overnight flight to Iceland.

DAY 2 TUESDAY, MAY 11

WELCOME TO REYKJAVÍK

Welcome to Iceland, a land of dramatic landscapes, steaming geothermal wonders and Nordic charm. On arrival, transfer to the hotel and settle in. Today is intentionally left for relaxation after your travels, so take time to rest and ease into Icelandic life. If you're feeling refreshed, you may wish to visit the famous Blue Lagoon (included), a geothermal spa set among lava fields, where mineral-rich warm waters create the perfect setting to unwind.

This evening, join your fellow Mayo Clinic travelers for a welcome to Iceland dinner. Following dinner, the remainder of the evening is at leisure to explore at your own pace or enjoy a quiet night in as you prepare for the adventures ahead.

Meals: Breakfast, Welcome Dinner

DAY 3 WEDNESDAY, MAY 12

SOUTH COAST ADVENTURE TO VÍK

Travel along Iceland's dramatic South Coast today, where waterfalls tumble from ancient cliffs and glaciers loom in the distance.

En route, stop at the cascading falls of Seljalandsfoss and nearby hidden Gljúfrabúi, before continuing to the mighty Skógafoss. Enjoy time for lunch on your own at a local café or service stop along the South Coast before continuing your journey.

This evening is at leisure to unwind and soak in the peaceful beauty of Iceland's South Coast, with time to relax and enjoy the surrounding scenery at your own pace.

Meals: Breakfast



DAY 4 THURSDAY, MAY 13 **VÍK + ICELAND'S SOUTH COAST**

This morning, enjoy a leisurely start and take in the breathtaking scenery of Iceland's South Coast, known for its dramatic landscapes, waterfalls, volcanic terrain and glacier views.

This afternoon, explore the striking Katla Ice Cave, where ice and volcanic ash create unforgettable natural patterns.

Later, visit the dramatic Reynisfjara Black Sand Beach, keeping a safe distance from the powerful waves. This evening is at leisure to relax and enjoy the peaceful South Coast atmosphere.

Meals: Breakfast

DAY 5 FRIDAY, MAY 14 **GLACIER LAGOON + SOUTH COAST WONDERS**

Travel east along Iceland's dramatic South Coast and stop at the spectacular Fjaðrárgljúfur, a winding canyon carved by glacial meltwater (weather permitting).

Continue to Skaftafell in Vatnajökull National Park, where you may choose to walk to Svartifoss waterfall, framed by striking basalt columns.

This afternoon, visit the magical Jökulsárlón Glacier Lagoon. Join a boat tour among the floating icebergs (weather permitting) before strolling along nearby Diamond Beach, where glacial ice glistens on black volcanic sand.

Meals: Breakfast



DAY 6 SATURDAY, MAY 15
GOLDEN CIRCLE HIGHLIGHTS + GEOTHERMAL WONDERS

Journey into Iceland's famed Golden Circle today, where geothermal energy and powerful waterfalls shape the dramatic landscape. Travel through scenic countryside toward the Selfoss region, stopping at the family-run Friðheimar estate.

Here, you'll step inside the famous geothermal greenhouses where tomatoes are grown year-round using natural Icelandic heat and pure spring water. During your visit, enjoy an included food experience at the charming Friðheimar Winebar & Bistro, set within one of the property's historic greenhouses — a unique farm-to-table setting unlike anywhere else in Iceland.

You'll also visit the stables to meet Iceland's iconic horses and enjoy a special horse presentation, offering insight into the breed's history, unique gaits and importance to Icelandic culture.

Continue to the bubbling hot springs and erupting geysers of the Geysir Geothermal Area, where Strokkur shoots boiling water high into the air every few minutes. Then visit the majestic Gullfoss, one of Iceland's most iconic waterfalls, plunging dramatically into a rugged canyon below.

This evening, arrive at our group hotel, where the rest of your night is at leisure.

Meals: Breakfast, Lunch



DAY 7 SUNDAY, MAY 16

PINGVELLIR, SILFRA & ICELANDIC TRADITIONS

Discover the geological and cultural heart of Iceland today. Travel to Þingvellir National Park, where the North American and Eurasian tectonic plates slowly drift apart. Walk through the dramatic rift valley and view the picturesque Öxarárfoss waterfall.

This afternoon, stop at the colorful volcanic crater lake at Kerið Crater before you continue to Þingborg Wool Center, where local artisans keep traditional wool crafts alive.

Return to the hotel this evening for dinner at your leisure.

Meals: Breakfast

DAY 8 MONDAY, MAY 17

JOURNEY TO REYKJAVÍK

Travel to Reykjavík this morning, enjoying views of Iceland's dramatic coastline and volcanic landscapes along the way.

On arrival, head to the old harbor for a wildlife cruise in Faxaflói Bay. Scan the waters for whales and, in season, spot puffins nesting along the coastal cliffs, while local guides share insights into Iceland's marine life.

Later, witness the raw power of nature at the Lava Show Reykjavík, where real molten lava is poured in a safe, controlled setting for an unforgettable look at Iceland's volcanic forces.

Return to the hotel this evening with time at leisure.

Meals: Breakfast



DAY 9 TUESDAY, MAY 18 REYKJAVÍK YOUR WAY

Discover Reykjavík at your own pace today with an included hop-on hop-off sightseeing tour. Travel between the city's most iconic landmarks, from striking modern architecture to historic harbourside streets, with the freedom to explore what interests you most.

Enjoy free time throughout the day to explore the city, browse local boutiques, visit one of Reykjavík's fascinating museums, or simply relax in one of the capital's charming cafés.

This evening, gather with your fellow Mayo Clinic travelers for a special farewell to Iceland dinner at a local restaurant. Celebrate the unforgettable experiences and spectacular landscapes shared throughout your Icelandic journey as you enjoy regional cuisine and raise a toast to new friendships and lasting memories.

Meals: Breakfast, Farewell Dinner

DAY 10 WEDNESDAY, MAY 19 FAREWELL ICELAND

Your Icelandic adventure comes to an end today. A group transfer to the airport will be provided for your return flight home. You'll leave with unforgettable memories of fire, ice and Nordic culture.

Meals: Breakfast

TOUR HIGHLIGHTS

Float in the famous and mineral-rich Blue Lagoon.

Explore the dramatic Katla Ice Cave, where glacial ice and volcanic ash create breathtaking natural formations.

Cruise among floating icebergs on Jökulsárlón Glacier Lagoon before visiting the sparkling Diamond Beach.

Discover Iceland's iconic Golden Circle, including Gullfoss Waterfall, the Geysir Geothermal Area and Þingvellir National Park.

Enjoy a farm-to-table experience at Friðheimar Greenhouse, featuring an included lunch and a presentation of Iceland's famous horses.

Experience Reykjavík's natural wonders, including a whale watching cruise in Faxaflói Bay and the unforgettable Lava Show featuring real molten lava.

TOUR REGISTRATION

☐ **MAYO CLINIC ICELAND TOUR**

May 10-19, 2027

\$8,975 per person based on double occupancy

\$10,750 per person based on single occupancy

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

- ☐ Please provide me with a quote for travel insurance.
- ☐ Enclosed is:
- ☐ Per person deposit of 20% of the full trip cost
 - ☐ Full payment (Due January 15, 2027)
- ☐ 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)

TRAVELER 1 DATE OF BIRTH TRAVELER 2 DATE OF BIRTH

EMAIL

ADDRESS

CITY/STATE/ZIP CODE

HOME PHONE/CELL PHONE

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

SIGNATURE

TOUR INCLUSIONS

INCLUDED

- Roundtrip economy-class air out of Minneapolis/St. Paul
- All airport/hotel transfers in Iceland
- Accommodations in Reykjavik (3 nights), Vik (2 nights), Kirkjubæjarklaustur (1 night), and Selfoss (2 nights)
- Guided sightseeing as outlined in itinerary
- All meals as indicated in itinerary
- All entrance fees
- Services of professional local driver/guides and Carrousel Travel escort
- Gratuities to driver/guides

NOT INCLUDED

- Travel Insurance
- Airline fuel surcharges (if any)
- Airline baggage fees
- Items of personal nature
- Anything not listed under Tour Inclusions

Flights out of Scottsdale/Phoenix and Jacksonville are available!

TERMS & CONDITIONS

RESERVATIONS Reservations must be accompanied by a signed registration form and a per person deposit of 20% of the full trip cost. Payments can be made by check or credit card. Checks should be made payable to Carrousel Travel. Final payment is due January 15, 2027. 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 on or after January 15, 2027 will be subject to 100% penalty.

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 on the 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.

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
2 Meridian Crossings, Suite 200
Minneapolis, MN 55423

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