



SCIENCE OF ICELAND 2022



SPANGLER CREW

Steve and Renée Spangler



He's the science teacher you always wanted to have in school. Things just happen to fizz, pop, smoke and explode, and before you know it, you're a part of his learning experience. His passion is to find the most creative ways to make learning fun. One day everyone was sitting around the table and Steve said, "We should do a class in Iceland..."

The next thing you know Renée was planning an experience of a lifetime. Renée is our logistics guru and, working with the team in Iceland. As you'll soon discover, Steve is the Pied Piper of anything fun, and he lives by the motto "make it big, do it right, give it class." While he makes his shenanigans look effortless, the real secret to his success is an amazing team of people who share Steve's passion for creating unforgettable learning experiences.

Bryan Higgins



If something needs to be fixed, created, invented, changed, re-engineered, re-imagined or beamed to another planet, Bryan will come up with the master plan. Affectionately referred to as "Higginsworth" ("Higgins" for short), Bryan was an original crew member of the web series, The Spangler Effect, which eventually turned into the nationally syndicated television series DIY Sci. If you're out in public with him and hear someone yell "Higginsworth!," you're about to be mobbed by his groupies (usually Steve). Bryan is an accomplished photographer in his own right and never misses an opportunity to snap a picture of Steve about to be caught on fire.

Jack, Mark, and Scott Spangler



Jack, Mark, and Scott will serve many roles on our Iceland trip. They will be our luggage porters as we arrive and depart each hotel. They will make the rounds and make sure you are settled into your hotel room, and address any needs you may have with the hotel staff. Along with Bryan, they will be taking numerous photos and videos of you as you experience all the amazing sights of Iceland. They are the best "camp counselors or resident assistance" we could afford for this trip.

CONTACT US DURING THE TRIP

RENEE'S CELL: 303-885-1911

HIGGINS' CELL: 303-521-2176

THE EXPERTS

MEET THE TEAM

Erla Aðalsteinsdóttir



Erla is an outdoor enthusiast, biologist by education and born and raised at her family farm close to Reykjavík. Managing the family farm is her main occupation, which includes running the luxury villa Kleif Farm, where she gets the opportunity to meet guests from all over the world. Horseback riding has been a passion of hers since a young age and still is. Her motto in life is staying fit and always being prepared for every adventure that may happen, whether it is hiking in the mountains, rock climbing, mountain biking or ski-touring. Above all, quality time spent with the family at the farm is most important to her.

Ólafur Thor Juliusson



Óli is a co-owner and founder of Inside the Volcano. From a young age, he has been part of the Rescue Squad in Iceland which has given him the his knowledge and passion to for working outdoors. He is an experienced mountain guide, certified ski-touring guide and spends his free time going rock climbing all around the world or pushing his mountain bike to the limits. Growing trees and fixing pipes at his family's farmland also makes the perfect day for him. He and Erla are the proud parents of three grown girls.

Leifur Örn Svavarsson



Leifur is a polar specialist and has been a guide since his teenage years. He is one of Iceland's most experienced mountain professionals.

Leifur enjoys being outdoors, "with the wind in my hair where I can concentrate on one thing and nothing else clouds my mind." He enjoys guiding, which allows him to share his love of the outdoors with interesting people from all around the globe.

In addition to guiding in Iceland and Greenland, Leifur has extensive guiding and mountaineering experience across the globe. He is one of the few people in the world that has completed "The Explorer's Grand Slam" which involves climbing the highest mountains of each of the seven traditional continents and has reached both the North Pole and South Pole. If that were not impressive enough, Leifur is the only person in the world who has accomplished this twice.

When not guiding he says, "I like to take my family skiing in Northern Iceland or on a climbing holiday to Kalymnos or Thailand. I also enjoy fast technical tracks with friends in the colorful Icelandic mountains."

Sigrún Hrönn Hauksdóttir



Sigrún has been working in tourism for over 15 years alongside her husband Leifur. Together they have guided groups through Greenland, Peru, Nepal and Jordan, as well as all over Iceland. In these diverse destinations Sigrún has used her background in teaching and anthropology to find a balance of cultural activities and mountaineering to design their trips. Sigrún has a true talent of making a perfectly executed trip feel effortless and enjoyable. She will always know where the nearest local cafe is, where the next hot pool is, and the story behind each abandoned farm along our route.

REYKJAVIK

Fosshotel Reykjavík

6:00 - 19:00

Many of you arrive at Keflavik Airport
Dinner is on your own tonight.

19:00

Group Meeting
Fosshotel Reykjavík Beergarden

Lower level of the hotel, down the stairs from the check-in desk.

Reykjavík (rayk-yah-veek) - The "a" in -rayk is similar to the "a" in the word "pace." Reykjavík means smoky bay.

Steam from the hot springs in the region is said to have inspired the city's name. Reykjavík is the world's northernmost capital of a sovereign state.



FOSSHOTEL REYKJAVÍK

Explore Reykjavík

THINGS TO WEAR OR BRING:

Food Tour - your best walking shoes and a raincoat

Sky Lagoon - swimsuit, hairbrush, something to pull your hair back (if desired), credit card for drinks and snacks

06:00 - 10:00

Breakfast is served
Fosshotel Reykjavík

08:00 - 11:00

Free time to explore Reykjavík

11:00

Depart Fosshotel Reykjavík
Walk to Hallgrímskirkja - Meet in the hotel lobby or meet us in front of the Hallgrímskirkja

11:30

Food tour begins from Hallgrímskirkja

15:30 - 17:15

Walk around Reykjavik on your own

17:30

Sky Lagoon
Meet in the hotel lobby to leave for Sky Lagoon on our charter bus

21:00

Bus departs Sky Lagoon for Fosshotel Reykjavík

Hallgrímskirkja (HALL-creams-kirk-yuh) - means Hallgrímur's church.

Who is Hallgrímur and why did he get a church? Hallgrímur Pétursson was a 17th-century minister and poet who penned "The Passion Hymns", which became wildly popular and to this day is read at Icelandic homes (and even broadcast on the radio) during Lent. Contrary to common sense, the winsome statue in front of Hallgrímskirkja is not actually Hallgrímur himself, but rather Leifur Eiríksson, better known to the rest of the world as Leif "the Lucky" Erikson.

THURSDAY, JUNE 2

ITINERARY

REYKJAVIK & VIK

Inside the Volcano and Hellisheiði Geothermal Power Plant

THINGS TO WEAR OR BRING:

Comfortable hiking shoes, rain gear, layers of clothing, gloves, hat and all of your luggage on the bus

06:30 - 07:30

Breakfast buffet at Fosshotel Reykjavík

07:35

Depart Fosshotel Reykjavík

Bring luggage to hotel lobby and depart

08:30

Arrive at Inside the Volcano (Bláfjöll)

Inside the Volcano:

The dormant Þríhnúkagígur volcano is a unique natural phenomenon. For this six-hour excursion, all you need is the willingness to do a moderate 45–50 minute hike (to get to the crater) and the bravery to descend 120 meters/400 feet to the bottom of the crater in an open cable lift. The hike to the volcano is an integral part of the tour, not only because of the breathtaking scenery, but also because it's one of only two ways of getting to the base of the volcano. The other option is to use a helicopter.

Þríhnúkagígur means three peaks crater.

14:00

Bus leaves Inside the Volcano

15:00

Hellisheiði Geothermal Plant Tour

Hellisheiði (het-lis-hay-thee)

Experience first-hand how green, sustainable energy is produced at one of the largest single-site geothermal power plants on the planet, the Hellisheiði ON Power Plant. Come and learn about all the white "smoke" you see off in the distance from Reykjavík. Hint: it's 99.63% pure steam.

16:30

Bus leaves Hellisheiði for the town of Vík

18:30

Check in at Hótel Kría, Vík Iceland

19:30

Dinner time at Hótel Kría

HOTEL KRIA

Glacier Walk, Skógafoss Waterfall, Reynisfjara Beach

THINGS TO WEAR OR BRING:

Ankle-high hiking boots, warm layered clothing, hat, gloves, water bottle, rain gear, backpack and dry bag if rain gear gets wet

07:00

Breakfast opens

09:00

Leave Hótel Kría

09:30

Arrive Sólheimajökull for glacier walk

Sólheimajökull (sole-hey-ma-yo-kul) means home of the sun glacier.

Sólheimajökull is an outlet glacier of the larger Mýrdalsjökull ice cap which lies atop the Katla caldera. The glacier is melting rapidly as a result of warmer annual temperatures due to climate change.

13:45

Bus leaves Sólheimajökull

14:00

Lunch at Hótel Skógafoss

Short walk to Skógafoss Waterfall after lunch

Skógafoss (skoa-foss) it flows from the Skóga River.

Skógafoss is about 60 meters (200 feet) tall and 25 meters (82 feet) wide, making it one of the taller waterfalls in Iceland. Expect to be drenched within 30 meters (98 feet) of the falls. Icelandic legend says that one of the first Viking settlers hid a treasure chest of gold behind the waterfall. Recently, the waterfall was used as backdrops for the movies "Thor: The Dark World" and "The Secret Life of Walter Mitty." **Continues on next page...**

SATURDAY, JUNE 4

ITINERARY



HOTEL KRIA

Glacier Walk, Skógafoss Waterfall, Reynisfjara Beach

15:45

Reynisfjara Beach

Bus leaves Hótel Skógafoss and heads to Reynisfjara Beach (black sand beach)

Reynisfjara (renz-fi-ara) means Reynir's beach.

Reynir was a wealthy Norwegian Viking who settled in the area in the 18th century. Reynisfjara Black Sand Beach was ranked in 1991 as one of the ten most beautiful non-tropical beaches in the world. With numerous basalt columns, smooth black rocks (perfect skipping rocks) black sand, sea stacks in the water and a sea cave, this beach has all the elements for amazing photos. Beware of the sneaker waves, which appear even on incredibly still days. Do not turn your back on the water.

17:45

Bus departs Reynisfjara Beach

19:30

Dinner at Hótel Kría

Vík (veeeeeek) – means bay.

Vík í Myrdal is the southernmost seafront village in Iceland that sits in the shadow of Mydalsjökull glacier, which covers the Katla volcano. Vík is the warmest place in Iceland, with an annual mean temperature of 41.5 °F. Vík is also the wettest coastal town in Iceland with an annual rainfall of 89 inches.



GLACIER LAGOON

Vatnajökull National Park, Svartifoss Waterfall,
Jökulsárlón Iceberg Lake and Diamond Beach

THINGS TO WEAR OR BRING:

Comfortable hiking shoes, rain gear, layers of clothing, all of your luggage on the bus

07:00

Breakfast opens

09:00

Leave Hótel Kría with your luggage

11:00

Arrive Vatnajökull National Park
Svartifoss Waterfall and lunch on your own

Vatnajökull (vaht-nah-yo-kul) means glacier of lakes.

Vatnajökull glacier has a surface area of 3127 square miles and in parts a depth of over 3000 feet. Vatnajökull has over 30 outlet glaciers. Vatnajökull National Park was established in June 2008 and now covers over 14% of Iceland's total area. It is the second-largest national park in Europe.

Svartifoss (svar-ti-fos) means black falls.

Svartifoss possesses pronounced hanging hexagonal basalt columns beneath a 20m (66 feet) tall waterfall. The two-mile uphill hike passes several other waterfalls along the route. The view is worth the effort

14:30

Bus departs for Fosshotel Glacier Lagoon

16:15

Leave to Jökulsárlón Iceberg Lake boat trip and
Diamond Beach exploration

Boat Departure Times for our three groups are 17:40, 17:50, and 18:00

Jökulsárlón (yoekuhls-our-loan) means glacial river lagoon.

Jökulsárlón is one of the deepest and biggest lakes in Iceland. You will see the short river running from the lake into the sea carrying broken-off chunks of the Breiðamerkurjökull glacier. Some of these ice chunks land on the black sand beach nearby creating the "diamond beach."

19:00

Leave Jökulsárlón and head back to Fosshotel
Glacier Lagoon

20:00

Dinner at Glacier Lagoon Hotel

SUNDAY, JUNE 5

ITINERARY

HEAD TO LANDHOTEL

Fjaðrárgljúfur Canyon and Seljalandsfoss

THINGS TO WEAR OR BRING:

Comfortable hiking shoes, rain gear, layers of clothing and all of your luggage on the bus

07:00

Breakfast opens

09:00

Leave Fosshotel Glacier Lagoon with luggage

10:30

Hiking at the beautiful Fjaðrárgljúfur Canyon

Fjaðrárgljúfur (fiath-raor-gliu-vur) means feather river canyon.

Fjaðrárgljúfur Canyon is roughly 2 km (1.25 miles) long. It is believed it was formed by a melted glacier. The Fjaðrá River runs through the canyon, which has very blue water, making the photos amazing.

12:15

Leave and drive for an hour to Vík for lunch

13:30

Lunch in Vík at The Soup Company

15:00

Leave Vík and drive to Seljalandsfoss

Seljalandsfoss (sa-lia-lands-foss) means selling the land of waterfalls.

This waterfall drops 60 m (197 ft) and is part of the Seljalandsá River, which has its origin in the volcano glacier Eyfjallajökull. Visitors can walk behind these amazing falls. The cliff of Seljalandsfoss is believed to have once been part of the coastline of Iceland. Be warned: you will get wet if you walk behind the waterfall.

16:00

Arrive Seljalandsfoss

17:00

Leave for Landhotel

17:50

Landhotel arrival and check in

19:00

Dinner at Landhotel



AT LANDHOTEL

Vestmannaeyjar Island Excursion

THINGS TO WEAR OR BRING:

Motion sickness pills or patches (if desired), comfortable hiking shoes, rain gear and layers of clothing

07:30

Breakfast

08:45

Leave Landhotel to the harbor

09:45

Arrive at ferry

11:20

Welcomed by Viking Tours

We will walk over the lava fields, visit the Eldheimar Museum, take a bus ride around the island to see many amazing sights, and have lunch at a local restaurant

Vestmannaeyjar (vwest-man-naey-air)

Vestmannaeyjar is an archipelago off the coast of Iceland. Ten million puffins nest in Iceland between May and September, and more of them come to the Vestmannaeyjar Islands than anywhere else.

Heimaey (hay-my) means homeland.

Heimaey is the largest island in the Vestmannaeyjar archipelago. Heimaey is 4 nautical miles off the south coast of Iceland. The population is 4500. Heimaey came to the attention of the world in 1973 with the eruption of Eldfell volcano. Approximately one-fifth of the town was destroyed before the lava flow was halted by the application of 6.8 billion liters of cold sea water.

17:00

Ferry departure back to Landeyjahofn

20:00

Dinner at Landhotel

TUESDAY, JUNE 7

ITINERARY



GOLDEN CIRCLE

Landhotel to Grandi Center Hotel in Reykjavík
Iceland Golden Circle

THINGS TO WEAR OR BRING:

All of your luggage and rain gear

07:00

Breakfast

07:45

Leave Landhotel with Luggage

09:15

Gullfoss Waterfall

10:15

Leave Gullfoss

Gullfoss (guh-l-fos) means golden falls.

The water in Hvítá river travels from the glacier Langjökull, before cascading 32 meters (105 feet) down Gullfoss' two stages in a dramatic display of nature's raw power. In the summer, approximately 140 cubic meters (459 cubic feet) of water surges down the waterfall every second.

11:00

Friðheimar lunch, horseshow, greenhouse education

Friðheimar (frer-hi-mer) is a family-owned greenhouse and renowned for their fresh produce, especially tomatoes, and their Icelandic horse breeding program. We will learn about all about the operation of the greenhouse and the role of Icelandic geothermal activity, as well as watch an Icelandic horse show and learn about their five gaits.



BACK TO REYKJAVIK

Landhotel to Grandi Center Hotel in Reykjavík Iceland Golden Circle

- 12:50** Leave Friðheimar
- 13:30** Laugarvatn Fontana
Rye Bread Baking Experience

Laugarvatn (lu-ger-va) means lake for bathing.

Laugarvatn is the name of a town and lake in Iceland with a population of 200. The lake contains geothermal springs under its surface, making it a popular swimming spot with some warm patches along the shoreline year-round. No, we will not be swimming here on this trip, sorry. But we do have something super fun planned.

- 14:30** Leave Laugarvatn
- 15:05** Arrive Þingvellir

Þingvellir (thing-va-lear) means assembly field.

Þingvellir became the meeting space for the annual Icelandic parliament meetings from 930 to 1798. Þingvellir is now a national park and the only UNESCO World Heritage site on the Icelandic mainland. We will also be able to see the exposed North American and Eurasian tectonic plates.

- 16:30** Leave Þingvellir
- 17:30 - 18:00** Check in at Grandi by Center Hotels
- 19:30** Special Group Dinner in Reykjavík

WEDNESDAY, JUNE 8

ITINERARY



REYKJAVIK

Everyone Departs on Their Flights

Parting Thoughts...

There's always something exciting about firsts. You never forget your first day of school... your first day on the job... your first teacher or even your first kiss. Hopefully all of those first didn't happen on the same day. Sick!

The Science of Iceland 2022 is a first... and Renée and I couldn't be more excited that you took a risk and made the decision to be a part of this amazing adventure. When we started thinking about the possibility of a trip to Iceland, we wanted our first travel companions to be our alumni from Science at Sea – friends who were excited about a new adventure.

With anything new comes the fear of the unknown. What if the weather is bad? Will our friends like the hotels or the food? What if people don't like the bus? Will the experience match everyone's expectation? This degree of uncertainty is enough to make any normal person say no... but Renée isn't any normal person. She took on the challenge to lead this expedition, and her months and months of late-night research and countless conversations with our Icelandic friends resulted in the first ever Science of Iceland.

Huge thanks from everyone on team Spangler (Renée, Steve, Jack, Mark, Scott, Higgins, Erla, Óli, Sigrún and Leifur) for making this first another "best day ever" in our book of amazing memories.

Gratefully,
Steve & Renée

KEEP IN TOUCH

STAY CONNECTED WITH THE SPANGLER TEAM



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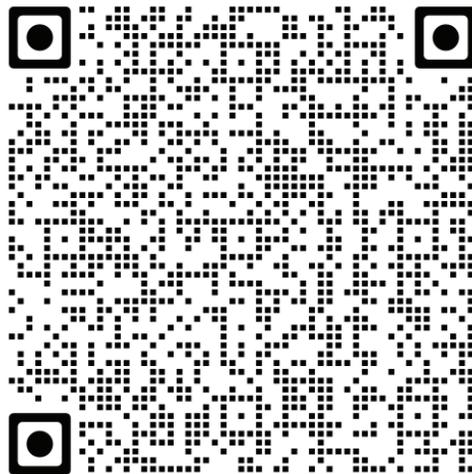


Bryan Higgins
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MILITARY TIME CHART

24 HOUR CONVERSION

STANDARD TIME	MILITARY TIME	STANDARD TIME	MILITARY TIME
MIDNIGHT	00:00	NOON	12:00
1:00 AM	01:00	1:00 PM	13:00
2:00 AM	02:00	2:00 PM	14:00
3:00 AM	03:00	3:00 PM	15:00
4:00 AM	04:00	4:00 PM	16:00
5:00 AM	05:00	5:00 PM	17:00
6:00 AM	06:00	6:00 PM	18:00
7:00 AM	07:00	7:00 PM	19:00
8:00 AM	08:00	8:00 PM	20:00
9:00 AM	09:00	9:00 PM	21:00
10:00 AM	10:00	10:00 PM	22:00
11:00 AM	11:00	11:00 PM	23:00



Scan the QR code to download the PDF version of the schedule.



stevespangler