

# NECTAR & PULSE®

LIFE IS A JOURNEY



Hello curious soul,

Nectar & Pulse is your number 1 source for curated travel and lifestyle tips.

We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

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Have you already seen our other guides to New York, Zermatt, Ibiza, London, Iceland, Oman, Maldives ... ?

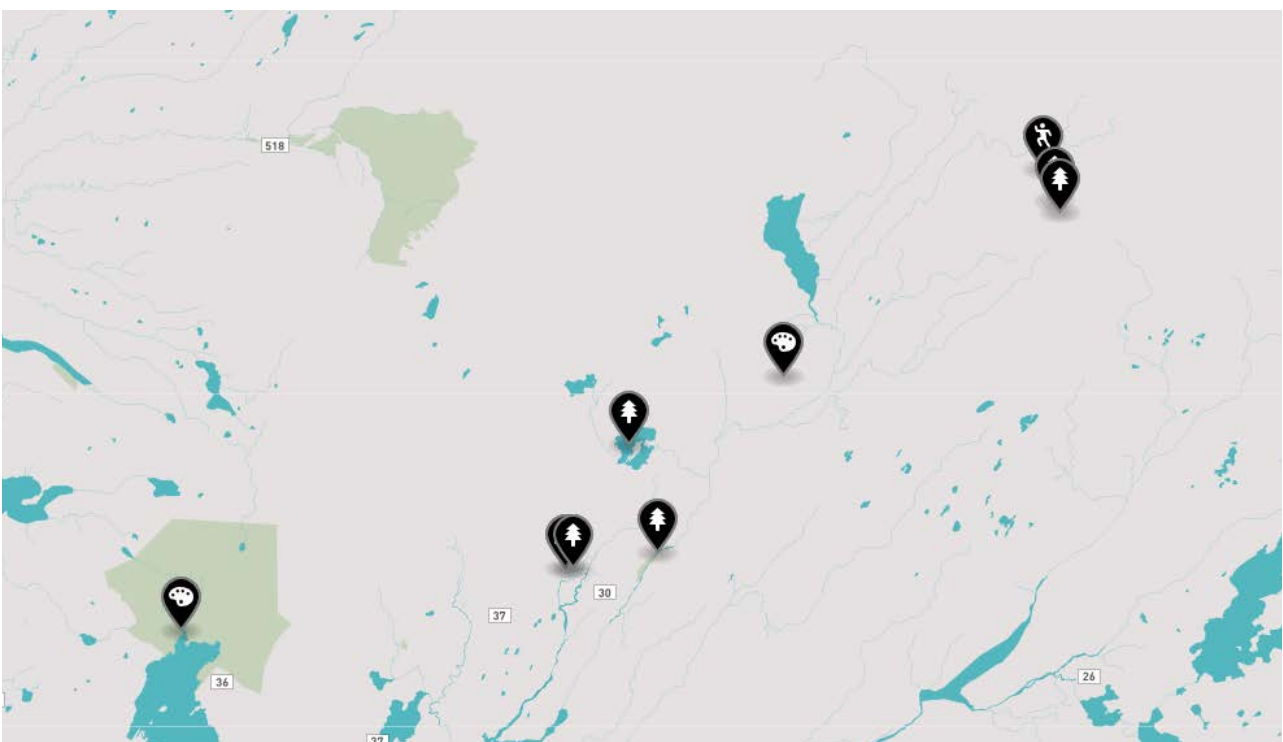
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24 HOURS IN

## *South Iceland*

**BY THE ROOSES**

Travel Family | Lovers | Urban Nomads



## MY PERFECT 24 HOURS IN SOUTH ICELAND

We're staying in a cosy wooden cottage with an outdoor hot tub (must have!) in **Haukadalur – Hawks Valley**.

In the early 11th century this valley was the site of an upcoming Icelandic dynasty and served as the setting for the famous Gísla Saga. The Sagas of Icelanders are perfect travel reading and bring all fantasies to life. Sometimes, when hiking through the vast expanses of Icelandic nowhere, you may feel as if somebody is watching you. The Sagas will stoke your imagination and definitely enrich your stay!

The best way to see the fountain geyser **Strokkur** is to be an early bird and go there before too many tourists arrive. You have a great view from top of the hill between Strokkur and Haukadalur - just pass the geyser and head up the trail.

But keep in mind: never leave the house without the number one Icelandic breakfast - Skyr with fresh berries!

Now it's time to head north to the **Kerlingafjöll area**. You definitely need a 4-wheel drive to go there and a thermos full of hot tea, as well as some snacks for the ride. The trip is perfect for families though, because you can do it within a day without having to spend the night in a new location with the kids. When driving there you'll pass **Bláfell**; according to the Sagas this used to be the home of a friendly troll which was buried in Haukadalur. Afterwards, you'll see the **Sandvatn lake** with its glacier in the distance. Keep on driving along the bumpy road through no-man's-land until you turn to the F347 to the Kerlingafjöll area. Inside the little tourist information, you'll get hiking maps of the area. Pack your things, prepare the kids, switch on your cam and off you go through volcano wonderland!

To have an overview of the valley, we drive to the parking lot P1 and climb up **Olafur**, which is a small mountain built from nothing but little stone rocks. Once you are on top you have the perfect view and you will find all these crazy black glass stones, which were created by an earlier eruption. You can also continue the small trail to the next peak, but with kids the track is pretty tough. It might be better to stick to the trails explained in the hiking maps for the Kerlingafjöll area.

After your hike, you will be quite exhausted and maybe feeling cold. But gather all the energy you have left and make the 20 min walk to a wonderful natural hot spring. Follow the creek until you find the 40°C warm **Borhola Kerlingafjöll pool**. Lie back, enjoy the tea you brought, get yourself warmed up and be happy!

As the day draws to a close your kids will be peacefully sleeping in the car. On the way back, make a stop at the waterfall **Gullfoss**. While your kids are sound asleep, you can enjoy this powerful spectacle of nature – the best time is close to dusk, because then only a few tourists will still be around. In case your kids are still not sleeping, make a stop at the Iceland horses in the Haukadalur valley: jump over the fence - your kids will love it!

And now a very personal recommendation of mine for an afternoon activity. When you have a family with two kids any time you can get for yourself is rare and valuable. One thing I enjoy most when I am on vacation is to randomly pick a mountain or a wild hill which is in line of sight and go and crest it. Crawling through bushes, running through fields, climbing rocks – just being dependent on your own strength and motivation feels so good. In those moments there is nothing else other than you and your goal, the summit. Searching for possible paths, fully focused on your ascent. I love it!

During our time in Haukadalur I climbed the mountain on the north-west side of the valley. This great hike took me around four hours. There is a small river running down the hill, which is the perfect trail for the way back.

Another fantastic destination for a day trip in the area is **Þingvellir** in southwestern Iceland. Situated on the northern shore of lake Þingvallavatn, Þingvellir is an important location in Icelandic history, being the oldest existing parliament in the world. The first assembly there took place in 930 AD. It's also a national park and home to Almannagjá – a canyon formed between two tectonic plates (America and Europe), a visual representation of the continental drift. The waters nearby are famous for their fishing and scuba diving since the water is so clear.

Find more great info here:

**<http://www.visiticeland.com/>**

**<http://www.south.is/>**

Taste the Nectar. Feel the Pulse in Iceland.

*Enjoy exploring,  
The Rooses*

## HAUKADALUR - HAWKS VALLEY

### SLEEP

Helludalur, Iceland

We lived in a cosy wooden cottage with our own outdoor hot tub.

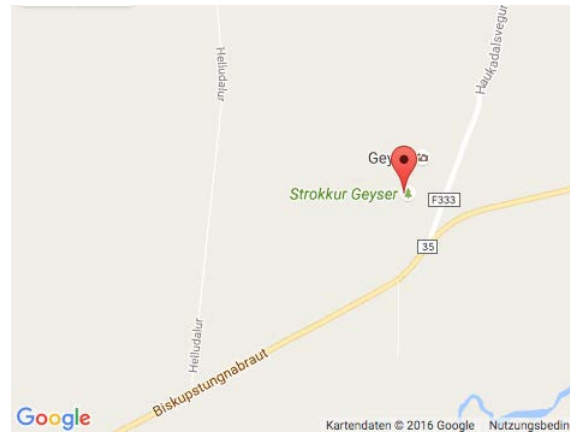


## STROKKUR

### ESCAPE

Geysir Iceland

From the hill on the eastern side of the Haukadalur valley you have a great view of Strokkur. Head up the trail from the F333.



## KERLINGAFJÖLL AREA

### ESCAPE

Kerlingarfjöll, Iceland

Great for hiking.

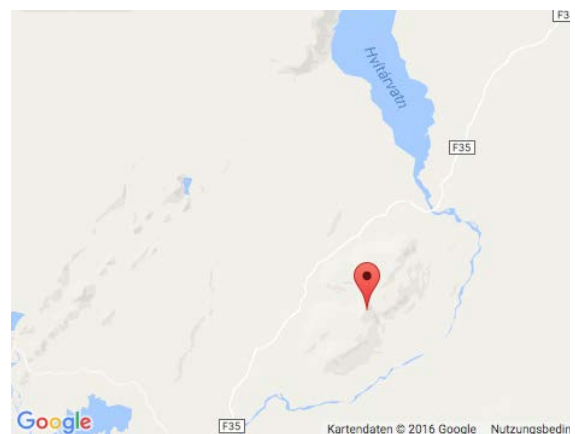


## BLÁFELL

### ARTS & CULTURE

Bláfell, Iceland

It is the myth that the good troll Bergþór used to live in a cave on the mountain Bláfell.



## **SANDVATN**

ESCAPE

Sandvatn, Iceland

This lake exists thanks to the glacier to the north. Also located north of the waterfall Gullfoss.



## **OLAFUR**

ESCAPE

F347, Iceland

Look for the beautiful little black glass stones, up on the hill.



## **BORHOLA KERLINGAFJÖLL POOL**

FITNESS & HEALTH

F347, Iceland

Cross the bridge in the Mountain Resort and follow the creek southwards. After a 20 min walk you'll find a small but wonderful natural hot spring.

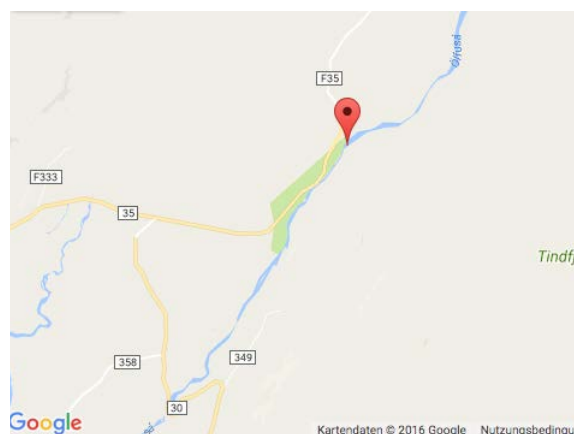


## **GULLFOSS**

ESCAPE

Gullfoss, Iceland

Impressive waterfalls; not to be missed when in this area.



## ÞINGVELLIR

### ARTS & CULTURE

Þingvellir, Iceland

This area is very important in Icelandic history because the Icelandic Parliament was established here in 930 AD. It's also home to a beautiful national park.

