

# COLDSPOT

THE HOT SPOT TO RECHARGE



Coldspot is a new health- and people-oriented travel organizer offering busy people life changing *5 in 1* tours.

Coldspot also offers a different kind of incentive tours for Icelandic and foreign groups and companies.

We are a unique new thing in Iceland. How? Coldspot provides its guests with a **REAL BREAK** from their daily stress for them to **RECHARGE** and **RECONNECT** like never before.

We will **Stop & Stay, Pause & Play**, enabling our guests to go from blue to blooming.

## A TASTE OF OUR MENU *Following is a taste of our menu.*

Mark what's interesting for your company and we will create an exceptional tour just for you.

### #1 Physical activities

Farmers Fitness

Mountain hiking

Running/walking

Swimming

Aerobics

Gymnastics

Dancing lessons

Biking



### #2 Experiences

Horse back riding

Relaxing in a natural pool

Boil an egg in a hot spring

Take a cup - drink water from the river

Jump into the river from a cliff

Pick berries

Hiding down in the earth

Story-telling

Games and playing

Orienteering

### #3 Inward thinking

Presentations and take-aways for life

Digital detoxing - Balance in private & professional life

I - the child! - Start playing again

I'm perfect! - Become your best friend

Don't die with the music still in you! - Find your purpose in life

As a viking - Find the power & greatness within you

Yoga

Meditation in the open air

Quiet walking

Floating in water with floating equipment

### #4 Food & Accommodation

Skemman - Hvanneyri's Café

Krauma - Deildartunguhver

Oddsstaðir - Barbeque in a 100 years old stable drinking coffee/ cacao, eating soup or making bread in the fireplace in the middle of the forrest

Hótel Sól Guesthouse Hvanneyri

Fossatún

Hótel Húsafell

Hótel Hamar

Summerhouses in Skorradalur



### #5 Corporates

Workshops

Coaching

Optional in Free time: **Bowen or massage**

### #6 Culture & Travel

A walk through Hvanneyri's history  
Wool Center  
The Agricultural Museum of Iceland  
Agricultural University of Iceland  
Iceland's oldest „sports center“

Deildartunguhver hot spring

Reykholt - Medieval Center

The Yarn House

Sólbyrgi - Visit the local farmers

Árdalur - „The Fruitful Farm“ episode

Borgarnes

Borg in Mýrum - Egill Skallagrímsson  
Park of Skallagrímur the Viking  
Settlement Center  
Borgarnes' Museum

Húsafell

Into the glacier - Langjökull

Glanni waterfall

Grábrók crater

Hraunfossar/Barnafossar waterfalls

Paradísarlaut - welcome to paradise

Skorradalur - visit abandoned houses

Vatnshellir cave

Arnarstapi

Hellnar

Snæfellsjökull

Helgafell the holy mountain



## PREMADE TOURS

Following is an example of our premade tours



### RE-ENERGIZED

Mainly for corporates

#### MISSION:

Get away from the workplace in order to solve some challenges at work and most importantly have a good time together and increase employee satisfaction.

**Welcoming and breakfast** at Skemman Café

#### Presentation on digital detoxing

– how to have a healthy relationship with digital devices in order to reduce stress **The benefit:** Get a perfect balance in your private and professional life.

**As a result:** Become more productive at work and more present at home –get the best of both.

**A walk** through Hvanneyri's history with the locals

**Lunch** at Krauma & a visit to Deildartunguhver.

**Workshop and coaching** – coaching method applied to a certain challenge/change/problem at work in order to find a positive solution and let everyone have a say in the matter

#### Physical activities in the open air:

Running, hiking, swimming

**Floating & meditation** at Hreppslaug

**Free time** Bowen treatment or a massage

**Dinner** at Skemman Café

**Singing**

### AT PEACE

Excellent for women

#### MISSION:

Have a wonderful, calm and enriching time together – reconnect to nature, to other people and for the better, yourself.

**Welcoming and a brunch** at Skemman Café, Hvanneyri

#### Presentation and coaching:

I the child & I'm perfect

**Quiet walking** in Hvanneyri's wonderful landscape

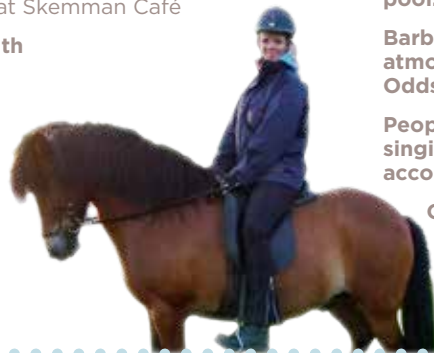
**Lunch at Skemman Café**

**Aerobics/dancing** in Iceland's oldest „sports center“ in Hvanneyri

**Yoga and meditation** in Hvanneyri's sports center

**Dinner** at Skemman Café

**Foot bath**



### RECHARGE YOUR BATTERIES

#### MISSION:

Get a real break from daily stressful lifestyle in order to recharge and create unique experiences.

**Welcoming and breakfast** at Skemman Café, Hvanneyri.

**Presentation:** Don't die with the music still in you – find your purpose in life.

**Exceptional exercising in the countryside and having fun** at our private farm in Lundarreykjadalur.

#### Snacks at the fireplace in the forrest:

Drink cacao and bake our own bread the old way by putting the dough in a tree.

**Walking along the river to Jötnabráur-foss, even jumping off the grid!**

**Relaxing and meditation** in a natural pool.

**Barbeque and having fun** in a unique atmosphere in a century old barn at Oddstaðir.

**People gathering in the barn and singing** with our guitar player or accordion player.

**Optional:** Horseback riding in the mid night sun.

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