We offer an easy and refreshing hike where we take our time and enjoy the tastes, smells and sounds of our surroundings and deepen our connection with nature and ourselves. During the hike we'll pay attention to the many hidden treasures around us and enjoy some nice surprises such as a cup of herbal tea made from handpicked Icelandic plants and herbs and a gift of special power stones, which are a part of the interesting Icelandic folklore. At the end of the hike we'll enjoy a lovely yoga moment where a yoga instructor will help us gather in energy from nature and relax with some breathing exercises.