

HOWL AT
THE MOON
.....
SAUNA CO.

HOSTED WITH WANDERING ROOTS · NOVEMBER 2-8, 2026

BATHING EXPEDITION
Iceland

Your Itinerary & Packing List

Southern Iceland · Lake Gíslholtvatn

DO LESS, BATHE MORE

WELCOME

A week of soaking, slowing, and bathing the way Iceland actually does it.

Seven days, six nights on a private lakefront peninsula in southern Iceland — soaking in geothermal lagoons, wild hot springs, and mobile saunas, with every meal and every detail handled. You just show up and immerse.

AT A GLANCE

DATES

November 2–8, 2026 (7 days / 6 nights)

WHERE

Private lakefront home, Lake Gíslholtvatn, S. Iceland

GROUP

An intentionally small group

HOSTS

Alisa Cardenas, Anna VanAgtmael & Chef Abbey Hunter

BATHING

5+ experiences: lagoons, wild hot springs, mobile saunas & Gúsa

INVESTMENT

From \$6,600 / person · payment plans available

WHAT'S INCLUDED

- All excursions & expert local guides
- All bathing experiences & rituals
- 6 nights' lakefront accommodation
- All meals (private Chef Abbey + one dinner out)
- Airport transfers (KEF) & all in-country transport
- A wolfpack of fellow bathers — and your hosts, start to finish
- Expert help booking flights & travel insurance

NOT INCLUDED

- Airfare to/from Keflavík (KEF)
- Passport / visa & travel documents
- Travel insurance (strongly encouraged)
- Transfer from KEF to Sky Lagoon on arrival day

Booking & payment are handled through the Howl at the Moon store (howlatthemoonsaunaco.com/store/p/iceland).

DAY BY DAY

The Itinerary

A rhythm of heat, cold, and quiet — with a guilt-free “choose your own adventure” spirit. Opt into everything or simply rest; both are perfect.

DAY 1 · MONDAY

Arrival + Slow Down

- Land at Keflavík; ease in at Sky Lagoon — ocean views and the 7-step Skjól ritual (heat, cold, steam, rest)
- Transfer and settle into our home base for the week
- Welcome dinner & first connection

DAY 2 · TUESDAY

Following the Water

- Breakfast at home, then the Secret Lagoon (Gamla Laugin), one of Iceland’s oldest geothermal baths
- Packed lunch + wild hot springs deeper in the countryside
- Free time, then dinner & relaxation back at home

DAY 3 · WEDNESDAY

Emerging Icelandic Sauna Culture

- To Reykjavík for free time and shopping
- Saekot Sauna — birthplace of the modern Gúsa ritual
- Dinner out in Reykjavík, then home

DAY 4 · THURSDAY

Relax Day + Mobile Sauna

- Optional cooking class with Chef Abbey; lunch at home
- A wood-fired mobile sauna comes to the lakeside — rounds of heat & cold, conversation, rest
- Evening Icelandic sound bath / Yoga Nidra



The Itinerary, continued

DAY 5 · FRIDAY

Into the Wild

- Super Jeep into Þórsmörk — glacial rivers, volcanic landscapes, waterfalls
- Icelandic lunch in the wild; easy hike to the historic Seljavallalaug pool between mountain and glacier
- Home for free time, dinner & rest

DAY 6 · SATURDAY

Swim + Soak at Laugarás Lagoon

- Friðheimar geothermal greenhouses
- Laugarás Lagoon, one of the newest baths on the Golden Circle
- Final dinner & goodbyes

DAY 7 · SUNDAY

Departure

- Breakfast, packing, goodbyes (no crying allowed ;)
- Group transfer to the airport



HOME BASE

One lake house, all week.

Rather than packing and repacking each night, we settle into a single private home on a quiet lakeshore peninsula at Lake Gísliholtsvatn. A black-timber lodge with picture windows over the water, a geothermal hot tub on the deck, a lake-view sauna, a communal kitchen and dining hall, and a quiet room for yoga and sound baths. It is the still center the whole week returns to.



Private & yours for the week — a whole lakefront home, not a hotel

A lake-view sauna with picture windows

A quiet room for yoga nidra & sound baths

Geothermal hot tub on the deck, right over the water

Communal kitchen & dining hall for Chef Abbey's meals

King beds — en-suite and shared-bath rooms available

Your Packing List

Early-November Iceland is cold, wet, and gloriously changeable (roughly 30–40°F / 0–5°C). The winning strategy is **layers you can add and shed** — and enough swimwear that one suit is always dry. Laundry & Wi-Fi are available at the house.

The bathing kit (the essentials)

- 3+ swimsuits, so one's always dry (new suit? **Saunamekko** merino sauna wear — the “bath suit” is a favorite)
- Neoprene water booties (for the more rugged bathing spots)
- Sauna hat — **Cult of Sauna** (code **Moon10** for 10% off)
- Quick-dry towel + a cozy robe
- Easy slip-on shoes or sandals that can get wet
- Dry bag / wet bag for damp suits
- Reusable water bottle (hydrate between rounds)
- Hair ties + leave-in conditioner (geothermal water is drying)

Warm layers for November

- Thermal base layers (top + bottom)
- Fleece or wool mid-layers
- Insulated / down jacket
- Waterproof, windproof outer shell
- Warm hat, gloves & scarf
- Several pairs of wool socks
- Waterproof hiking boots (for the Þórsmörk day)
- Cozy lounge clothes for the lodge

Skin & toiletries

- Rich moisturizer + hydrating face mask
- Lip balm & hand cream (cold air + mineral water)
- Sunscreen (yes, even in November)
- Personal toiletries & any medications
- Quick-dry hairbrush / travel hairdryer (optional)

Documents & tech

- Passport (valid 6+ months past the trip)
- Travel insurance & booking confirmation
- A credit card + a little cash
- Phone + **Type F** plug adapter (Iceland, 230V)
- Power bank; headlamp for dark mornings

Cozy & comfort

- A book + journal and pen
- Eye mask & earplugs
- Slippers / extra wool socks for the house
- Small daypack for excursions
- Camera, if photos are your thing

Good to know

- Dress in layers — weather turns fast
- Bring an open mind and zero agenda
- Dietary needs? Chef Abbey has you covered
- Permission granted to buy a new swimsuit ;)



YOUR HOSTS

You're in good hands.

★★★★★ 65 five-star reviews and climbing for Howl at the Moon Sauna Co.

Alisa Cardenas — Experience host, bathing-culture explorer, and founder of Howl at the Moon Sauna Co. After corporate burnout in 2021, she rebuilt her life around sauna, rest, and community.

Anna VanAgtmael — Travel designer and founder of Wandering Roots, with 25+ hosted journeys around the world. She makes the whole week run effortlessly.

Chef Abbey Hunter — Chef extraordinaire. Every meal made from scratch, all allergies and dietary needs handled with ease.

Ready, or just curious?

The group stays intentionally small, and spots are limited. The simplest next step is a free, no-pressure consult with Alisa and Anna — bring every question.

Book a free consult: iceland.howlatthemoonsaunaco.com/consult

Questions: hello@howlatthemoonsaunaco.com

Reserve: iceland.howlatthemoonsaunaco.com/store/p/iceland

Good to know: all payments are non-refundable and non-transferable, so we strongly encourage comprehensive travel insurance (including “cancel for any reason”). Must be 18+; passport valid 6+ months beyond the trip; a liability waiver is required.



Alisa Cardenas

Experience host · Howl at the Moon



Anna VanAgtmael

Travel designer · Wandering Roots



Chef Abbey Hunter

Private chef