

RANGÁ REVIEW

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Experience one of the greatest wonders of the modern world at the breathtaking Glacier Lagoon

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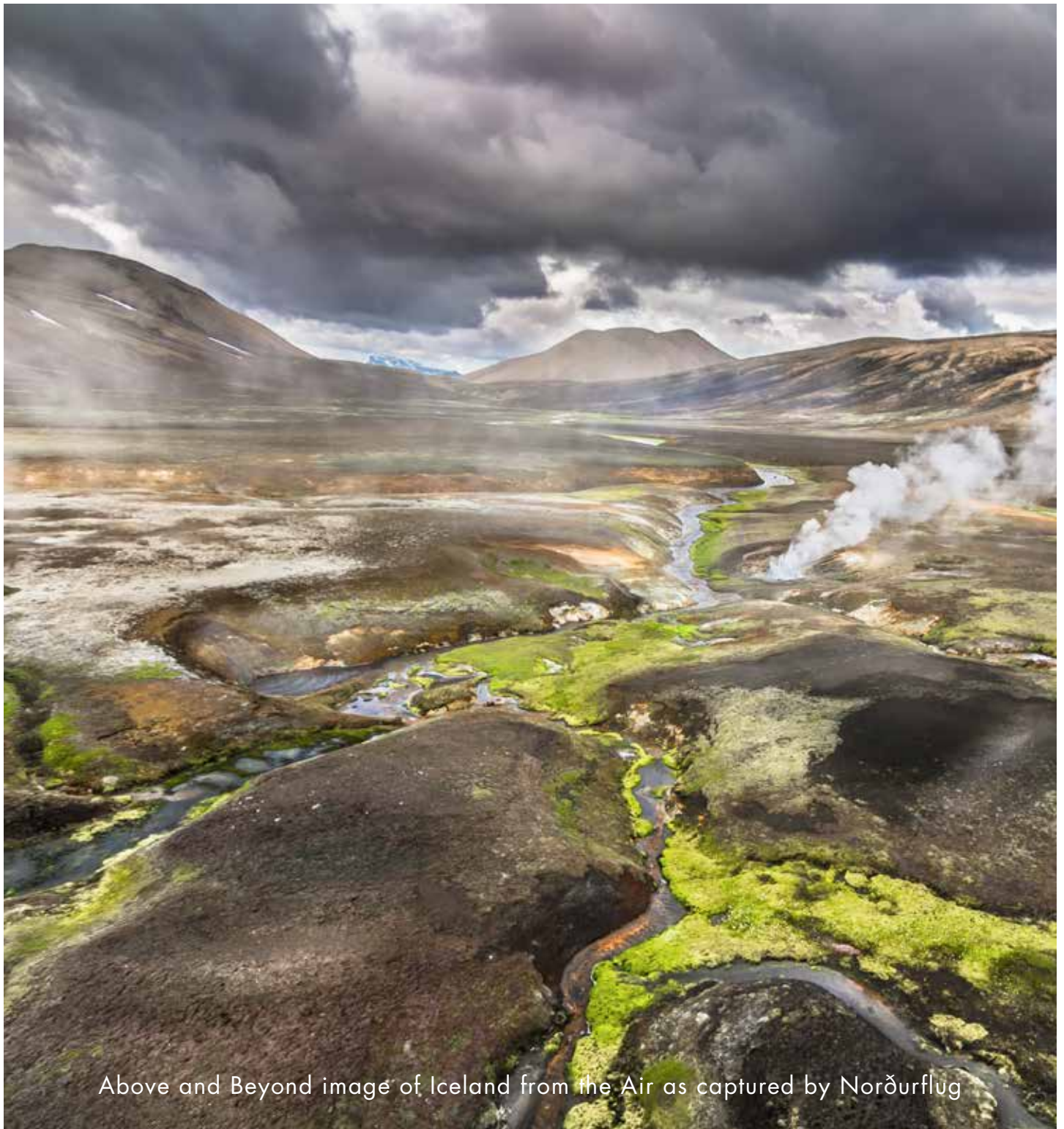
RIVER JET ADVENTURE

Get wet and wild with a hair-raising, thrill-seeking, high-speed River Jet Adventure

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SKYR DELIGHT

Enjoy an authentic taste of gourmet Iceland with Hotel Rangá's mouth-watering Skyr recipe



Above and Beyond image of Iceland from the Air as captured by Norðurflug



TAKE TO THE ROAD ICELANDIC STYLE

There is no better way to explore Iceland than from within the comfort of a powerful "Super-Jeep". Take to the road in an oversized Sport Utility Vehicle which has been modified to cope with the wild and rugged terrain that the highlands and lowlands of Iceland have to offer.

These impressive vehicles are capable of reaching hard to navigate locations such as volcanic slopes and frozen glaciers. Powerful and safe, Super-Jeeps combine practicality with fun and provide the perfect vehicle for family adventures or cross-country escapades with friends. These beasts are driven by expert all-terrain guides who can transport you to the most hidden landmarks and secret locations in Southern Iceland. Once aboard your Super-Jeep you will have the opportunity to see some exceptional sights and your tour can be tailored to take in your preferred locations. The Golden Circle experience includes the Thingvellir National Park, Geysir geothermal area and Gull-

foss waterfall. Or why not book a tour of the wide open countryside and immerse yourself in the beauty of the Farmland, Lava Meadows, Volcanoes, Waterfalls and Glaciers. If you prefer a more active Super Jeep experience, then why not combine this with a Snowmobile ride or a trip to the Geo Thermal hot springs. For nature lovers, a route can be designed to take in the South Coast where you enjoy the varied birdlife and exceptional basalt rock formations near the town of Vik. Whatever your preference, a Super Jeep tour offers the most exhilarating and enjoyable way to explore the natural Icelandic environment. Half Day, Full Day and overnight excursions can be arranged on request.



Super Jeeps tackle even the roughest terrain



Explore Iceland's highs and lows



THE GREAT OUTDOORS

Iceland is renowned for its natural beauty. Beneath rugged snow-capped peaks, its black sands stand in stark contrast to vivid green fields and woodlands, sprinkled with tiny bright wildflowers.

One of the best ways of exploring the countryside is with an experienced and knowledgeable local guide. If nature is your passion, then why not arrange a tour of the local terrain with a local expert ecologist who can explain in detail about the fragile ecosystems and the captivating flora and fauna found in Southern Iceland.

Magnus H. Jóhannsson, a local Ph.D. botanist and ecologist often accompanies visitors on nature tours and provides an unforgettable insight into the region's diverse and intriguing landscape. From flowers to fish, waterfalls to whales, Magnus offers a wealth of local knowledge and delivers this in an entertaining and informative manner.

"Throughout the centuries, due to overuse and the island's harsh climate, Iceland's ecosystems have deteriorated and the wind has taken a toll. Today, Icelanders have worked hard to halt the most severe erosion. In many places we have successfully restored degraded ecosystems, bringing new beauty and function back to landscapes that once were manmade deserts.



Magnus H. Jóhannsson runs **MudShark Tours** for more information on his nature and fishing expeditions contact Hotel Rangá reception.

Thankfully we can now see positive signs of renewal, for example in the spring we can spot, Vetrarblóm or the Winter Flower (*Saxifraga oppositifolia*). It's not very tall or showy, but look closely and you'll find it's quite beautiful. Like many of Iceland's hardy plants, it's also surprisingly delicate.

Whilst out and about on a nature tour you will also see many interesting birds or our beloved Golden Plover. To Icelanders this bird, the Lóa, with its characteristic song, is a sure sign of spring. Every Icelander knows the song about the Lóa, "Lóan er komin," which thaws the frozen heart of winter and tells us that better times are ahead."

Each nature tour is different depending on the time of year, weather conditions and of course the interests of the visitor. Why not take time outdoors getting under the skin of Iceland's ever changing ecology. Book a nature tour with Magnus and experience a personal overview of this complex and enthralling natural environment.



The Winter Flower (*Saxifraga oppositifolia*)



Spot the Lóa and listen for its beautiful song



Enjoy the spectacular scenery





SOUTH SHORE SIGHTS

Visit the dramatic South Shore of Iceland crossing fertile farmland with striking views over waterfalls, glaciers and historic natural landmarks. Perfect for a gentle half day exploration or a full day excursion, the South Coast route encompasses the most spectacular scenery, captivating birdlife and the raw beauty of Iceland's rugged coastline. Pick and choose your stop off points on route but here are a few of the South Coast's highlights to consider along the way.

Seljalandsfoss Waterfall

Stop by Seljalandsfoss. A unique waterfall in the river Seljalandsá, about 30 km west from Skógar. It is 60 meters high with a foot path

behind it at the bottom of the cliff, with a thin cascade. It is the only known waterfall of its kind, where it is possible to walk behind it.

Eyjafjallajökull Erupts Visitor Centre

A must see exhibition capturing a pivotal moment in contemporary history. The Þorvaldseyri Visitor Centre opened on April 14, 2011, exactly one year after the Eyjafjallajökull eruption started. As a family-run facility, the goal

is to give visitors a personal look at what it is like to have a volcano at one's back door. A short film portrays the spectacular natural event, and the hectic times and incredible challenges met by the family farm of Þorvaldseyri.

Skógar og Skógafoss

Skógafoss is one of the biggest waterfalls in Iceland with a width of 25 metres and a drop of 60 metres. Due to the amount of spray the waterfall consistently produces, a single or double rainbow which is normally visible on sunny days. According to legend, the first Viking settler in the area, Þrasi Þórólfsson, buried a treasure in a cave behind the

waterfall. The legend also says that local people found the chest years later, but were only able to grasp the ring on the side of the chest before it disappeared again. The ring was allegedly given to the local church. The old church door ring is now in a museum, though whether it gives any credence to the folklore is debatable.

Dyrhólaey

Heading onwards in the direction of Vik take time to stop at Dyrhólaey, a 510-acre promontory south of the Mýrdalsjökull glacier, it is the southernmost point of the country. Dyrhólaey was formed about one hundred thousand years ago in the warm-up

period of the last ice age in an underwater eruption that has its similarities to Surtsey, the famous volcanic island south-west of the Westman Islands. Dyrhólaey is an important bird nesting site and the area has been protected since 1978.

Reynisfjara

One of the most mesmerizing landmarks on the South Coastal route Reynisfjara is a black sand beach just outside of the town Vik and features an amazing cliff of regular basalt columns resembling a rocky step pyramid, which is called Garðar. Sea-

wards you can see the spectacularly shaped basalt sea stacks Reynisdrangár. The area has rich birdlife, including fulmars and guillemots. At Reynisfjara beach you need to be careful because of the strong and unpredictable waves.

Vik

On arriving at Vik you will find a few shops stocking handcrafted Icelandic products and also several places to eat, remember to re-fuel your car before your return journey. Vik is Iceland's most southerly village and one

of the most popular tourist sites in Iceland. Although this community of about 450 inhabitants faces the open and unforgiving Atlantic, Vik is the only seaside settlement in Iceland left without a harbor.

Other highlights along the South Coast include views of the stunning Myrdalsjokull glacier and the impressive Reynisdrangár rock formations. For a detailed map and further suggested stop off points speak to reception.

ABOVE AND BEYOND

Experience the thrill of viewing Iceland by Helicopter

One of the most exhilarating ways to experience the diverse landscapes of Iceland's enchanting terrain has to be from above. With so much to see and such an expansive area to explore, viewing Iceland by helicopter allows visitors the privilege of soaking up the scenery in a condensed period of time.

Aerial tours cover captivating volcanic landscapes, fly you along mysterious black sand beaches, and can even land on top of a glacier. Geothermal tours allow you to witness Iceland's raw energy. Fly over the most active volcanic area in Iceland - the Hellisheiði plateau and enjoy a view long the way of moss covered lava fields stretching out to the horizon interspersed with colorful basalt mountains, steaming hot springs and geothermal power plants that supply Reykjavik with its renewable energy. Your pilot can also land in a remote location unreachable by car or on foot where barely any humans have ever set foot before - a truly memorable experience. We strongly recommend booking a helicopter tour of the

south coast where you will trace the unique coastline which is home to some of the most beautiful natural attractions in Iceland. From glaciers and volcanoes to ice caps and riverbeds. On this tour you will fly over some of the most popular destinations including the waterfalls Skógarfoss and Seljalandsfoss, Dyrhólaey, Reynisdrangár and Vík.

For an unforgettable once in a lifetime airborne adventure why not take a full day helicopter tour of Iceland and visit the majority of Iceland's "postcard" sites in just one day. The largest rivers, the most active volcanoes, the highest mountain, the biggest glacier, often the brightest skies and the darkest sands.

Taking to the skies from Hotel Rangá couldn't be easier, and your helicopter tour can be tailored to your personal requirements and time-frames where your pilot will literally transport you from door-to-door.



Tours from Rangá can include the South Coast, Eyjafjallajökull, Fimmvörðuháls, Þórsmörk, Hrafninnusker, Landmannalaugar, Hekla, Gullfoss, Geysir, Þingvellir, Katla, Dyrhólaey, Kirkjubæjarklaustur, Lómagnúpur, Skaftafell, Hvannadalshnjúkur, Jökulsárlón, Höfn, Vatnajökull, Grímsvötn, Laki, etc...



For an unforgettable once in a lifetime airborne adventure why not take a full day helicopter tour of Iceland and visit the majority of Iceland's "postcard" sites in just one day.



MIDNIGHT GOLF

Can't sleep?
Why not play a round of midnight golf.

Due to Iceland's northerly location, the country experiences 24 hours of sunlight every day over the summer months of June and July. Midnight golf in Iceland is an incredible experience which many golfers from around the world enjoy. Somehow the golf courses, landscape and the atmosphere is different when you are playing in the middle of the night



GLACIER LAGOON

Experience one of the greatest wonders of the modern world at the breathtaking Glacier Lagoon.

Jökulsárlón [ˈjœ:kyls.aur.loun] which literally means “glacial river lagoon” is located on the edge of Vatnajökull National Park. Situated at the head of the Breiðamerkurjökull glacier, it developed into a lake after the glacier started receding from the edge of the Atlantic Ocean. A recent natural phenomenon and a result of the warming climate, the surface of the glacier is at sea level and the sea water flows into the lagoon at high tide where the mix of salt and fresh water gives a vibrant blue-green colour.

Huge blocks of ice constantly break off the glacier, Breiðamerkurjökull, and large icebergs float on the lagoon. Whilst relatively slim, in places the lagoon is up to 250 metres deep which makes it the deepest lake in Iceland. Breiðamerkurjökull is an outlet of the Vatnajökull glacier.

Featured in numerous block-buster films the lake can be seen from the road between Höfn and Skaftafell the Glacier Lagoon appears as a ghostly procession of luminous blue icebergs.

Boat Trips and Amphibious Vehicle Tours can be organised at the Glacier Lagoon, for more info go to: www.icelagoon.is



RIVERJET ADVENTURE

For those seeking an adrenaline filled Icelandic Experience why not sign up to a hair-raising, action-packed Riverjet Adventure aboard a high-octane super charged jet boat. Ride the wild white water of the Hvítá river below the Gullfoss waterfall, speed through the narrow basalt canyon, feel the exhilaration of the 360 spins and bounce over the rapids like a professional. The wonderful Riverjet experience

also takes in the most amazing scenery en-route, from open deltas, dramatic canyons and white water rapids to volcanic landscapes and enchanting waterfalls. A perfect addition to the Golden Circle tour, the Riverjet ride ticks all the boxes for those secret thrill-seekers and for an extra adrenaline surge why not combine this wild and wet activity with a helicopter pick up from your hotel for a real James Bond experience.





SKYR DELIGHT

Tastes of Iceland - Skyr

One of Iceland's most versatile cooking ingredients has to be the creamy yet tangy, cultured dairy product 'Skyr'. Hailed as the new healthy alternative to yoghurt, Icelandic Skyr has a rich, dense character and smooth velvety texture and is both high in protein and calcium yet unbelievably it has 0% fat. Fresh Skyr can be used in both sweet and savoury recipes and its natu-

ral tartness makes it the perfect companion for sweet and sour ingredients. Now available in the UK and USA, Skyr is one of Iceland's most covetable exports and an essential element in any authentic Icelandic menu. Why not give Skyr a try with this delicious dessert recipe by Hotel Rangá's head chef Karl Jóhann Unnarsson – a perfect choice for a summer dinner party as it can be made ahead of time.

SKYR WITH OAT CRUMBLE & BERRIES

For 10 people or more



SKYR:

- 1 liter of heavy cream
- 370g sugar
- 2 vanilla pods
- 6 gelatine leaves
- 1 kg pure organic Skyr

METHOD:

1. Place the gelatin in a bowl with cold water and let it soak
2. Put the cream in a large pan with the sugar and vanilla pods and bring it to the boil
3. Take the pan from the heat. Drain the water from gelatin then and add the softened gelatin to the pan of cream, mix well.
4. Allow the mixture to cool down to 40 – 45 degrees before adding the skyr.
5. Stir the Skyr carefully
6. Leave the mixture to cool for one hour then pour into individual bowls to serve

OAT CRUMBLE:

- 250g oats
- 250g butter (room temperature)
- 250g flour
- 250g brown sugar

METHOD:

1. Mix all the ingredients in an oven proof bowl
2. Pre-heat the oven to 170 degrees
3. Bake for 10 mins and then stir well, then allow to bake for a further 10 mins and remove from oven and cool.

TO SERVE:

Once cool serve the Skyr topped with fresh berries and the crumble mixture



Hotel Rangá's head chef Karl Jóhann Unnarsson



ARTISTIC ALCHEMY

Interview with Watercolour Artist Derek Mundell

Iceland attracts artists from far and wide with many choosing to stay for long periods of time so as to capture on canvas the dramatic diversity and ever-changing Icelandic extremes of light and dark. One artist who has made Iceland his permanent home since the 70s is Englishman Derek Mundell who specialises in watercolour depictions of the wild volcanic landscape. Based at his studio in a suburb of Reykjavik, Derek has taught watercolour painting to adults since 2007 and has a degree in Art History. He recalls "I moved to Iceland in 1976 and have made this lovely country my home. It is a marvelous place and the Icelanders are resourceful, enterprising and friendly, of course. The scenery here still amazes me and the light is an inspiration to a watercolour artist such as myself. One of my favorite places is called Fljótshlíð with its farmsteads, woodlands and uninterrupted views to several glaciers and icecaps."

Derek's work can be found throughout Hotel Rangá and his frescoes feature in a number of the rooms at the hotel. "My wall paintings at Hotel Rangá are completely different to my works in watercolour. For a start, a smooth wall is very different to the paper I normally use! The acrylic paints used to paint the



Derek Mundell has many of his pieces of work on display at Hotel Rangá, for studio visits or for painting classes take a look at: www.present-art.is

design dries very quickly and therefore I have chosen to work in a more graphical style relying more on line and tone. The theme of each room connects directly with Hotel Rangá and its natural surroundings."

Derek is best known for his striking watercolour works which depict specific moments in time and the untamable soul of the rugged Icelandic landscape. "I consider watercolour is the best colour medium for capturing those short-lived moments and first made this discovery while painting the human figure. I also find it ideal for rapid painting of land and seascapes where the light is continually changing. Primary colours are allowed to run and mix together in water on the paper. Any attempt to completely control every wash and brushstroke can kill a painting. For me it involves a delicate balance between controlling the water and collaborating with it. This lends a certain unpredictability to watercolour which keeps the paintings organic and gives them a life of their own. And on those rare occasions when water, pigment and paper merge together in an alchemy which is unique for watercolour, then the artist can be content with his work."



STARGAZING

Autumn Offer - Stargazing and Northern Lights

Book your Autumn/Winter offer now and make the most of Iceland's beautiful winter night skies. Experience stargazing in the Hotel Rangá observatory, spot the Northern Lights from your balcony, enjoy a moonlight dip in our thermal hot tubs and enjoy the finest Icelandic cuisine.

Three-night stay including buffet breakfast from €942.00 per couple in a standard room
Offer valid - September 1st 2016 – May 31st 2017.