

ATLANTIC TRAVEL & TOURS

NORTH ATLANTIC SENIOR TRAVEL

**RELAX AND CULTURE: UNMISSABLE EXPERIENCES FOR
SENIOR TRAVELERS IN BERMUDA, GREENLAND, THE FAROE
ISLANDS AND ICELAND**



FROM THE CEO - FOUNDER

Dear travelers,

Imagine rediscovering the pleasure of traveling at a gentle pace, without rush, allowing yourselves to be guided by curiosity and the landscapes that surround you.

Every place has a story to tell, every experience is an invitation to live in the moment, to **feel the rhythm of each destination and to savor its true essence.**

Picture leisurely walks through historic towns, along narrow streets that preserve ancient traditions, or moments of tranquility immersed in timeless natural landscapes. Let yourselves be embraced by the atmosphere of cultural cities, museums, local markets, rolling hills, and lakes that invite pause, reflection, and enjoyment.

This brochure is an invitation to dream with open senses: each page offers ideas, colors, scents, and inspirations to help you imagine a journey designed entirely for you. It is not just a collection of destinations, but a guide to experiences that combine **culture, nature, and comfort**, allowing you to fully enjoy every moment.

Turn these pages with curiosity, **let yourselves be inspired**, and begin planning a journey that celebrates the joy of discovering the world in your own way.



Steve Tabacchi

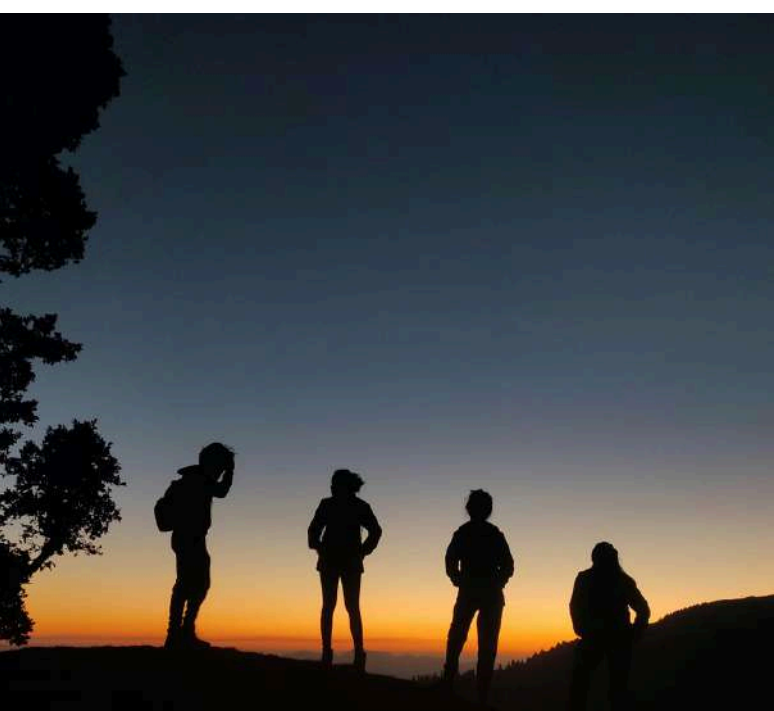
DR. STEVE TABACCHI
CEO - FOUNDER
ATLANTIC TRAVEL & TOURS



WHY TRAVEL WITH US

**DISCOVER WHY OUR
TOUR OPERATOR IS
UNIQUE AND
UNRIVALED!**

BESPOKE TRAVEL FOR EVERYONE



OUR TRAVEL ITINERARIES

We exclusively curate itineraries for innovative and original travel experiences that diverge from the conventional paths of mass tourism. Our aim is for each customer to be the protagonist of their own journey.

OUR TRAVEL CLASSES

We arrange travel for the following categories:

- **FIRST**
- **PREMIUM**
- **ECONOMY**

WE ORGANIZE ITINERARIES USING THE FOLLOWING TRANSPORTS



CAR

- ✓ RENTAL



VAN

- ✓ RENTAL WITH DRIVER
- ✓ SCHEDULED TOURS WITH DRIVER



COACH

- ✓ RENTAL WITH DRIVER
- ✓ SCHEDULED TOURS WITH DRIVER



BOAT

- ✓ RENTAL



SCOOTER

- ✓ CHARTER SERVICES
- ✓ TAILOR MADE TRAVEL ITINERARIES

WE ORGANIZE ITINERARIES USING THE FOLLOWING TRANSPORTS



MOTORCYCLE

- ✓ CHARTER SERVICES
- ✓ TAILOR MADE TRAVEL ITINERARIES



MOTORHOME

- ✓ RENTAL



AIRPLANE

- ✓ DOMESTIC FLIGHTS

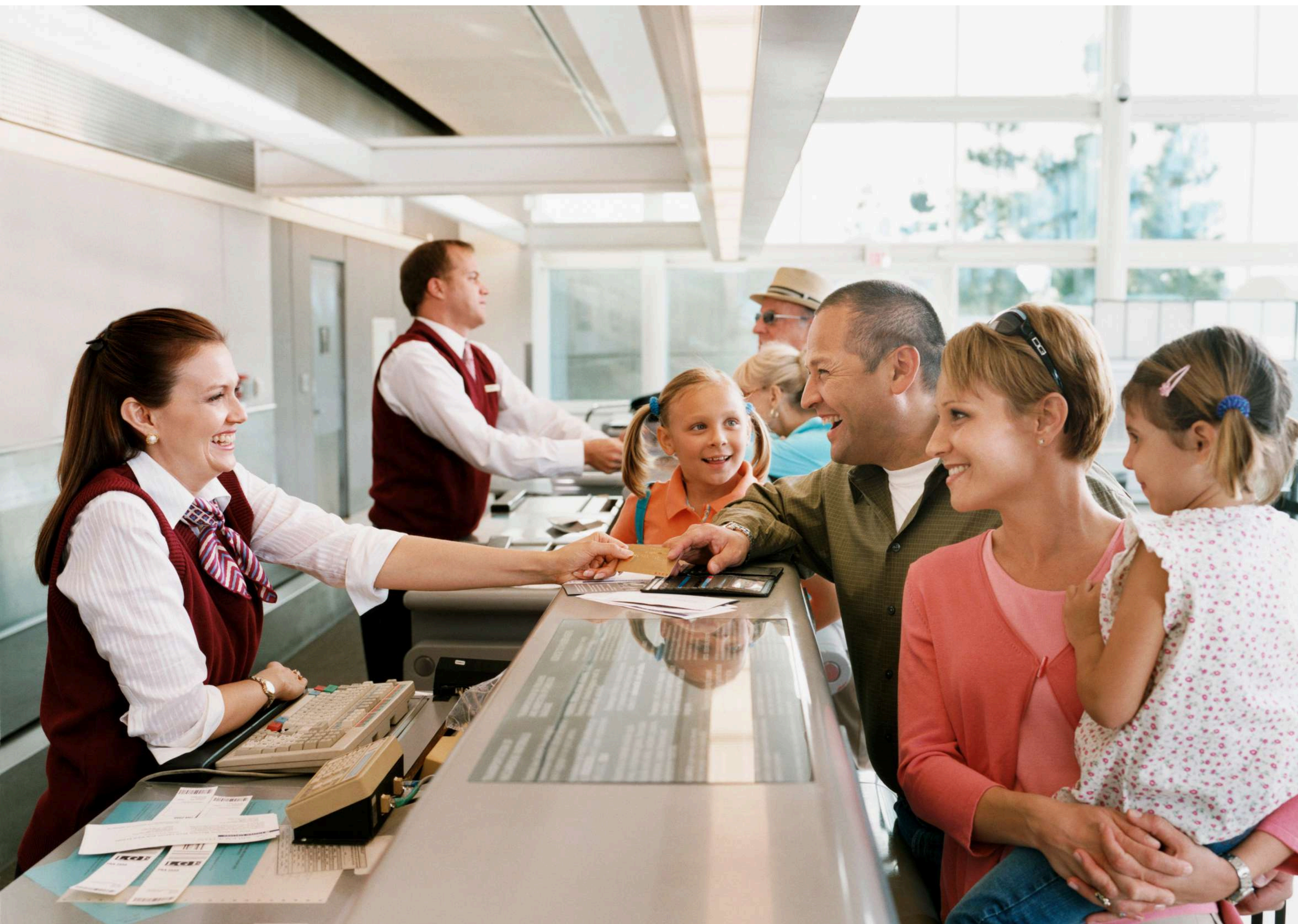


HELICOPTER

- ✓ INTERNAL TRANSFERS
- ✓ EXCURSIONS

PRIORITY CHECK-IN AND CHECKED BAGGAGE

Bid farewell to lengthy check-in queues! With our priority check-in service, you can swiftly obtain your boarding pass and check in your baggage. We are consistently prepared to provide this option, contingent upon airline availability, to enhance your travel experience, whether you are flying in premium or economy class. **Do not squander time; opt for comfort!**



NO QUEUES AT THE AIRPORT WITH THE FAST TRACK SERVICE



We understand the frustration of enduring lengthy waits at airport security. Therefore, we consistently incorporate fast track access into our travel packages, allowing you to bypass the queue and enjoy a stress-free experience.

The service is contingent upon the availability at each airport, thus we cannot assure its constant accessibility. Nevertheless, we are pleased to announce that it has been implemented in the majority of the airports we utilize. **Seize this opportunity!**





COMFORT IN AIRPORT LOUNGES

Once reserved solely for business and first-class passengers, airport lounges are now available to travelers in other classes as well. We provide the highest level of comfort and luxury to ensure your airport experience is memorable. In our travel packages, we consistently strive to include access to these exclusive areas at both departure and arrival points (subject to airport and airline availability). Relax, indulge in culinary delights, savor fine beverages, and enjoy refreshing showers, all within elegant and tranquil settings. **Seize this exceptional opportunity!**



OTHERS SERVICES

OUR EXCEPTIONAL PARTNERSHIPS WITH DIVERSE SUPPLIERS ENABLE US TO PROVIDE OUR CUSTOMERS WITH THE FINEST OF THE FOLLOWING SERVICES

ADVANCED LUGGAGE SHIPPING
TOURIST VISAS
CURRENCY EXCHANGE
INSURANCE POLICIES



	AUD	7.01
	NZD	5.05
	JPY	0.0913
	GBP	11.23
	EUR	9.71
	SGD	5.35
	CHF	7.00



ALWAYS TRAVEL WITH A PREMIUM DISCOUNT!



-20%

- **ACTIVE YEAR-ROUND**
- **FOR ALL CATEGORIES OF TRAVELERS**
- **NO MINIMUM SPENDING THRESHOLD REQUIRED**



TRAVEL PHOTOGRAPHER

FOR AN UNFORGETTABLE TOUR
FOREVER

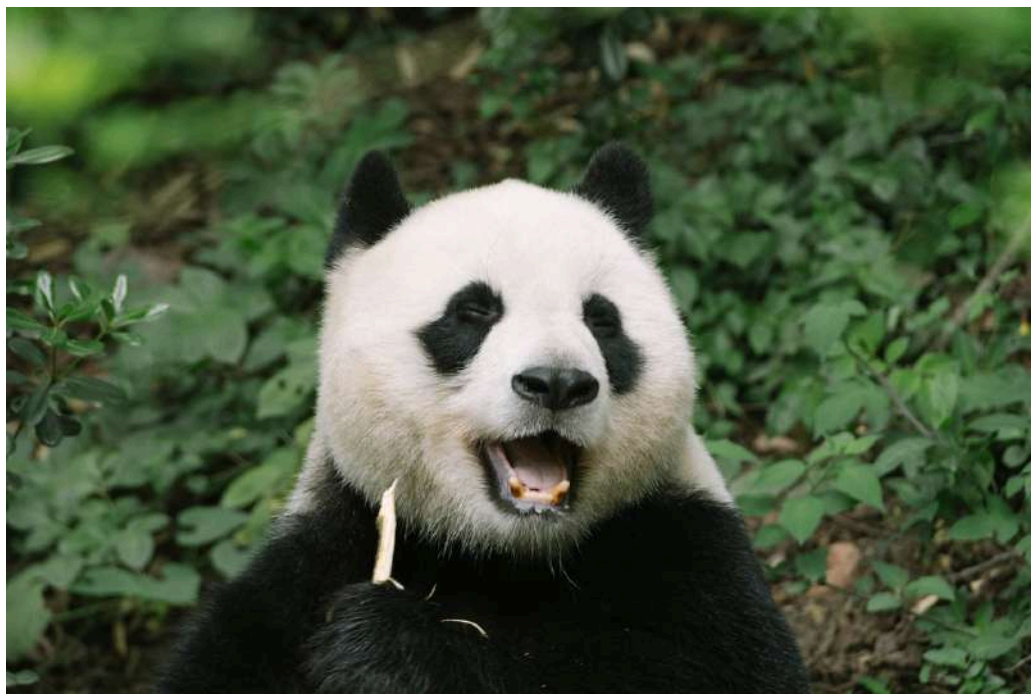


Certain journeys hold a unique significance: a honeymoon, a wedding anniversary marked by the renewal of vows, or cherished moments spent with close friends or family. Such beautiful occasions will be immortalized through professional photography and videography. Should you wish to incorporate this option into your upcoming trip, we are pleased to provide assistance with photographers who can transform your experience into a lasting memory.



ONE FREE INDIVIDUAL FOR EVERY 15 PAYING CUSTOMERS

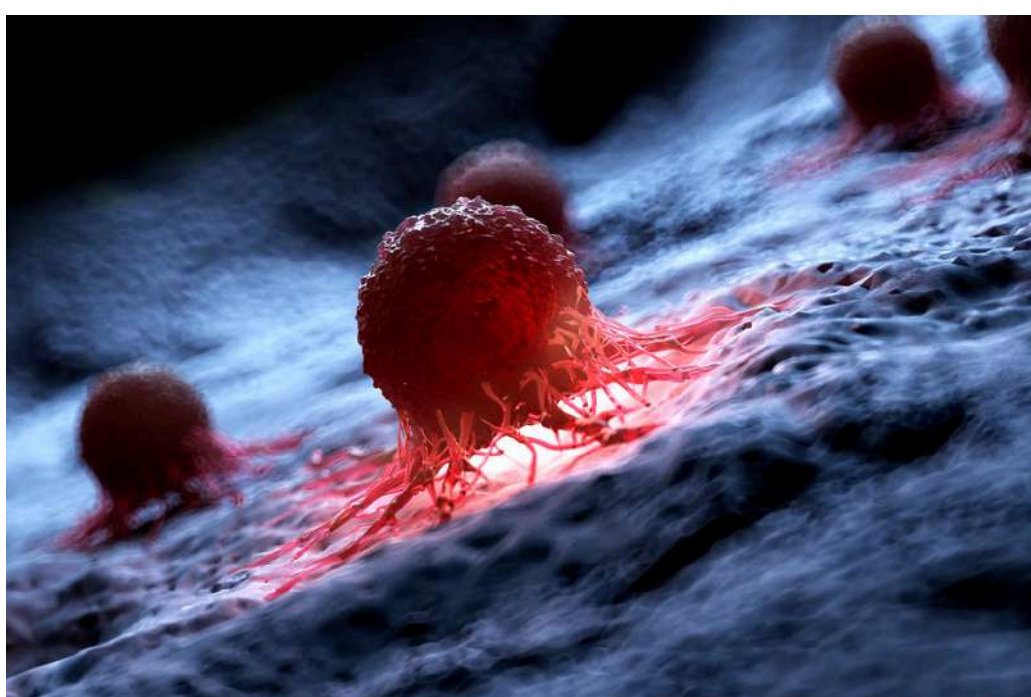
Take advantage of our **perpetually active** promotion. If you can gather a **minimum of 15 individuals**, one person will receive a **complimentary** trip. Consider anyone who might be interested among family, friends, colleagues, or others. Additionally, if you require a tour leader or tour guide to assist you and your group throughout the entire tour, we can provide this service as well



OUR COMMITMENT TO ENVIRONMENTAL PROTECTION AND CANCER RESEARCH



THROUGH OUR TRIPS, WE AIM TO PROVIDE OUR CUSTOMERS WITH THE OPPORTUNITY TO **SUPPORT** NON-PROFIT ORGANIZATIONS DEDICATED TO ADDRESSING THE FOLLOWING GLOBAL CHALLENGES.



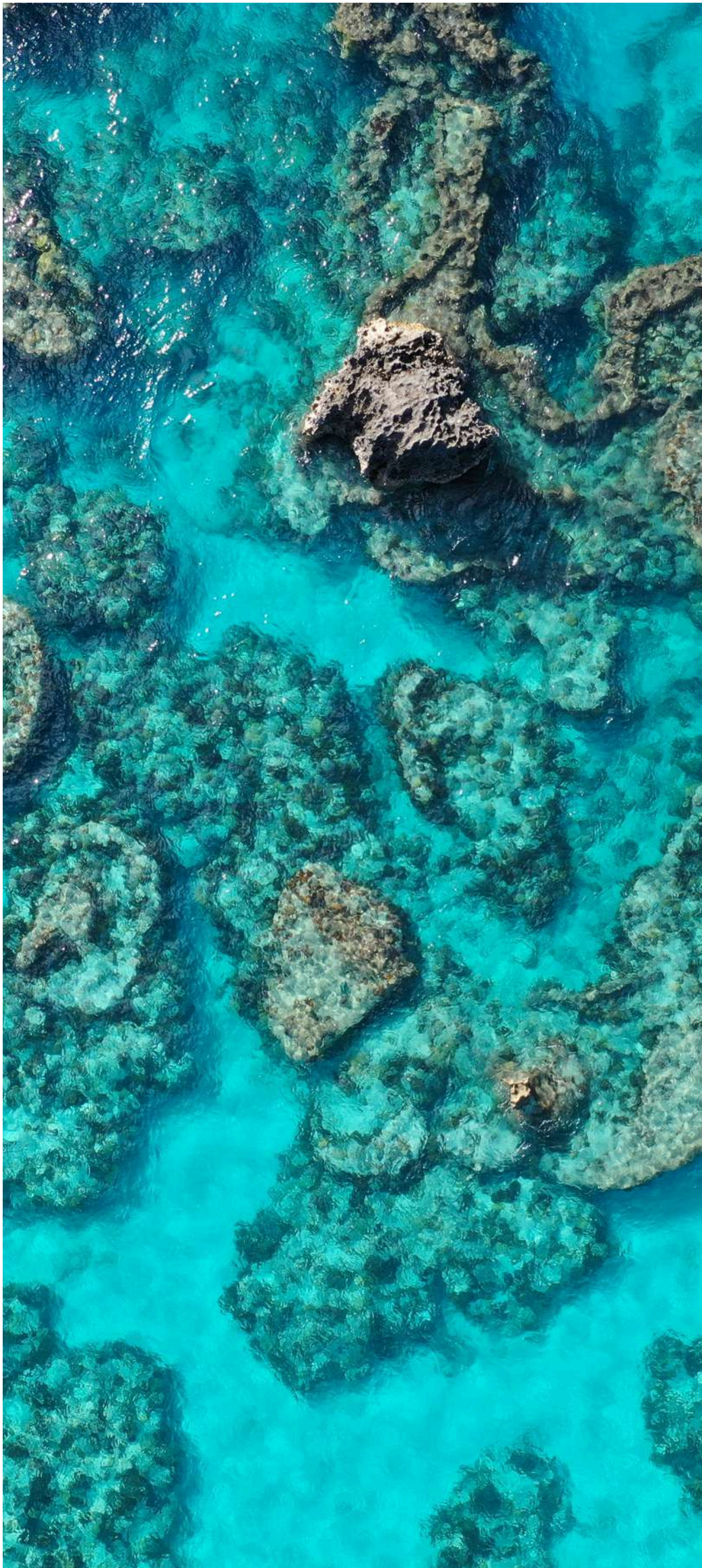
- **CONSERVATION OF PLANT AND ANIMAL LIFE**
- **GLOBAL WARMING**
- **CANCER RESEARCH**



WHY CHOOSE THE NORTH ATLANTIC FOR SENIOR TRAVELERS

DISCOVER BERMUDA, GREENLAND, THE FAROE ISLANDS AND ICELAND AND LET YOURSELVES BE INSPIRED BY ITINERARIES DESIGNED TO BE ENJOYED AT A RELAXED PACE, THROUGH AUTHENTIC LANDSCAPES, CULTURAL EXPERIENCES, AND PLACES FAR FROM MASS TOURISM, FOR A JOURNEY THAT IS RELAXING, COMFORTABLE, AND DEEPLY MEANINGFUL

TRAVEL WITHOUT HURRY IN THE NORTH ATLANTIC



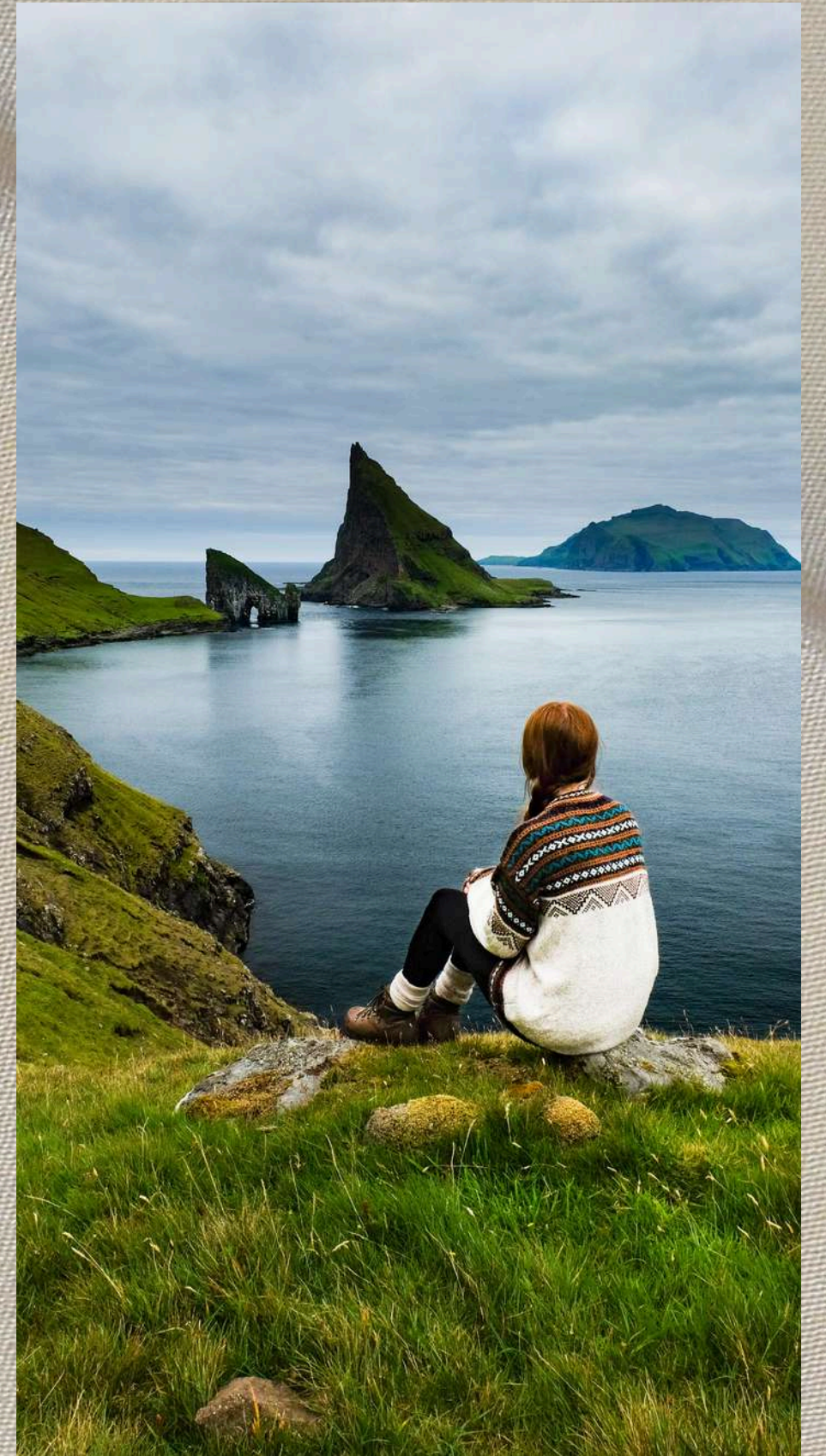
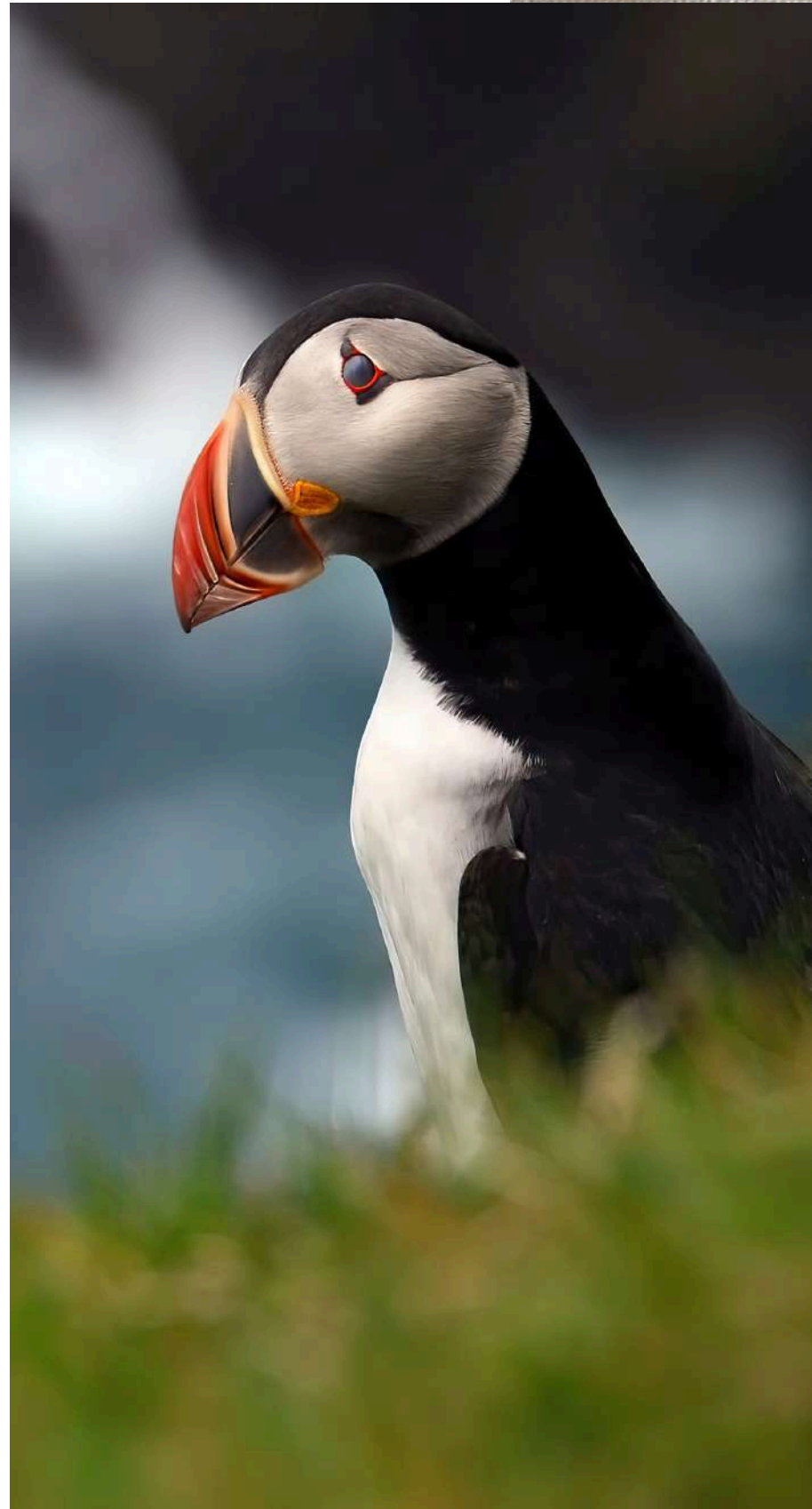
There are itineraries that don't ask to be traveled quickly, but rather to be experienced slowly, leaving room for observation and the time needed to connect with the places. For those over 65, the North Atlantic represents a collection of destinations where the journey can take a measured pace, built on short stops and easily understandable contexts.

Bermuda offers an orderly and easily accessible environment, where protected coastlines, small towns, and historic sites linked to navigation allow for easy travel and continuous sea observation points. Greenland, on the other hand, offers a more pared-down experience, based on a few well-connected coastal towns and expansive landscapes such as fjords and inlets, which can be explored without long distances. The Faroe Islands are distinguished by their compact size: compact villages, scenic roads, and accessible observation points allow for traversing the territory without logistical complexities, always maintaining direct contact with the ocean and rock formations. Finally, Iceland offers well-organized infrastructure and itineraries focused on specific areas, where waterfalls, lava fields, and volcanic coasts can be visited through short stops and easily manageable routes.

From a natural perspective, this set of territories offers a variety of landscapes: calm, turquoise waters in Bermuda, silent, glacial environments in Greenland, rugged, windswept coastlines in the Faroe Islands, and ever-changing volcanic landscapes in Iceland. These aren't places to be traversed in a rush, but rather contexts to be observed gradually, where each stop adds a layer of understanding to the landscape.

The cultural dimension also contributes to making the journey meaningful. Bermuda tells a story tied to ocean routes and British tradition; Greenland retains a strong Inuit identity intertwined with the Nordic presence; the Faroes maintain a communal culture tied to fishing and the sea; Iceland combines Viking heritage and contemporary society in a unique balance between nature and modernity.

Overall, the North Atlantic lends itself to a mature and informed form of tourism, where the quality of the experience depends on the ability to choose a few well-defined destinations, avoiding fragmented travel and favoring continuous discovery. A way of traveling that focuses not on quantity, but on the depth of time spent in places.



WHY CHOOSE THE NORTH ATLANTIC FOR AN OVER-65 TRIP?

SLOWER RHYTHMS AND TERRITORIES THAT CAN BE EXPLORED GRADUALLY

The North Atlantic is particularly suited to a travel style that favors calm, continuity, and the possibility of frequent stops along the way. Bermuda offers short distances and an orderly environment, where moving between bays and towns is simple and intuitive. Greenland, on the other hand, concentrates life in major coastal settlements like Nuuk, where the Arctic landscape can be observed without long journeys. The Faroe Islands are built around short road connections between villages and scenic spots, while Iceland allows for itineraries organized by region, with natural attractions clearly distributed along the main roads. This territorial structure avoids fragmented journeys, focusing instead on defined areas, where each stop can be experienced without rushing and with adequate time to explore.

ACCESSIBLE LANDSCAPES AND VISITS BUILT TO BE OBSERVED, NOT TACKLED

Experiences in these territories are based more on observation than physically demanding exploration. In Bermuda, the coasts of Horseshoe Bay and the urban areas of Hamilton offer simple, well-organized itineraries. In Greenland, Nuuk is the main hub for museums, waterfront walks, and immersion in local culture without long distances. In the Faroe Islands, Tórshavn offers a compact and easily manageable visit, while in Iceland, many natural attractions such as the southern waterfalls or the geothermal areas of Reykjanes can be reached with short trips and stops near observation points. Landscape, in all destinations, remains a central yet never invasive element: fjords, rocky coasts, volcanic fields, and the ocean present themselves directly, often visible from the main access points without the need for complex routes.

A TRAVEL MODEL BASED ON CLARITY, COMFORT AND CONTINUITY

The North Atlantic allows for itineraries that don't require frequent base changes, but can be developed by area, reducing travel and increasing the time spent discovering places. In this context, the value of the journey isn't tied to the number of stops, but to their readability and ease of exploration. The result is a balanced experience, where vastly different landscapes are explored at a steady pace, without rushing, and allowing you to savor each setting in its entirety.



UNFORGETTABLE TAILOR-MADE TRIPS FOR OVER-65S

A trip to the North Atlantic for those over 65 is more than just a vacation: it's an opportunity to explore extraordinary landscapes, discover authentic villages, immerse yourself in the local culture, and experience moments of relaxation far from the frenzy of mass tourism.

For this reason, it should never be a standard package, but a carefully and attentively designed experience, conceived for your pace, your passions, and your history.

Our approach to creating trips for seniors 65 and over is based on a fundamental principle: each itinerary must be unique and reflect the needs of those who travel slowly, seeking comfort, accessibility, and authenticity.

We listen to your desires, understand your pace and travel style, and create an itinerary that makes every stage of this experience special.

Every detail is carefully studied:

- Choice of destinations, from historic villages to little-known hamlets, quiet beaches and natural parks with accessible trails**
- Pace of the itinerary, to enjoy every experience without rushing and without stress**
- Experiences along the way, such as scenic walks, visits to local museums and galleries, food and wine tastings, and short excursions immersed in nature**
- Selection of the most comfortable, welcoming and charming facilities, away from the most crowded tourist routes**

The result is an authentic, balanced, and deeply personal journey, designed to offer moments of relaxation, discovery, and pleasure, transforming each stop into a lasting and precious memory.

OVER-65 TRAVEL EXPERIENCES IN THE NORTH ATLANTIC

A WAY OF TRAVELLING BUILT ON THE MEASUREMENT OF TIME

In the North Atlantic, a trip designed for those over 65 is based on a simple principle: reduce the complexity of travel and enhance the quality of stops. Destinations are located in contexts where pace is naturally more relaxed and where the structure of the regions allows for experiences without pressure or logistical overload. The common thread is not the quantity of places visited, but the continuity of the experience: gradually changing landscapes, easily identifiable towns, and itineraries that can be tailored to individual needs, always maintaining a balance between movement and permanence.



ACCESSIBLE SETTINGS AND VISITS DESIGNED TO BE EXPERIENCED CALMLY

The most suitable experiences are concentrated in areas where the landscape is enjoyed directly and intuitively. Small urban centers, easily accessible coastlines, and scenic routes with frequent stops allow you to observe the landscape without the need for demanding travel or constant changes of base. Nature is ever-present, but it presents itself in observable and unobtrusive forms: expanses of ocean, rolling hills, or volcanic landscapes visible from accessible vantage points. Cultural spaces, such as local museums and exhibition centers, are also generally located in central and easily accessible areas, contributing to a more orderly and seamless experience.



A JOURNEY THAT PRIORITIZES CONTINUITY, STABILITY, AND GRADUAL DISCOVERY

In this type of itinerary, the choice of destinations becomes more important than their quantity. The goal is to build a coherent itinerary, where each stop fits naturally into the next, avoiding excessive fragmentation. The value of the experience lies in the ability to calmly observe the changing landscape and adapt the pace of the journey to your needs, always maintaining a sense of balance between discovery and comfort. In this way, the North Atlantic is transformed into a collection of destinations suited to mature, informed, and well-calibrated tourism.



WHEN TO GO ON A OVER-65 TRIP TO THE NORTH ATLANTIC



North Atlantic destinations don't follow a single climatic pattern: each area—from Bermuda to Greenland, passing through the Faroe Islands and Iceland—has very different seasonal patterns. This means the best time to visit depends heavily on the type of experience you're seeking: sea and mild climate, Arctic landscapes, wilderness, or geothermal phenomena.

Bermuda: Separate Seasons and Subtropical Climate - Bermuda follows a completely different cycle than northern destinations. The most stable period generally runs from late spring to early fall, when the weather is warmer and the seas calmer. The winter months are cooler but still mild, while late summer and early fall can be subject to more variable weather conditions associated with the tropical Atlantic.

Greenland, Faroe Islands, and Iceland - Nordic winter and extreme conditions (November–March) - Winter is a particularly pronounced season in Iceland and Greenland, with very short days, frigid temperatures, and landscapes dominated by snow, ice, and prolonged darkness. This is the period when natural phenomena such as the Northern Lights, particularly visible in Iceland and the northernmost areas of Greenland, are most common. In the Faroe Islands, the climate remains unstable but less extreme, with a landscape heavily influenced by wind, rain, and stormy seas.

Greenland, Faroe Islands, and Iceland - Shoulder season and light transitions (May and September) - The transition months offer an interesting balance between still favorable weather conditions and fewer tourists. In Iceland and the Faroe Islands, the landscape rapidly changes hues, with more oblique light and more variable weather. In Greenland, some routes begin or end their operating season, making this phase particularly suitable for more flexible and less structured trips.

Greenland, Faroe Islands, and Iceland - Arctic summer and most accessible season (June–August) - In Iceland, the Faroe Islands, and Greenland, summer is the most favorable time for most travel. Days are very long, temperatures are milder, and internal roads or connections are more reliable. In Iceland, it's the ideal time for crossing the interior regions and the Highlands, while in the Faroe Islands, inter-island connections are more regular and the coastal landscapes are fully accessible. In Greenland, especially in the southern and western areas, fjord- and shipping-related activities are intensifying.

Overall, the North Atlantic doesn't have a single "ideal season," but a set of different climate windows that allow for very different types of trips, depending on whether you're looking for more stable conditions, more extreme weather, or more intense nature experiences.

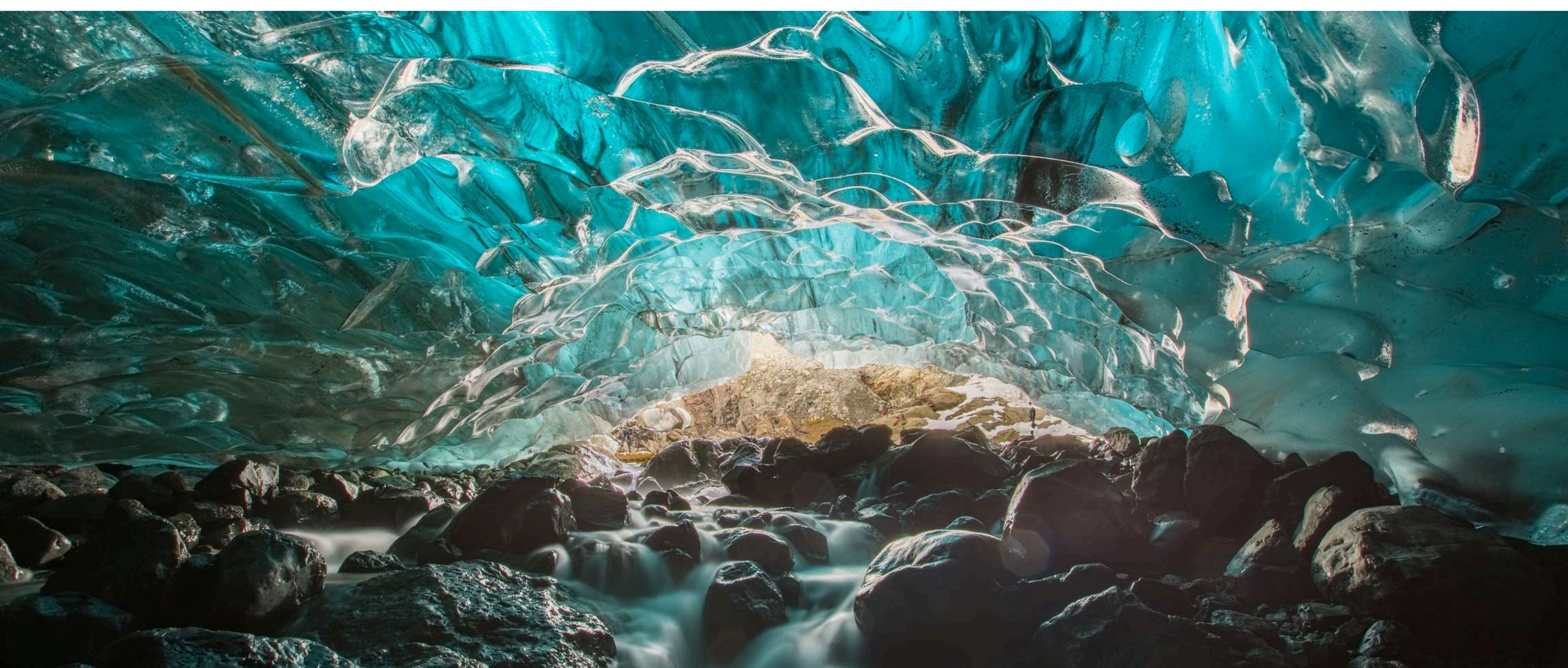
10 OVER-65 TRAVEL EXPERIENCES THAT ONLY EXIST IN THE NORTH ATLANTIC

Some journeys can't be explained by a single destination: they arise from the encounter between extreme environments, island cultures, and geographies that change radically in the space of a few hours. In the North Atlantic, between Bermuda, Greenland, the Faroe Islands, and Iceland, there are experiences that cannot be replicated elsewhere: not because of tourism, but because of the sheer natural and cultural conformation.

Among the most suggestive:

- Crossing territories where the landscape changes identity in just a few hours by plane - From the tidy coral coasts of Bermuda to the lava fields of Iceland, crossing completely different environments. In Iceland, the Ring Road connects waterfalls like Skógafoss, black sand beaches, and glaciers like Vatnajökull in a continuous sequence. In the Faroe Islands, the roads between Streymoy and Eysturoy pass through tunnels and villages suspended between the ocean and vertical cliffs.
- Sleep in places where nature dominates every horizon - In Greenland, small settlements like Ilulissat or Tasiilaq overlook fjords populated by icebergs. In the Faroe Islands, isolated homes like those in Gjógv or Saksun are nestled between mountains and ocean. In Iceland, lodges and rural structures in the south coexist with lava fields and open expanses without artificial protection.
- From ocean green to permanent ice - Greenland offers one of the starkest contrasts on the planet: the Ilulissat Icefjord with the Sermeq Kujalleq Glacier faces the softer shores of the south. In Iceland, the Jökulsárlón glacier lagoon displays icebergs drifting toward the ocean. In Bermuda, meanwhile, the water changes from turquoise to deep blue along coral reefs extremely close to shore.
- Traversing cities where colonial history meets the ocean – Hamilton in Bermuda tells a story tied to the British Atlantic trade routes. Reykjavik in Iceland blends Nordic culture with contemporary harborfront architecture. Tórshavn in the Faroe Islands preserves blackened wooden houses with grass roofs, while Nuuk in Greenland reflects the fusion of Inuit tradition and modern urbanization along the fjord.
- Enter island cultures where daily life is still communal - In the Faroe Islands, traditional music and community gatherings are part of daily life. In Greenland, Inuit culture is expressed through fishing, oral storytelling, and small local museums. In Iceland, festivals and saga literature continue to influence contemporary identity. In Bermuda, maritime culture remains tied to the rhythm of the ocean.
- Explore active and changing geological landscapes - Iceland is home to volcanoes like Hekla and Eyjafjallajökull, geothermal fields like Hverir, and waterfalls generated by tectonic rifts. The Faroe Islands display basalt cliffs shaped by time and wind. In Greenland, the movement of glaciers continues to reshape the fjords.
- Sailing between islands where every landing is a change of scenery - Between the Faroes and Iceland, every sea or air connection introduces a new landscape. In Greenland, coastal travel often takes place between isolated fjords. In Bermuda, short journeys between smaller islands reveal distinct micro-seascapes.
- Observe Arctic nature in its purest form - The Ilulissat Icefjord in Greenland is one of the most active sites for iceberg calving. In Iceland, Vatnajökull National Park offers accessible and up-close glaciers. In the Faroe Islands, nature manifests itself through cliffs and the ever-changing ocean.
- Walking in environments where silence is part of the landscape - The Icelandic Highlands offer lava spaces almost devoid of human presence. The Faroe Islands feature isolated valleys between mountains and sea. In Greenland, the lack of large-scale infrastructure amplifies the perception of natural emptiness.
- Experience Nordic light as a continuous and variable phenomenon - In Iceland and Greenland, the light changes radically between summer and winter, creating unique conditions for observing the landscape. In the Faroe Islands, low clouds and the sea amplify the dramatic perception of the environment. In Bermuda, the tropical Atlantic light creates softer yet ever-changing hues.

In this cluster of territories, the experience isn't built on individual attractions, but on continuous transformations. It's a living atlas of the North Atlantic, where every move changes not only the location, but the very way we perceive the landscape.





THE MOST CHARMING ACCOMMODATIONS FOR A TRIP FOR OVER 65S

A journey across the North Atlantic is defined not only by the territories crossed, but also by the places where one chooses to stay, where the relationship with the landscape becomes continuous and direct, profoundly influencing the rhythm of the experience.

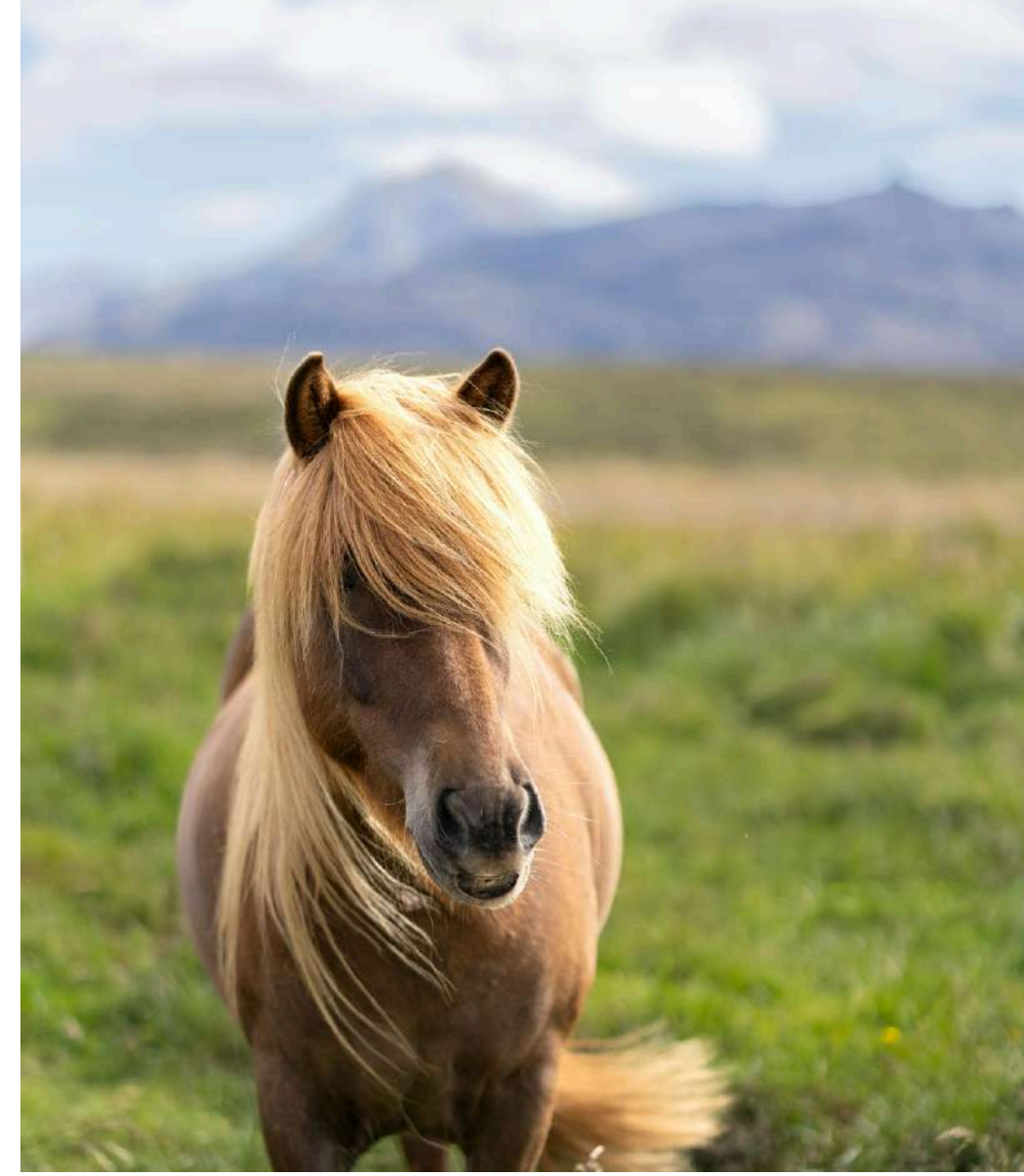
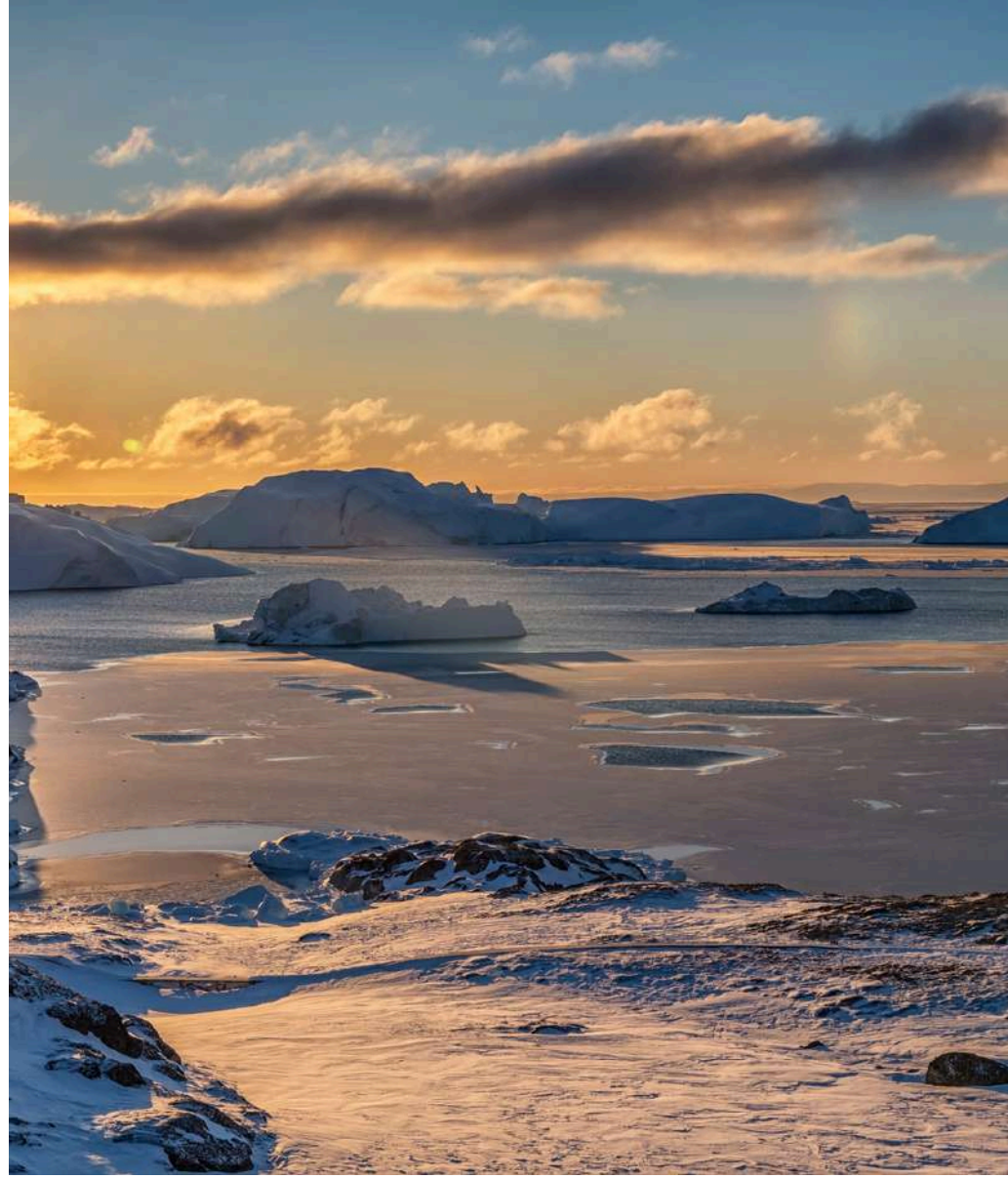
In Bermuda, accommodations reflect a coastal elegance that blends seamlessly into the landscape: boutique hotels overlooking the ocean, small guesthouses nestled in manicured gardens, and colonial-style homes reinterpreted in a contemporary way, often with open verandas and direct access to the sea.

In Greenland, accommodations are more basic and closely tied to the Arctic context: hotels in the main towns, lodges overlooking the fjords, and guesthouses in the villages, where large windows and panoramic positions allow direct contact with glaciers, sea, and polar light.

In the Faroe Islands, accommodations are distinguished by their traditional, intimate character: wooden houses with grass roofs, small family hotels, and scattered village-style accommodations, often nestled in open landscapes between mountains and ocean, with a strong sense of isolation and authenticity.

In Iceland, the offerings are more varied and contemporary: lodges immersed in natural areas, designer hotels in urban areas, and rural properties along the main routes, designed to enhance natural light and offer views of volcanic landscapes, glaciers, and open expanses.

In this context, sleeping isn't simply a break between experiences, but becomes an integral part of the trip itself. The type of accommodation you choose helps define the overall atmosphere, influencing how you experience the land and the weather.



MISTAKES TO AVOID WHEN PLANNING A TRIP FOR OVER-65S IN THE NORTH ATLANTIC

TRYING TO INCLUDE TOO MANY DESTINATIONS IN ONE ITINERARY

One of the most common mistakes is trying to combine very different destinations like Bermuda, Greenland, the Faroe Islands, and Iceland in just a few days. Unlike other island destinations, here the distances are significant and the contexts are completely different. An overly packed itinerary risks turning into a series of transfers, reducing the actual time to dedicate to each destination. Focusing on one or two destinations, however, allows you to truly appreciate their unique characteristics.

UNDERESTIMATING LOGISTICS, CLIMATE AND CONNECTIONS

In these regions, travel isn't always straightforward: limited flights, variable weather conditions, and less extensive infrastructure can impact travel times. In Greenland, for example, many connections are by sea or small aircraft; in the Faroe Islands and Iceland, some areas may be less accessible at certain times. Careless planning can lead to delays and fragmented days, while a realistic vision allows for continuity and peace of mind.

BUILDING AN ITINERARY THAT IS TOO RIGID

The North Atlantic's charm also lies in its unpredictability: changing light, variable weather conditions, and rapidly changing landscapes are all part of the experience. Planning every moment rigidly can limit your ability to adapt to these changes. Leaving room for flexibility allows you to make the most of every day, taking advantage of the most favorable conditions.

STAY ONLY IN THE MAIN CENTERS

Capital cities and urban centers offer important services and landmarks, but they represent only part of the identity of these destinations. The most authentic character often emerges in coastal villages, rural areas, and less-visited natural landscapes. Limiting yourself to cities means missing out on a significant part of the experience, made up of silence, open spaces, and a direct connection with the environment.

CONSIDER ACCOMMODATION AS A SIMPLE BASE

In these regions, accommodation plays a fundamental role: it's not just a place to sleep, but a space from which to observe and experience the landscape. Choosing accommodations that aren't integrated into the surrounding landscape can diminish the intensity of the experience, while accommodations overlooking fjords, coasts, or natural environments enhance the sense of the territory and contribute to the pace of the trip.

NOT TAILORING THE TRIP TO YOUR NEEDS AND EXPECTATIONS

The North Atlantic is not a uniform destination: it offers vastly different experiences, from more accessible and organized settings to extreme and isolated environments. Following standard itineraries without considering your travel style can lead to inconsistent choices. Building a customized itinerary, however, allows for a balanced, authentic, and truly rewarding experience.



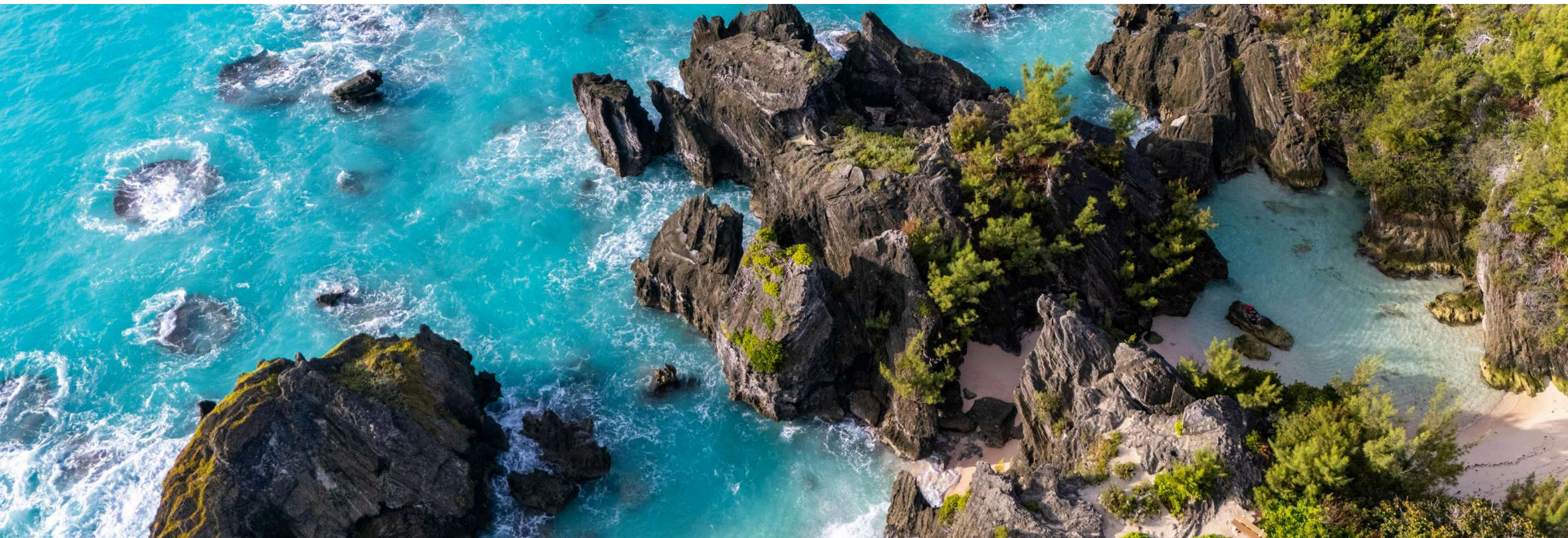
QUALITY AND SERVICE UPDATES

The experiences and services presented in this brochure have been selected based on qualitative criteria focused on comfort, accessibility, and the personalization of the travel experience.

As operational conditions, dedicated services, and policies may be subject to updates or changes over time, each proposal will be reviewed and confirmed at the quotation stage, in order to ensure full alignment with the traveler's specific requirements and the expected quality standards.



BERMUDA ISLANDS - AN ARCHIPELAGO SUSPENDED BETWEEN OCEAN AND HISTORY, WHERE THE ELEGANCE OF THE SEA MEETS BRITISH HERITAGE AND CORAL NATURE TRANSFORMS INTO AN IDENTIFYING LANDSCAPE



Located in the North Atlantic, approximately 1,000 km off the East Coast of the United States, Bermuda is a British Overseas Territory composed of approximately 181 islands and coral cays, connected by bridges and road infrastructure. Its geological origins are linked to an ancient, now submerged, submarine volcano, around which a carbonate platform developed, giving rise to the current island system. Scenically, Bermuda is characterized by a balance of rocky coastlines, pale sand beaches, and turquoise waters protected by coral reefs. Among the most iconic natural sites are Horseshoe Bay Beach, one of the archipelago's most iconic beaches, Elbow Beach, Spittal Pond Nature Reserve, and the coastal formations of Devil's Hole. The inland waters are shaped by large natural inlets such as Castle Harbour and Great Sound, which contribute to the archipelago's geographical complexity.

Bermuda was sighted around 1505 by the Spanish navigator Juan de Bermúdez, but remained uninhabited for over a century. European colonization began in 1609, when the English ship *Sea Venture*, bound for Virginia, wrecked on the islands during a storm. This event marked the beginning of a stable English presence in the archipelago. Between 1612 and 1615, colonization was organized first by the Virginia Company of London and later by the Somers Isles Company, which initiated the structured development of the territory under British control. From that point, Bermuda became a key strategic point in the British Empire's Atlantic trade routes. The historic town of St. George's, founded in 1612, is one of the oldest surviving English settlements in the New World. Its urban fabric retains narrow streets, limestone buildings, colonial churches, and coastal fortifications that testify to the archipelago's defensive and commercial role. The capital, Hamilton, later developed along the central coast and is today the main administrative and financial center, characterized by 19th-century colonial architecture and an active natural harbor. From a cultural and museum perspective, the main reference is the Bermuda National Museum, located within the historic Royal Naval Dockyard complex, a former British naval base. The museum houses collections dedicated to Atlantic navigation, military, and colonial history, with naval artifacts, historical maps, and testimonies of maritime life that illustrate Bermuda's strategic role along ocean routes.

Bermuda is organised into nine civil parishes and two principal municipalities, which constitute the official administrative division of the territory:

- ST. GEORGE'S PARISH (EAST) - INCLUDES THE OLDEST HISTORIC AREA, INCLUDING ST. GEORGE'S AND FORTIFICATIONS SUCH AS FORT ST. CATHERINE, AS WELL AS NATURAL BAYS SUCH AS TOBACCO BAY
- HAMILTON PARISH – RESIDENTIAL AND COASTAL AREA SURROUNDING PART OF THE CENTER OF THE ISLAND, WITH ACCESS TO BEACHES AND NATURAL FEATURES IN THE NORTHEAST
- DEVONSHIRE PARISH – CENTRAL REGION WITH GREEN SPACES, NATURE RESERVES AND RESIDENTIAL AREAS IMMERSSED IN THE INLAND LANDSCAPE
- PAGET PARISH - INCLUDES HORSESHOE BAY BEACH AND PAGET MARSH NATURE RESERVE, ONE OF THE LAST REMAINING ORIGINAL WETLANDS IN THE ARCHIPELAGO
- WARWICK PARISH - CHARACTERISED BY SCENIC COASTLINES SUCH AS WARWICK LONG BAY
- PEMBROKE PARISH - ADMINISTRATIVE CENTER THAT INCLUDES THE CAPITAL HAMILTON AND HAMILTON HARBOUR
- SANDYS PARISH (WEST END) - WESTERN AREA WITH THE ROYAL NAVAL DOCKYARD AND LESS URBANIZED COASTS
- SOUTHAMPTON PARISH - SOUTHERN COASTAL REGION WITH CLIFFS, OPEN BEACHES AND STRETCHES OF ATLANTIC COAST
- SMITH'S PARISH - CENTRAL AREA CHARACTERIZED BY HILLY LANDSCAPES AND WIDESPREAD SETTLEMENTS

The main international gateway is represented by:

- L.F. Wade International Airport - Located on the island of St. David's, in the eastern part of the archipelago. From this hub, you can quickly reach the historic town of St. George's, eastern beaches like Tobacco Bay, protected natural areas like Cooper's Island Nature Reserve, and the rest of the island via the main road network that connects all parishes

Bermuda thus emerges as an island territory of great geographical and historical coherence, where the balance between coral nature, British colonial heritage, and contemporary development creates a unique territorial identity in the North Atlantic.

RELAXED EXPERIENCES AMIDST LANDSCAPES AND CULTURE IN BERMUDA

PLACES AND EXPERIENCES FOR AN OVER-65 TRIP OFF THE BEATEN PATH

A trip to Bermuda designed for those over 65 is structured around a balanced pace, easily accessible settings, and a selection of less-frequented destinations, where nature, history, and culture meet without requiring demanding travel.

From a landscape perspective, the most suitable areas are along the northern and central coasts, where environments like Shelly Bay and the Bailey's Bay waterfront offer calmer marine scenery, with sheltered waters and flat paths. In these areas, you can experience the region through gentle walks, landscape observation, and stops at easily accessible vantage points, far from the busier areas.

The historical component can be explored gradually in less crowded settings than the main centers, such as Somerset Village, which retains a traditional feel with historic buildings, small docks, and a still authentic local feel. Sites like the National Museum of Bermuda, located within the Royal Naval Dockyard, also offer a thorough yet accessible visit, with well-organized itineraries and exhibition spaces spread across historic settings.

From a cultural perspective, the experience is rounded out by places like the Masterworks Museum of Bermuda Art, located within the botanical gardens, where you can explore the connection between landscape and artistic representation of the archipelago. Here, the visit blends with well-maintained and easily navigable natural environments, offering a relaxing and comprehensive experience.

This combination of accessible natural environments, small historic towns, and intimate cultural spaces makes Bermuda a destination suitable for a peaceful and well-balanced trip, away from the frenetic pace and built on authentic and easily accessible experiences.





DID YOU KNOW?

In Bermuda, many elements of daily life and the landscape are born from a unique balance between geographic isolation and a long maritime tradition, which has profoundly influenced the archipelago's history, culture, and organization.

Bermuda is not located in the Caribbean, but in the North Atlantic Ocean, in a strategic position that has made it a key point for navigation between Europe and America for centuries, along historically complex and sometimes dangerous routes.

The archipelago is made up of approximately 181 islands, connected by bridges and elevated roads that create a unique mobility system, developed across a fragmented but highly integrated territory.

The famous pink color of some beaches, such as Horseshoe Bay, comes from the presence of coral fragments and marine microorganisms (foraminifera), which mix with the white sand to create a very rare natural shade.

The surrounding waters are part of one of the most geomorphologically complex areas of the ocean, with an underwater platform that favors the formation of some of the northernmost coral reefs in the world.

Traditional homes are recognizable by their white, stepped roofs, designed to collect and channel rainwater, an essential solution in an area devoid of natural rivers and lakes.

The Bermuda area is often associated with the so-called "Bermuda Triangle," a vast area of the Atlantic Ocean between Bermuda, Florida, and Puerto Rico, made famous by numerous tales of disappearing ships and planes. Although many of these stories have been greatly debunked by modern scientific research, the myth has helped make the archipelago one of the most evocative and discussed places in the global ocean imagination.



GREENLAND - AN EXTREME AND PRIMORDIAL LAND, WHERE ICE, ARCTIC LIGHT AND INUIT CULTURE INTERTWINE IN ONE OF THE PUREST AND MOST SPECTACULAR LANDSCAPES ON THE PLANET



Greenland is the largest island territory on the planet, stretching between the Arctic Ocean and the North Atlantic. Its topography is dominated by the Greenland Ice Sheet, which covers over 80% of the territory and significantly shapes the entire inland landscape, leaving only the coastal strips where settlements are concentrated.

Along these coasts lie the main towns such as Nuuk, Ilulissat, Sisimiut, Qaqortoq, and Tasiilaq, immersed in a natural system of deep fjords, steep mountains, and glaciers flowing directly into the sea. Among the most notable fjords are the Ilulissat Icefjord (Kangia), a UNESCO World Heritage Site, fed by the Sermeq Kujalleq glacier, one of the most active in the world; the Kangerlussuaq Fjord, an important natural passageway into the interior; and the majestic Scoresby Sound (Kangertittivaq), considered the largest fjord system on Earth. The most spectacular mountains are concentrated mainly on the Nuussuaq Peninsula and in the Tasermiut Fjord area, while glaciers such as the Helheim Glacier and the Kangerdlugssuaq Glacier are among the most dynamic and studied in the entire Arctic ice sheet.

Historically, Greenland has been inhabited for over 4,500 years by Inuit peoples, who developed a unique relationship with the Arctic environment based on hunting, fishing, and coastal mobility. The first European contact occurred at the end of the 10th century, when the Norse explorer Erik the Red reached the island from Iceland and began the Viking colonization of southern Greenland. Between the 10th and 15th centuries, Norse settlements developed, later disappearing, giving way to the continuity of Inuit communities. Beginning in the 18th century, with Danish and Norwegian missions, the island became firmly within the sphere of the Kingdom of Denmark, initiating a new historical phase that led to its current autonomy. This stratification is visible today in the coexistence of Inuit traditions and a modern institutional structure, with the capital Nuuk as the country's main political and cultural center.

Greenland is divided into five main administrative regions, reflecting the complex geography of the territory and the distribution of settlements along the coast:

- AVANNAATA (NORTH) – EXTREME ARCTIC AREA INCLUDING ILULISSAT AND TERRITORIES SUCH AS UUMMANNAQ, DOMINATED BY PERMANENT ICE AND EXTREME ENVIRONMENTAL CONDITIONS
- QEQTALIK (WEST) – COASTAL REGION CHARACTERIZED BY SMALL SETTLEMENTS AND FRAGMENTED ARCTIC LANDSCAPES, WITH STRONG TIES TO FISHING AND MARITIME LIFE
- QEQQATA (CENTRAL-WEST) – AREA INCLUDING SISIMIUT AND KANGERLUSSUAQ, AN IMPORTANT INLAND ACCESS POINT TO CONTINENTAL ICE AND GLACIAL SYSTEMS
- SERMERSOOQ (SOUTHWEST AND EAST-CENTRAL) – A REGION THAT INCLUDES THE CAPITAL NUUK AND THE TASIILAQ AREA ON THE EAST COAST. IT IS ONE OF THE LARGEST AND MOST DIVERSE AREAS, WITH FJORDS SUCH AS NUUP KANGERLUA AND DIRECT ACCESS TO THE ICE CAP
- KUJALLEQ (SOUTH) - AN AREA CHARACTERIZED BY DEEP FJORDS, HISTORIC SETTLEMENTS, AND RELATIVELY Milder LANDSCAPES. IT INCLUDES TOWNS SUCH AS QAQORTOQ AND NARSAQ, AS WELL AS EVIDENCE OF EARLY NORSE SETTLEMENTS

Access to Greenland is guaranteed by a few strategic ports, which connect the country's various regions and reach the main population and natural centers.

- Kangerlussuaq Airport - The main international hub located in the western hinterland. From here, Nuuk, the Kangerlussuaq Fjord system, and the interior of the ice cap are easily accessible
- Nuuk Airport - Direct connection to the capital and access point to the Sermersooq region, useful for exploring the central fjords and the southwest coast
- Ilulissat Airport - Gateway to the northern Avannaata region, close to the Ilulissat Icefjord and the great Arctic glaciers

Greenland thus presents itself as one of the most extreme and stratified destinations on the planet, where the human dimension is inserted into a natural context dominated by ice, Arctic light, and continuous geological transformations, in a unique balance between isolation and cultural identity.

A SLOW JOURNEY THROUGH GREENLAND'S FJORDS AND COASTAL COMMUNITIES

PLACES AND EXPERIENCES FOR AN OVER-65 TRIP OFF THE BEATEN PATH

A trip to Greenland designed for those over 65 takes place at a gradual pace, through small towns and landscapes accessible mainly by sea or short internal flights, favoring peaceful and well-organized experiences, far from the more challenging routes.

On the west coast, the Nuuk area strikes a balance between services and nature, with easily explored fjords such as Nuuk Fjord, where you can take short cruises between inlets such as Kobbefjord and Kapisillit Fjord, observing icebergs, mountainous coasts and small settlements without having to travel long distances.

Further north, the Ilulissat region offers an accessible nature experience thanks to well-marked trails and viewpoints overlooking the Ilulissat Icefjord, where the Sermeq Kujalleq glacier continually produces icebergs visible even from land. Here, the pace of the visit is slow and organized, with the possibility of short guided hikes and observation of the glacial landscape without logistical difficulties.

In the south, the Qaqortoq area offers a gentler approach to the land, with navigable fjords such as Kujalleq Fjord and small villages easily reached by sea such as Narsaq and Igaliku, the latter known for its remains of ancient Norse presence and for its more temperate natural setting compared to the north.

Overall, Greenland offers an over-65 experience based on real accessibility, well-organized short trips and direct contact with a powerful Arctic nature that can be enjoyed slowly and safely, without the need for challenging routes or extreme conditions.





DID YOU KNOW?

In Greenland, extreme natural phenomena, geographic isolation, and an ancient human history intertwine in a unique way, giving life to one of the most particular and least inhabited territories on the planet.

Greenland is the world's largest island, and over 80% of its territory is covered by the Greenland Ice Sheet, a mass of ice that influences the global climate and contains one of the planet's largest reserves of freshwater. Only the coastal areas are inhabited, where cities and villages are concentrated, separated by thousands of kilometers of nearly pristine nature.

Among the most spectacular natural phenomena are the Ilulissat fjords, where the Sermeq Kujalleq glacier generates enormous icebergs that break off and flow into the sea, and the jagged mountains of the Nuuk Fjord area, which create visually striking landscapes of rock, ice, and ocean.

From a human perspective, Greenland has been inhabited for over 4,000 years by Inuit peoples, descendants of Paleo-Eskimo cultures such as the Saqqaq and Dorset, who developed survival techniques based on hunting and fishing in extreme climates. Inuit culture remains a fundamental component of the local identity today.

European presence began with Viking explorations, particularly those attributed to Erik the Red in the late 10th century, which led to the founding of Norse settlements in southwestern Greenland. These settlements gradually disappeared between the 15th and 16th centuries, giving way to subsequent Danish influence, which led to the island's current autonomous political structure within the Kingdom of Denmark.

Another curious element concerns light: in the northernmost regions, the phenomenon of the midnight sun in summer and the polar night in winter profoundly affects daily life, creating extremely marked cycles of light and dark that influence social and natural rhythms.

Finally, despite the image of a completely frozen territory, some coastal areas of southern Greenland have relatively mild microclimates in summer, where mosses, lichens and small areas of vegetation can grow that contrast with the immensity of the surrounding ice.



FAROE ISLANDS - A REMOTE AND SCENIC NORTH ATLANTIC ARCHIPELAGO, WHERE VERTICAL CLIFFS, EVER-MOVING OCEAN AND NORDIC TRADITIONS BLEND INTO A SIMPLE AND POWERFUL LANDSCAPE



The Faroe Islands are an autonomous archipelago of the Kingdom of Denmark located between the Norwegian Sea and the North Atlantic, halfway between Iceland and Scotland. Composed of 18 main islands and numerous islets, the archipelago is characterized by an extremely rugged topography, shaped by volcanic origin and subsequent glacial erosion. The landscape is dominated by mountains overlooking the sea, deep fjords, grassy valleys, and rugged coastlines continually battered by the ocean. Among the most iconic natural sites are the suspended lake of Sørvágsvatn, known for its unique position above ocean cliffs, the spectacular Múlafossur Waterfall that flows directly into the Atlantic near the village of Gásadalur, and the Trælanípa cliffs, among the archipelago's most iconic. Along the coast there are inlets and fjords such as Sørvágsfjørður, while the highest mountains include Slættaratindur, the highest peak on the islands.

The Faroe Islands were likely first visited by Irish hermit monks between the 6th and 7th centuries, but these presences are not considered permanent settlements and remain hypotheses based on indirect historical sources. Permanent colonization began between the late 9th and early 10th centuries (circa 800–900 AD), with the arrival of Norse settlers, mainly from Norway, joined by groups from the northern British Isles, particularly Scotland and Ireland. Historical and archaeological sources link the formation of Faroese society to Norse migrations and the subsequent integration into the Viking cultural area of the North Atlantic. From the 11th century, the islands gradually entered the sphere of influence of the Kingdom of Norway and, subsequently, with the Danish-Norwegian union, came under Danish control, while still maintaining a strong autonomous linguistic and cultural identity. Today, the Faroe Islands preserve the Faroese language, derived from Old Norse, and a social structure deeply rooted in maritime traditions, fishing, and community life, which continues to represent the core of the archipelago's identity. The main center is Tórshavn, one of the world's smallest capitals, located on the southeastern coast of the island of Streymoy. Here, you'll find the historic district of Tinganes, with blackened wooden buildings dating back to the administrative Viking era, and the natural harbor, which remains the archipelago's economic heart. From a cultural perspective, the National Museum of the Faroe Islands houses archaeological finds, traditional rural objects, and testimonies of Norse and Faroese culture, offering an in-depth look at the archipelago's history from its Viking origins to the contemporary era.

The Faroe Islands archipelago is not divided into detailed administrative regions like the continental states, but is organised into 29 municipalities, which represent the official administrative structure of the territory.

From a geographical and descriptive point of view, however, the islands can be understood through the main insular units, each with well-defined natural and settlement characteristics:

- **STREYMOY – THIS IS THE MAIN AND MOST POPULATED ISLAND, HOME TO THE CAPITAL TÓRSHAVN. IT ALSO INCLUDES THE HISTORIC VILLAGE OF KIRKJUBØUR, KNOWN FOR THE RUINS OF THE MAGNUS CATHEDRAL, AS WELL AS TRACES OF ANCIENT VIKING SETTLEMENTS AND A COASTLINE DOTTED WITH SMALL FJORDS AND INLETS**
- **EYSTUROY – SECOND LARGEST ISLAND, CHARACTERISED BY SOME OF THE HIGHEST MOUNTAIN RANGES IN THE ARCHIPELAGO, SUCH AS SLÆTTARATINDUR, AND DEEP FJORDS THAT SHAPE A VERTICAL AND HIGHLY FRAGMENTED LANDSCAPE**
- **VÁGAR – A STRATEGIC ISLAND FOR INTERNATIONAL CONNECTIONS, AS IT IS HOME TO VÁGAR AIRPORT. IT IS ALSO THE GATEWAY TO ICONIC LANDSCAPES SUCH AS THE HANGING LAKE SØRVÁGSVATN AND MÚLAFOSSUR WATERFALL**
- **SUÐUROY – THE SOUTHERNMOST ISLAND, CHARACTERISED BY HIGH AND RUGGED COASTS, SMALL TRADITIONAL VILLAGES LINKED TO FISHING AND A SEASCAPE PARTICULARLY EXPOSED TO THE ATLANTIC OCEAN**
- **KALSOY, BORBOY, KUNOY, SVÍNOY AND OTHER SMALL ISLANDS - CONNECTED BY UNDERWATER TUNNELS, FERRIES AND MOUNTAIN PATHS, CHARACTERISED BY WILD LANDSCAPES, ISOLATED CLIFFS AND VERY SMALL COMMUNITIES, WHERE NATURE ALMOST COMPLETELY DOMINATES HUMAN SETTLEMENT**

The international gateway is represented by:

- **Vágar Airport - Located on the island of Vágur. From this entry point, you can easily reach the capital Tórshavn via road connections and underwater tunnels, Lake Sørvágsvatn and the Trælanípa cliffs, Múlafossur Waterfall, and the main islands of the archipelago via a network of tunnels, ferries, and bridges**
- **The Faroe Islands thus stand out as one of the purest and most dramatic environments in the North Atlantic, where nature still absolutely dominates and human presence integrates with extreme essentiality into the landscape**

A SLOW JOURNEY THROUGH VILLAGES, FJORDS, AND TRADITIONS IN THE FAROE ISLANDS

PLACES AND EXPERIENCES FOR AN OVER-65 TRIP OFF THE BEATEN PATH

A trip to the Faroe Islands designed for an audience over 65 unfolds through gradual rhythms, short trips, and easily understandable contexts, where nature, culture, and small historical settlements intertwine without logistical complexity, favoring authentic experiences off the beaten track.

From a naturalistic perspective, the islands offer accessible views even without strenuous hikes, thanks to easily accessible coastal roads and viewpoints. The areas around Sørvágsvatn, with its famous optical illusion of a lake suspended above the ocean, and the Múlafossur waterfall in Gásadalur, visible directly from the village area, allow for an immediate and contemplative experience of the landscape. The fjords around Skálafjørður also offer expansive and tranquil views, ideal for slow tourism.

The cultural component is concentrated in Tórshavn, one of Europe's smallest and most accessible capitals, where the historic Tinganes district offers a walking tour among wooden buildings with turf roofs, linked to the administrative tradition of the Løgting, active since the Viking Age. Here, history is felt directly, without great distances or complex routes.

In smaller villages like Gjógv, with its natural harbor nestled in the rock, and Saksun, surrounded by mountains and a tranquil lagoon, the pace of local life becomes part of the experience. Kirkjubøur, with the ruins of Magnus Cathedral and the historic Olavskirkjan, also offers a cultural setting nestled in an easily accessible rural landscape.

Overall, the Faroe Islands represent a suitable destination for attentive and conscious tourism over 65, based on short distances, easily accessible natural environments and a strong historical and cultural identity that manifests itself in a simple, direct and authentic way.





DID YOU KNOW?

In the Faroe Islands, daily life is profoundly shaped by Atlantic isolation, changing climate conditions, and a constant relationship between human communities and nature, which has created one of the most unique territories in the North Atlantic.

There are 18 islands in total, connected by underwater tunnels, ferries, and suspension bridges, and their morphology is dominated by steep mountains that drop directly into the ocean, creating narrow, deep fjords like those that characterize the Skálafjørður and Hvalvík areas.

The climate is strongly influenced by the Gulf Stream, which makes temperatures milder than other areas at the same latitude, but at the same time extremely variable, with sudden fog, strong winds and rapid changes in weather conditions within the same day.

A distinctive feature is the widespread presence of colonies of seabirds, particularly Atlantic puffins, which nest along cliffs such as those of Mykines and Vestmanna, making the archipelago one of the most important places in the North Atlantic for bird watching.

Culturally, Faroese society has maintained a strong identity linked to fishing and oral tradition, with epic songs and collective dances called “kvad”, which represent one of the oldest forms of cultural expression still practiced in Northern Europe.

Another peculiarity concerns the Faroese language, derived directly from Old Norse and survived thanks to geographical isolation: for centuries it was passed down orally before being codified in written form in the 19th century.

Finally, despite their small size, the Faroes are home to extremely varied landscapes, where suspended lakes like Sørvágsvatn, vertical cliffs, and green valleys create rapidly changing scenery even within a few kilometers, making every journey a highly intense visual experience.



ICELAND - A LAND FORGED BY FIRE AND ICE, WHERE ACTIVE VOLCANOES, IMMENSE GLACIERS AND PRIMORDIAL LANDSCAPES COEXIST IN A GEOLOGICAL BALANCE UNIQUE IN THE WORLD



Located in the North Atlantic Ocean, between Greenland and Norway, Iceland is a volcanic island that represents one of the most geologically active regions on the planet. Its landscape is the result of the continuous interaction between tectonic activity, volcanism, and glaciation, elements that have shaped an extremely dynamic and spectacular environment. The territory is characterized by vast lava fields, active volcanic systems, extensive glaciers, and widespread geothermal phenomena. Among the most important glaciers are Vatnajökull, the largest in Europe, Langjökull, and Hofsjökull, while the most significant volcanic systems include Hekla, Eyjafjallajökull, and the Katla system, known for its historical explosive activity. Geothermal areas, such as Haukadalur, are home to natural phenomena such as the Geysir geyser and Strokkur, among the most famous in the world. The Icelandic landscape is also defined by vast lava plains like Skeiðarársandur, spectacular canyons like Fjaðrárgljúfur, and rugged coastlines alternating between basalt cliffs and black beaches like Reynisfjara, near Vík í Mýrdal. The interior regions are almost completely uninhabited and dominated by desert landscapes of glacial and volcanic origin.

Iceland was colonized starting in the late 9th century (around 870 AD) by Norse settlers, primarily from Norway, with influences also from the British Isles. Colonization is traditionally associated with the first permanent settlement by Ingólfur Arnarson, considered the founder of the city of Reykjavík. In 930 AD, the Alþingi, one of the oldest surviving parliaments in the world, was established, representing a fundamental element of Iceland's institutional history. In 1262, the island came under the control of the Kingdom of Norway and subsequently, with the Danish-Norwegian union, came under Danish rule, while maintaining a strong autonomous cultural and linguistic identity. Independence was progressively consolidated in the 20th century, until the proclamation of the republic in 1944. The capital, Reykjavík, is the country's main cultural, economic, and administrative center, with a strong connection between contemporary architecture, Nordic tradition, and the coastal landscape. From a cultural perspective, institutions such as the National Museum of Iceland and the Reykjavík Art Museum respectively narrate Viking history, the formation of Icelandic society and the evolution of contemporary art in the Nordic context.

Iceland is divided into eight official administrative regions, which reflect the geographical distribution of the territory and perform primarily statistical and organizational functions, without a strong level of political autonomy.

- **HÖFUÐBORGARSVÆÐIÐ** (Reykjavík Metropolitan Area) - Includes the capital Reykjavík and neighboring cities such as Kópavogur, Hafnarfjörður and Garðabær. It is the main political, economic and cultural center of the country
- **SUDURLAND** (Southern Iceland) – Region featuring some of the country's most famous natural attractions, including the Seljalandsfoss and Skógafoss waterfalls, the Mýrdalsjökull glacier and the black beach of Reynisfjara near Vík í Mýrdal
- **VESTURLAND** (West Iceland) – An area of great scenic variety that includes the Snæfellsnes peninsula and the volcanic glacier Snæfellsjökull, also made famous by the literature of Jules Verne
- **VESTFIRDIR** (Westfjords) – A remote and sparsely populated region, characterised by deep fjords such as Ísafjarðardjúp and spectacular cliffs such as Látrabjarg, one of Europe's main seabird nesting sites
- **NORDURLAND VESTRA** (Northwest) - Rural area with traditional farming and rugged coastline, including the Vatnsnes peninsula, known for its seal colonies and isolated coastal landscapes
- **NORDURLAND EYSTRÁ** (Northeast) - Geologically active region that includes Lake Mývatn, the geothermal areas of Námaskarð and the Ásbyrgi canyon, part of the Vatnajökull National Park
- **AUSTURLAND** (East Iceland) - Mountainous and coastal region characterized by deep fjords, small fishing villages and alpine landscapes overlooking the Atlantic Ocean
- **INNER SUBURLAND** (Icelandic Highlands) - Not an official administrative region, but a vast, uninhabited and difficult-to-access inland area characterized by lava deserts, geothermal fields and glaciers as part of the Vatnajökull system and the Central Icelandic Highlands

To understand the accessibility of Iceland, it is useful to consider that air connections represent a fundamental component both for entering the country and for internal travel between different geographical areas:

- **Keflavík International Airport** - Iceland's main international airport and only true entry hub, connected to the capital Reykjavík and the southwest of the country
- **Reykjavík Domestic Airport** - Domestic airport located in the capital, the starting point for domestic connections to the Icelandic regions
- **Akureyri Airport** - Main gateway to North Iceland, useful for reaching areas such as Lake Mývatn and the northern regions
- **Egilsstaðir Airport** - Reference airport for East Iceland and the eastern fjords
- **Ísafjörður Airport** - Essential connection to the remote Westfjords

Overall, Iceland presents itself as a destination where nature and geography directly influence connections and the travel experience, making every journey an integral part of discovering the territory.

A SLOW JOURNEY THROUGH LAVA, FJORDS, AND TRADITIONS IN ICELAND

PLACES AND EXPERIENCES FOR AN OVER-65 TRIP OFF THE BEATEN PATH

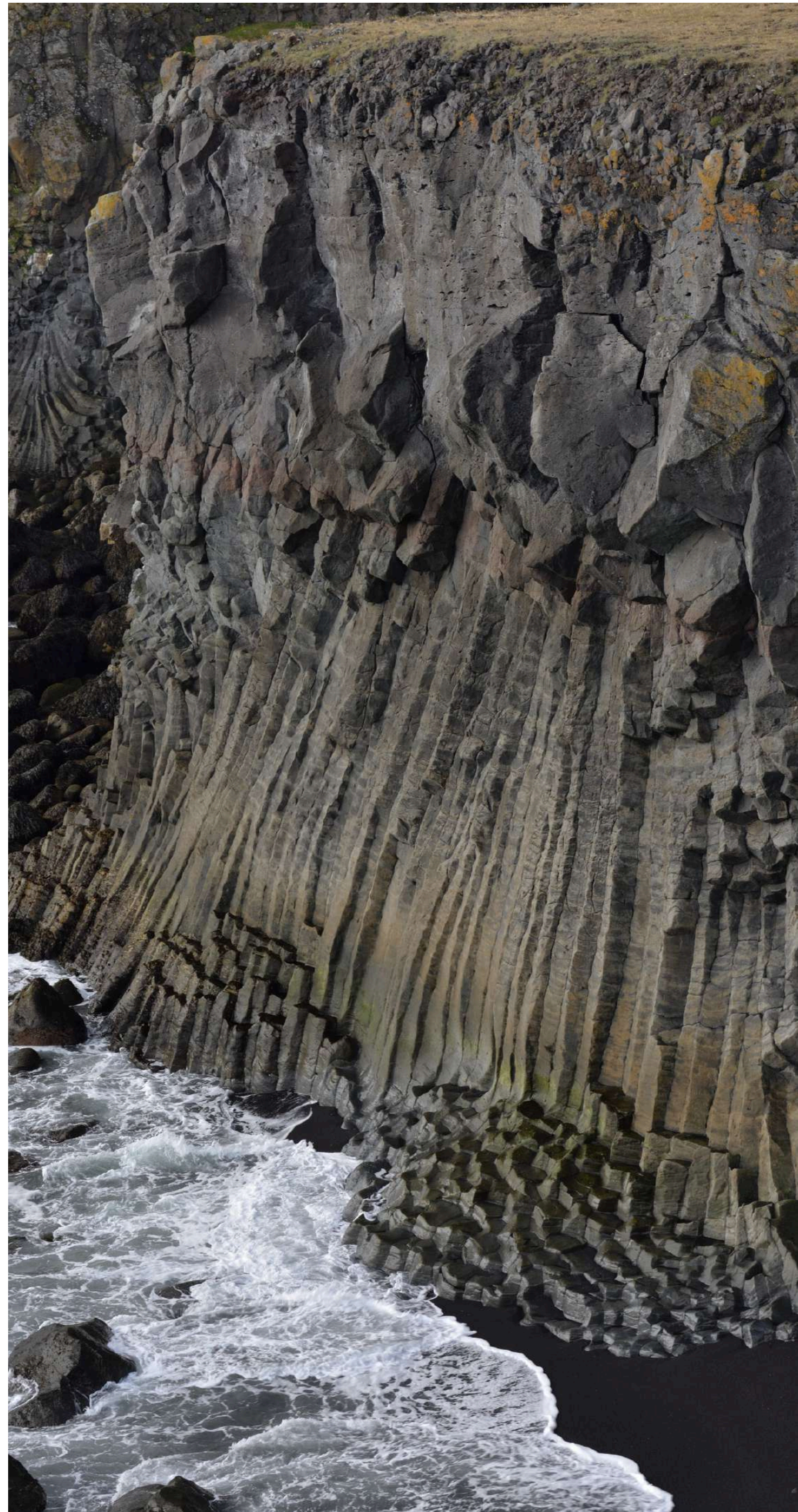
A trip to Iceland designed for those over 65 features accessible itineraries, well-organized journeys, and compact stops, where nature, culture, and history blend harmoniously, favoring less crowded areas than the classic "Golden Circle" circuits.

From a natural perspective, one of the most suitable areas is the Snæfellsnes Peninsula, often referred to as "Iceland in miniature," where you can experience a wide variety of landscapes without long journeys: the glacial volcano Snæfellsjökull, the fishing village of Arnarstapi with its basalt cliffs, and the coast of Djúpalónssandur offer scenery accessible by car with frequent stops and easily accessible viewpoints.

Historically and culturally, the capital, Reykjavik, represents the most functional hub, with a compact and easily navigable center. Here you can visit the Hallgrímskirkja, the iconic church inspired by basalt columns, and the National Museum of Iceland, which tells the story of the country from its Viking origins to contemporary society through artifacts, everyday objects, and relics from the saga era.

Continuing southwest, areas like the Reykjanes Peninsula offer accessible geothermal experiences without complex trails, with areas like Krýsuvík and Seltún, where fumaroles, lava fields, and hot springs can be observed from short, well-structured trails, suitable for a slow experience.

Overall, Iceland for those over 65 lends itself to a trip built on short stops, well-organized infrastructure, and easily observable natural landscapes, where Viking history, contemporary culture, and volcanic landscapes combine in an intense yet manageable experience, far from the more challenging hikes and remote routes.





DID YOU KNOW?

In Iceland, nature is not just a backdrop, but an active force that continues to shape the land through volcanoes, glaciers, and geothermal phenomena, creating ever-changing landscapes.

Iceland is one of the youngest and most geologically active countries in the world, located on the Mid-Atlantic Ridge, where the Eurasian and North American tectonic plates are slowly moving apart, generating intense volcanic and geothermal activity. This process is visible in many areas of the country, including lava fields, hot springs, and active fault systems.

One of the most extraordinary aspects is the opportunity to explore a dormant volcano from within: the Þríhnúkaígur system, a unique volcanic crater that allows visitors to descend into the now-empty magma chamber via an elevator open to the public. This is an extremely rare phenomenon, making Iceland's geological experience literally "inside" the Earth.

The area is also characterized by imposing glaciers like Vatnajökull and spectacular waterfalls like Gullfoss and Dettifoss, fed by melting glaciers. These elements create a landscape in constant balance between water, ice, and fire.

From a natural perspective, Iceland is also home to numerous active geothermal areas such as Haukadalur, where there are geysers and boiling springs, including the famous Strokkur, which erupts at regular intervals.

Another distinctive phenomenon is the strong variability of light throughout the year: in summer, the midnight sun occurs, while in winter, the hours of daylight are greatly reduced, creating completely different atmospheres that profoundly influence daily life.

Finally, despite its image as an extreme territory, Iceland is one of the countries in the world with the highest percentage of renewable energy, thanks to the combined use of geothermal and hydroelectric energy, which powers much of its domestic and industrial activities.



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