



NORDIC *Nosh*

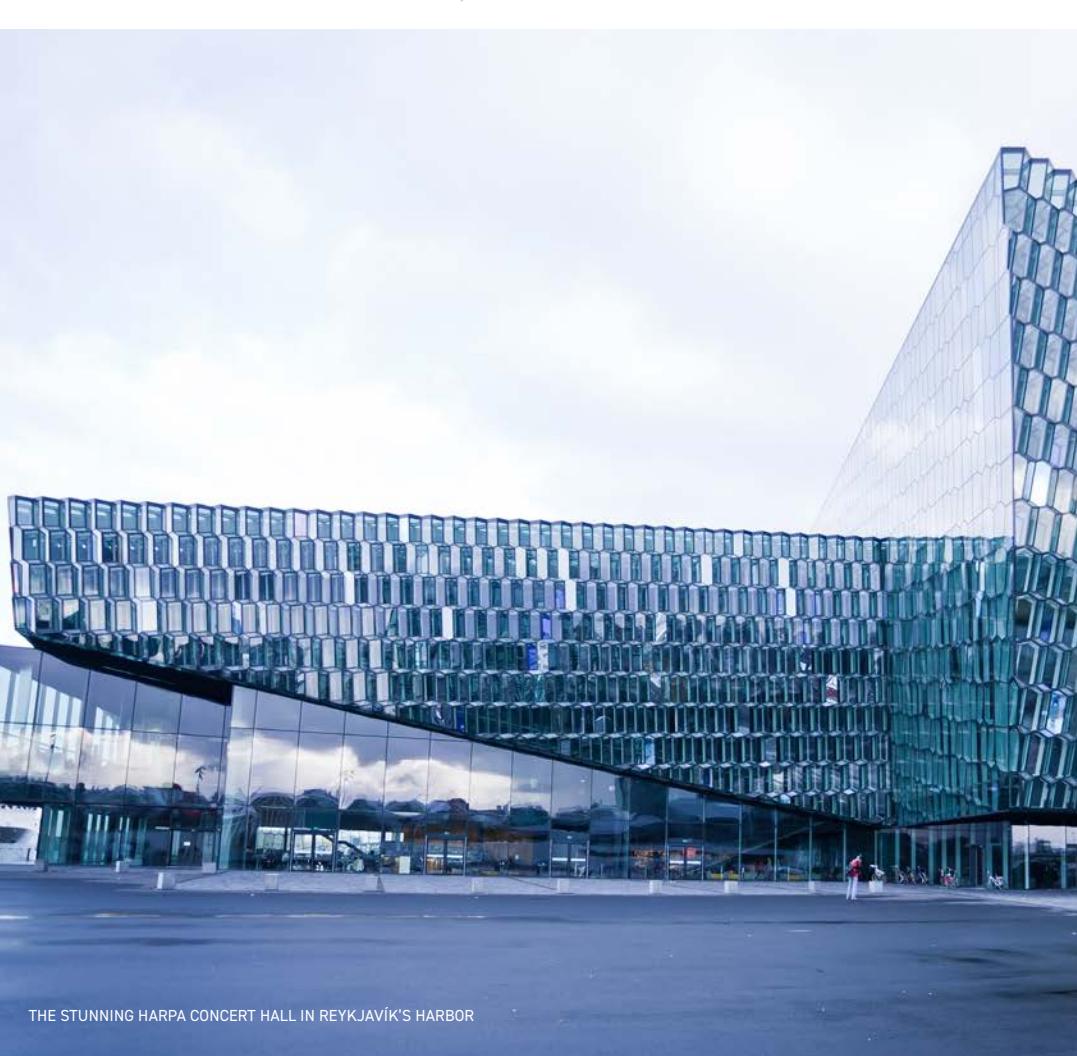
*A Culinary & Cultural
Adventure in Iceland*

Hosted by The Chopping Block + Onward Travel

November 6 – 12, 2026

The
Chopping
Block

ONWARD TRAVEL 
EST 2014



THE STUNNING HARPA CONCERT HALL IN REYKJAVÍK'S HARBOR

When it comes to Iceland, the scenery is just the tip of the iceberg...

Onward Travel is debuting a new destination for The Chopping Block clientele and it is one of our very favorites: Iceland! Based in Reykjavík for 6 nights, we are putting on a foodie lens as we explore the capital region. Unpack just once and enjoy a week of experiences and activities from our base in the country's capital city on the southwest coast.

Iceland is like nowhere else on earth and during this tour we'll immerse ourselves in local sites and culture. Our small group will learn about the history of the country from the Vikings through the present day; taste classic dishes, modern Icelandic cuisine, and greenhouse grown tomatoes; partake in two hands-on cooking classes; soak in multiple geothermal pools (the best!); and so much more. Reykjavík is a charming and compact city, perfect for strolling and full of great restaurants and fabulous shopping.

Join us for a food enthusiasts dreamy week in Iceland! Despite its remote location, Iceland has developed a remarkably vibrant culinary culture rooted in high quality ingredients and creativity. Geothermal energy powers year-round greenhouses, surrounding seas provide some of the world's finest fish and shellfish, and lamb grazes freely on wild grasses.



Imagine yourself...

Soaking away your jetlag in the Blue Lagoon

Looking up in delight as the Northern Lights dance above you

(fingers crossed!)

Eating hot lobster soup in Reykjavík's harbor

DAILY ITINERARY

Nordic Nosh November 6–12, 2026

Welcome to Iceland!

DAY 1: FRIDAY NOVEMBER 6

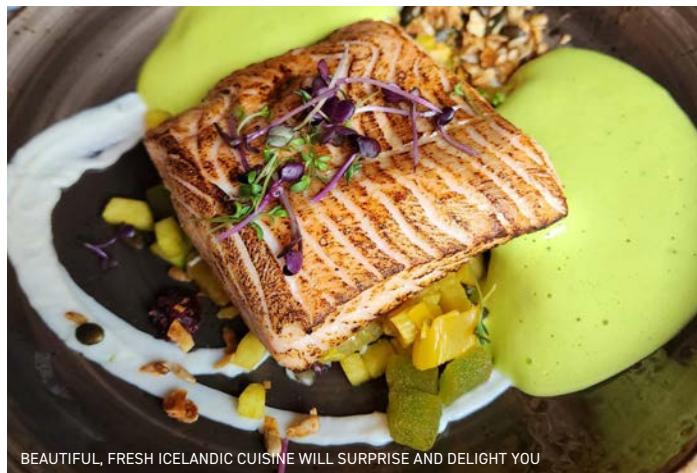
- Soak away your jetlag in the thermal water of the Blue Lagoon
- Toast your traveling companions over a beautiful meal

Welcome to Iceland! Upon arrival, your Onward Travel guide will be waiting for you at Keflavik International Airport with a private minibus and our friendly local Icelandic guide, Gudni. We'll enjoy the breakfast buffet at upscale Hotel Keflaik upon arrival (see page 6 for an option to arrive a night early at stay at this hotel) and then see a bit of the Reykjanes Peninsula, known for its otherworldly lava fields and geothermal activity. We'll be near Grindavik, a small fishing town that became internationally known after the volcanic unrest and eruptions on the peninsula from late 2023 onward caused it to be evacuated. The eruptions reshaped the landscape dramatically, we'll get a unique look at Iceland's newest lava fields.

Mid-morning we'll head to the Blue Lagoon's famous, bright blue, wellness-promoting-waters, to let the jetlag soak away. Enjoy a healthy packed lunch on the way from the lagoon to downtown Reykjavík. Optional activity: Body treatments and massages are available at the Blue Lagoon. Onward will provide a list of available services. We have one more stop: a visit to see racks of harðfiskur, wind dried fish that has been a staple for Icelanders since the Viking age. For centuries, cod and other white fish have been wind-dried by the sea, relying on cold air, salt, and time rather than smoke or heat. A site to behold!

Once we arrive in the heart of Reykjavík we'll check in at our accommodations for some afternoon R & R. Hotel Alda is an upscale, high-design boutique hotel in the center of town, walking distance to everything. Tonight we'll gather to enjoy a gourmet Icelandic feast and toast to the week of fun and adventure ahead of us!

Meals Breakfast, Lunch, Dinner



BEAUTIFUL, FRESH ICELANDIC CUISINE WILL SURPRISE AND DELIGHT YOU

Reykjavík Immersion

DAY 2: SATURDAY NOVEMBER 7

- Get to know Iceland's capital city from a local's perspective
- Prepare and taste traditional baked goods

Let's start our day exploring the capital with a cup of the best coffee (or cocoa!) in Iceland at Reykjavík Roasters, then we'll head across the street to Hallgrímskirkja Church to ascend the steeple and enjoy sweeping panoramic views of the city.

Once we've seen Iceland's capital from a bird's eye view it's time to zoom in... Our local guide will meet us at Hallgrímskirkja and we'll explore the city on a walking tour with him, making our way through City Hall to catch the latest exhibit and learn about Iceland's topography while examining a large 3-D relief map.

After a nice introduction to Iceland, we're off to partake in a hands-on cooking class in a stylish, modern kitchen. Today's class focuses on Icelandic Baking Traditions. In Iceland there is a rich tradition of serving home baked goods to family and guests on different occasions. We will make some of these classics from scratch, learning about five different recipes.

When we break this afternoon, the rest of the day is yours to enjoy as you please. You may like to join an outing to Laugardalsalug, Reykjavík's largest and most popular public pool. Heated naturally by geothermal energy, the complex includes a large outdoor swimming pool, multiple hot pots at varying temperatures, steam rooms, and saunas. Join locals to socialize, relax, and unwind.

Meals Breakfast, Lunch

Exploring the Golden Circle

DAY 3: SUNDAY NOVEMBER 8

- Waterfalls, a Geysir, the continental divide... it's the Golden Circle!
- Taste a slice of rye bread cooked using the earth's warmth

Today we'll head east of Reykjavík with our guide to spend the day exploring Iceland's legendary scenic highway known as the Golden Circle. Our unique Golden Circle experience begins at Þingvellir National Park, the site of the oldest parliament in the world where the great Atlantic rift is clearly visible. At Þingvellir you'll also see the rock formation that inspired "the wall" of Game of Thrones fame. We'll walk through the national park and take in the phenomenal landscapes. Then it's off to the magnificent Gullfoss waterfall where the power of the water can be felt through the air.

DAILY ITINERARY

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Lunch today will be in a tomato greenhouse, where if you close your eyes and eat a cherry tomato it might as well be August in Italy - except it's November in Iceland! Also, these tomatoes make the best fresh bloody mary you can imagine and the spread of delicious tomato soup and rustic homemade breads is comforting and perfect. Afterwards we'll visit a horse and dairy farm, where they make their own Icelandic yogurt, or skyr, and ice creams, the purpose of our visit. Then we'll visit the world famous Geysir geothermal area where we'll watch geysers erupt and, for those who wish to, hike up a hill to breathe in the view.

Now we're off to one of the most relaxing geothermal hot pools in Iceland - a small complex of pools all lined in tile in a remote location beside a lake... Do as the locals do and take a polar plunge if you dare! We will also participate in a rye bread baking experience. In accordance with traditional methods, rye bread is baked by burying it in the ground. After simmering for 24 hours in the heat of a geyser, surrounded by steam and black sand, it is dug up and enjoyed. We will participate in digging up the bread and then indulge in some sweet, malty, yummy slices. Upon our return to the city, the evening is free.

Meals Breakfast, Lunch

A Delicious Day in the City

DAY 4: MONDAY NOVEMBER 9

- Go behind the scenes of an architectural masterwork
- Sample some of the tastiest bites and best cocktails in town

Enjoy a leisurely morning, and then we're off to visit Harpa, an iconic and fascinating Reykjavík concert venue and event center. The glass facade was designed by artist Olafur Eliasson and features kaleidoscopic reflections of the city and landscape. It is inspiring! Harpa is perched on the harbor, so lunch will be nearby at a harbor-side restaurant owned by a retired fisherman where the lobster soup and grilled fish kebabs are divine. The menu features fresh local fish such as Wolffish or Tusk; the adventurous can try Minke whale.

Since we're in the harbor area, we're not far from Omnom Chocolate and Ice Cream Shop. Omnom is an award winning chocolate factory based in the trendy Grandi area, a revitalized district where industrial fishing facilities have been transformed into a vibrant hub for museums, hip restaurants, designer shops, and cafes. We'll visit Omnom for a sweet treat (Lakkrís + Sea Salt chocolate, perhaps).

Enjoy some free time before getting snazzy for a lovely and delicious dinner at one of our favorite upscale restaurants in Reykjavík where the cocktails are gorgeous and the vibes are just right.

Meals Breakfast, Lunch, Dinner

Black Sand & Folk History

DAY 5: MONDAY NOVEMBER 9

- Stand on a black sand beach, feeling like you're on another planet
- See how it feels to squeeze into a tiny traditional Icelandic dwelling

This morning we will leave the city bright and early for a drive two hours down the Atlantic Coast to Iceland's southernmost town: Vík. The village is most famous for its stunning black sand beaches and basalt rock formations. When we arrive in Vík, the otherworldly and unforgettable seascapes of Reynisfjara Beach will take your breath away.

Warm up with a tasty lunch at a local cafe and a visit to the quirky Skool Beans Cafe before we begin our drive back to Reykjavík. This afternoon, on our way back to the capital, we will stop at Skógarfoss Waterfall (hike to the top if you have it in you!) and Skógar Folk Museum. At the museum you'll be fascinated by the history of Icelandic day-to-day life, especially the society's relatively recent transition into modernity.

As evening falls, we'll stop on our way home for a casual and delicious pizza dinner at a geothermal brewery. The brewery runs on geothermal energy, we'll enjoy sampling the beers and then dig into a spread of their wonderful wood-fired pizzas... perfect after a long day of sightseeing!

Meals Breakfast, Lunch, Dinner



Choose Your Own Adventure

DAY 6: WEDNESDAY NOVEMBER 11

- Go for an adrenaline rush or embrace a day of relaxation
- Roll up your sleeves and prepare some Icelandic dishes yourself

You have a whole free day to experience Reykjavík however you want, or head out of town to participate in an adventure activity of your choice. Maybe you'd like to wander the streets of this friendly capital city, popping in to some of the many stylish boutiques whose window displays have been beckoning to you. Enjoy a chance to visit an urban geothermal pool for a soak with the locals, or take in one of the many fabulous museums. The day is yours to spend as you like! We'll also provide some activity suggestions as the tour approaches for exciting excursion options including horseback riding, an ATV adventure, and whale watching.

To cap off our time together, let's throw our own dinner party! We're headed back to the cooking school where we focused on baking a few days ago to learn about the fundamentals of classic Icelandic cuisine (hello lamb & fish!) before rolling up our sleeves to get in the kitchen ourselves. We'll enjoy a delicious dinner of our own creations after the class. Surely by now we'll have lots of wonderful stories to retell and great memories to toast to!

Meals Breakfast, Dinner



Bless, Bless!

DAY 7: THURSDAY NOVEMBER 12

- Enjoy one last morning of creative Nordic inspiration
- Return home with lots of new experiences, ideas and friends!

Take some time to pack up this morning and check out of your room. Then, as most flights to North America depart late afternoon, we have some time for one last hurrah. We will take a private tour of Kjarvalsstaðir Museum. The museum is housed in a light-filled modernist building and dedicated primarily to the works of Jóhannes S. Kjarval, one of Iceland's most beloved artists known for blending landscapes, folklore, and modernism. We will brunch at the onsite Klambrar Bistro.

In the olden days, goodbyes in Iceland often preceded journeys that tended to be rather perilous, so goodbye in Icelandic became "bless, bless." Luckily these days our journeys are much more comfortable, but unfortunately the time has still come to say, "bless, bless!"

Meals Breakfast, Brunch/Lunch

What about the Northern Lights?

Early winter is a great time of year to see the Aurora Borealis, so our chances of glimpsing the Northern Lights during our week in Iceland are rather good. However, part of their allure is that they cannot be scheduled or counted upon to appear! We have fabulous Icelandic travel partners and they know how to read the weather and predict good visibility, so we'll basically be on call all week - and when the timing is right they'll pick us up and we'll head out of the city for a guided Northern Lights Hunt!

TRIP INFORMATION

Nordic Nosh November 6–12, 2026

BEGINS	Keflavik International Airport (KEF), on November 6 <i>Most flights from North America to Iceland land in the wee hours of the morning. Please book a flight scheduled to land before 7:00 AM.</i>
ENDS	Central Reykjavík on November 12 <i>Transfer to the airport provided after lunch to line up with late-afternoon departures to the United States.</i>
SUITABILITY & MOBILITY	This tour includes walking for up to 30 minutes at a time, plus stairs, uneven natural terrain and cobblestones. If you have limited mobility, we may be able to accommodate you, but it is essential to let us know at the time of registration. Travelers may always opt out of activities they deem too physically challenging but refunds will not be provided.
TRIP LENGTH	7 days, 6 nights
LODGING	Boutique lodging with a fun sense of place has been selected for <i>Nordic Nosh</i> . Hotel Alda A stylish hotel with a bar and restaurant on the quiet end of the main shopping street, walking distance to nearly everywhere you'll want to go in the capital.
TOUR DATES & PRICES	November 6–12, 2026 Double Occupancy \$4975 per traveler Single Supplement \$800 additional per traveler Contact Onward if you are interested in a room upgrade. <i>Please note that air travel is not included and a current passport is required for travel to Iceland.</i> <u>Please ensure that your passport is valid for at least six months after the date of travel.</u> <i>You are welcome to pay your trip fee by credit card, please note that a 3% processing fee will be applied.</i>

AIR TRAVEL:

The tour will start and end with transfers to/from the airport serving Reykjavík, Keflavík Airport (KEF). Please confirm with Onward Travel that the tour is a "go" before booking non-refundable airfare. Please contact Onward if you'd like assistance finding a suitable flight itinerary.

EARLY ARRIVAL:

Perhaps you would like to come a day early on November 5 and spend the night at Hotel Keflavík, where our tour kicks off with breakfast on the 6th.
Confirmed rates are as follows:
Double Occupancy \$175 per room
Single Occupancy \$145 per room

Trip price includes the following:

- Airport transfers and ground transportation to/from all scheduled activities.
- 6 nights accommodations at Hotel Alda
- Most meals: seven breakfasts, six lunches and four dinners. We have fantastic gourmet experiences planned with libations included, of course!
- Local guide services throughout the tour to truly understand Iceland and an Onward Travel host at your service
- All activities and tours as detailed in the itinerary

Register now!

Visit onwardtravel.co to complete the registration form and submit payment.

\$1,500 deposit due upon booking, balance due by July 1, 2026.



The Onward Travel Tour Director for this trip is Andrea

For over two decades, **Andrea Miller** has been working to inspire home cooks with The Chopping Block, Chicago's renowned recreational cooking school. She lives in Florida and enjoys gardening, reading, and stand up paddleboarding.

Please take note of the following useful information, and view more at www.onwardtravel.co/letsgo



Once Onward Travel receives your registration form, we will send you an **invoice** with instructions to pay the **deposit**.



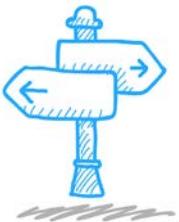
If you'd like to purchase **trip insurance**, we suggest Travelex. For more info, call them at 800-228-9792 or visit www.travelex.com and refer to location number 32-0704.



Four to six weeks before the tour **we will mail you a packet** with a packing list, traveler directory and other useful info.



Make sure you know where your **passport** is now! For travel to Iceland it should be valid for six months beyond your return date.



Onward Travel's cancellation policy in a nutshell:

- \$250 of your initial deposit is nonrefundable
- Cancel within 90 days and the full deposit is nonrefundable
- Cancel within 60 days and 50% of total trip fee is nonrefundable
- Cancel within 30 days and the full trip fee is nonrefundable

See the full *Terms & Conditions* at www.onwardtravel.co/terms



Get in Touch!

Contact Onward Travel with questions or special requests:
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845-293-2729

THE BEAUTIFUL CITY OF REYKJAVIK

