

Icelandic  
Adventures

Best Eats in  
Stockholm

Travel Blogger  
Q&A

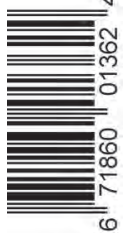
# atlas

AIR

VOL. 03  
2018

BERGEN  
The Gateway to Norway's Fjords

\$6.99 CAD \$5.99 US



6 71860 01362 4





**OVER THE MOON**

**DOESN'T HAVE TO MEAN OVER BUDGET**

[visainfinite.ca](https://visainfinite.ca)

VISA INFINITE

**VISA** everywhere  
you want to be



# Contents

SEPTEMBER 2018

## Features

### 15 **Bergen: The Gateway to Norway's Fjords**

Get whisked away to whimsical Norway. Discover the charm of Bergen, and the secrets it has to share.

### 25 **Exploring Iceland's South Coast in Seven Days**

Find out what all the hype is about and take a journey to the stunning Icelandic landscapes. A perfect layover adventure.

On the cover: Norway from above  
Photo Credits: Rania Rönntofft



# Contents

SEPTEMBER 2018



## LAYOVER

- 9 Best Eats
- 11 Q&A: Meet a Travel Blogger
- 39 Solo Travel: Tips from a Pro
- 42 Sailing in Stockholm's Archipelago
- 45 Iceland's Wool Recession
- 46 Drink Up: Best Cocktail Bars in Oslo

## IN EVERY ISSUE

- 5 Letter from the Editor
- 6 Letter from Atlas Air CEO
- 8 Connections
- 41 Flight Planner
- 47 Budget Vs. Luxury: Amsterdam
- 50 Travel Diaries
- 53 Atlas Awards
- 62 Arrivals



## IN-FLIGHT

- 35 Flying with Atlas
- 37 Our Routes
- 58 Games
- 61 Horoscopes
- 48 In-Flight Entertainment
- 52 In-Flight Menu
- 55 Atlas Aviation
- 57 Terminal Maps



# THAT YES FEELING



[aurora.com](https://aurora.com)

We can get you there.

**aurora**  
Travel Agency



# From the Editor



## I am literally obsessed with travel.

My whole job revolves around talking about travel, and there is nothing I'd rather be doing. I love sharing my experiences, and hearing other people's stories. It is a joy to live, work, and breath travel. This month's edition is all about Scandinavia.

My brother recently picked up and moved to Sweden from Toronto, Canada, and I have been intrigued by the Nordic countries ever since. There is something so magical about the landscapes and history of these northern countries.

This month, we are taking you to Iceland, Sweden and Norway, as we explore the nature and culture of the great, white north. We will show you around Iceland, tell you where to eat in Stockholm, and talk with a Swedish photographer and blogger, Rania Rönntoft. Trust me, once you read this edition, you will be itching for an Icelandic layover on the way to your nordic adventure.

One thing I learned from Rania, our interviewee this month, is that you

don't always have to travel across the world to find a good adventure. There is always something exciting right around the corner.

It is a bit counter-intuitive for an airline magazine to suggest staying close to home, but here at Atlas Air we want to foster the child-like feeling of wonder no matter where you are going. We are happy to have you join us on a flight to your dream destination, but we also want you to take a look in your own backyard and see what there is to find.

Travel is more about finding yourself, than it is about finding exotic destinations. It is about getting out of your comfort zone, appreciating what you have, and learning from new people. This can all be done on your own doorstep.

**Go out, and collect memories!**

*Sarah Lacasse*

**Sarah Lacasse**  
Editor  
Atlas Air Magazine

## My Travel Journal:

This month I had the unique opportunity to travel with my mom. Hands up if you'd love to take your mom on the trip of a lifetime! It was one of my favourite experiences to share my love of travel with her— someone who hasn't been on a plane in 30 years! We got to travel all around Iceland and visited Sweden and Norway as well. I had some bucket list moments, including climbing a glacier and visiting the fjords of Norway. I was in Iceland for the second time and fell more deeply in love with the landscape. If I could only travel to one place for the rest of my life, it would be Iceland!

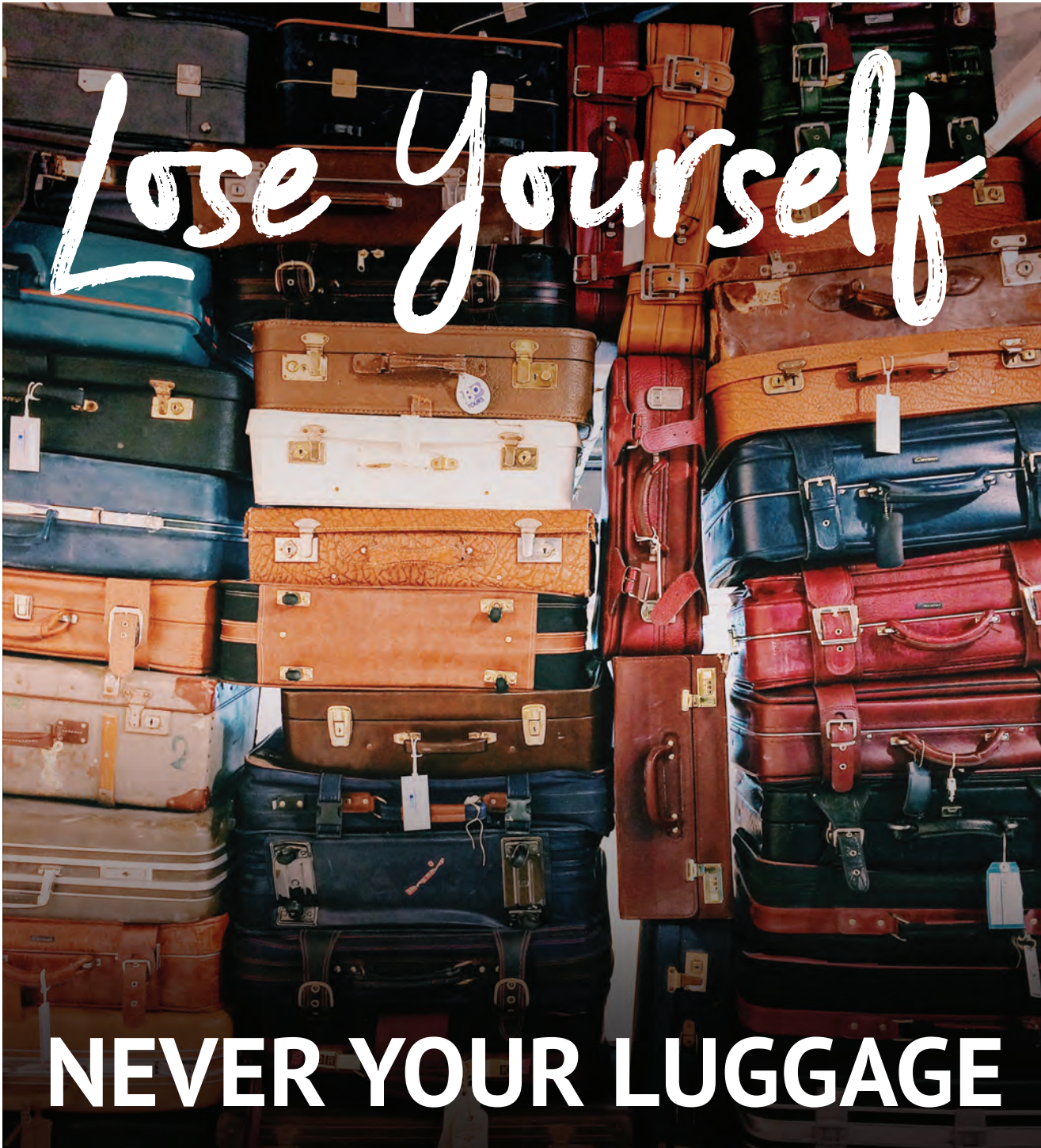
It was incredible to travel with my mom. I know it is something that I will never forget, and when she is old and grey, we can reminisce about the time we navigated a river to get to a waterfall inside of a cave.

One of my most memorable moments was after a long day of hiking on a glacier, we wanted to go to sleep so badly, but we kept going, and drove to an outdoor hot pool in Hofn, Iceland. The tubs are fed by natural hot spring water, and as we soaked, we were surrounded by mountains and lupin. It was the perfect way to end the day.

The best travel tip you will ever hear, is to travel with family, or a loved one, and make memories that will last a lifetime!







Flexible Travel Insurance  
[carepact.com](https://www.carepact.com)

Carepact 



# Premium Icelandic Wool

Locally made  
Handcrafted



**VARMA**

[varma.com](http://varma.com)



## EDITOR-IN-CHIEF

**Sue Vanner**

## EDITORIAL

Executive Editor **Eda Torial**  
Senior Editor **Barb Ackue**  
Editorial Assistant **Gail Forcewind**  
Managing Editor **Brock Lee**  
Associate Editor **Paige Turner**  
Researcher **Eddy Kitt**

## ART

Art Director **Sarah Lacasse**  
Deputy Art Director **Tara Misu**  
Graphic Designer **Cory Ander**  
Photo Editor **Hal Appeno**  
Content and Strategy **Carrie Oakley**  
Photo Researcher **Frank Furter**

## CONTRIBUTORS

**Ella Vator, Sal Vidge, Lynn Guini, Marty Graw,  
Anna Mull, Ben Effit, Justin Case, Bill Dabare, Luke Warm**

Contributing Editor **Olive Yu**  
Copy and Line Editors **Terry Bull, Reed Iculous**

## PRODUCTION

Director **Helen Highwater**  
Proofreaders **Nick Knack, Patty Whack**  
Senior Project Manager **Vic Tory**  
Project Coordinator **Cole Slaw**  
Fact checkers **Reggie Stratton, Carol Sell**

## ATLAS AIR DIGITAL

Editor, Digital **Dan DeLion**  
Digital Developer **Scott Schtape**  
Digital Content Assistant **Mae O'Nayse**  
Digital Product manager **Indy Nile**  
Lead Web Developer **Manny Petti**

CONTACT ATLAS AIR MAGAZINE  
[info@atlasairmagazine.ca](mailto:info@atlasairmagazine.ca)

With our environmentally friendly paper, this issue of Atlas Air Magazine produces three times fewer CO2 emissions than the industry average. This means diverting an equivalent of 6,577 kilograms of waste from landfill to recycling. By using lighter weight paper, Atlas Air has cut 178lbs of on-board weight, reducing fuel consumption by 1,876 tonnes each year.

Atlas Air Magazine is published quarterly by Away Publishers.

### Toronto Office

100 Bloom Street East, Suit 1050  
Toronto, ON M6Y 9N6  
416-098-7654



# Connections

We love to see your adventures. Share the memories you are collecting with [#atlasadventure](#) on Twitter, Instagram and Facebook. Your image could be featured here, and you will be entered to win prizes!







# Where to Eat in Stockholm

Dining out in Stockholm can be ludicrously pricey, but these stylish restaurants offer a more affordable taste of the city's fine cuisine

By Brock Lee

## Gro

Just over a year ago, chefs and former colleagues Henrik Norén and Magnus Villnow realised their dream of opening a small restaurant serving simple, honest, almost exclusively local food where grönsaker (vegetables; literally “green things”) are the stars. A dish of cauliflower, bacon and cress, for example, uses cauliflower five different ways: puréed with brown butter, roasted florets, raw shaved root, raw leaves and pickled stem. Lunch is chalked up on a blackboard daily with four choices (100 SEK/£9 each). Dinner is currently served once a week, only on Thursdays.

Four-course lunch for £43. Sankt Eriksgatan 87, grorestaurang.se

+46 8643 4222

## Nook

Claes Grännsjö's fusion cooking takes inspiration from all over the world, but you'll notice a particular nod to Korea – the country of his birth – at newly opened Nook. You'll find Korean blood sausage on the menu, alongside reworked classic Swedish dishes such as Torskrygg, ägg, sardeller, parmesan, gröna ärtor (cod with egg, sardines, parmesan and peas). Dishes are available as set menus or individually, but the set menus are better value and provide more of a chance to appreciate Grännsjö's superb cooking.

Dinner only. Two three-course set menus at £26 and £35. Åsögatan 176, nookrestaurang.se

+46 8702 1222

## Meatballs for the People

This Södermalm temple to the most Swedish of dishes is really more of a deli than a restaurant, but it's worth a mention as a great place to sample the mighty köttbulle (meatball) as it should be eaten. A million miles from the mass-produced versions found in supermarkets and certain furniture stores, the köttbulle of Hampus Rosenqvist and his team are

lovingly handmade from impeccably sourced meat, game, fish and fowl. Try moose meatballs with dill and fennel seeds, served with mashed potato, cream sauce, lingonberry jam and pickled cucumber. *a*

450g take-home pack of meatballs from 80 £7, eat-in lunch £11. Nytorngsgatan 30, meatball.se

+46 8 466 6099 1222

Top: Gro restaurant's stylish interior  
Left: Nook restaurant  
Right: Meatballs for the People



Photo Credits Clockwise: Jakub Kapusnak, Igor Starkov, Sarah Lacasse



WITH LOVE, FROM THE  
**SWEDISH  
LAPLAND**



  
**Luondu**  
TRADITIONAL SAAMI JEWELRY





## Q&A: Rania Rönntoft of @Northbound Journeys

Rania Rönntoft is a Swedish photographer, story teller, and content creator. She mixes photography with travel journalism about nature tourism, and sustainability. As a part of her commitment to sustainable travel, Rania focuses on the value of “close-by” adventures, and promotes exploring your own area before heading to far off destinations. Her hope is to show that nature is accessible to us all and to inspire others to travel more simply and closer to home.

By Sarah Lacasse

### Where did you go on your most recent trip?

**Rania Rönntoft:** My colleague and I traveled a few hours north-west from here. [Sundsvall, Sweden] We had found out about a lake with crystal clear, turquoise waters and we wanted to head there to see it for ourselves. Both being photographers, we wanted to take some photos, of course. I love these short, close by adventures

where you hit the road for a few hours, explore a new place near by, spend some time in nature, cook outside and then head home again, recharged.

### Why did you start traveling?

**RR:** I’ve always been traveling, I guess. I moved from the very north of Sweden to the very south when I was young. My relatives are spread all over

the country so I have always gone by bus and train to be with them. Then I met so many new people through online photo communities and social channels and started traveling more within Sweden and Scandinavia to meet them or travel together.

### How would you describe your travel style?

**RR:** I try to travel more sustainably and minimalistic. I go on a lot of close by adventures, or just travel here within Scandinavia by train, bus and boat. I pack as light as possible - both because I enjoy the challenge, but also because it’s such a freedom knowing that I have everything I need in just one 25L backpack. Life is all about great experiences and having a good time, not stuff.

### What is the biggest misconception about social media influencers?

**RR:** A lot of people think we just post on social media to gain followers so that companies can give us free stuff, which is so so wrong! We all have a niche we love, we are creative and we’ve combined those two in order to create platforms where we hope to inspire others within our field: be it vegetarian food, life on the countryside or how to travel more sustainably and close to home. We value our work and do not do things simply for free stuff or trips, and we value our followers and their opinions. We strive to create good content for them that we can stand behind 100%. I also don’t think people realize how much work goes into it. I am my own accountant, boss, employee, web designer, tech support. These are tasks that a bigger company would have multiple staff for.

### What makes you unique as a photographer/storyteller?

**RR:** I try to go my own way, I don’t like doing what one “should” or what is “right.” I am also very carefree, if I want to do something I do it, whereas I think others plan more, think strategically about the best way to do things, what’s good from a business stand point and so on. I mean, I do think about that as well to some degree - but that usually happens after I’ve decided I am doing something. “How can I make that project, photo or blog post work with my business?”

Photos by: Rania Rönntoft



# GET OUT THERE

Starting at  
**\$19** CAD  
/day



Find your rental in  
over 105 countries.

[zose.com](http://zose.com)





COLLECT  
ADVENTURES



*atlas*  
AIR

YYZ → KEF starting at \$449 CAD



### How do you describe your photographic style?

**RR:** I always refer to it as dark, moody and autumn-y. I am very much inspired by nature in terms of what I shoot and the colors and textures in my photos.

### What advice would you give a new photographer?

**RR:** Don't focus on gear, or using the "correct" settings. Look at other photos and try and think about what you like and why, and try to create that. Just shoot, shoot and shoot. I had a friend show me some basic settings when I got my first DSLR and then I read photo blogs, taught myself and shot like a crazy person. (Seriously, I think my friends found me annoying because I took photos of everything) for a few years before deciding to study photography. Going out and shooting is the best way to improve, whether you have formal training or not. Stay dedicated, and practice! [a](#)



“Life is all about great experiences and having a good time.”





# Bergen

The Gateway  
to the Fjords



Words by Sarah Lacasse  
Photos by Rania Rönntoft





**In a place known** as Norway's rainiest city, it is a pleasure to explore on a sunny day. Bergen boasts an average rainfall of 2,250mm of rain annually. A surprising record was set when it rained every day from October 29, 2006, to January 21, 2007; a whopping 89 consecutive days. If you are here on a sunny day, consider yourself very lucky.

Bergen's narrow, winding, cobblestone streets are enough to keep you occupied during your visit. The only entertainment you need is aimless wandering among the picturesque streets and narrow alleyways. You are bound to find countless gems hidden along the streets. Between the quirky street art, and the picturesque houses, the terraced city makes walking endlessly uphill feel like a treat.

Bryggen, the historic fishing district was rebuilt after a great fire in 1702. The colourful buildings sit cheerfully on the waterfront, inviting visitors to come and explore the history and charm of the area. Even on a dreary day, Bryggen is fun to visit, winding your way through the narrow passages and discovering local artists.

If you want to fill a day, take a trip up Mount Fløyen with the funicular. When you get to the top of the mountain you will find gorgeous views of the city below and the surrounding mountains. Venture further into the forest, and you will find a small lake with free canoe rentals. For more active adventures, seek out the bike rental stations, and spend all day on the mountain under the canopy of the dense forest.

In the evening, wander around the cobblestone streets and stumble upon award winning restaurants, and local craft breweries. While you wander around the city, keep an eye out for the quirky, beautiful, and sometimes political street art all around you.















Bergen city is only the gateway to the rest of Norway. From here you can head on to explore the country's interior, and see more of the breathtaking views that you experienced in the historic city of Bergen. There are many ways to go about exploring the Norwegian fjords.

Throughout your visit in Bergen, you will notice it is a very popular cruise ship port. People from all over are able to access this beautiful city from the comfort of a cruise ship. When the boat departs, passengers get a magnificent view of the surrounding landscape, from the comfort of their balcony.

If cruising isn't your style, you can take guided tours. The boats board passengers at the Bergen harbour and take one way or round trip journeys through the waterways. This is a great option if you prefer more structure to your travel plans.

For the adventurous traveller, a car rental may be your best bet. Driving in Norway is an easy adjustment for the North American driver, with right side roads. However, the twists and turns are far from the common experience. A self drive tour can be very rewarding, but be safe, and keep your eye on the road, and take breaks to soak up the beautiful landscapes.

If you still want to take a boat tour through the fjords, take the scenic road to Flåm, and take a half day tour. You will definitely not regret experiencing the fjords from the water. Driving alongside them in one thing, but feeling the wind and being at the base of the mountains is a truly humbling experience.









No matter how you choose to explore the Norwegian interior, you certainly will not be disappointed with the breathtaking views. Take your time to plan your route and truly enjoy the beauty of this Nordic country's landscape and culture. Join us on board an Atlas Air flight, we will be happy to help you plan your perfect Scandinavian adventure. *a*





Photos and Words by **Sarah Lacasse**





# AND

Iceland's popularity has grown exponentially in the last few years. Follow a seven day itinerary along the south coast and discover the best that this country has to offer. Adventure awaits.





# EXPLORING ICELAND'S SOUTH COAST IN 7 DAYS

**Flights from Canada** to Iceland are usually over night, which means an early morning arrival on little sleep. I find this to be the perfect way to beat jet lag, as it forces you to stay awake for the whole day, and adjust your sleeping schedule to the new time zone. Take it easy on the first day, and use this to your advantage to start going to bed earlier than usual, and waking up really early.

Once you pick up the car, you will start our journey in the tiny city of Reykjavik (population 123,000.) As soon as you get off the plane you will notice the otherworldly quality of Iceland's landscape. The area surrounding Keflavik Airport is made up of desolate lava fields. It will probably be foggy when you arrive, which makes this place feel like another planet.

Like most of Europe, Iceland is a right side driving country. This makes for an easy adjustment for North American drivers. I recommend getting an Icelandic SIM card, for easy navigation with Google maps. A 10GB card should run you around \$30 CAD, which is well worth the investment. Google maps works very well in Iceland, so have no fear of getting lost!

The city core is small and walkable. Find a spot to park for the day and explore the city. For such a small city, there is a lot of personality embedded into the architecture.

Two of the main attractions are the Hallgrímskirkja church and the Harpa concert hall. Another great way to see the city and learn some history is to find a free guided walking tour. Tours usually run about 2 hours long, and are packed with cool tidbits about the city.

The church is a magnificent concrete structure built over the course of 40 years from 1945 to 1986 by architect Guðjón Samúelsson. The building is inspired by the basalt columns found at Reynisfjara beach, and resembles a gushing geyser. I recommend heading there first thing in the morning to avoid crowds (this will be a common theme of the trip.)

The inside of the church is not very elaborate, but beautiful in its simplicity. The pièce de résistance is the tower. There is a small fee to go up to the tower, but once there, you will be met with stunning views of the city. Because of Iceland's long, cold winters, all the houses are brightly painted. From above, the buildings look like little toys.



## DAY 1 & 2

### Reykjavik



Cover: Jokusarlon Glacier Lagoon, South Iceland  
Opposite: View of Reykjavik from Hallgrímskirkja  
Left: Harpa Concert Hall

The Hallgrímskirkja church stands at the top of the main street. After your visit there, make your way into the city, visiting the many shops and wool houses along the way.

When you near the harbour you will see a stunning crystal building. The Harpa concert hall has created much divide between the people of Iceland. Some say it is too elaborate and cost too much money to build. In spite of the locals' disillusion, the building sparkles and shines against the mountainous backdrop. It is free to enter and walk around. The 5th floor offers the best vantage point from which to experience the true beauty of this building.

There is an overall theme of ingenuity in Iceland that never fails to surprise and delight. Since the earth is literally boiling beneath the surface, the energy and heat is harvested and used to heat homes and buildings. Even the major streets are heated so that the snow melts upon contact.

“There is an overall theme of ingenuity in Iceland that never fails surprise and delight.”

The Perlan is a really neat building made up of four huge water tanks that are used in the process of extracting the heat energy underground. Even though it serves a utilitarian purpose, it has been made into a public space. There is a huge glass dome perched on top of the four large drums. It has become a sort of science and learning centre, focused on Iceland's great natural power. There is a gorgeous restaurant housed in the glass dome, with amazing panoramic views. There is a fee to enter the exhibition, but visitors are free to wander the other parts of the building and appreciate the beauty of the architecture.

Depending on when you fly in, and how much you love cities, two days is more than enough for the small city of Reykjavik. My guess is that you didn't come to Iceland for the museums. The rock and roll museum, or the unique penis museum may float your boat. However, my advice is get out of the city! The beauty that lies beyond is waiting for you.



## Day 3 & 4 Waterfalls and Islands

Some of the most popular waterfalls in Iceland exist no more than a 3 hour drive from the city. This is where waking up early comes in handy. If you want to avoid the crowds that come with bus tours, I would advise you to start your days at 5am and go to bed early. In the summer, with the help of the midnight sun, you can do all your adventuring in the middle of the night!

Seljalandsfoss is the first waterfall on our South Coast itinerary. Less than two hours from Reykjavik, I recommend getting to the waterfall before 8 am to avoid the crowds. This waterfall is popular because of its unique feature of being able to completely walk behind the falls. Come prepared with waterproof clothing, you will get soaked. It is an awesome feeling to stand behind the waterfall and feel the force and power of the water.

Since you are on a self-guided tour, you have the opportunity to explore the area around Seljalandsfoss. About a 2 minute walk from the main attraction is a very special waterfall called Gljúfrabúi. This is one of my all time favourite places. The waterfall is located inside a cave.



Left: Gljúfrabúi, South Iceland, Below: View of Westman Islands, atop Volcanic ash pile





You must walk into the cave by navigating the rocks in a shallow river. Once you get to the end of the cave there is a huge boulder at the base of the falls. When you stand on this boulder you feel the wind off the waterfall.

One of the most exhilarating things I have experienced is standing on that rock, feeling the power of Mother Nature. Again, be sure to come prepared; you will get absolutely soaked, but in my opinion it is more than worth it.

The Westman Islands are another hidden gem of Iceland. If you have the time, I would suggest taking two days to explore the islands. You can take your car on the ferry, and upon arrival, the entire island is walkable. The island has an insanely interesting and tumultuous history. There have been many volcanic eruptions that have shaped the island's appearance. The most recent eruption, in 1975 displaced the population and took many years to recover from.

“One of the most exhilarating things I have ever experienced is standing on that rock, feeling the power of Mother Nature.”

If you are a bird watcher, this is definitely the place to be. There are many species of sea birds, as well as the infamous puffin. Every September, when the baby puffins are fleeing their nests, they get attracted to the city lights. They are meant to jump from their nest into the ocean, but instead they end up stranded in the city. The children on the island are allowed to stay up all night to collect the baby puffins and bring them to the local aquatic centre, in order for them to be released into the ocean.

When the ferry pulls up to the archipelago, you will be nothing but astounded. It looks like a scene out of a movie, with mountainous islands sprouting out of the ocean. Take a guided Puffin and Volcano tour, to get a local perspective and a deeper understanding of the island's history.



## Day 5 More Waterfalls and The Black Sand Beach



Skógafoss is one of the biggest waterfalls Iceland, dropping from a height of 60 metres. You can stand quite near the base, and experience the power. This place is especially crowded during peak season and hours, so try to arrive early!

There is a legend that says a Viking hid a treasure chest behind the falls in the year 900. When three farmer's sons attempted to steal it, they pulled the ring handle off, which can now be seen found on the door of Skógar church. The treasure is rumored to still remain behind the falls.

To get the full experience, walk to the top of the cliff to see the river that feeds Skógafoss. You will have to climb over 500 steep steps, so make sure you won't be too tired after the climb!

Just off the field next to Skógafoss, you can see a crevice where the mountains recede to form an isolated gorge. In this gorge lies a secret, hidden waterfall called Kvernufoss (OK, not completely hidden!) Few tourists know to go to this waterfall that is off the beaten track. The hike alone is breathtaking, with the winding river and moss-covered rocks.

At the end of the valley, you will find a waterfall, throwing itself from the top of the mountain. You can partially walk behind this one, which is always something I would recommend doing. This one is special because you can mostly have it to yourself. The best moments are when you can truly take in the beauty of nature, without any distractions.

Day 5 is an action packed day, already two waterfalls, in only half a day. After grabbing lunch, or eating a packed lunch, it's time to head to Reynisfjara, the black sand beach. There are two ways to see the beach, you can do both, or choose one depending on how much time you have.

Firstly, you can see the beach from above, at a vantage point called Dyrhólaey. This is a great spot to see the arched rock, and to take in the ocean from above. It can get very windy here, so be careful when opening your car doors. I talked to a lady who said someone's door was ripped right off and they had to pack it away in the back seat! That would be a vacation nightmare, especially with a rental car. Be very careful here, and never try to out-muscle Mother Nature.

After a visit to the top of the cliff, you can get right down on the beach. Being one of the most popular tourist spots in all of Iceland, it's hard to avoid the crowd. In any case, the beach is so big you will be able to find a spot of your own. Walk to the end of the beach where you can see the waves crash on the huge jagged rocks. Folklore says that these rocks were once two trolls dragging a three-masted ship to shore. When daylight broke, they all turned to stone. It is mesmerizing to sit on the beach and watch as the waves crash and bounce off these huge, stoic statues.

Now it's time to make your way to the small village of Vik. With only 300 people, it has become a tourist hub, since very little else surrounds the area. Grab a bite to eat, and then turn in for the night.



Left Top: Skógafoss, South Iceland

Left Bottom: Reynisfjara Black Sand Beach

Right Top: Diamond Beach

Left Bottom: Vatnajökull Glacier



# Day 6

## Jokusárlon and Vatnajökull

Today is the day you've been waiting for, to finally put the "ice" into Iceland. The glacial lagoon is another very popular spot on the south coast, so arrive early! I was there at 7:30 AM, and the beach was empty, not even a single avid photographer! Walk around the beaches of the lagoon, and then head to the Diamond beach, just across the bridge. This is where you will find huge icebergs that have broken off and washed up on shore.

Since you're in the area, I recommend you cross "walking on a glacier" off your bucket list. The tours depart from Skaftafell National park, and the guide will tell you all about the glacier and how to be safe when hiking. It is truly stunning to witness the enormity of the glacier, and simultaneously disheartening to hear how quickly it is receding. It is said that in 15-20 years the glacier will have fully receded into the mountains.

Stay in Höfn tonight (there aren't many options) and before going to bed, head to the Höfn Hot baths. Slightly less luxurious than the famed Blue Lagoon, these hot tubs are fed by natural spring water, and situated with views of the mountains. It is a truly magical experience to soak surrounded by fields of lupine.





# FIVE TIPS FOR RENTING A CAR IN ICELAND

## ONE

### THINK AHEAD

With more and more tourists visiting Iceland every year, the most cost efficient options get booked quickly. Do your research before the trip to get the best deal.

## TWO

### GET THE EXTRA INSURANCE

Iceland is no joke. The weather can change drastically within minutes. With high-speed winds, the gravel and ash damage insurance. You don't want your vacation ruined due to costly damages.

## THREE

### FUEL UP

When driving the ring road, you never know when the next gas station will pop up. Every time you pass one, fill up the tank. While you're at it, hit the rest room and grab a snack!

## FOUR

### CHIP CARDS

Most gas stations in Iceland are unmanned. This means you need to pay for gas by credit card. Most importantly, you must use a card with a chip and pin.

## FIVE

### DRIVE SAFE

Watch out for sheep and horses on the roads. They own this land, and you must yield to them! Remember, even though it feels like you are the only one on the road, you must heed speed limits for your own safety.





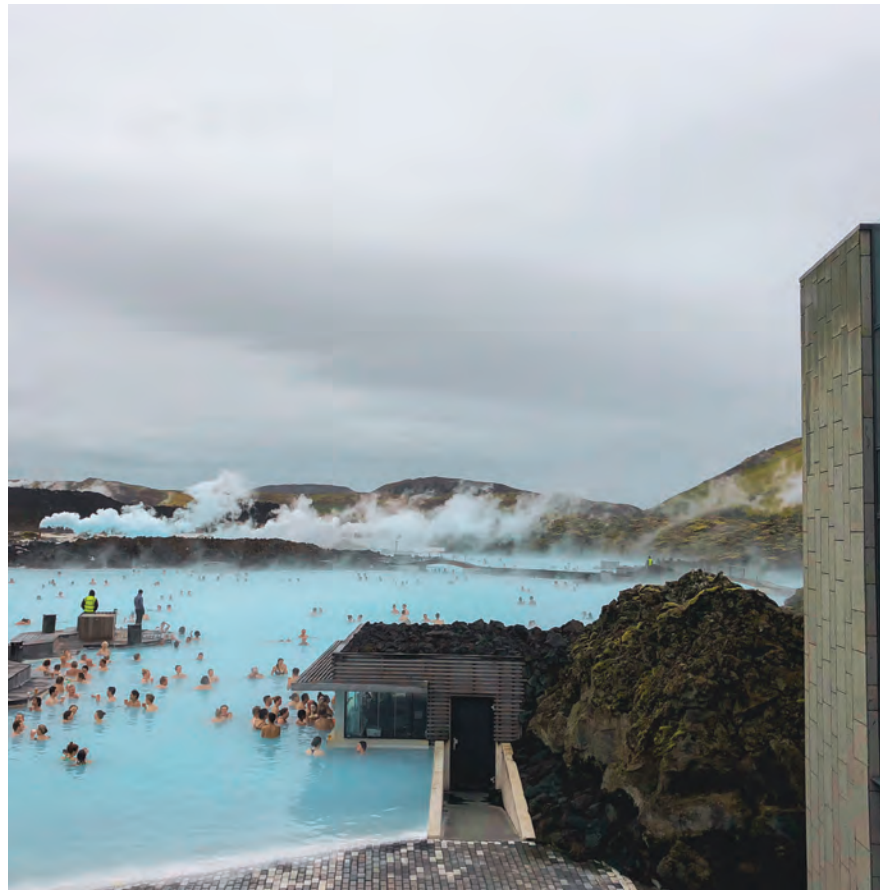


## Day 7

### Scenic Drives and the Blue Lagoon

Today, it is time to head back to Reykjavik. The drive is about five hours, but there are many chances to take breaks. There are so many things to see along the way that you already passed by, including Hjørleifshöði, a remote cave, and Fjaðrárgljúfur, an out of this world river canyon. Make your way back to the city, and take the evening to relax at the Blue Lagoon. Yes, it is expensive, but how many times have you seen it on those “must do” lists? Now is your chance to experience it for yourself.

As you can see, seven says is hardly enough time to experience all of Iceland’s wonders. I would argue that one could spend a month in Iceland, and not even scratch the surface! This is just a basic guide to all my favourite things in the South Coast, but there are many other things to see and do that are not included here. So many people have written about Iceland, it’s very easy to find resources and plan your dream Icelandic adventure! [a](#)



Left: Fjaðrárgljúfur River Canyon  
Above: Blue Lagoon





**This doesn't have to be you.**



**Trust Gravol® Ginger for the prevention and treatment of nausea and vomiting**

- Made from naturally sourced ginger root
- Proven effective and non-drowsy
- Available in tablets or great-tasting chewable lozenges





Your Home Away from Home  
**Anywhere.**



**Comfort Inn**

An affiliate of *Choice Hotels*

Find your perfect stay at [choicehotels.com](http://choicehotels.com)





# Flying With *atlas* AIR

## ATLAS BASIC



For the seasoned traveler. All you need is the flight ticket, your trusty backpack, and a healthy dose of adventure. You have the option of adding additional comforts to your ticket, such as carry-on, checked baggage, cancellation protection as well as others.

- Includes:**
- Flight ticket
  - Personal item

## ATLAS CLASSIC



The **Classic** includes the extra comfort of carry-on baggage and checked luggage. This is our most popular ticket, which gives you the best bang for your buck. You can always upgrade your seat if you want a little more legroom, but you will fly easy knowing your luggage needs are taken care of.

- Includes:**
- Flight ticket
  - Personal item
  - Carry-on bag
  - Checked bag

## ATLAS PLUS



Treat yourself with a few extra bells and whistles, including everything the Classic has to offer, and more. **Plus** gives you peace of mind with included cancellation protection, and free seat reservation.

- Includes:**
- Flight ticket
  - Personal item
  - Carry-on bag
  - Checked bag
  - Cancellation protection
  - Seat reservation

## ATLAS AERO



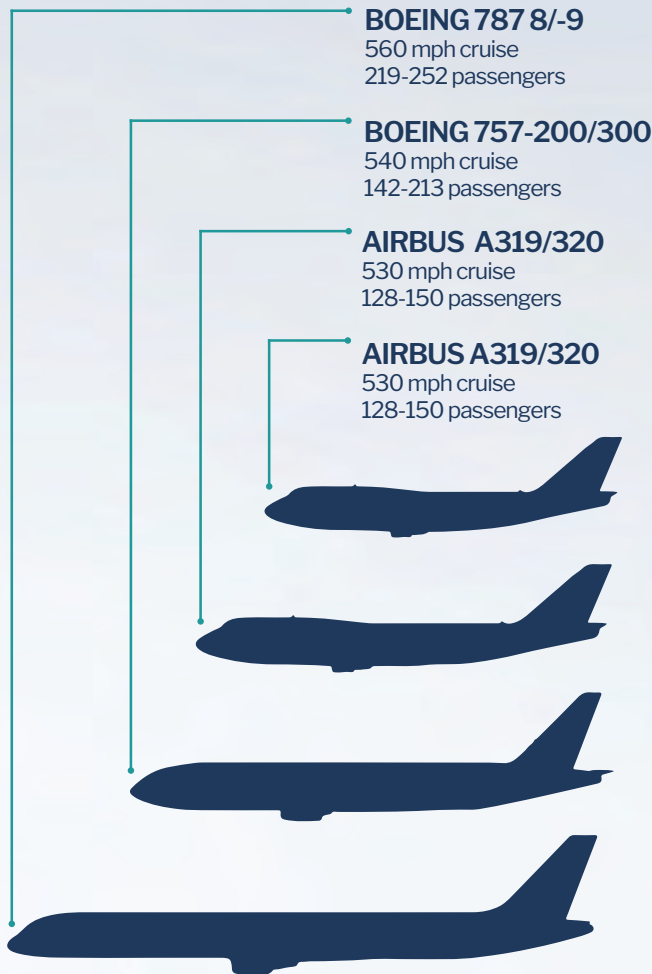
Enjoy the crème de la crème of Atlas Air. **Aero** offers you the best amenities, including an extra large seat, in-flight meals, free ticket changes, and access to our exclusive Aero Lounge. This one goes out to all those busy travelers and those who just want a little extra treat. Take a load off before you take-off.

- Includes:**
- Flight ticket
  - Personal item
  - Carry-on bag
  - Checked bag
  - Cancellation protection
  - Seat reservation
  - Free ticket changes
  - Aero lounge access





# Our Fleet



# Important Safety Instructions

The safety of our customers is our primary concern. All crew members are thoroughly trained in all safety procedures. Please take a moment to review the safety pamphlet provided.



Pay close attention to crew members' instructions in the event of an emergency

Make note of the nearest emergency exit. It may be behind you.



Understand where the oxygen mask is located. Put your own mask on before helping others.

Smoking and using any smokeless products is prohibited. Fines up to \$2,200 will be imposed.



Alcohol may only be consumed if it has been served by the flight crew.

Spare lithium batteries can never be packed in checked luggage. Stow away in carry-on.



## TRAVEL NOTES

### LOST AND FOUND

To report an item left on board, please fill out the online "lost items" form located at [atlasair.com/lostitems](https://atlasair.com/lostitems).

### US CUSTOMS DECLARATION

Ask a crew member for a US Customs Declaration form if you cannot find one located in your seat pocket. One per family.



# Our Routes

## 2018



We are dedicated to helping you collect new memories everyday, That's why we are working tirelessly to always add new destinations to our route.

### NEW ROUTES COMING 2019

- Toronto - **Montréal**
- Toronto - **Buenos Aires**
- Toronto - **Lisbon**
- Toronto - **Munich**
- Toronto - **Dublin**
- Montréal - **Toronto**
- Montréal - **Vancouver**
- Montréal - **New York**

**Atlas Air** is proud to have one of the youngest, most fuel efficient fleets in the world. We are trying to do our part and set a standard in reducing harmful fuel consumption.



# Samsonite

## FOR THE SERIOUS TRAVELLER



[samsonite.ca](http://samsonite.ca)

LIGHT AND STRONG. SERIOUSLY.



# WHERE OUR EXPLORATION ENDS, YOURS BEGINS.

## THE ALL NEW BMW 4 SERIES CABRIOLET. AN EXPLORATION IN BEAUTY

When creating the all new 4 series, our designers were just as integral as our engineers. Together they created a dynamic design that perfectly combines style with performance. The driving experience is accentuated by an abundance of driving innovations like Integral Active Steering, which ensures more stability at high speeds and more agility at low speeds. Inside and out, the all new BMW 4 Series truly is an Exploration of Beauty. Find out more at [bmw.com/4series](http://bmw.com/4series).



**The Ultimate  
Driving Machine**

**The all-new  
BMW 4 Series**

[bmwusa.com](http://bmwusa.com)  
1-800-334-4BMW