

RANGÁ REVIEW

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THE RIPPLE EFFECT

For centuries swimming pools have played an important role in Icelandic culture and swimming is still an essential activity for Icelanders today

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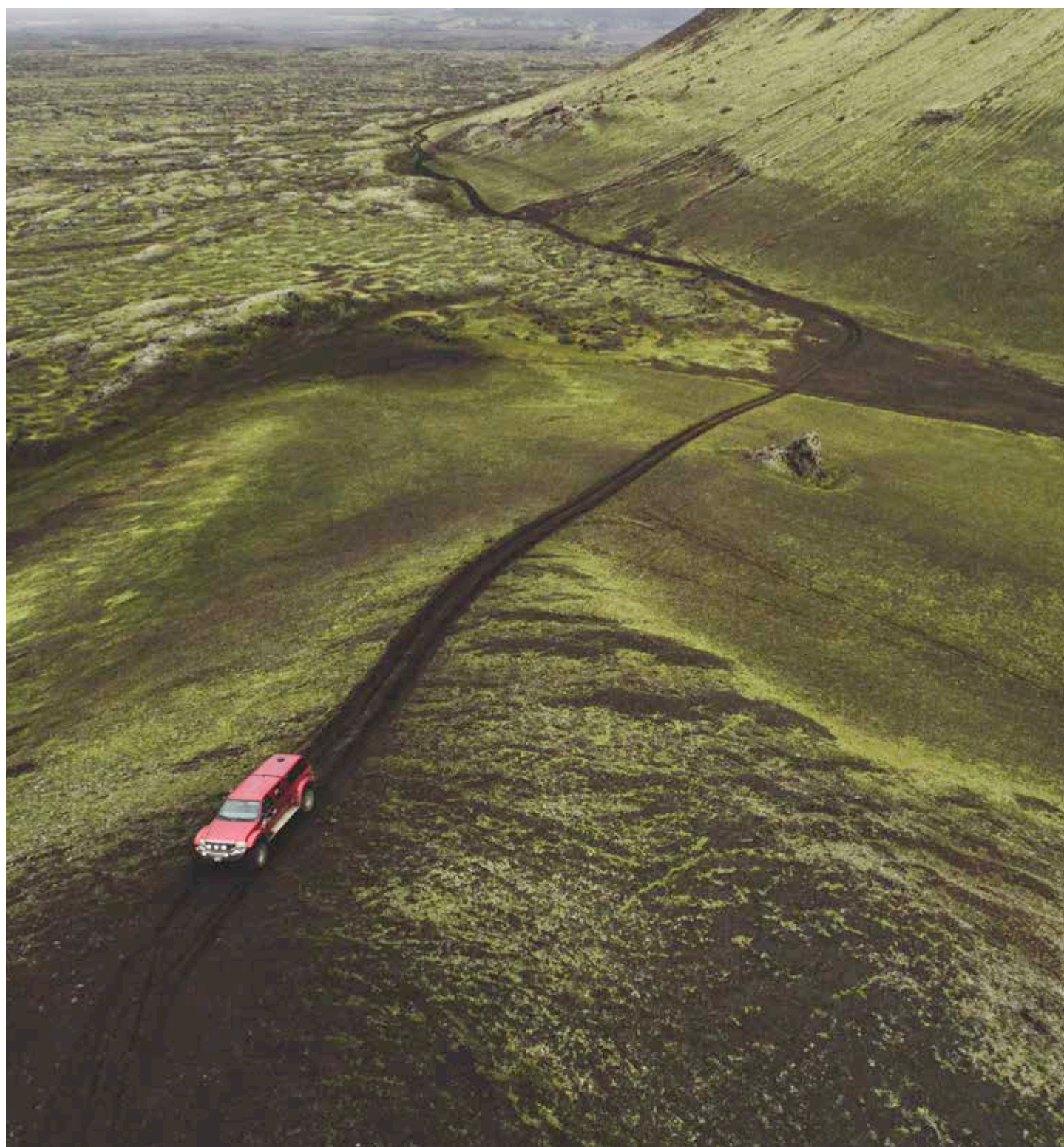
POMPEII OF THE NORTH

Located just off the south coast of Iceland, the Westman Islands are easily accessible and offer a whole host of activities from golf to fishing, hill-walking to rib safaris

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SAVOUR THE SUMMER

Enjoy nature's bounty with a seasonal recipe from Hotel Rangá's head chef Karl Jóhann Unnarsson and enjoy the sweetness of summer in this delicious dessert





THE RIPPLE EFFECT

The Icelandic culture is deeply connected to the natural elements, especially the use of geo-thermal water.

For generations swimming pools have played an important role in the community. You will find throughout Iceland that most towns have their own communal pool and bathing is considered an everyday activity for Icelanders.

An Icelandic tradition dating back to the settlement, thermal pools are noted in the history books which mention Snorri Sturluson, the famous twelfth century historian creating his own thermal pool so that he could soak in hot water whenever the mood struck him. Of the thirteen original baths that are known to have been frequented in the early days of Icelandic society, four are still standing.

Today, the Icelandic swimming pool is still a vital part of daily life for families, the pool is place where locals gather and catch up (much like the English pub), relax and keep fit (the opposite of an English pub). The pool is also considered good for your health with the water easing aches and pains and promoting relaxation. Swimming in Iceland is a serious business and you will find that good health and cleanliness are a priority with most pools having pretty strict regulations when it comes to hygiene. These rules are what help maintain the high standards and ongoing shared enjoyment of Iceland's local pools.

Ask at reception for more information on pools near Hotel Rangá. You will find numerous pools in the area but we recommend Hvolsvöllur, Selfoss and Hella.



RIDING HIGH

One of the best ways to explore the local countryside in the summer is on horseback. What better way to immerse yourself in the unspoilt landscape than in the company of Icelandic horses.

One of the world's oldest and purest breeds, the Icelandic horse makes the perfect companion for novices and children. Known for their resilience, intelligence and gentle nature, these beautiful beasts live outdoors year-round and can endure dramatic weather conditions thanks to their wonderful coats which they shed in the summer.

Get back to nature this summer and sign up to a horse trek led by a local guide and soak up the sensational scenery whilst learning about the environment. Trek



through lava meadows, explore the volcanic terrain and enjoy far-reaching views of the mountains, coast and countryside. Depending on your level of experience and time available there are numerous riding options on offer, from shorter 2 hour treks right through to horseback adventures spread over a few days with camping en-route. There are many stables offering riding experiences in Southern Iceland but one thing is certain, once you spend time with Icelandic horses they will always have a special place in your heart.

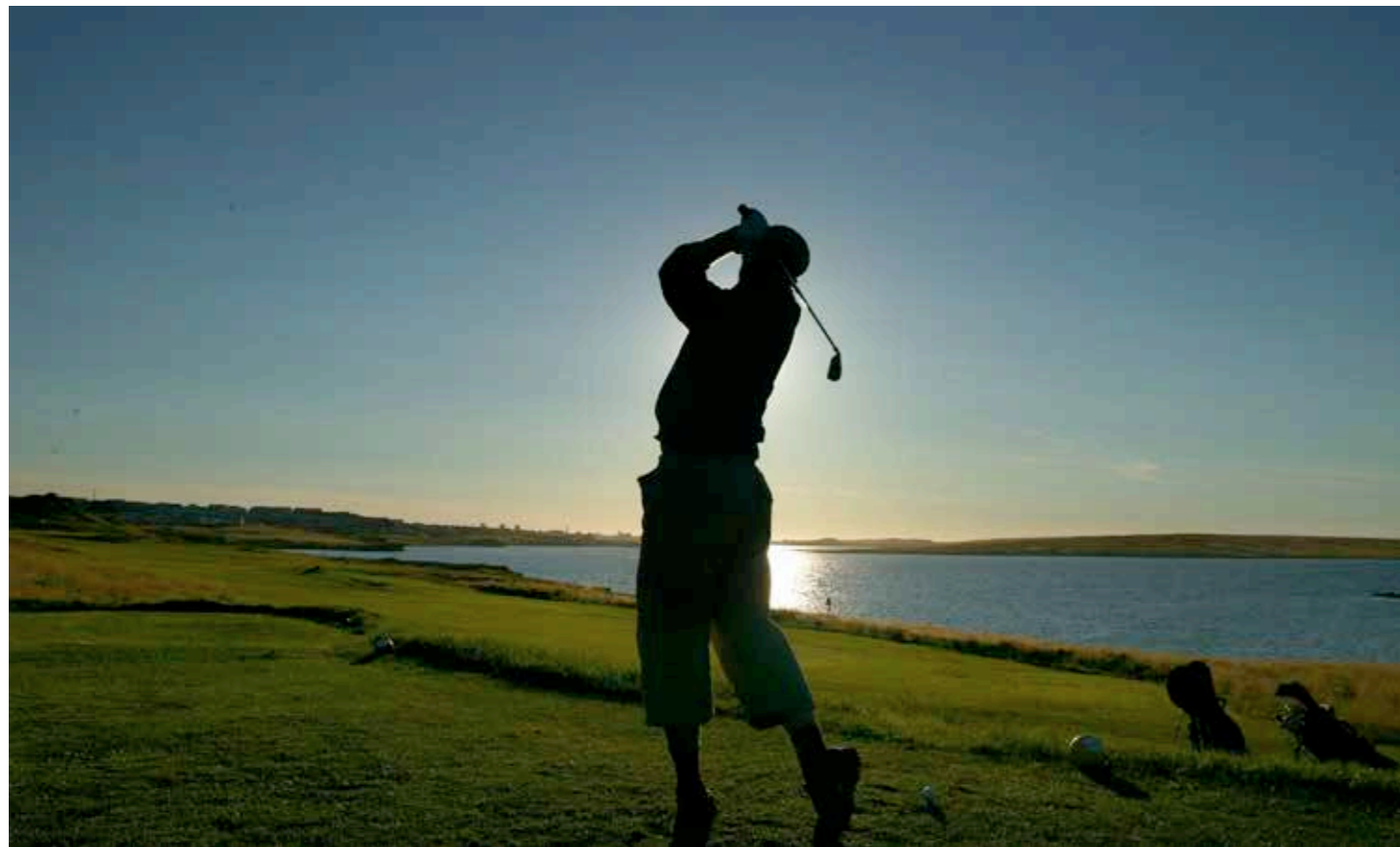




MIDNIGHT GOLF

The summer months in Iceland offer the perfect opportunity for golfers to experience the unique pleasure of 24 hour golfing. You can literally play golf under the light of the midnight sun, a once in a lifetime experience and a great way to spend time with friends amongst the stunning countryside of Southern Iceland.

Golf in Iceland is a popular past-time and there are currently over fifteen thousand registered golfers and 65 golf courses, each designed around the magnificent natural environment. With 10% of the mainland being made up of lava fields this is no mean feat. In the South, you will find a number of challenging and interesting courses, each of which provide a stunning backdrop and unique natural features.



From Hotel Rangá you can easily reach several excellent courses, simply arrange your booking through reception and of course, equipment can be hired through the golf clubs on request. Here are our recommendations for a golfing experience with a difference, each set amongst breath-taking volcanic landscapes...



THE SELFOSS GOLF COURSE is a 9-hole course located by the riverbanks of Ölfusá. With stunning mountain views to the North and East, the landscape at Selfoss varies between each hole and includes bunkers, rivers and ponds. Above all, this course tests your accuracy skills more than power and distance ability. Selfoss has great plans for future development and expansion with a new 18 hole course designed by Edwin Roald on the drawing board.



HELLA GOLF COURSE is actually a link course even though it is located 20 km from the sea. This is due to the area's natural abundance of sand and lava. Considered one of the finest link courses in Iceland, Hella offers a clear view of spectacular mountains, the Eyjafjallajökull glacier and Mt. Hekla. Hella has hosted the Icelandic Golf Championship (stroke play) 4 times in the last 21 years, and offers players a great opportunity to experience golf in a unique setting. The club also boasts a large driving range in which to perfect your swing.



THE VESTMANNAEYJAR GOLF COURSE is located on one of the Westman Islands, the group of islands just off the South coast of Iceland. Incredibly, the golf course is actually set within an old volcano, a wonderful test of golfing skills. Teeing off against a backdrop of volcanic walls; overcoming ever-changing wind directions and playing across and even over the sea are all features of golf in Vestmannaeyjar. The course has a reputation for having the best greens in the country and the mild climate at Vestmannaeyjar during the winter makes it a possibility to play the whole year round.

Book Ahead at reception for midnight golfing experiences.





POMPEII OF THE NORTH

The Westman Islands, Vestmannaeyjar in Icelandic, is an archipelago of 15 islands located just off the south coast of Iceland. Out of the 15, only one is inhabited, the island of Heimaey. Here you will find a community of 4,000 inhabitants who have prospered from a thriving fishing industry. With stunning landscapes, charming villages and the largest puffin colony in the world, these small yet enchanting islands offer a variety of activities and attractions for visitors.



Why not take a full day excursion or a one/two night stopover to the Westman Islands and experience a taste of life on this beautiful volcanic isle? Here are our suggestions for exploring Heimaey and the surrounding islands





Boat tour

Why not take a boat tour or rib safari and enjoy a thrilling tour that will take you in and around the islands where you pass the famous elephant rock, puffin spotting along the way of course.

Sæheimar Natural History Museum and Aquarium

Make friends with a real puffin. Visit the Sæheimar Natural History Museum and Aquarium and and cuddle, Tóti the puffin. A wonderful experience for children and adults alike.

Eldheimar museum

Visit the Eldheimar museum and discover more about the volcanic eruption that tragically hit Heimagar island in 1973. This eruption caused an emergency evacuation for the entire island. It was over a year before many of the island inhabitants returned to Vestmannaeyjar. Sadly, many of these inhabitants would never return as the devastating lava flow destroyed around 400 homes.

Hike across lava fields

After visiting the Eldheimar museum take a hike around the lava fields that were created following the 1973 eruption. Walk along the lava covered streets that were once lived in by the islanders before the volcano struck.

Eldfell

After you have experienced the Eldheimar museum, why not make acquaintance with the volcano that caused the eruption. Eldfell is a 200 meter high formation, here you can take a short yet steep hike to stunning views across the islands.

Heimaklettur

If you are looking for a more adventurous trek then why not take-on Heimaklettur, the highest peak in the Westman Islands. You will need a good head for heights as this hike includes wooden ladders which lead you to the peak 900 feet above sea level.

Herjólfsdalur

The setting of the popular annual music festival Þjóðhátíð, this is an adventurous hike to the peak which results in a breath-taking view of islands and oceans

Getting there: The best way to get to Westman Islands is by ferry, full details and timetables are available at Hotel Rangá's reception. A luxury alternative to the ferry is a helicopter flight direct from Hotel Rangá's doorstep, this really is a very special way to experience Southern Iceland and scenery of The Westman islands.



SUNGAZING SEASON

Hotel Rangá is one of the top destinations for travellers chasing the elusive northern lights or wishing to spend time stargazing in a land of clear dark skies. Yet, when the summer takes over, Iceland enjoys almost 24/7 daylight, meaning that the stargazing evenings are finished until August. However, the observatory at Rangá then begins its exclusive Sun-gazing season, an extraordinary experience using hi-tec equipment that enables guests to safely observe the Sun.

Here we enjoy a conversation with Hotel Rangá's Sungazing expert Sævar Helgi Bragason:

Can people really observe the Sun from Hotel Rangá?

Yes! Guests at Hotel Rangá can observe the Sun safely from our state of the art observatory. Obviously, the Sun is our star and very, very, bright so to observe it safely, we use special solar telescopes and filters that only transmit a tiny portion of the light through while filtering out dangerous infrared and ultraviolet light. The solar filters are placed in front of the telescope, onto the aperture, to ensure safe viewing. These kinds of filters allow us to have a very good view of the natural beauty of the Sun.

What can be seen?

We have two different type of filters. The simpler one is called a white light filter and it allows us to see the photosphere of the Sun. The photosphere is often called the surface, even though the Sun doesn't have any particular surface as it's made out of gas. From time to time, the photosphere has large dark sunspots which are active regions on the Sun. Sunspots are areas which are a bit cooler than the rest of the surface — roughly 4000°C compared to approximately 5600°C — due to a strong local magnetic field. The difference in temperature makes the area appear darker, even though its mindbogglingly hot. These sunspots are often far bigger than the Earth so they can be quite impressive.

The Hotel Rangá observatory is open every clear night and is located 5 minutes from the main hotel.

Is there anything else to see?

We also have a specialised high quality solar telescope that allows us to peer into the chromosphere of the Sun. We look at only one particular wavelength of light that comes from ionised hydrogen on the Sun called H-alpha. H-alpha telescopes are tuned to that wavelength and give absolutely breathtaking views of the Sun. The sun literally comes alive! We can see prominences and filaments which are titanic threads or bands of extremely hot gas that rise from the Sun, almost like volcanic eruptions on the Sun. Normally, prominences are only visible during a total solar eclipse but H-alpha solar telescopes give us the opportunity to see them all the time.

Can people view the Sun at any time?

The best time to view the Sun is at noon when it's highest in the sky. However, we are fortunate enough to be close to the arctic which means that in the summer, the Sun stays up late. So even during the afternoon, in the summer months, just before people go for dinner, the Sun can be observed from Hotel Rangá's observatory. We just need clear skies.

We hardly ever use the solar equipment in the winter since the Sun is usually very low in the sky. But then of course we train them to the stars, the Moon and the planets, all of which are gorgeous.





IN LOVE WITH ICELAND

The natural beauty of Iceland's incredible landscape has made it a no.1 destination for many couples looking for a wedding venue with a difference. Not only, does Iceland offer the most photogenic backdrop for any wedding but it also provides a magical setting for a honeymoon. Many couples are combining destination wedding ceremonies with romantic, yet, adventure packed honeymoons. Iceland now has so many airline providers making regular flights to Reykjavik that couples from around the globe are choosing Iceland for their special day.

The key to organising a wedding in Iceland is to designate a wedding planner or select a hotel experienced in organising weddings for overseas guests. The legal requirements are unique to Iceland and it is important that your wedding is planned well in advance. Hotel Rangá's wedding planner makes getting married in Iceland simple. Here are some tips for arranging a wedding with a difference. There are many venue choices for wedding ceremonies located within a short drive of Hotel Rangá, each of which offer wonderful opportunities for photography. For religious ceremonies, Odi Church lies just ten minutes from Hotel Rangá and is on one of the oldest church sites in Iceland, the current church was built in 1924 and offers an intimate and romantic setting with a panoramic landscape. A popular outdoor venue is Gluggafoss which lies in a hidden val-

ley called Fljótshlíð. Fljótshlíð was the home of Gunnar in Hlíðarenda, one of the most memorable characters in Njáls Saga, a famous historic Icelandic Saga. Gluggafoss is unique for its three arches that look like windows which have been formed from water falling down the soft cliffs, from Gluggafoss there are beautiful views over the Eyjafjallajökull Glacier. Another natural location is on the banks of the River Rangá, just a short walk from the hotel. The River Rangá offers a tranquil setting in the heart of the countryside with stunning views of the Mt. Hekla and Eyjafjallajökull, Þríhyrningur (an extinct volcano) and the Westman Islands in the distance.

If you are planning a wedding, honeymoon or a combination of the two, Iceland offers couples the opportunity to be truly surrounded by the beauty of nature at its most spectacular.



LANDMANNALAUGAR

One of the most breathtaking locations in Southern Iceland has to be Landmannalaugar, a jaw-droppingly beautiful region renowned for its rhyolite mountains which are displayed in in vividly coloured layers. Landmannalaugar really is a photographer's dream destination.

Throughout the summer months it is possible to access the heart of the highlands and head to Landmannalaugar for a once in a lifetime experience. The best way to soak up the scenery has to be joining a super-jeep tour. These smaller, personally tailored tours usually host 2-8 guests and allow you to take routes not accessible by normal car.

On the drive from Hotel Rangá you will experience a landscape that has gone through dramatic changes since the Settlement, with endless twisting and turning lava formations that have emerged from a myriad of different craters. You will pass the roots of Mount Hekla and



Benjamin Hardman photography

witness the remote rugged landscape, located in one of the biggest geothermal areas in Iceland.

Once at Landmannalaugar spend time taking a gentle hike around the lava field of Laugarhraun and soak up the colourful atmosphere of the mountains with their rich natural tones of blue, green, orange and red. Don't forget to take your bathing gear with you as the natural hot springs offer a welcome break in which to relax after your hike.

Here is a land like no other, enchanting, timeless and exceptionally beautiful – nature in its element.





RIVER RANGÁ

From the banks of the River Rangá you can enjoy the most tranquil of settings with panoramic views of the famous volcanoes Mt. Hekla, Eyjafjallajökull, Pírhyrningur (an extinct volcano) and also, in the distance the Westman Islands.

Take a gentle stroll along the river and experience a profound sense of peacefulness and stillness, the perfect antidote to our hectic modern lifestyles. Wander past swathes of wild lupins and spot the architectural stems of angelica growing in harmony with grasses, heathers and moss. Listen out for birdsong and enjoy the beauty of migrating geese, ducks and swans as they elegantly drift along in the flow of the Rangá's steady stream.

If you would like to spend a little more time enjoying the atmosphere of River Rangá then why not enjoy a picnic prepared by Hotel Rangá's chefs. Ask at reception the day before and a picnic will be prepared especially for you.



WHISKY GALORE

Whilst staying at Hotel Rangá you really must check-out the impressive collection of exceptional whiskies from around the globe.



With over sixty labels to choose from including rare single malts and unique blends, Rangá's owner Friðrik Pálsson has personally curated a serious selection of very fine whiskies indeed.

For those connoisseurs out there, why not sample one of Hotel Rangá's more exclusive tipples, for example a Macleods Isle of Skye, Glenlivet XXV, rare Middleton Irish Whiskey or if you are feeling flush, indulge in the rather elusive Macallan Oscuro an extremely limited edition made with whisky from 1987 and 1997 and only available at selected luxury hotels.

« Macallan Oscuro, one of Hotel Rangá's exclusive Whiskies



SAVOUR THE SUMMER

Sample the seasonal flavours of modern Nordic cuisine with chef Karl Jóhann Unnarsson mouth-watering and elegant dessert. Capturing the essence of summer in Iceland, the ingredients reflect both the heritage of Iceland alongside more contemporary, international influences. Home-grown raspberries work in harmony with wild Icelandic thyme and are complimented by almond crumble and a rich caramel sauce. Perfect for a summer party this recipe serves 10.

LEMON PUDDING, THYME SPONGE, RASPBERRIES, ALMOND CRUMBLE AND CARAMEL SAUCE

THE PUDDING:

INGREDIENTS:

- 2 egg yolks
- 50ml milk
- 25g sugar
- 3 leaves of gelatine
- 100g white chocolate
- 225ml buttermilk
- 150ml double cream
- Juice from 1 lemon

METHOD:

1. Gently heat up the milk and sugar
2. Add the warm milk mixture to the egg yolks
3. Heat the mixture in a bowl over simmering water until it thickens
4. Place the gelatine in cold water until softened then add to the mixture and combine
5. Pour the melted chocolate into the mixture and combine with spoon
6. Allow to cool a little then add the buttermilk and lemon juice
7. Lightly whip the cream until a little fluffy then fold into the mixture
8. Pour into a mold and refrigerate for 4 hours or more

CARAMEL SAUCE:

INGREDIENTS:

- 60g butter
- 50g brown sugar
- 375 ml double cream

METHOD:

1. Place all the ingredients in a pan and boil until the liquid thickens, set aside

ALMOND CRUMBLE:

INGREDIENTS:

- 150g ground almonds
- 75g almond flakes
- 125g spelt flour
- 175g brown sugar
- 100g butter (softened)

METHOD:

1. Mix all the ingredients together and place in a non-stick tin and bake for 25-30 min at 165 degrees

THYME SPONGE:

INGREDIENTS:

- 3 whole eggs
- 100g sugar
- 75g flour
- 25gr potato starch
- 7g baking powder
- fresh thyme 1.5 teaspoons

METHOD:

1. Whip the eggs and sugar in an electric mixer until light and fluffy
2. Add the remaining ingredients and mix well
3. Pour into a non-stick or silicone baking tray
4. Bake for 7 minutes at 175 degrees

PRESENTATION:

When all components of the pudding are ready plate up as follows: Roughly tear or cut the sponge into bitesize pieces and place a few on the plate, pipe or spoon the custard cream alongside the sponge, then sprinkle on the crumble and serve with fresh raspberries and the caramel sauce.

HONEYMOON OFFER

Why not book a honeymoon with a difference? A truly magical experience in the heart of Southern Iceland's enchanting volcanic countryside. Hotel Rangá's honeymoon offer includes all the essential elements of a romantic holiday including:

- 3 nights stay in a Deluxe room
- Welcome drinks upon arrival
- One four course luxury dinner for two
- Breakfast buffet
- Extra decoration in the room upon arrival (flowers, scented candles and rose petals)
- Access to the stargazing observatory
- Access to the outdoor hot tubs

Price from 1186€

OFFER VALID: SEPTEMBER 1ST 2017 – MAY 31ST 2018

