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Be Inspired by Iceland

Whether you're travelling for relaxation or stimulation for the mind, body or tastebuds, arrive in Iceland and you're immediately on an adventure.

Iceland entertains day and night, year-round. It's an extraordinary blend of scenic wonders and quirky characteristics created by a unique and highly creative culture, the personality of its people and a virtuoso performance by Mother Nature.

Choose the Capital Area and surrounding villages for stylish accommodation, top restaurants, hip nightlife and exceptional museums and galleries. The oh-so-different regions offer thrills, action and yet more culinary and cultural discoveries.

Every season brings a new dimension. Spring wakens the country's inherent freshness, while in summer Iceland becomes a land of midnight sun, where daylight and the action barely wane.

The Autumn skyscapes produce yet more colours, drawing photographers from all over the world to record the spectacle of the annual horse and sheep round-up and locals foraging for wild berries and herbs. In winter, try cross-country skiing or experience the phenomena of the Northern Lights.

Visit us and you'll experience this unrivalled choice and the warmth of a people who delight in sharing their country with discoverers like you.

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Discover Iceland

Two problems face you as you begin your holiday in Iceland: Where to start and what to leave out!

The second dilemma, at least, is easily solved – come back for another visit to take in what you did not have time for before!

Whether you are an extreme adventure enthusiast or someone who likes to revel in the culture, people and tastes of a country, lceland is your kind of place.

The unique landscape is one of the first discoveries you'll make. Geologically speak-

ing, Iceland is much younger than most countries and volcanic activity means it's still evolving. You'll see striking lava formations, craters, volcanoes, table mountains and masses of pumice throughout your travels.

The Capital Area sets Iceland's contemporary, chic style with boutique hotels, inventive restaurants, unique shopping, and a vibrant nightlife with buzzing bars and a busy programme of entertainment.

But even here you are never far from nature. The thermal energy beneath your feet

is harnessed in numerous pools and spas around the city of Reykjavík – a visit to any of them will leave you relaxed and invigorated.

Outside the city, there are countless more ways to relax or get the full flavour of lceland as an adventure playground.

Getting off the beaten track and discovering Iceland on foot is without doubt the best way to truly appreciate our magnificent scenery. Head for the highlands in July and August for some remarkable hiking experi-



Did you know ...?

... that there is a website about Icelanders' family trees, where people can trace their ancestry? Icelanders can find ancestors there from many centuries back, and it is not at all uncommon for people to find out that they are distant descendents from one of the first settlers in the 9th century. Also, you could find out that your neighbour is actually your cousin three times removed!





ences; elsewhere, fantastic trails throughout the country can be enjoyed from May to September.

Prefer to leave the legwork to others? Then try Icelandic horse trekking astride the sturdy native horses – unique in that they have an extra gait, the tölt. Short tours are offered year-round, while in summer you can go across country on itineraries of up to 15 days.

Fishing, dog-sledding, caving, diving, ice-climbing, snowmobiling, white-water rafting, and kayaking are just some of the other amazing activities found in Iceland. Golf is also highly popular, with more than 60 courses around the country.

And of course, no visit to Iceland would be complete without close encounters with its natural inhabitants. Whale-watching tours operate between April and mid-October, with around 50 species found in Icelandic waters. You are also likely to spot the delightful puffin, together with countless other species of birds which visit our shores, attracting ornithologists from around the globe.

Why not spread your wings in Iceland?

... that situated on the Mid-Atlantic Ridge, Iceland is a hot spot of volcanic and geothermal activity: 30 post-glacial volcanoes have erupted in the past two centuries, and natural hot water supplies much of the population with cheap, pollution-free heating. Rivers, too, are harnessed to provide inexpensive hydroelectric power.

For More Information

www.visiticeland.com

www.visitreykjavik.is

The Reykjavik Grapevine paper and website list upcoming concerts and events regularly www.grapevine.is

News from Iceland, icelandic culture and travel www.icenews.is

Local activities and events: Consult websites listed on pp. 5–16



Creative Energy Reykjavík and The Capital Area

Encircled by mountains and sea, Reykjavík is the world's northernmost capital and the cultural heartbeat of Iceland. Colourful corrugated houses sit side by side with contemporary architecture and enigmatic street art. With stunning natural attractions moments away and a vibrant arts scene, it's ideal for a relaxing weekend away or an action-packed short break.

DON'T MISS ... The classic sites

For amazing views head to the top of Hallgrímskirkja, lceland's largest church, or the futuristic domeshaped Perlan building. Walk or cycle by the waterfront to the Sun Voyager sculpture and new Harpa National Concert and Conference Hall, designed with a mesmerising façade by prominent artist Ólafur Elíasson. Take a boat to Viðey Island, home to Yoko Ono's Imagine Peace Tower, lit every October to December as a beacon to world peace, or take a



summer dip in the sea at the geo-thermally heated Blue Flag beach at Nautholsvik Bay – where the water is maintained at around 20 degrees Celsius!

Shopping with style

Along Laugavegur and Skólavördustigur, the main shopping streets, you'll find practically no chain stores but trendy fashion boutiques featuring local young designers and independent book and music shops where impromptu gigs and readings take place. Bag a bargain from Kolaportið, the weekend flea market, or for high street labels visit the shopping malls Kringlan in Reykjavík and Smáralind in nearby Kópavogur.

Tastebud treats

Reykjavík boasts a sophisticated restaurant scene, but some of its simpler culinary pleasures





www.visitreykjavik.is www.visiticeland.com

are also unmissable; a hot dog from Bæjarins Beztu Pylsur hot dog stand, a cup of creamy lobster soup, or fish dinner enjoyed in one of the cafés in the old harbour area, housed in converted boat shelters and net huts. After hours, establishments central to Reykjavík's laid-back café culture transform into the hottest night-spots, open until the early hours.

Cultural delights

There's no shortage of things to see and do with a year-round programme of festivals, live music and events taking place in Reykjavík and the Capital Area. Calendar highlights include the annual Arts Festival, RIFF Film Festival and the Jazz Festival. Visit modern art galleries and music venues to sample the creativity of Icelandic avant-garde or the amazing interactive Settlement Exhibition to experience Iceland's Viking and Saga heritage. Be sure to pick up a copy of Reykjavík Grapevine for festival, events, exhibition and music listings.

Life with the locals!

Whales and puffins can be spotted by boat from April–October and nearby stables in Mosfellsbær and Hafnarfjörður offer horsetrekking tours deep into the volcanic landscape. Spend an afternoon bathing and gossiping with locals at one of Reykjavík Capital Area's 17 geothermal pools. Feed the ducks on Lake Tjörnin, visit the animals at the Reykjavík Zoo and Family Park, learn about the 'Hidden People' on an interpretive walk and even stay in the Viking Hotel in Hafnarfjörður

Did you know ...?

... that the first settler, Ingólfur Arnarson, is said to have thrown the pillars that stood by his seat of honour into the sea when he first saw Iceland, and that he is supposed to have found them back in the location where Reykjavík is now? He built his home where he found his pillars. Regardless of the truth of this lovely story, the location of Reykjavík is the best possible one for a capital: there is an abundance of hot water in the ground, an excellent natural harbour and the climate is the mildest in the whole of Iceland.

... that out of a population numbering more than 300.000, half live in the capital Reykjavík and its neighbouring towns in the southwest. Keflavík International Airport is located about 50 km from the capital. The highland interior is uninhabited (and uninhabitable), and most centres of population are situated on the coast.



The Evolving Earth South and Southwest Iceland

With spurting geysers, active volcanoes, magnificent glaciers, powerful waterfalls and the revitalising waters of the Blue Lagoon, it's no surprise South Iceland is the most visited region, located on the doorstep of Reykjavík. Here you will witness a young land still in formation, with the North American and Eurasian continental plates pulling apart by 2,5 cm each year, and where volcanic activity is still shaping the rugged, untamed landscape.

DON'T MISS ... Reykjanes Peninsula

Characterised by lava fields, raw geothermal power and small fishing communities, the Reykjanes Peninsula is home to the unique and unmissable Blue Lagoon. Sample a taste of the past at The Saltfish Museum at



Grindavík, which honours the region's seafaring traditions, and discover a complete Viking longboat at the Vikingaheimar museum.

The 'Golden Circle'

Gullfoss (Golden Falls), Geysir and Þingvellir National Park are Iceland's most famous trio of natural attractions and a popular day-tour from Reykjavík. At Geysir, you will witness powerful Strokkur which erupts nearly every seven minutes and see the original, now dormant Geysir, from which the English word "geyser" is derived. UNESCO World Heritage Site Thingvellir National Park is the most revered spot in Iceland. It was here that the Alþingi – the world's first democracy – met from 930AD until 1798.

















www.reykjanes.is www.south.is

Continental drift

Dive or snorkel between the North American and Eurasian tectonic plates in the Silfra Rift in Thingvellir National Park – whose incredible visibility makes it one of the top diving sites in the world.

Westman Islands

Just a short ferry crossing or flight from Reykjavík's domestic airport, the Westman Islands offer impressive natural beauty and abundant birdlife, including one of Iceland's largest puffin colonies. Locals were forced to abandon their homes on Heimaey Island in 1973 when a new volcano erupted on the edge of the town; see the remains at the Pompeii of the North project, www.pompeinordursins.is

Volcanic activity

Enter the region of Iceland's most active volcanoes, the now-famous Eyjafjallajökull, Mt. Hekla, and Mt. Katla, located under the Mýrdalsjökull glacier. Sculptural lava fields and black sand beaches lead a trail to past eruptions.

Adventure playground

Hike across some of Iceland's most scenic trails, try horse trekking, white-water rafting, snowmobiling on glaciers or ice-climbing – and experience a varied and spectacular natural landscape.

Did you know ...?

... that in 930, the Icelandic settlers founded one of the world's first republican governments; the Old Commonwealth Age, described in the classic Icelandic Sagas, lasted until 1262, when Iceland lost its independence, and in 1944 the present republic was founded. The country is governed by the Althing (parliament), whose 63 members are elected every four years. Four-yearly elections are also held for the presidency; President Ólafur Ragnar Grímsson was elected in June 1996 to succeed Vigdís Finnbogadóttir. The head of state plays no part in day-to-day politics.

... that Iceland is Europe's westernmost country, the second largest island in the North-Atlantic ocean, a little over 3 hours flight from London, Paris, Amsterdam or Copenhagen.

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Inspiration and Wild Adventure

West Iceland and the Snæfellsness Peninsula present a dramatic and striking landscape of pale sand beaches, glaciers, mountains and volcanoes. Peppered with small fishing towns and home to some of Iceland's finest countryside hotels, the area has a mysterious romance that has inspired storytelling for generations.

DON'T MISS ...

Journey to the Centre of the Earth

Visit Snæfellsjökull, the ice cap covering a domed volcano, which was the fictional setting of Jules Verne's 1846 classic science fiction epic.

The Saga trail

Many classic Icelandic sagas took place in West Iceland and the West Fjords. The



Settlement Centre at Borgarnes tells of warrior Viking Egill Skallagrímsson, while reconstructed farmstead at Eiríksstaðir, where Erik the Red lived, is also a must. Eiríksstaðir is reputed to be the birthplace of Erik's son 'Leif the Lucky' Erikson, the famous explorer who landed in North America nearly 500 years before Columbus.

Borgarfjörður – a cultural centre

Reykholt, in Borgarfjörður, is one of Iceland's major cultural centres, most notably as the venue of an internationally-renowned classical music festival in July – and of medieval scholar and poet Snorri Sturluson (1179– 1241), whose farmstead is now a popular museum. Visit the new Brúðuheimar World of Puppets in Borgarfjörður to see puppetry as a sophisticated art form.















www.west.is

A shark's tale

Sample the notoriously pungent Icelandic delicacy Hákarl – fermented shark – at the Bjarnarhöfn, shark museum and farm.

Bird Heaven

Dotted with thousands of tiny islands teeming with birdlife, Breiðafjörður is a shallow bay separating the West Fjords from the rest of lceland. In this UNESCO World Heritage site, puffins colonise basalt cliff faces, while the rare white-tailed eagle glides above.

Nature in action

The meeting of fire and ice produces spectacular ice formations at Iceland's second largest glacier, Langjökull. See more volcanic formations at the striking craters Eldborg ('fire castle') and Grábrók, while Europe's largest hot spring Deildartunguhver produces 180 litres per second with temperatures averaging 100°C. In contrast, the unusual Hraunfossar waterfalls are formed by clear cold springs welling up through lava rock.



Did you know ...?

... that the first settlers of Iceland came mostly from Norway, because they were dissatisfied with the new King there, who wanted a lot of power? The settlers were people who cherished their independence above everything else. One might wonder whether modern Icelanders have not inherited this tendency?

... that Iceland only has a bit over 300,000 inhabitants? With an area of 105,000 km², this means that Iceland has around 3 inhabitants per km². Nevertheless, the small nation manages to maintain a complete education system and a health care system that is up to the highest modern standards. Life expectancy is among the highest and infant death rates among the lowest in the world!





Mountains, Fjords and Bountiful Nature The West Fjords

Rugged grandeur, raw beauty – the sparsely populated West Fjords are one of Europe's best preserved wildernesses. Enjoy majestic mountains, fjords, magical waterfalls and pristine nature on a journey to the most northwesterly point of Europe.

DON'T MISS ... Ísafjörður

The capital of the West Fjords with just 3,000 inhabitants, this pretty town with its bustling harbour and colourful, historic downtown area, is the gateway to the amazing landscape beyond – a hiker's paradise! The area also offers great skiing with regular tournaments, while Ísafjörður's thriving Aldrei fór ég suður, ('I never went South') annual Easter music festival is a cultural highlight.



Hornstrandir Nature Reserve

Home of the elusive Arctic Fox, about 260 species of flowering plants and ferns and a wealth of bird and sea life, this remote pristine area is accessible only on foot or by boat.

Bird Cliffs

Europe's three largest bird cliffs are all found in the West Fjords. Látrabjarg, the westernmost part of Europe shelters some of the largest Black Guillemot and Razorbill colonies in the world, sharing nesting sites with Puffins, Fulmars and Kittiwakes.

Bathing beauty

Twelve nature pools are dotted around Iceland's West Fjords. Harnessing naturally occurring hot springs, you can bathe in nature, surrounded by her beauty.





www.westfjords.is



Sheer adventure

H

West Iceland and the West Fjords offer some of the world's best kayaking, most extreme mountain biking and breathtaking cross country skiing. Trek the magnificent landscapes on pure-bred Icelandic horses or fish for an abundance of marine life.







... that in old times, people who had committed crimes could be outlawed? It was a punishment mostly reserved for the severest of crimes, and it certainly was a harsh punishment. Outlaws could rightfully be killed by anyone who could get to them, so they had to hide in the most unlikely places. Even today, you can still see some ruins of small huts in the highlands where outlaws used to hide out, for example, at Eyvindarkofaver south of Hofsjökull Glacier, where the famous outlaw Eyvindur hid with his wife Halla in the 18th century. Fortunately this punishment has long been abolished!

... that Iceland is one of the very few countries in the world that knows its history from the beginning, in the 9th century, until the present day? Many of the oldest written sources have been preserved and throughout the centuries people have diligently recorded what happened in the country.

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The Arctic Coast

The north of Iceland is where you can find the second largest city, flourishing villages and farming communities, soaring mountain peaks and offshore islands. Here you'll find some of our most famous and spectacular attractions. Ever wanted to touch the Arctic Circle? Visitors to Grimsey, Iceland's northernmost inhabited island 40 kms from the mainland, actually can!

DON'T MISS ... Midnight sun

An extraordinary spectacle seen particularly in coastal areas: around the summer solstice, the sun sinks down to touch the horizon before rising again in breathtaking tones of red and gold.



Akureyri

Iceland's second largest city sits at the foot of Eyjafjörður – its longest fjord – surrounded by imposing snow topped mountain ranges. Famous as the site of the Arctic Open each June (an international golf tournament played under the midnight sun!), Akureyri boasts a thriving cultural scene (Hof opened in mid 2010 as an innovative and flexible conference and performing arts space), as well as quality bars and restaurants, a botanical garden and Iceland's best ski facilities.

Mývatn and Krafla

The tranquil Lake Mývatn and surrounding wetlands are famous for their unique birdlife and heart stopping beauty. Geothermal Mývatn Nature Baths offer a soothing respite for weary travellers, while the nearby





www.northwest.is www.nordurland.is

Goðafoss 'waterfalls of the gods' and curious rock formations of Dimmuborgir are also worth a visit. Further east, see the boiling mud pools and steam vents of Námafjall.

Jökulsárgljúfur

A magnificent National Park which is home to the river Jökulsá á Fjöllum and the huge sunken horseshoe shaped valley Ásbyrgi. Fed by the immense Vatnajökull glacier, the river flows into Europe's most powerful waterfall, the thundering Dettifoss.

Whale and Seal watching

Join whale watching tours at Húsavík, home to a fascinating whale museum. Several varieties of these magnificent creatures, as well as porpoises and dolphins, can be spotted off Eyjafjörður and Skjálfandi bays. Seals can be observed at play offshore along Vatnsnes Peninsula and at the Icelandic Seal Center in Hvammstangi.

Skagafjörður & Húnaþing

Skagafjörður and Húnaþing, a prosperous farming district in Northwest Iceland, is especially famous for the successful breading of Icelandic horses. As well as horse trekking, it is one of the best places to experience Réttir, Iceland's annual horse and sheep round up. Other highlights include the turf buildings of the Glaumbær folk museum or experiencing thrilling white-water rafting on the region's glacial rivers. The north-west region also offers superb angling on some 20 trout lakes and 17 salmon rivers.

Did you know ...?

... that there are Thirteen Yuletide Lads in Iceland? They are dressed in woollens with natural sheep colours, and they live in the mountains. 13 days before Christmas, the first one arrives in inhabited areas, and after that one after another shows up, each on his own day. They tease people, by stealing candles or meat, peeping through windows or slamming doors. Their names are derived from their pranks. After Christmas, they return, one each day, to the mountains again.

... that the Icelandic horse has five gaits? Most horse breeds in the world move around in walk, trot or gallop, but Icelandic horses have two more gaits: the pace, in which the legs are moved very fast in lateral pairs, and the tölt, where the legs are moved in a fourbeat rhythm, resulting in a very comfortable gait for the rider. Thus, competitions for Icelandic horses include things such as Pace-Races, Tölt Events and Five- or Four-Gait tests!

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Amazing Contrasts East & South East Iceland

In East Iceland, you will find an astonishing variety of landscapes. Impressive fjords meet fertile valleys and peaceful, friendly fishing villages, set against a backdrop of imposing mountains and at its southern end, the vast Vatnajökull Glacier. Wild Reindeer herds roam the eastern highlands in this photogenic area, one of the oldest regions of Iceland, shaped by Ice Age glaciers.

DON'T MISS ... Superb hiking

East Iceland really is a dream come true if you love nothing better than to don a pair of hiking boots, strap on a backpack and go! Hiking trails are well marked and charted on specialist maps of the area available from local tourist offices. Plan challenging hut-tohut routes through grassy valleys and along



high mountain ridges or opt for shorter day walks. The vast unspoilt landscapes give an exhilarating sense of freedom and space.

The realm of Vatnajökull

Visiting Vatnajökull, Europe's largest ice sheet, can be a humbling experience. Everything here is on a grand scale: the sheer mass of the ice itself, the spectacular mountain peaks, and all the signs of volcanic activity beneath the ice. This otherworldly environment, and glacial lagoon Jökulsárlón, in particular, has featured in movies such as the James Bond adventures Die Another Day and A View To A Kill and other big-budget offerings like Lara Croft: Tomb Raider. Experience it by taking a cruise among the ice floes on the lagoon, or an organised expedition up onto the icecap for ice climbing, skidooing or trekking.





www.east.is

Höfn

One of the region's largest towns and ideally located as a base for exploring the Eastern part of the Vatnajökull National Park. The town holds a lobster festival, Humarhátíð, during the first weekend in July, where you can feast to your heart's content and join in the parades, concerts, drinking and exhibitions rounded off by singing around a huge bonfire!

Egilsstaðir

A modern town built on the banks of the Lagarfljót river which runs through a lush fertile farming valley. Hallormsstaðaskógur, Iceland's biggest forest, is also located in this area. Here you can find some of the region's best dining and most sophisticated accommodation. This bustling hub of the East is the perfect place to recharge your batteries before embarking on your next adventure!

Charming coastal villages

Encounter the Àlfaborg rock – home to Iceland's Fairy Queen – at Borgarfjörður eystri, or visit neighbouring Seyðisfjörður, with its thriving arts scene and colourful Norwegian-style houses unique in Iceland. Especially pretty, Eskifjörður is built on a small sand spit and up the slopes of a mountain, which rises above the town.



Did you know ...?

... that Icelandic farm animals have descended from the animals brought during the Settlement period? Travelling over the ocean in open boats with animals on board was not all that easy, so as soon as there were enough farm animals in the country to breed, people stopped bringing animals to Iceland. By now, it is even forbidden, because the centurieslong isolation has kept infectious diseases away, a situation people very much like to maintain!

... that the Icelandic language is still very similar to what most of the first settlers spoke in the 9th Century, Old Norse? The language has changed relatively little over the centuries, and its grammar is rather complicated, compared to other modern languages. The nouns are declined into five cases, in strong or weak patterns, and the verbs can be used in active, passive or middle voice, to mention only a few examples.

15



Untouched Wilderness

The Central Highlands & Vatnajökull National Park

Iceland's interior is like nothing you have ever experienced before: rocky deserts, jagged mountain peaks, ice caps, volcanoes, hidden valleys and hot springs. For centuries it provided refuge for outlaws. More accessible today, it nonetheless remains an aweinspiring, untouched wilderness. And it's also home to Europe's largest National Park.

DON'T MISS ...

Bathe in the natural hot rivers of the geothermal area of Landmannalaugar, surrounded by the yellows, greens and reds of the volcanic rock mountains. Explore distinctive ice caves at Kverkfjöll, melted by steam rising at the edge of a glacier.

See Iceland's deepest lake Öskjuvatn, situated in an 11 square-kilometre caldera, and the neighbouring crater Víti which is filled with warm water.

Visit the 12,000 square-kilometre Vatnajökull National Park, home to Europe's most powerful waterfall Dettifoss, Iceland's highest freestanding mountain Snæfell (1,833 metres) and the stunning terrain of the Laki craters. Camp in the green, sheltered inland valley of Þórsmörk – the perfect base for hiking into the surrounding mountains.

See the Highlands on horseback or on an organised hiking tour, exploring wide-open spaces far from human habitation.

Did you know ...?

... that Iceland's oldest songbook, Grallarinn, dates from 1594? It is still being used today, and it is as popular as ever. Most Icelanders love to sing, and there are a lot of choirs throughout the country, both amateur and professional. And when people get together, you can expect them to burst into song at any time!



www.visiticeland.com www.vatnajokulsthjodgardur.is



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Shopping in Iceland

From leading edge designer fashion to vintage boutiques, Iceland's distinctive shopping offers plenty of opportunities to find the perfect purchase!

Look out for cool Icelandic design from high fashion to quirky home-ware along Reykjavík's main shopping streets, Laugavegur and Skólavördustigur. Take home something uniquely Icelandic – perhaps a necklace of polished lava or a fish leather handbag. Labels such as 66° North, Cintamani and Zo-on offer stylish high performance adventure gear. But the must-have clothing item is the traditional 'lopapeysa' – a knitted wool sweater with a special design at the neck and cuffs. Most shops open from 10.00–18.00 on weekdays and 10.00/11.00–16.00/18.00 on Saturdays. Clothing stores are usually closed on Sundays, but music and bookshops are open. Don't forget – visitors to Iceland spending over 4,000 ISK on goods in one shop are entitled to a 15% tax refund – look out for the Tax-Free sign in participating stores!



Cultural life

Delve into Iceland's long heritage and rich contemporary culture at one of our many excellent museums.

Heritage exhibitions interpret the nation's long history, from the age of the settlement and Sagas. Safeguarding Iceland's treasures, The National Museum houses objects dating from 800 AD to the present day.

Turf-roofed folk museums, such as the

Skógar Museum, recreate how rural lcelanders used to live, and maritime museums document lceland's enduring relationship with the sea.

Iceland also has many beautiful preserved turf churches, and countless museums and galleries dedicated to both classical and contemporary art. Wildlife is also celebrated at the Husavik Whale Museum, The Icelandic Seal Center and Sigurgeir's Bird Museum on the shores of Lake Myvatn.

Even in small rural villages you'll find superb exhibitions by local artists and themed exhibitions about aspects of lcelandic life such as fisheries, sea monsters, ghosts and witchcraft, aviation, textiles and handicrafts, photography, medicine, folk music, science and horsemanship.





Energy for life through forces of nature

Blue Lagoon is open daily year round. Ideally located, only 20 minutes from Keflavík International Airport and 45 minutes from Reykjavík













Gourmet Iceland

Food is an essential part of the Icelandic experience. Fresh, pure local produce is showcased in restaurants up and down the country, serving both homely traditional dishes and gourmet fine-dining. Wonderful, abundant fish and seafood are served up fresh from the unpolluted ocean and organic Icelandic mountain lamb is said to be the best in the world, with a purity of flavour attributed to the grazing land's mixture of grass, moss and berries. Pure Icelandic drinking water springs from the earth. And surprising as it may seem, a lot of vegetables are also grown in Iceland, many in geothermal greenhouses.

Icelandic chefs are becoming internationally famous and renowned for their inventive approach to fusion cooking. That culinary genius is best sampled in Iceland where nature's finest ingredients are plentiful.

On more traditional menus, look out for Icelandic dishes including smoked lamb, Icelandic meat soup, lobster soup, and creamy skyr. If you are a culinary enthusiast, visit during Þorrablót, the Viking midwinter feast that takes place at the end of January and early February. During the festivities you can try unique súrmatur or whey-pickled foods, blood pudding, singed sheep's head and pickled rams testicles! Or for the truly adventurous – fermented shark washed down with a shot of Brennivín (known as Black Death!)

For more information visit www.icelandgourmetguide.com









Rejuvenation

Iceland is the perfect choice to relax and recover from the stresses of everyday life. The geothermal water that is found so abundantly in the Icelandic soil provides wonderful opportunities for relaxation and recreation.

Most villages or towns has a thermal pool where you soak up Iceland's pure energy in water of 27–29°C and relax in outdoor hot tubs. Out in the countryside there are natural geothermal hot springs such as those at Landmannalaugar and Hveravellir, where you can bathe in water rich in minerals and soothingly warm – an amazing experience during the endless hours of the Midnight Sun. Or take a refreshing dip in the Mývatn Nature Baths or the Blue Lagoon, and treat yourself to an in-water massage and facial treatment, followed by steam room and sauna.

Want to work out and get yourself in shape? There are many fitness training facilities – but we recommend simply hiking through Iceland's incredible landscape. Fill your lungs with the pure fresh air of one of the least polluted countries on earth.

Did you know ...?

... that you can drink almost any water in lceland? In mountain rivers, the water is crystal-clear and pure, providing the most thirst-quenching drink ever. Tap water is good to drink everywhere. Even the warm tap water can be drunk, but in some areas it contains a bit of sulphur, so it does not taste all that good, even though it is perfectly safe.

... that Icelandic surnames are usually made up of the father's given name with a suffix for "son" or "daughter"? Thus, the children of a man called Jón Björnsson would have their given name, followed by Jónsson for the sons and Jónsdóttir for the daughters. You can also conclude immediately, that Jón's father was called Björn! In the telephone directory, people are listed alphabetically with their given names, not the surnames. The given name is considered the most important and Icelanders never call each other by the surname. Thus, it is not at all impolite to call Jón simply Jón, instead of Mr. Björnsson.

21



Festivities in a Distinctive Setting

Iceland is more than just beautiful landscape there is always something interesting going on. It might be a festival or a charming local custom that might catch your attention. Check out these dates in the Icelandic calendar for 2011 and on the websites of the regions of Iceland.

JANUARY-MAY. Cultural season: music, ballet, events, exhibitions and theatre.

JANUARY 21-FEBRUARY 20. Midwinter feast (Þorrablót). An ancient Viking tradition – feasting on "delicacies" such as boiled sheep's head and rotten shark meat, as well as more edible goodies. Be brave just once a year.

FEBRUARY. Food and Fun. Well-known visiting chefs competing right along with Iceland's finest culinary masters. The festival is a chance for restaurants to strut their stuff. A delight for the taste buds. See www.foodandfun.is

FEBRUARY. Winter Lights Festival in Reykjavík. Dedicated to the theme of light and energy, an exciting public festival celebrating both winter and the growing light after a long period of darkness

MARCH 1. Beer Day. Beer was only legalised in Iceland in 1989, and people celebrate the anniversary in suitable style every year.

MARCH 7-9. Bursting time. Fill up before Lent, with all the cream buns you can eat on "Bun Monday" and oversized helpings of salted meat and mushy peas on "Bursting Tuesday." Then on Ash Wednesday, watch the children dressed up in the streets, singing and playing pranks.

APRIL 21-25. Easter. One of the highlights of the musical year, with diverse concert programmes plus chocolate eggs of huge proportions, smoked lamb and a time for families to relax together. The skiing season peaks.

APRIL 21. First Day of Summer. Icelanders welcome the end of winter and start of summer - a national holiday - with colourful parades and entertainment in the streets.

APRIL-SEPTEMBER. Trout-fishing season in lakes and rivers around the country.

APRIL-OCTOBER. Whale-watching season. With thousands of whales just off its shores, Iceland offers more chances of sightings than just about anywhere else in the world.

MAY 4. Reykjavík Concert Hall & Conference Center opens. The opening artistic program will be announced in autumn 2010. See www.harpa.is

MAY. Birdwatching time. Puffins, Arctic terns and rarer migrant birds zoom in from the south, bringing summer with them.

MAY 20-JUNE 5. The annual Reykjavík Arts Festival will be held in May, with a varied programme of cultural events featuring leading Icelandic and visiting artists. See www.artfest.is

MAY-JUNE. Festival of the Sea. Based on the old Icelandic tradition of Seamen's Day, June 5, the festival runs the first weekend of June and honours those who make their living from the sea. However, the festival has been modernised of late. It now includes numerous cultural activities, parades, arts and crafts activities for kids, food fairs, and sailing competitions, and new residents of Iceland are given the opportunity to share their different cultures.

MAY-SEPTEMBER. Salmon-fishing season. Clean air and rivers make Iceland one of the best places in the world for anglers. Make sure to book your rods well in advance.

JUNE 16-20. Viking Festival in Hafnarfjörður. More than 100 Vikings from ten different nations get together with about 60 Icelandic Vikings for a weekend of endless happenings and entertainment.

JUNE 17. National Day. Icelanders take to the streets to celebrate independence (since 1944). Colourful ceremonies followed by parades, street theatre, sideshows and outdoor dancing in the midnight sun, all over the country.

JUNE 21. Summer solstice. Gatherings to celebrate the magic of the midnight sun on the longest day of the year.

JUNE 23–25. Arctic Open International Golf Tournament. In Akureyri, just south of the Arctic Circle, tee off at midnight in bright sunshine and play through the night in a marvellous natural setting. For exact date see www.gagolf.is. Open midnight-sun tournaments are also held in Reykjavík and the Westman Islands (Vestmannaeyjar). See www.golf.is

JUNE-AUGUST. Marathon time. Fresh air and scenery that'll take your breath away, including: Mývatn Midnight Sun Marathon (North Iceland, May/June); Highland Marathon (55 km of uninhabited landscapes between Landmannalaugar and Þórsmörk nature reserves, South Highlands); and Reykjavík International Marathon (several distances around the city in August 20).

JULY 27-31. Reykholt Music Festival. "Classical music in a classic environment" in the beautiful church in the West Iceland community which was once the home of Saga writer Snorri Sturluson.

JULY 30-AUGUST 1. Bank Holiday weekend. On the first weekend in August, almost everyone goes off to camp at festivals around the country - everything from family events to wild rock festivals.

EARLY AUGUST. Flight of the Puffling. A sight not to be missed in the Westman Islands (Vestmannaeyjar) off the south coast, when millions of baby puffins leave their nests and take wing for the first time.

AUGUST 5-7. Gay Pride. Gays and lesbians come out in force and style to parade and party in Reykjavík.

AUGUST 20. Culture Night in Reykjavík. To mark Reykjavík's anniversary on August 18, bookstores, museums and galleries stay open into the Saturday night nearest that date; artistic events are staged in the streets and at cafés, bars, and restaurants all over the capital, culminating in a massive fireworks display.

SEPTEMBER. Sheep round-up. Colourful and lively time with plenty of song and merriment all around the countryside. Held at sorting pens where farmers herd in the sheep they have rounded up from summer grazing in the wilds.

SEPTEMBER-DECEMBER. Cultural season and festivals. Concerts, opera, ballet, drama, visual arts - you name it, it'll be on the season's agenda somewhere in Reykjavík. Every year Reykjavík also hosts a Jazz Festival (late Sept./ early Oct.), and the third Reykjavík International Film Festival (also late Sept./early Oct.) offers movie buffs a top-notch programme. Both festivals are international events with plenty of celebrated quests.

OCTOBER 12–16. Iceland Airwaves Festival. This festival is fast gaining a reputation as one of the best alternative music events to go to and garnering praise from the broadsheets and music magazines.

Check www.icelandairwaves.com

CHRISTMAS. Icelanders go in for Christmas in a big way, with 13 separate Santa Clauses who play pranks and sing in the beautifully illuminated streets. Check out the delicious Christmas buffets and traditional festive-season delicacies such as smoked lamb, ptarmigan and reindeer.

DECEMBER 31. New Year's Eve goes off with a bang, with the biggest fireworks display you'll probably ever see - everyone takes part. There are public bonfires, and the merrymaking lasts right through to the following year.



Iceland A–Z

ARRIVAL IN ICELAND

A Flybus service is operated between Reykjavík and Keflavík International Airport. Buses leave Reykjavík from the BSÍ bus terminal 2.5 hours before flight departure. The drive from the airport to Reykjavík takes about 40–50 minutes. The fare is ISK 1950 one way for adults and ISK 975 one way for children 12–15 years. Prices are subject to rate list 2010. See departure times www.flybus.is

Taxis: The cab fare to Reykjavík for a four-passenger taxi is approximately ISK 13.700

Arrival in Seyðisfjörður ferry port -Scheduled bus trips from Seyðisfjörður to Egilsstaðir at 09:00 and 16:00 Mon–Fri. Additional trips in connection with the arrival of the ferry. Bus stops at Hotel Seyðisfjörður and at the Ferry terminal and at Egilsstaðir airport for domestic flights. Information: tel.: +354-472-1551 /1515, ferjuhus@simnet.is www.seydisfjordur.is

ALCOHOL RESTRICTIONS

Vine and spirits are sold in special shops in cities and larger villages. Look for the Vínbúðin sign. Age limits for buying alcohol is 20 years. Most restaurants in Iceland are fully licenced.

BANKS

Opening hours Mon-Fri 09:15-16:00. 24 hour cash dispensers may be found in cities and villages around the country. Look for the Hraðbanki sign.

BUSINESS HOURS

Monday–Friday 09:00 to 17:00 in general.

CELL PHONES & INTERNET

There are five phone operators in Iceland. Together they cover most of Iceland including all towns and villages with over 200 inhabitants. The following mobile systems can be used in Iceland. GSM900 and 1800 both 2G and UMTS 3G. Prepaid cards are available at petrol stations around the country. Cell phones may be rented from Iceland Telecom, Ármúli 27, 108

Reykjavík. The internet network in Iceland is very well developed and most hotels offer internet connection.

CLIMATE AND CLOTHING

Climate: Thanks to the Gulf Stream, Iceland enjoys a cool temperate maritime climate; cool in summer and fairly mild in winter. However, the weather is very changeable and tourists should be prepared for the unexpected.

Weather/Clothing: For weather information in English, tel.: 902-0600. http://en.vedur.is. When travelling in Iceland you should bring along lightweight woollens, a sweater or cardigan, a rainproof (weatherproof) coat and sturdy walking shoes. Travellers who are camping or heading into the interior will need warm underwear and socks, rubber boots and a warm sleeping bag.

2009 Temperature Averages in Celsius (Centigrade):

	Reykjavík	Akureyri
Jan.	1,8	0,3
Feb.	0,1	-3,6
Mar.	0,3	-1
April	5	3,5
May	7,7	7,3
June	10,1	9,7
July	12,8	11,1
Aug.	11,3	10,5
Sep.	8,4	7,9
Oct.	5,1	2,8
Nov.	3,1	1,2
Dec.	0,9	-1
2009	5,5	4,1

CREDIT CARDS

All major credit cards are accepted by hotels, restaurants, shops and petrol stations. You can also draw money with your creditcard (limited amounts) from cash points throughout the country.

Traveller's cheques, debit & credit cards are widely accepted. The major cards in Iceland are Europay/ Master and VISA.

CURRENCY

Currency exchange: The Icelandic monetary unit is the króna. Coins are in denominations of 100 kr., 50 kr., 10 kr., 5 kr. and 1 kr. Banknotes

are in denominations of 5000 kr., 2000 kr., 1000 kr., and 500 kr. All Icelandic banks provide foreign exchange and are generally open on weekdays from 09:15 to 16:00.

CUSTOMS REGULATIONS

Duty free allowance

- 1 liter spirits and 1 liter wine or
- 1 liter spirits and 6 liters beer or
- 1,5 liter wines and 6 liters beer or
- 3 liters wines
- Spirits comprise alcoholic beverages having 21% alcoholic content or more; wines comprise alcoholic beverages, other than beer, having less alcohol content.
- 200 cigarettes or 250 g of other tobacco products

The minimum age for bringing alcoholic beverages into Iceland is 20 years and 18 years for tobaccos.

DINING

Food is an essential part of the Icelandic experience, fresh, pure local produce is showcased in restaurants up and down the country, serving both homely traditional dishes and gourmet fine-dining. Fish and seafood are served up fresh from the ocean and the organic Icelandic mountain lamb is said to be the best in the world. For more information about restaurants, menus and prices please check www.restaurants.is

DISABILITIES

The travel industry in Iceland is gradually putting more emphases on adapting their facilities for the disabled. However there are still many locations with limited accessibility. We recommend that you check this when before making the travel plans. The coastal ferry Baldur is accessible and so is the ferry Herjólfur. All airlines flying to and from Iceland are equipped to accommodate travelers with disabilities. A few domestic buses equipped for wheelchair users are available for special tours upon request. For accessible hotels and tourist attractions, see www.sjalfsbjorg.is

DRIVING IN ICELAND

Many mountain roads and roads in the interior of Iceland have a gravel surface. The surface on the gravel roads is often loose, especially along the sides of the roads, so one should drive carefully. The mountain roads are narrow and not made for speeding. The same goes for some bridges allowing only one car to pass at a time. Information on road conditions, tel.: +354-1777, daily 8:00-16:00. www.road.is. Ring Road Nr. 1 around Iceland is 1,339 km. The general speed limit is 50 km/h in urban areas, 80 km/h on gravel roads in rural areas, and 90 km/h on asphalt roads. For more information check www.safetravel.is

ELECTRICITY

The electric current in Iceland is 220 volts, 50 Hz AC, you may need an adapter with two round ended prongs.

EMERGENCY NUMBER

Emergency: The 24-hour emergency phone number in Iceland is 112.

For information, call the police in Reykjavík (information only): +354-444-1100.

See also www.icesar.com

FOOD IMPORT LIMITATIONS

Travelers may import duty-free up to 3 kg of food, not exceeding the value of ISK 18.500.

In general, the condition for importing meat products is that they be fully cooked or tinned. Smoking, salting or drying without cooking is not sufficient. For example, the import of bacon, sausages (salami, meat sausages and all kinds of smoked, uncooked sausages), smoked saddle of pork and poultry, uncooked milk and raw eggs, is prohibited.

HOLIDAYS

Public holidays: Businesses, banks and most stores are closed on these holidays:

2011		2012
Jan 1	New Year's Day	Jan 1
Apr 21	Maundy Thursday	Apr 5
Apr 22	Good Friday	Apr 6

Apr 24	Easter Sunday	Apr 8
Apr 25	Easter Monday	Apr 9
Apr 21	First Day of Summer	Apr 19
May 1	Labour Day	May 1
June 2	Ascension Day	May 17
June 12	Whit Sunday	May 27
June 13	Whit Monday	May 28
June 17	National Day	June 17
Aug 8	Bank Holiday Monday	Aug 6
Dec 24	Christmas Eve (from noon)	Dec 24
Dec 25	Christmas day	Dec 25
Dec 26	Sec. Day of Christmas	Dec 26
Dec 31	New Years Eve (from noon)	Dec 31

LANGUAGE

Icelandic is the national language and is believed to have changed very little from the original tongue spoken by the Norse settlers. English and Scandinavian languages are widely spoke.

MEDICAL ATTENTION

Pharmacies are called "Apótek" and are open during normal business hours. Many are open at night. Medical Care can be obtained by visiting a Health Care Centre – Heilsugæslustöð – during opening ours.

For information tel.: +354-585-1300 or see www.heilsugaeslan.is

Medical help: There is a medical centre or hospital in all major cities and towns in Iceland. The emergency phone number (24 hours) in Iceland is 112. See also www.safetravel.is

Health insurance: Citizens of Scandinavia must show their passport in the event of a medical emergency. Citizens of EEA countries must bring the EHIC card (European Health Insurance Card) otherwise the patient will be charged in full. Non- EEA citizens are not covered by the EEA regulations and will be charged in full. For further information contact the State Social Security Institute, Tel.: +354-560-4400, Fax: +354-560-4451 Office hours: 08:30–15:30.

Vaccinations: Vaccinations are not required.

MIDNIGHT SUN

During summer the nights are bright all over Iceland. In the month of June the sun never fully sets in the north. There are even special excursions to the island of Grímsey on the Arctic Circle where you can experience the midnight sun. Bear in mind, however, that the sun at midnight is not as warm as at midday, so bring along a sweater.

Daylight (sunrise/sunset)	
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F	Reykjavík	Ísafjörður	Akureyri
Jan 1	11:19	12:02	11:33
	15:43	15:10	14:59
Feb 1	10:10	10:31	10:07
	17:14	17:02	16:46
Mar 1	08:34	08:44	08:23
	18:48	18:47	18:28
Apr 1	06:44	06:45	06:26
	20:20	20:30	20:09
May 1	04:58	04:47	04:31
	21:53	22:15	21:51
June1	03:21	02:39	02:32
	23:32	00:26 *	23:52
July1	03:06 23:56	01:22 *	01:59 00:30 *
Aug 1	04:35	04:18	04:03
	22:30	22:56	22:32
Sep 1	06:11	06:08	05:50
	20:42	20:54	20:33
Oct 1	07:37	07:44	07:23
	18:56	18:58	18:39
Nov 1	09:12	09:29	09:06
	17:10	17:02	16:45
Dec 1	10:46	11:21	10:54
	15:47	15:21	15:08

Times marked with an asterisk (*) refer to the following date. Used with the kind permission of the Almanac of the University of Iceland.

NATIONAL PARKS

There are three National Parks around the country, each with its own particular points of interest. *Þingvellir* "Symbol of the Icelandic Consciousness", is in a rift valley between the American and European geological plates and Lake Þingvallavatn contains species of fish found nowhere else. Þingvellir is a World Heritage site Snæfellsjökull National Park is at the foot of a volcano and glacier, and is steeped in mystery and romance; it is the only Park that reaches from the seashore to the mountaintops.

Vatnajökull National Park is the largest national park in Europe, covering an area of 12.000 km². The park encompasses, among other areas, the Vatnajökull glacier, Skaftafell, and Jökulsárgljúfur.

NORTHERN LIGHTS

The Northern lights, Aurora Borealis are a spectacular sight, a bright coloured waves of light illuminating the night sky. The best time for viewing is generally between October and March, however there is no guarantee as hey only appear under certain meteorological condition, a clear sky and temperature below zero.

PASSPORT AND VISA REGULATIONS

Iceland has fully implemented the Schengen Agreement since 25 March 2001. For information on passport and visa requirements as well as the Schengen area regulations see Icelandic Directorate of Immigration website www.utl.is/english

PETROL STATIONS

Most petrol stations in the Greater Reykjavík area are open daily until 23:30. Opening hours around the country, where the pumps are privately operated, can vary from place to place. Many stations in the Reykjavík area and larger towns of Iceland offer self-service after closing hours, the automats accept Europay/Master and VISA cards as well as bank notes

PETS

Traveling to Iceland with your dog (or cat) is quite complicated and it is advised to leave your dog at home when traveling to Iceland. Requirements for taking your dog to Iceland are quite strict and include several forms, an import application fee, and 4 weeks of quarantine.

POST OFFICES

General hours are Mon–Fri 09:00– 16:30. Some offices in Reykjavík are also open on Saturdays. See detailed information on www.postur.is/english

RELIGION

The Church of Iceland is Evangelical Lutheran with approximately 250.000 members which is close to 80% of the population. The Church is open to everyone living in Iceland regardless of nationalities.

RIGHT OF PUBLIC ACCESS

The law of access to the natural environment allows you free passage through the country and to dwell there for legitimate purpose. Everyone is obliged to treat the natural environment with respect and take the utmost care to avoid damaging it. For detailed information please check the Environment Agency's website http://english.ust.is/

SHOPPING

The shops in Iceland are of international standard and carry a wide variety of merchandise. Local specialties are woolen knitwear (for example sweaters, cardigans, hats and mittens), handmade ceramics, glassware and silver jewelry. General opening hours are 10–18. Saturdays 10/11–14/18.

SMOKING

Smoking is not permitted on board aircrafts or other means of public transport. Nor is smoking permitted in public buildings and other places open to the public, offices, shopping centres. This includes hotels, bars and restaurants. For purchase of tobacco in Iceland you must have reached the age of 18.

SUMMER TIME

Iceland is on Greenwich Mean Time (GMT) throughout the year, and does not adjust to daylight saving time.

TAX FREE SHOPPING

VAT in Iceland is 25,5% or 7% on special goods. To get a refund you must have a permanent address outside of Iceland. Minimum amount when shopping tax-free is ISK 4.000. Goods must be exported within three months from date of purchase. Maximum refund is 15% of the retail price.

TELEPHONES

There are 300 payphones in cities and towns around Iceland. For directory enquiries call 118 for Iceland 1811 for all other countries. To call Iceland from abroad dial +354 in front of the 7 digits number. When calling ourside Iceland press 00 and then the country code and telephone number you wish to reach.

THE REYKJAVÍK CARD

The REYKJAVÍK WELCOME CARD makes it easier for you to enjoy the best that the city has to offer. Available for 24, 48 or 72 hours and offering great value for money, the welcome card gives you free admission to all of Reykjavík's thermal pools, a great many museums and other attractions, unlimited travel on the Reykjavík buses, discounts at shops and restaurants and free internet access. For more details see www.visitreykjavik.is

TIPPING

Service and VAT are invariably included in prices in Iceland. Tipping is therefore not a must, but always welcome.

FOR YOUR SAFETY

Please take great care when visiting the natural wonders of Iceland, such as geothermal areas, waterfalls and glaciers. Always stay on defined paths and/or at a safe distance.

www.safetravel.is



Whale Watching all year round from Revkiavik

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Tourist information

Visit Iceland (Islandsstofa) Borgartún 35 IS-105 Reykjavík • Iceland Tel.: +354-511-4000 Fax: +354-511 4040 E-mail: islandsstofa@islandsstofa.is

Embassy of Iceland Hans Street, SW1X 0JE London Tel.: (20) 7259 3999 Fax.: (20) 7245 9649 E-mail: emb.london@mfa.is

Information Centers around Iceland (clockwise):

REYKJAVÍK

Tourist Information Centre Aðalstræti 2 • IS-101 Reykjavík Tel./Fax: +354-590-1550 / 590-1551 E-mail: info@visitreykjavik.is www.visitreykjavik.is

WEST ICELAND

Tourist Information Centre Sólbakki 2 • IS-310 Borgarnes Tel./Fax: +354-437-2214 / 437-2314 E-mail: info@westiceland.is www.west.is

WESTFJORDS

Tourist Information Centre Aðalstræti 7 • IS-400 Ísafjörður Tel./Fax: +354-450-8060 / 456-5185 E-mail: info@vestfirdir.is www.westfjords.is

NORTH ICELAND

Tourist Information Centre Varmahlíð • IS-560 Varmahlíð Tel.: +354-455-6161 E-mail: info@skagafjordur.is www.visitskagafjordur.is

Tourist Information Centre Menningarhúsið Hof Strandgata 12 • IS-600 Akureyri Tel./Fax: +354-553-5999 / 553-5909 E-mail: info@visitakureyri.is www.nordurland.is

EAST ICELAND

Tourist Information Centre Kaupvangur 10 P.O. Box 144 IS-700 Egilsstaðir Tel./Fax: +354-471-2320 / 471-2315 E-mail: east@east.is • www.east.is

Tourist Information Centre Ferjuleiru 1 IS-710 Seyðisfjörður Tel.: +354-472-1551 / 861-7789 E-mail: ferdamenning@sfk.is ferjuhus@simnet.is

SOUTH-EAST ICELAND

www.seydisfjordur.is

Tourist Information Centre Hafnarbraut 30 IS-780 Höfn (Hornafjörður) Tel: +354-478-1500 E-mail: tourinfo@hornafjordur.is www.visitvatnajokull.is

SOUTH ICELAND

Tourist Information Centre Sunnumörk 2–4 • IS-810 Hveragerði Tel./Fax: +354-483-4601 / 483-4604 E-mail: tourinfo@hveragerdi.is www.south.is

SOUTH-WEST

Tourist Information Centre Krossmóar 4 • 230 Keflavík Tel.: +354-421-3520 / 893-4096 E-mail: info@visitreykjanes.is www.visitreykjanes.is

Tourist Information Centre Leifur Eiriksson Terminal IS-235 Keflavík Airport Tel.: +354-425-0330 E-mail: touristinfo@sandgerdi.is

Transportation

HOW TO GET TO ICELAND BY AIR

Icelandair maintains scheduled flights to Iceland from following cities: Copenhagen, Oslo, Stockholm, Glasgow, Manchester, London, Frankfurt, Paris, Amsterdam, New York, Boston, Baltimore, Seattle.

Approximate flight times from continental Europe 3–31/2 hours Approximate flight times from US

East Coast 5–6 hours

Seasonal: Minneapolis / St. Paul, Toronto, Orlando, Halifax and Helsinki

Summertime only: Barcelona, Bergen, Berlin, Stavanger, Dusseldorf, Madrid, Milan and Munich

Addresses of Icelandair offices: www.icelandair.com *Iceland* – Icelandair head office IS-101 Reykjavík Tel./Fax: +354-505-0100 / 505-0150

E-mail: iceland@icelandair.is *UK & Ireland* – Adam House 2nd Floor, 1 Fitzroy Square London W1T 5HE Tel.: +44 (0) 84 4811 1190 Fax: +44 (0) 20 7874 1001 E-mail: uk@icelandair.is

www.icelandair.co.uk Iceland Express is a low-fare

carrier that maintains regular scheduled flights to Iceland from the following cities: London (Gatwick and Stansted airports), Copenhagen, Berlin, Warsaw and New York.

Summer: Aalborg, Alicante, Barcelona, Basel, Billund, Bologna, Boston, Chicago, Frankfurt (Hahn airport), Friedrichshafen, Gothenburg, Geneva, Krakau, Milano, Luxembourg, Oslo, Rotterdam, Paris, Warsaw and Winnipeg.

Winter (selected dates): Innsbruch and Alicante.

Iceland Express also operates flights (summer-time only) between Copenhagen and Akureyri.

Iceland Express head office:

Efstaland 26 • IS-108 Reykjavík Tel.: +354-5-500-600 Fax: +354-5-500-601 E-mail: info@icelandexpress.is www.icelandexpress.com

International call center Tel.: +354-550-0600

Call centre in the United Kingdom Tel.: +44-(0)-118-321-8384

HOW TO GET TO ICELAND BY SEA

Smyril Line maintains a regular scheduled cruise- and car-ferry service to Iceland from Hirtshals in Denmark and Tórshavn in the Faroe Islands. Please contact Smyril Line head office or see www. smyrilline.com for further information on sales offices and General Sales Agents abroad.

Smyril Line – Head Office Yviri við Strond 1 • P.O. Box 370

Yviri við Strönd 1 • P.O. Box 3/0 FO-110 Tórshavn Tel./Fax: +298-345-900 / 345-950 E-mail: booking@smyrilline.fo www.smyrilline.com

DOMESTIC TRANSPORTATION – BY AIR

Air Iceland offers domestic flights to and from Reykjavík to: Ísafjörður, Egilsstaðir and Akureyri. Also flights from Iceland to Greenland and Faroe Islands. For further information please contact the following:

Air Iceland

Reykjavík Airport • IS-101 Reykjavík Tel./Fax: +354-570-3030 / 570-3001 E-mail: websales@airiceland.is www.airiceland.is www.airiceland.dk

Eagle Air offers scheduled flights to Westman Islands, Höfn in Hornafjörður, Sauðárkrókur, Bíldudalur and Gjögur. Eagle Air also offers variety of Day tours and Air Tours of Iceland's pure nature – check out the website for further information.

Eagle Air

Reykjavík Airport • IS-101 Reykjavík Tel./Fax: +354-562-4200 / 562-4202 E-mail: info@eagleair.is www.eagleair.is

CHARTER SERVICE:

Air Iceland offers charter service within Iceland and to Greenland and Faroe Islands.

Air Iceland

Reykjavík Airport • IS-101 Reykjavík Tel./Fax: +354-570-3030 / 570-3001 E-mail: websales@airiceland.is www.airiceland.is www.airiceland.dk

DOMESTIC TRANSPORTATION – FERRIES

Baldur Ferry

Smiðjustígur 3 • IS-340 Stykkishólmur Tel./Fax: +354-433-2254 / 438-1050 E-mail: seatours@seatours.is www.seatours.is

DOMESTIC EXCURSIONS AND TRANSPORTATION – BY BUS

EXCURSIONS: Reykjavík Excursions BSÍ Bus Terminal IS-200 Kópavogur Tel./Fax: +354-580-5400 / 564-4776 E-mail: main@re.is • www.re.is

Iceland Excursions – Gray Line Iceland

Höfðatún 12 • IS-105 Reykjavík Tel./Fax: +354-540-1313 / 540-1310 E-mail: iceland@grayline.is www.icelandexcursions.is www.grayline.is

Hópbilar hf.

Melabraut 18 • IS-220 Hafnarfjörður Tel./Fax: +354-599-6000 / 599-6001 E-mail: hopbilar@hopbilar.is www.hopbilar.is

COACH HIRE:

Guðmundur Jónasson Ltd Borgartún 34 • IS-105 Reykjavík Tel./Fax: +354-511-1515 / 511-1511 E-mail: gjtravel@gjtravel.is www.gjtravel.is

SBA – Norðurleið

Hjalteyrargata 10 • IS-600 Akureyri Tel.: +354-550-0700 / 550-0770 Fax: +354-550-0701 / 550-0771 E-mail: sba@sba.is • www.sba.is

TREX – Coach Rental and Tours Hestháls 10 • IS-110 Reykjavík Tel./Fax: +354-587-6000 / 569-4969 E-mail: info@trex.is • www.trex.is

DOMESTIC TRANSPORTATION – CAR RENTALS

Hertz Car Rental

Reykjavík Airport • IS-101 Reykjavík Tel./Fax: +354-522-4400 / 522-4401 E-mail: hertz@hertz.is www.hertz.is • www.hertz.com

ISAK 4X4 Rental

Suðurhraun 2b • IS-210 Garðabær Tel./Fax: +354 544-8866 / 544-8869 E-mail: info@isak.is • www.isak.is Emergency-SOS number after office hours: +354-863-9414

Accommodation

CLASSIFICATION

All lodging facilities in Iceland have the opportunity to be classified. The classification is voluntary and is divided into five categories, i.e. 1, 2, 3, 4 or 5 stars, and is by no means an all-embracing assessment of the quality of the accommodation in question.

It is solely based on factors which can be objectively measured. The grading consists of more than 100 different items.

The Icelandic Tourist Board is in charge of the classification. Look for the blue-red sign placed near the entrance which indicates the present classification of the facility.

For further information see www.visiticeland.com

Two stars:

Fosshótel Suðurgata Guesthouse Baldursbrá Guesthouse Ólafsvík Guesthouse Sigríður Guesthouse Snorri Hotel Edda Laugar in Sælingsdalur Hotel Edda Akureyri Hotel Edda Eiðar Hotel Edda ÍKÍ Laugarvatn Hotel Edda Laugarbakki Hotel Edda M.L. Laugarvatn Hotel Edda Egilsstaðir Hótel Edda Ísafjörður Hotel Edda Nesjaskóli Hotel Edda Neskaupstaður Hotel Edda Skógar Hotel Edda Stórutjarnir Hótel Gígur – Kea Hotel The Old Guesthouse Ísafjörður

Three stars:

CenterHotel Klöpp CenterHotel Þingholt Country Hotel Anna Fosshotel Baron Fosshotel Húsavík Fosshotel Lind Fosshotel Reykholt Fosshótel Vatnajökull Guesthouse Staðarskáli Country hotel Hotel Björk – Keahotel Hotel Borgarnes Hotel Edda Plus Akureyri Hotel Edda Plus Laugar in Sælingsdalur Hotel Edda Plus Vík í Mýrdal Hotel Frón Hotel Harpa – Keahotel Hotel Hellissandur Hotel Höfn

Hotel Ísafiörður Hotel Natur Hotel Norðurland – Keahotel Hotel Ólafsvík Hring Hotels Hotel Rauðaskriða Country hotel Hotel Reykjavík – Reykjavík Hotels Hotel Tindastóll Hotel Þórshamar Icelandair Hotel Flúðir Icelandair Hotel Hamar Icelandair Hotel Hérað Icelandair Hotel Klaustur Metropolitan Hotel Park Inn Island Sel Hotel Mývatn Sveinbjarnargerði Sveitahótel Four stars:

CenterHotel Skjaldbreið Grand Hotel Reykjavík – Reykjavík Hotels Hilton Reykjavík Nordica Hotel Borg Hotel Kea – Keahotel Hotel Keflavík Icelandair Hotel Flughotel Icelandair Hotel Flughotel Icelandair Hotel Loftleiðir Hotel Óðinsvé Hotel Rangá Allseason Hotels Hotel Reynihlíð Radisson SAS Hotel Saga Radisson SAS 1919

HOTEL CHAINS CenterHotels

Skjaldbreið, Klöpp, Thingholt, Arnarhvoll and Plaza. 413 rooms in 5 first-class hotels in the heart of Reykjavík's city centre *Central Booking Office:* Aðalstræti 4 • IS-101 Reykjavík Tel./Fax: +354-595-8500 / 595-8511 E-mail: reservations@centerhotels.is www.centerhotels.com

Fosshotels – all around Iceland

A chain of 11 friendly tourist class hotels all around Iceland *Central Booking Office:* Sigtún 38 • IS-105 Reykjavík Tel./Fax:+354-562-4000 / 562-4001 E-mail: sales@fosshotel.is www.fosshotel.is

Icelandic Farm Holidays

A chain of 150 farms with 4,000 beds; country hotels and guesthouses all around Iceland *Central Booking Office:* Síðumúli 2 • IS-108 Reykjavík Tel./Fax: +354-570-2700 / 570-2799 E-mail: ifh@farmholidays.is *Online bookings* www.farmholidays.is

Reykjavík Hotels

Sigtún 38 • IS-105 Reykjavík Tel./Fax: +354-514-8000 / 514-8030 E-mail: info@reykjavikhotels.is www.reykjavikhotels.is

Keahotels Iceland

Six hotels in key locations. Hótel Borg & Hótel Björk in Reykjavík city, Hótel Kea, Hótel Harpa & Hótel Norðurland in Akureyri and Hótel Gígur by Lake Mývatn *Head office*:

Tel./Fax: +354-460-2050 / 460-2070 E-mail: keahotels@keahotels.is www.keahotels.is

Park Inn Island $\star \star \star$

Ármúli 9 • IS-108 Reykjavík Tel./Fax: +354-595-7000 / 595-7001 E-mail: sales.reykjavik@ rezidorparkinn.com www.parkinn.com/hotel-reykjavik

Radisson BLU 1919 Hotel,

Reykjavík ★★★★

Pósthússtræti 2 • IS-101 Reykjavík Tel./Fax: +354-599-1000 / 599-1001 E-mail: info.1919.reykjavik@ RadissonBLU.com www.radissonBLU.com/1919hotelreykjavik

Radisson BLU Saga Hotel ★ ★ ★ Hagatorg • IS-107 Reykjavík Tel./Fax: +354-525-9900 / 525-9909

E-mail: sales.saga.reykjavik@ radissonblu.com www.radissonblu.com/sagahotelreykjavik

HOTELS IN REYKJAVÍK

Hotel Borg $\star \star \star \star$

Character with style. Built in 1930 and restored to its original Art Deco style in 2008, the four star Hotel Borg is a showcase of sophistication Pósthússtræti 9–11 IS-101 Reykjavík Tel./Fax: +354-551-1440 / 551-1420 E-mail: hotelborg@hotelborg.is www.hotelborg.is

Hótel Hafnarfjörður Reykjavíkurvegur 72 IS-220 Hafnarfjörður Tel./Fax: +354-540-9700 / 540-9701 E-mail: info@hhotel.is www.hhotel.is

GUESTHOUSES IN REYKJAVÍK

Guesthouse Borgartún

Borgartún 34 • IS-105 Reykjavík Tel./Fax: +354-511-1500 / 511-1511 E-mail: gjtravel@gjtravel.is www.gjtravel.is

ACCOMMODATION OUTSIDE REYKJAVÍK

Hótel Keflavík ★★★★ Vatnsnesvegur 12 IS-230 Keflavík Tal /Fax: + 254 420 7000 / 420 7/

Tel./Fax: +354-420-7000 / 420-7002 E-mail: stay@kef.is • www.kef.is

Hótel Borgarnes $\star \star \star$

Egilsgata 16 IS-310 Borgarnes Tel./Fax: +354-437-1119 / 437-1443 E-mail: hotelbo@centrum.is www.hotelborgarnes.is

Hnjótur Guesthouse

Hnjótur near the Museum, Örlygshöfn • IS-451 Vesturbyggð Tel.: +354-456-1596 / 892-8024 E-mail: info@hnjoturtravel.is www.hnjoturtravel.is

Country Lodge Arnanes IS-781 Höfn

Tel./Fax: +354-478-1550 / 478-1819 E-mail: arnanes@arnanes.is www.arnanes.is

Hótel Selfoss

Eyravegur 2 • IS-800 Selfoss Tel./Fax: +354-480-2500 / 482-2524 E-mail: info@hotelselfoss.is www.hotelselfoss.is

Hótel Bláfell ehf

Sólvellir 14 • IS-760 Breiðdalsvík Tel./Fax: +354-475-6770 / 475-6668 E-mail: info@hotelblafell.is www.hotelblafell.is

FARMHOUSE ACCOMMODATION

Icelandic Farm Holidays is an association/ chain of 150 farms around Iceland. Icelandic Farm Holidays is also a licensed travel agency offering guided group tours, individual travel, day tours and self-drive tours. For further information and bookings visit our website with online booking system or contact:

Icelandic Farm Holidays

Sídumúli 2 • IS-108 Reykjavík Tel./Fax: +354-570-2700 / 570-2799 E-mail: ifh@farmholidays.is www.farmholidays.is *Online bookings* www.farmholidays.is

HOSTELS

There are 36 Hostelling International Hostels around Iceland, open to people of all ages. They offer budget accommodation in a clean and comfortable lodging with opportunity for self-service, so travellers can keep travelling costs to a minimum. All the hostels have a well-equipped guest kitchen and family rooms. The Travel Section arranges travel in Iceland and provides different tours. The Travel Section also offers packages which consist of rental car and hostel overnight vouchers. The Travel Section is a central booking office for all Hostelling International Hostels in Iceland for individuals and groups. For further information see the brochure "Hostelling in Iceland" or contact:

Hostelling International Iceland Borgartún 6 • IS-105 Reykjavík Tel./Fax: +354-553-8110 / 588-9201 E-mail: info@hostel.is www.hostel.is

CAMPING

Þakgil – Camping Ground and Cabins

Between Höfðabrekkuafréttur and Mýrdalssandur, 20 km from Vík in Mýrdalur. Tel./Fax: +354-893-4889 / 487-1555 E-mail: helga@thakgil.is www.thakgil.is

SUMMERHOUSES AND COTTAGES

Höfn Camping and Cottages Hafnarbraut 52 • IS-780 Höfn Tel./Fax: +354-478-1606 / 478-1607 E-mail: camping@simnet.is www.campsite.is

Icelandic Holiday Homes

Austurholti 8 • IS-310 Borgarnes Tel: +354 695 3366 info@icelandicholidayhomes.com http://icelandicholidayhomes.com

Viator Summerhouses

Ármúla 24 • IS-108 Reykjavík Tel./Fax: +354-544-8990 / 565-0661 E-mail: info@viator.is www.viator.is



Tours and Excursions

TOURS

Authorised Travel Agencies and Tour Operators offering short or long tours

Atlantik

Grandagarður 14 • IS-101 Reykjavík Tel./Fax: +354-575-9900 / 575-9915 E-mail: at@atlantik.is www.atlantik.is

Iceland Excursions – Gray Line Iceland

Höfðatún 12 • IS-105 Reykjavík Tel./Fax: +354-540-1313 / 540-1310 E-mail: iceland@grayline.is www.icelandexcursions.is www.grayline.is Guðmundur Jónasson Travel Borgartún 34 • IS-105 Reykjavík Tel./Fax: +354-511-1515 / 511-1511 E-mail: gjtravel@gjtravel.is www.gjtravel.is

Erlingsson Naturreisen

Tjarnargata 4 • IS-101 Reykjavík Tel./Fax: +354-551-9700 / 551-9703 E-mail: erlingsson@naturreisen.is www.naturreisen.is

Iceland Encounter

Grenimelur 1 • IS-107 Reykjavík Tel.: +354-857-8804 E-mail: contact@encounter.is www.encounter.is

Icelandic Mountain Guides / Iceland Rovers

Vagnhöfði 7 • IS-110 Reykjavík Tel./Fax: +354-587-9999 / 587-9996 mountainguides@mountainguides.is www.mountainguides.is www.icelandrovers.is

Iceland ProTravel

United Kingdom Ltd. The Courthouse • Erfstadt Court Denmark Street • Wokingham RG40 2YF Berkshire Tel.: +44-(0)118-979-1248 E-mail: eli@icelandprotravel.co.uk www.icelandprotravel.co.uk www.fjordfishing.co.uk

Iceland Travel

Skútuvogur 13A • IS-104 Reykjavík Tel./Fax: +354-585-4300 / 585-4390 E-mail: sales@icelandtravel.is www.icelandtravel.is www.icelandtotal.com

Icelandic Farm Holidays

Síðumúli 2 • IS-108 Reykjavík Tel./Fax: +354-570-2700 / 570-2799 E-mail: ifh@farmholidays.is www.farmholidays.is

Isafold Travel

(Small Groups – Great Experience) Suðurhraun 2b • IS-210 Garðabær Tel./Fax: +354-544-8866 / 544-8869 E-mail: info@isafoldtravel.is www.isafoldtravel.is



As described in more detail in the Practical Information section of this brochure, Iceland has a classification system for accommodation. Star ratings are included in the listings and advertisements where available.

www.visiticeland.com



www.myvatnhotel.is tel.+354 464 4170 bookings@myvatnhotel.is

Booking services and information centres

are entitled to use a Tourist Board logo on

recognised by the Icelandic Tourist Board.

all their material. The logos below are

Licensing and registration of travel-related services

The Icelandic Tourist Board issues licences to tour operators and travel agents, as well as issuing registration to booking services and information centres.

Tour operators and travel agents are required to use a special logo approved by the Icelandic Tourist Board on all their advertisements and on their Internet website.



Season Calendar

Season Calendar Events and Activities												
· · · · · · · · · · · · · · · · · · ·											Nov.	
Hiking	•	•	•	•	•	•	•	•	•	•	•	•
Biking		_			•	•	•	•	•			
Whale Watching					•	•	•	•	•			
Skiing		•	•	•								
Dog Sledding	•	•	•	•	•	•	•	•	•	•	•	•
Jeep Safaris	•	•	٠	•	•	•	•	•	•	•	•	•
Snowmobiles	•	•	•	•	•	•	•	•	•	•	•	•
Golf					•	•	•	•	•			
Glacier Safaris			•	•	•	•	•	•	•	•		
Bird Watching			•	•	•	•	•	•	•	•		
River Rafting					•	•	•	•	•			
Horseback Riding	•	•	•	•	•	•	•	•	•	•	•	•
Fishing – Trout and Salmon				•	•	•	•	•	•			
Fishing – Deep-Sea					•	•	•	•	•			
Outdoor Swimming	•	•	٠	•	•	•	•	•	•	•	•	•
The 13 Santa Clauses of Iceland												•
Midnight Sun					•	•	•					
Northern Lights	•	•	•						•	•	٠	•
The Ten Million Puffins					•	•	•	•				
Horse and Sheep Roundups								•	•			
Hot Springs and Geysers	•	•	٠	•	•	•	•	•	•	•	•	•
Symphony – Ballet – Opera	•	•	٠					•	•	•	•	•
Jazz	•	•	•	•	•	•	•	•	•	•	•	•
Theatres	•	•	٠	•	•	•	•	•	•	•	٠	•
Kayaking				•	•	•	•	•	•	•		
Marathons							•	•				
Reykjavík Arts Festival					•							
Folk Festival							•					
Gay Pride Festival								•				
Jazz Festival		•			•			•				
Iceland Airwaves										•		
Film Festival									•			
Hidden World Walks					•	•	•	•	•			
Thorrablót Festival		•										
Sightseeing Flights	•	•	•	•	•	•	•	•	•	•	•	•
Reykjavík Culture Festival								•				
Food & Fun Festival		•										



Helicopter Tours

Depart from Reykjavík Airport and enjoy a bird's-eye view of Reykjavík. You can fly to the northern and southern extremes of the capital area, with extensive views over lava fields and volcanic craters.

An experience you will **never** forget.

heli.is

For info, booking and reservation please contact : info@heli.is | Tel. +354 562 2500



ion of holiday homes all around Iceland. All our homes are nice and comfortable, some luxorious, and they are all conveniently situated in towns and villages or within a driving distance of well known nature pearls. Here you can find exactly

the holiday home you are looking for and book it immediately. It is easy and secure.



Tel: +354 695 3366 +354 895 4366

www.icelandicholidayhomes.com info@icelandicholidayhomes.com

IH-Travel

Sörlaskeið 26 • IS-220 Hafnarfjörður Tel./Fax: +354-555-7000 / 555-7001 E-mail: info@ishestartravel.is www.ihtravel.is

Nordic Travel

Stangarhylur 1 • IS-110 Reykjavík Tel./Fax: +354-570-8600 / 552-9450 E-mail: info@nordictravel.is www.nordictravel.is

Nordic Visitor

Laugavegur 26 • IS-101 Reykjavík Tel./Fax: +354-578-2080 / 511-2443 E-mail: iceland@nordicvisitor.com www.nordicvisitor.com

Puffin Express

Geirsgata • Verbúð 6 IS-101 Reykjavík Tel./Fax: +354-892-0099 / 456-6699 E-mail: info@puffinexpress.is www.puffinexpress.is

Reykjavík Excursions

Vesturvör 34 (head office) IS-200 Kópavogur Tel./Fax: +354-580-5400 / 564-4776 E-mail: main@re.is • www.re.is

Terra Nova Iceland

Skógarhlíð 18 • IS-105 Reykjavík Tel./Fax: +354-591-9010 / 591-9001 E-mail: sales@terranova.is www.terranova.is

Timi Tours

Borgarholtsbraut 42 IS-200 Kópavogur Tel./Fax: +354-578-7111 / 578-7111 E-mail: timi@timi.is • www.timi.is

The Icelandic Travel Company

Fiskislóð 20 • IS-101 Reykjavík Tel./Fax: +354-533-1160 / 533-1166 icelandholidays@icelandholidays.is www.icelandholidays.is

Volcano Tours

Flagghus • Víkurbraut 2 IS-240 Grindavík Tel./Fax: +354-426-8822 / 426-8809 E-mail: volcanotours@volcanotours.is www.volcanotours.is

EXCURSIONS AND ACTIVITIES

Fly and discover Day tour

Reykjavík Airport • IS-101 Reykjavík Tel./Fax: +354-570-3030 / 570-3001 E-mail: websales@airiceland.is www.airiceland.is www.airiceland.dk

Blue Lagoon geothermal spa IS-240 Grindavík

Tel./Fax: +354-420-8800 / 420-8801 E-mail: bluelagoon@bluelagoon.is www.bluelagoon.com

Iceland Excursions – Gray Line Iceland

Höfðatún 12 • IS-105 Reykjavík Tel./Fax: +354-540-1313 / 540-1310 E-mail: iceland@grayline.is www.icelandexcursions.is www.grayline.is

Norðurflug Helicopter Service in Iceland

Kringlan 4–6, 7th fl • IS-103 Reykjavík Tel.: +354 562 2500 / 5-900 8810 E-mail: info@nordurflug.is www.nordurflug.is

Reykjavík Excursions

Vesturvör 34 (head office) IS-200 Kópavogur Tel./Fax: +354-580-5400 / 564-4776 E-mail: main@re.is • www.re.is

SBA – Norðurleið

Hjalteyrargata 10 • IS-600 Akureyri Tel.: +354-550-0700 / 550-0770 Fax: +354-550-0701 / 550-0771 E-mail: sba@sba.is • www.sba.is

Volcano Tours

Flagghus • Víkurbraut 2 IS-240 Grindavík Tel./Fax: +354-426-8822 / 426-8809 E-mail: volcanotours@volcanotours.is www.volcanotours.is

DOLPHIN AND WHALE-WATCHING

Elding Reykjavík Whale Watching Ægisgarður 7 • Reykjavík Harbour IS-101 Reykjavík

Tel./Fax: +354-555-3565 / 554-7420 E-mail: elding@elding.is www.elding.is

Húsavík Original Whale Watching with North Sailing Gamli baukur • IS-640 Húsavík

Tel./Fax: +354-464-7272 / 464-2351 E-mail: info@northsailing.is www.northsailing.is

Life of Whales Whale Watching

Suðurbugt • IS-101 Reykjavík Tel.: +354-562-2300 / 897-8433 E-mail: hvalalif@hvalalif.is www.hvalalif.is

Puffin Express

Geirsgata • Verbúð 6 IS-101 Reykjavík Tel./Fax: +354-892-0099 / 456-6699 E-mail: info@puffinexpress.is www.puffinexpress.is

BIRDWATCHING

Erlingsson Naturreisen

Tjarnargata 4 • IS-101 Reykjavík Tel./Fax: +354-551-9700 / 551-9703 E-mail: erlingsson@naturreisen.is www.naturreisen.is

Puffin Express

Geirsgata • Verbúð 6 IS-101 Reykjavík Tel./Fax: +354-892-0099 / 456-6699 E-mail: info@puffinexpress.is www.puffinexpress.is

Seatours

Smiðjustígur 3 IS-340 Stykkishólmur Tel./Fax: +354-433-2254 / 438-1050 E-mail: seatours@seatours.is www.seatours.is

HIKING

Erlingsson Naturreisen

Tjarnargata 4 • IS-101 Reykjavík Tel./Fax: +354-551-9700 / 551-9703 E-mail: erlingsson@naturreisen.is www.naturreisen.is

Icelandic Mountain Guides / Iceland Rovers Vagnhöfði 7 • IS-110 Reykjavík

Tel./Fax: +354-587-9999 / 587-9996 mountainguides@mountainguides.is www.mountainguides.is www.icelandrovers.is

HORSEBACK RIDING

Íshestar Riding Tours Sörlaskeið 26 • IS-220 Hafnarfjörður Tel./Fax: +354-555-7000 / 555-7001 E-mail: info@ishestar.is www.ishestar.is

SKIING

Winter skiing is available in many parts of the country. Ski resorts with both cross-country and downhill skiing are found throughout Iceland see www.nordurland.is and www.westfjords.is for more information

CYCLING

Reykjavík Bike Tours Hringbraut 105 • IS-107 Reykjavík Tel./Fax: +354-694-8956 E-mail: bike@icelandbike.com www.reykjavikbiketours.is

FISHING AND ANGLING Fishlceland

Gauksás 27 • IS-221 Hafnarfjörður Tel.: +354-899-4247 E-mail: info@fishiceland.com www.fishiceland.com

SEA ANGLING

Puffin Express Geirsgata • Verbúð 6 IS-101 Reykjavík Tel./Fax: +354-892-0099 / 456-6699 E-mail: info@puffinexpress.is www.puffinexpress.is

Seatours

Smiðjustígur 3 IS-340 Stykkishólmur Tel./Fax: +354-433-2254 / 438-1050 E-mail: seatours@seatours.is www.seatours.is

GOLF

All the major golf courses in Iceland are open to visitors. Green fees are moderate. See www.golficeland.org for more information.

SWIMMING AND SPA'S

Swimming is a very popular activity all year around in Iceland and there are outdoor and indoor pools located in most towns and villages, all filled with water from natural hot springs. The temperature of the water is around 30°C. Jacuzzis and hot pots where the water temperature ranges fromn 36–44°C can also be found at most pools. More information on www.vistreykjavik.is, www.sundlaugar.is and www.vatnavinir.is

NOTE: Prices are subject to change.

Every effort has been made to verify that information in this brochure is correct as of June 15, 2010. However, the lists of services are not always complete.

Driving distar							map on p	uge 52/		
Upper half: km. –	Lower ha	lf: duratio	on of driv	e – The F	Ring Road	d (Road 1) is 1,339	km long		
	Reykjavík	Borgames	Stykkishólmur	Ísafjörður	Sauðárkrókur	Akureyri	Egilsstadir	Höfn	Vík	Selfoss
Reykjavík (B4)		74	172	457	319	389	698	459	187	57
Borganes (B4)	1 hr		98	384	246	315	580	519	246	117
Stykkishólmur (B3)	2:10 hrs	1 hr		390	295	363	628	617	345	215
Ísafjörður (B1)	6:30 hrs	5:30 hrs	5:30 hrs		498	567	832	902	630	500
Sauðárkrókur (D2)	4 hrs	3 hrs	4 hrs	6:30 hrs		119	384	631	492	362
Akureyri (D2)	4:45 hrs	3:45 hrs	4:30 hrs	7:30 hrs	1:30 hrs		265	512	561	432
Egilsstaðir (G3)	8:45 hrs	7:15 hrs	7:45 hrs	11 hrs	5 hrs	3:20 hrs		247	511	640
Höfn (F4)	5:45 hrs	6:30 hrs	7:45 hrs	12 hrs	7:50 hrs	6:20 hrs	3 hrs		273	402
Vík (D5)	2:20 hrs	3:10 hrs	4:10 hrs	9 hrs	6:10 hrs	7 hrs	6:30 hrs	3:30 hrs		129
Selfoss (C4)	0:50 hrs	1:40 hrs	2:40 hrs	6:45 hrs	4:40 hrs	6:10 hrs	8 hrs	5:10 hrs	1:40 hrs	
The highlands (km)					<u> </u>			<u> </u>		
Landmannalaugar	205									148
Hveravellir	203	236				208				163
Nýidalur	274					136				217
Herðubreiðarlindir	580					191	192			



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