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# Visitor's **GUIDE**

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**YOUR GUIDE TO REYKJAVÍK & ICELAND**



Valid through June 2019

**Foldout**  
**Maps & Discount**  
**Coupons**

**CULTURE**

**PUBS & NIGHTLIFE**

**SHOPPING**

**DINING**

**TOURS & ACTIVITIES**

**COUNTRYSIDE**

Reykjavík's Thermal Pools

# A source of health

Admission May 2018. Price is subject to change

thermal  
swimming  
pools

Hot tubs  
and  
jacuzzi

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steambaths

the  
place  
to meet  
locals

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Thermal pools and baths in Reykjavik are a source of health, relaxation and pureness.

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REYKJAVÍK  
LOVES

#reykjavikloves



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4.3 and newer)



Download it here:



Voucher

cc3613

Valid for 2 phones or pads

# Your Guide to ↘

## Yellow pages

Land of Ice and Fire • Practical Information • The Greater Reykjavík Area • Power of Iceland • Statistics • Apps for Iceland • Driving in Iceland • Map Index • How Much Things Cost



## Culture

Cultural Venues • Museum Map • More Apps for Iceland • Origin of Icelanders • Vikings and the Discovery of America • Folk Legends • Art in Iceland • Literature in Iceland • Theatre in Iceland • Main Events and Holidays • Icelandic Names / Top 10 • Map of Garðabær • Map of Hafnarfjörður



## Dining

Coupons Map • Dining Map • About the Restaurants • Fine Dining • Casual Dining • Traditional Food • Words and Phrases • Learn our Secrets • Budget Dining • Local Food • Cafés • Icelandic Water



## Pubs & Nightlife

Pubs Map • Reykjavík Hot Destination • Pubs and Clubs • Happy Hours • Beer and Brennivín • Icelandic Music



## Shopping

Tax Free Shopping • Shopping Map • Shopping Downtown • Icelandic Designers • The Old Harbour Area • Grandi District • Shopping Centres



## Tours and Activities

Reykjavík Highlights • Reykjavík on Foot or Bike • Entertainment • Family and Children's Day Out • Water Activities • Northern Lights • Whale Watching • The Icelandic Horse • Bird Watching • Activities in the Countryside • Spas and Natural Hot Pools



## The Countryside

Iceland – Land of Contrasts • Reykjanes Peninsula • West Iceland • Snæfellsnes Peninsula • The West Fjords • North West Iceland • North East Iceland • East Iceland • South Iceland • The Golden Circle • Festival Guide



## About the Company

About the Company



## Discount Coupons

Booklet insert between pp. 84/85



## Town Maps

Downtown Reykjavík • Reykjavík • Kópavogur • Garðabær • Hafnarfjörður • Grindavík • Akureyri • Iceland



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## ONE SITE FITS ALL

*All you ever wanted to know about Iceland*

Find places & things to do by location

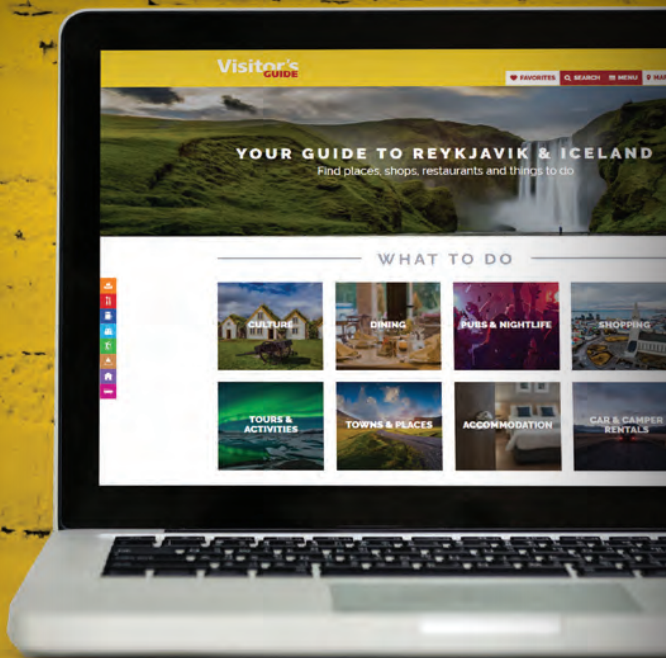
Jam-packed with information

Works well on all devices

User-friendly interface

Happy hour finder

Discount coupons



# Iceland

## The Land of Ice and Fire

Iceland looks like a lonely little island in the middle of the north Atlantic Ocean, but don't let the size fool you. This hyperactive island is graced with a wonderfully diverse landscape of mighty rivers and fertile valleys, majestic glaciers and mountains, active volcanoes, ancient lava fields and desolate highlands. In fact, the only thing small about it, is the human population of 350 000.

Iceland is on the mid-Atlantic Ridge of two shifting continental plates separating Europe from America.

Volcanoes can be found all over the country, although not all of them are active. Hekla, as beautiful as she is, was once thought to be the entrance to hell. Other

volcanoes include the irritable, threatening Katla, situated on Mýrdalsjökull and Eyjafjallajökull, the great disrupter of air traffic. These are all in the south and have all erupted within the last century, along with Krafla in the north. Approximately 11% of Iceland's total area is covered by glaciers. Vatnajökull, is the largest one and its ice cap is up to 1km thick in places. Langjökull, in the west, has a man-made ice cave and is easily reached from Reykjavik for day tours. One of the smaller glaciers, Snæfellsjökull on the Snæfellsnes Peninsula is the locale for Jules Verne's famous novel, *Journey to the Centre of the Earth*.



*Photo: Björn Hróarsson*

Meltwater from the glaciers feeds rivers and creates beautiful waterfalls which are visible all over the country. Many of the spring-fed rivers and lakes contain salmon, trout and arctic char. Other visible signs of eruptions are the beautiful lava fields that make up 11% of Iceland's surface.

Geothermal energy is harnessed for heating buildings and the production of electricity. Almost 90% of Icelandic homes are heated in this way. In fact there are only 31 so-called cold areas in the country, which use hydro-electric power instead. Fossil fuels are used mainly for transport and industrial pur

poses and make up around 15% of total energy consumption. As a result of the utilization of geothermal energy, Iceland suffers minimal environmental pollution.

The Icelandic people are a hardy bunch. Somewhat reserved and family-oriented, they have a strong work ethic, a great love of nature and an amazing strength in standing together in times of strife. Everyone remembers the unforgettable Euro 2016 and the famous Viking clap HÚ! Icelanders' overall optimism is reflected in the attitude of "Þetta reddast" (it will all work out), and sure enough, it does, one way or another.

## Practical Information

### Emergency

Emergency	112
Doctor on call	1770
Police	444 1000
Pharmacy	533 2300

### Information

Weather	522 6000
Road conditions	1777
Tourist information	590 1550
International flights	425 6000
Domestic flights	570 3030
City buses	540 2700
Taxi Hreyfill	588 5522

### Lost Credit Card

VISA	525 2000
MasterCard	560 1600
AMEX	575 5900
Diners (US)	1 800 234 6377

### Lost and found

Left luggage (intl. airport)	425 0226
Lost property (police)	444 1000

### Currency

The currency used in Iceland is the Icelandic Krona (ISK) and can be purchased at the international airport and all major banks. For exchange rates, see [www.landsbankinn.com](http://www.landsbankinn.com) or [www.arionbanki.com](http://www.arionbanki.com)

### Opening Hours

Banks	Mon-Fri 09 -16
Shops	Mon-Fri 09 -18, Sat 10 -16
Supermarkets	Daily 10 -19
Convenience Stores	24/7

Liquor Stores	Mon-Thu 11-18 Fri 11-19, Sat 11-18
---------------	---------------------------------------

<b>Post Office</b>	Mon-Fri 09 -18
in City Center	Pósthússtræti 5

### Reykjavík Excursions Flybus

Tel. 580 5400 – [www.re.is](http://www.re.is) / [main@re.is](mailto:main@re.is)

Buses depart from Keflavík Airport approximately 40 minutes after each flight arrival. Buses to the airport depart from BSÍ Bus Terminal 2.5 hours prior to all flight departures.

Prices: One way / Return ticket:  
2,950 / 5,500 ISK

With hotel pick up: 3,000 / 6,950 ISK

Children 0 -11: Free of charge

Teenagers 12 -15: Half price

### Iceland Excursion /

#### Grayline Iceland - Airport Express

Tel. 540 1313 - [www.icelandexcursion.is](http://www.icelandexcursion.is)

Transfers must be booked in advance for guaranteed departure.

One way/Return ticket:

2,300/3,900 ISK

With hotel pick up: 2900/4900 ISK

Children 0 -11: Free of charge

Teenagers 12 -17: Half price

### Airport Direct

Tel: 497 8000 [www.airportdirect.is](http://www.airportdirect.is)

Transfers to airport from Hlemmur Bus Station. One way/Return ticket:

2390/4750 ISK + 950 ISK for hotel pick-up and drop-off.

## Pharmacies all around Iceland



Drop by to prepare for your trip. Lágmúli, Reykjavík and Smáratorg, Kópavogur are open 8 am–12 pm, every day.

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retail pharmacy**

lyfja.is



*See Reykjavík map insert for more locations (between pgs 18/19)*

# The Greater Reykjavík Area

The Greater Reykjavík Area includes Reykjavík City and the surrounding towns of Kópavogur, Garðabær, Hafnarfjörður, Seltjarnarnes and Mosfellsbær. Over the past few years the municipalities in the area have increased in size and population, and as a result the towns lie relatively close together. Despite this, the towns are independent and have all got their own councils, sports clubs, swimming pools and history.

## Reykjavík

Reykjavík, is the northernmost capital in the world, known for its rich cultural scene, exciting nightlife and relaxed atmosphere. The town centre has a quirky mixture of colourful ironclad houses and modern concrete buildings and offers a

the seashore and the piece of Berlin wall at Höfði. For shopping, Kringlan offers a variety of indoor shops and fast food restaurants and is conveniently located close to recreational areas such as **Laugardalur Valley** and **Nauthólsvík** beach.

## Kópavogur

Kópavogur, lies south of Reykjavík and is centrally-located in the greater Reykjavík area, with easy access to the nearby towns. The town offers unspoilt, family-friendly greens and close proximity to Elliðaavatn lake. Kópavogur has two thermal swimming pools and is home to Smáralind, the largest shopping centre in Iceland. Sites of interests include **Salurinn**, Iceland's first specially designed Concert Hall and **Gerðarsafn art museum**.

## Garðabær

Garðabær is situated between Kópavogur and Hafnarfjörður and is characterized by its long, leafy streets and surroundings of unspoilt nature. Historical sites of interest are in **Hofsstaðir** Archaeological park, **Krókur** historical farm (open during summer) and the **Museum of Design & Applied Art**. To the West of Garðabær is Álfтанes, a small neighbourhood ideal for nature and coastal walks and home to **Bessastaðir**, the president's residency. For further information, go to the Culture chapter on page 20.



selection of shops, restaurants and sites of historical interests. Some of the best-known landmarks are **Hallgrímskirkja Church**, **Harpa Concert Hall** and **Perlan**, ideal for panoramic views of the surrounding mountains. Other points of interest are the **Sólfarið** sculpture on

## Hafnarfjörður

Hafnarfjörður is a charming harbour town south of Garðabær, surrounded by fields of lava. The town centre is small and cosy, with a variety of small shops, cafes and galleries. Hafnarfjörður has three swimming pools, including a family-friendly indoor pool that is located in the newer area of Hafnarfjörður. For sites of cultural interest, the Hafnarfjörður Museum offers an insight into Icelandic history, and the **Viking Village** restaurant celebrates this theme with traditional Icelandic food, historical settings and the annual Viking Festival. Íshestar offers horse-riding tours in the surrounding area. For further information, go to the Culture chapter.

## Seltjarnarnes

Seltjarnarnes is a residential town to the west of Reykjavík. The beach at Gróttá is popular for walking and leads to **Gróttá Lighthouse**, with excellent views over parts of Reykjavík and Faxaflói Bay.

## Mosfellsbær

Mosfellsbær is a family-friendly town, with plenty of natural surroundings, popular walking routes and two swimming pools. Around 10 minutes from the centre towards Pingvellir is **Gljúfrasteinn Museum**, the former home of Iceland's Nobel laureate **Halldór Laxness**. For further information, go to the Culture chapter on page 20.



# THE POWER OF ICELAND

## CLEAN, RENEWABLE ENERGY

### Leading the way

The power of nature is at work in Iceland in more ways than one. Instead of using fuels such as coal or oil, which cannot be replaced, Iceland meets virtually all of its needs for electricity and heating with renewable resources. In fact, the country is widely recognised as a world leader in sustainable energy development.

### Heat for homes, greenhouses & pools

For over one hundred years, Iceland has harnessed natural forces to generate clean energy. Today, all of the country's electricity comes from renewable resources; hydro, wind and geothermal. Around 70% is currently generated by hydro power, and the rest by geothermal and wind power.

What's more, geothermal energy provides heating and hot water for the majority of buildings in Iceland. This renewable energy has helped to inspire numerous entrepreneurial companies in sectors as diverse as genetics, health-related tourism and fish farming. It plays an essential role in growing vegetables all year round in geothermal greenhouses, as well as providing enjoyment in the form of geothermal pools all around Iceland.





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JOSSON & LEWIS - J. L. & S. L.

# High Quality Touring Map 1:500 000

## Back of the map

- Important tourist informations
- Driving tips
- Length of day & night
- Spas & natural hot pools
- Icelandic folk legends
- Some facts about Iceland
- Volcanoes eruptions 1700 – 2015
- 32 Place descriptions
- Distances between some key points

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# TRIP GUIDE

ICELAND

## DAY TOURS & ACTIVITIES

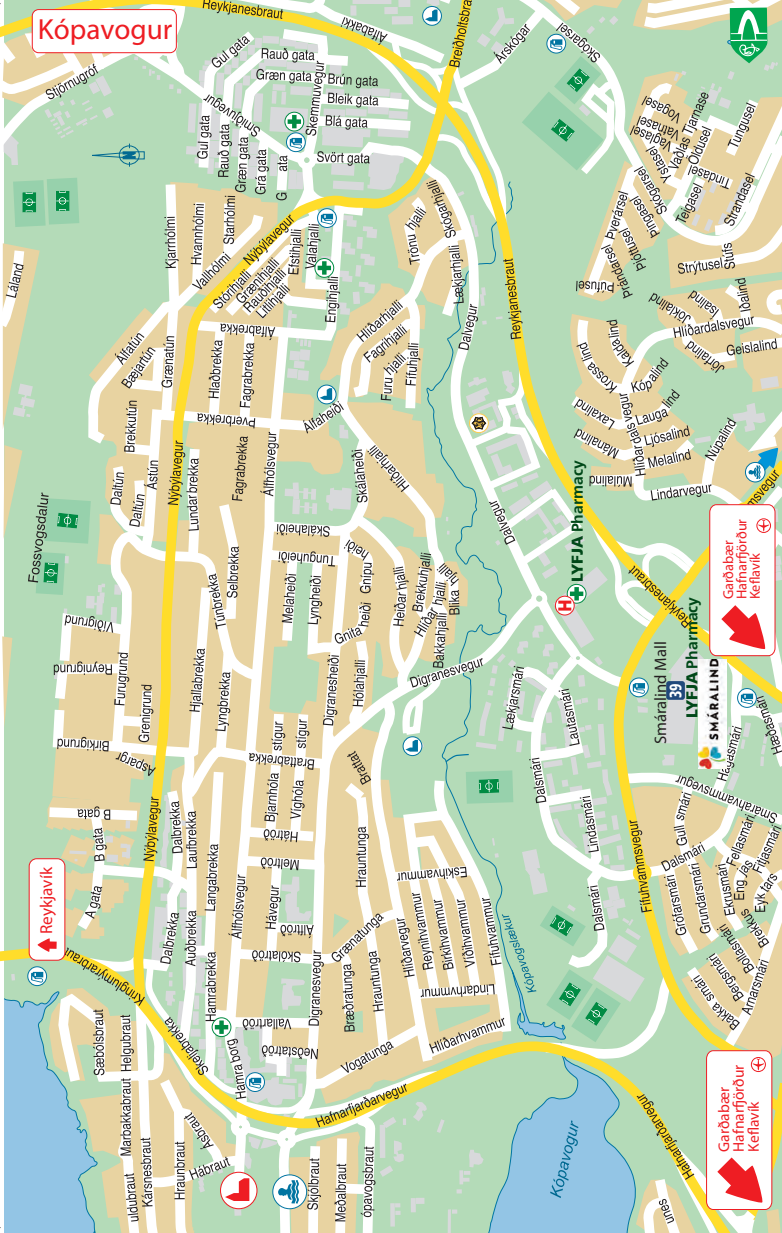
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---

Golden Circle • Glaciers • Northern Lights • Whale Watching • and much more...

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# Kópavogur



Garðabær  
Hafnarfjörður  
Keflavík

Garðabær  
Hafnarfjörður  
Keflavík

# Reykjavík

## Reykjavík Center

Reykjavik old harbour

● Ferry to Viðey  
(summer)

← Seltjarnarnes

Grandar

Rauðarárvík

● BSI Bus Terminal  
Fly Bus to Keflavik Intl.

● Domestic Airport

Skerjaförður

Öskjuhlíð Hill

● Nauthólsvík Beach

- Airport
- City Bus Station
- Church
- Camping Site
- Hospital
- Hotel/Guesthouse
- Parking
- Parking Garage
- Panoramic View
- Petrol Station
- Lyfja Pharmacy
- Police Station
- Tourist Information
- Walking Path
- Krambúð

100 m. 500 m.

● See map of Hafnarfjörður  
& Garðabær in the Culture chapter

Reykjavík Center

Laugarnes

15

Lækir

24

5

Laugardalur Valley see in Tours & Activities ch

ul Intl.

The Pearl

Öskjuhlíð Hill

Reykjavík University

Reykjavík Beach

of Hafnarfjörður  
see in the Culture chapter

Kópavogur  
Garðabær  
Hafnarfjörður  
Keflavík



Cruise port  
Ferry to Viðey  
(winter)

Viðey 4

Visitor's  
GUIDE

5 88 55 22

S Bus Routes to  
selected destinations  
on map in the Tours  
& Activities chapter

W. & N. Iceland  
Mosfellsbær  
Pingvellir  
Akureyri

Kópavogur  
Garðabær  
Hafnarfjörður  
Keflavík

101 R, 105 R, 107 R - Reykjavík (R)

101 R, 105 R, 107 R - Reykjavík (R)





**S** Bus Routes to selected on map in the Tours & Activities chapter

## Reykjavík Old Harbour



Polaportio Flea Market

Rauðarvík

Main Shopping

Bus Termina  
Fly Bus to  
Keflavík Intl.

Kjarvalsstaðir ●

## Klambratún

# TRIP GUIDE

ICELAND

**BEST PRICE GUARANTEE**



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# Statistics about Iceland

## Population in January 2018

Iceland .....	348,450
Reykjavík City .....	126,041
Kópavogur .....	35,970
Hafnarfjörður .....	29,412
Akureyri ( <i>Capital of the North</i> ) ....	18,787
Westman Islands .....	4,284
Ísafjörður ( <i>in the West Fjords</i> ) ....	3,707
Egilsstaðir ( <i>in the East</i> ) .....	2,464
Grimsey Island ( <i>in the North</i> ) .....	61

Source: Statistics Iceland

## Number of Tourists 2008-2017

2017 .....	2,195,271
2016 .....	1,792,201
2015 .....	1,289,100
2014 .....	998,600
2013 .....	807,349
2012 .....	672,773
2011 .....	565,611
2010 .....	488,622
2009 .....	493,900
2008 .....	502,000

All airports and Smyril Line. Excluding cruise ships - approx. 100,000 in 2016

## Main Nationalities Visiting Iceland in 2017

USA .....	26.3%	Canada .....	4.7%
UK .....	14.7%	China .....	3.9%
Germany .....	7.1%	Sweden .....	2.6%
France .....	4.6%	Norway .....	2.2%

Through KEF

Source: The Icelandic Tourist Board



## Country

km<sup>2</sup>

Iceland .....	102,775
Glaciers .....	23,805
Lakes .....	2,757
Highlands .....	42,700
Ring Road .....	1,332 km
All roads .....	12,955 km
Coastline .....	4,970 km

## Highest Waterfalls

m

Foss, Morsárjökli .....	228
Glymur .....	190
Hengifoss .....	128
Seljalandsfoss .....	65
Skógafoss .....	62
Dettifoss .....	44
Gullfoss .....	32
Goðafoss .....	12

## Biggest Glaciers km<sup>2</sup>

Vatnajökull .....	8,300
Langjökull .....	953
Hofsjökull .....	925
Mýrdalsjökull .....	596
Drangajökull .....	160
Eyjafjallajökull .....	78
Tungnafellsjökull .....	48
Pórisjökull .....	32
Eiríksjökull .....	22
Prándarjökull .....	22

### **Apps** for Iceland

Modern technology makes information easily obtainable and travelling much easier. Below is a list of useful apps for the smart traveller, helping you to be up to date with all the current and important information about Iceland.

#### **112 Iceland**

The number one safety app in Iceland. This app allows you to do two things: regular check-ins that document your current location, and if needed, send an SMS to the Icelandic emergency service with your phone's GPS location.

#### **Iceland Road Guide**

A really useful app when traveling around Iceland. The **Iceland Road Guide** is your key to Iceland's most important places, with information on geography, culture and history. Use the App voucher offer in the front of this book.

#### **Appening Today**

Sometimes it can be difficult to keep up with all the events and venues available, especially when visiting a new country. **Appening Today** shows you every single event that is on in the Greater Reykjavik Area for each day of the year, making sure you won't miss a thing during your stay.

#### **Aurora Alerts Northern Lights**

Seeing the Northern Lights is an unforgettable experience and many tourists come to Iceland with this in mind. The **Aurora Alerts** app increases the likelihood of sightings, as it tells you where and when you are likely to see the beautiful Northern Lights.

#### **Hreyfill**

With this taxi app you can quickly and conveniently book a taxi, skipping queues and unnecessary phone calls.

#### **Icelandic Phrasebook**

Most Icelanders speak good English, so you should not have any communication difficulties during your stay. Nevertheless, it is always fun to try out the local language. The **Icelandic Phrasebook** helps you to learn the local language and contains Icelandic sentences for various occasions.

# TRIP GUIDE

ICELAND



## DAY TOURS & ACTIVITIES

**BEST PRICE GUARANTEE**

[www.tripguide.is](http://www.tripguide.is)

# DRIVING IN ICELAND

Road conditions in Iceland are very different to those in other countries, so it's very important to be well prepared and aware. The roads are narrower with very little shoulder space, so find a side road or wider space to pull out if you want to stop safely. Remember you are not alone on the road, even if it feels like that sometimes. There are also gravel roads in Iceland and it is common that accidents happen when the road changes from tarmac to gravel. Reduce your speed when approaching a gravel road and slow down for oncoming vehicles. This helps to prevent stones flying into windscreens and skidding. The speed limit on paved roads outside urban areas is 90 km/h. Seat belt use for driver and passengers is required by law – your life may depend upon it, even in the back seat! Drivers can be easily distracted by the beautiful landscapes and animal life along the way. Please remember to keep your attention on the road

while driving at all times. Pulling over on the side of the main road is strongly forbidden and causes accidents.

Conditions on mountain roads can be very different to those in the lowlands, even along the paved Ring road. You will come across single-lane bridges, tunnels and roads on your travels around Iceland. The general rule is that the first vehicle to arrive has the right-of-way, so slow down and assess the situation. Blind rises and corners can be found in many places and should be approached with caution as lanes are not always separated.

You can expect livestock to be alongside the road or even on it - reduce speed immediately and use your horn. Be aware of lambs separated from mothers. Sheep are known to cross the road in front of oncoming cars sometimes. Highland driving sometimes requires crossing rivers with a 4x4 – there is no insurance cover for damage that can be linked to crossing rivers. The risk is yours! Weather can be hazardous and unpredictable, so make sure you check alerts regarding weather on [www.safetravel.is](http://www.safetravel.is) and [www.road.is](http://www.road.is) for road conditions/closures.

**Read more on [www.safetravel.is](http://www.safetravel.is).**





## Good preparation is the key for a successful travel.

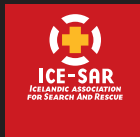
### Keep the below points in mind:

- Always leave your travel plan with someone who can react if needed and on safetravel.is
- Check the weather forecast. In Iceland the weather can change very fast
- Remember to bring the right equipment for the kind of travel you are planning
- Map, compass and GPS should always be used when travelling outside urban areas
- Your first destination should always be [www.safetravel.is](http://www.safetravel.is)

Check out our website [safetravel.is](http://safetravel.is)



Scan this to enter [www.safetravel.is](http://www.safetravel.is)



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## How Much Things Cost

### Restaurants / Cafés / Bars ISK

Hamburger and fries	from 1,900
Soup of the day	from 1,800
Hot meal of the day	from 1,900
Appetizer	from 2,000
Main course	from 2,800
Dessert	from 1,700
Wine bottle	from 5,000
Coffee	from 450
Beer	from 1,000
Tap water	<b>Free</b>

### Groceries ISK

Milk	130
Coca-Cola 1/2 - 2litre	130-250
Hot dog	420
Bread	350-500
Snack bar	100+

### Souvenirs ISK

Woollen pullover	from 20,000
Woollen hat	from 4,500
Woollen mittens	from 4,700
Woollen socks	from 4,700
Silver necklaces Viking theme	from 4,000

**DISCLAIMER:** These prices are a guide only and may differ from time to time

### Recreation & Activities ISK

Cinema, one ticket	1,500
Ticket to a symphony	3,000
Nightclub entrance	0-1,000
Spa treatments	from 11,000
Museums	1,200
Thermal swimming pools	900

### Transportation ISK

Petrol, 1 liter	around 195
Flybus to the airport	2,950
- with hotel pickup	3,950
Airport Express - with hotel pickup	2,400
Taxi to the airport (1-4 pax, 08-17)	*16,000
Taxi to the airport (1-4 pax, 17-08)	*16,400
Taxi to the airport (5-8 pax, 08-17)	*21,500
Taxi starting fee (1-4 pax)	690
Bus from Reykjavík to Akureyri	10,120
City bus, single ticket	460
City bus, 1-day card	1,700
City bus, 3-day card	4,000
Night bus	920

\* Approx price

### Day Tours ISK

Reykjavík sightseeing	from 6,400
Reykjavík hop on/off	from 3,500
Gullfoss and Geysir	from 10,500
Blue Lagoon (summer price)	from 9,700
Whale watching tour	from 9,900

### Rent a Car \* Approx. ISK

Summer/unltd. mileage	from 21,300
Winter/unltd. mileage	from 15,000

\* Includes basic insurance



From **Árbær Open Air Museum** - Reykjavík City Museum

**Better weight  
than wisdom  
a traveller cannot carry.  
The poor man's strength  
in a strange place,  
worth more than wealth.**

from Hávamál Eddaic poems (AD 700-900)



## Your Guide to **Culture**

Cultural Venues - Museums Map - More Apps for Iceland - Origin  
of Icelanders - Vikings and the Discovery of America - Icelandic  
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Main Events and Holidays - Icelandic Names/Top 10  
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## Cultural Venues



At Árbær Open Air Museum

Iceland is rich in cultural heritage and traditions, and offers a variety of art & cultural events throughout the year. The various museums and galleries exhibit an exciting mixture of ancient heritage and modern trends, set to embrace

Icelandic culture from the Viking era, up to the 21st century. Festivals and cultural venues are of great importance for most Icelanders, and are celebrated in the Greater Reykjavík Area and in the countryside. Popular festivals include Iceland's **Independence Day** and **Secret Solstice** in June, **Culture Night** and **Reykjavík Pride** in August, and the popular **Airwaves** Music Festival held in November each year. Other festivals include Reykjavík **International Film Festival** and Reykjavík **Arts Festival** that is held every other year. Many of the cultural venues are family friendly, so everyone should find something of interest during their stay in Iceland.

### The Culture House

*Hverfisgata 15, tel. 530 2210*

The Culture House offers the exhibition, *Points of View*, which takes guests on a journey through the Icelandic visual world of past and present. Artefacts and works of art from the varied collections of six institutions, provide a reflection of Iceland's visual art history and cultural heritage. The ground floor houses the Café **Julia & Julia** and a museum shop.

### Einar Jónsson Sculpture Museum

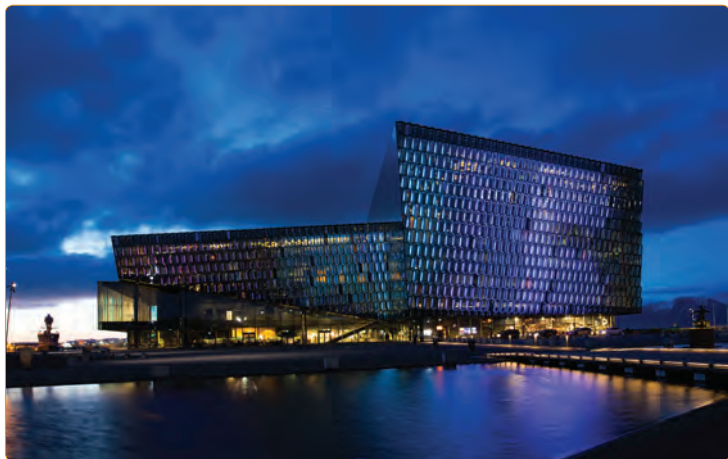
*Eiríksgrata, opposite Hallgrímskirkja church*

Sculpture museum and garden dedicated to the works of Einar Jónsson, one of Iceland's most beloved sculptors.

### Harpa Concert Hall and Conference Centre

*Austurbakki 2. Ticket office tel. 528 5050*

Harpa is Reykjavík's newest and most distinguished landmarks. It is a cultural and social centre in the heart of the city and is home to **Icelandic Symphony Orchestra**, Icelandic Opera, the Reykjavík **Big Band** and **Maxímús Músíkús**. Harpa is open daily from 8:00 - 24:00 and has various facilities such as Smurstöðin or Kolabrautin restaurants, Epal design store, Upplifun gift store and bus and tourist information. Harpa also offers daily guided tours and exhibitions. For a full events calendar, please visit [www.harpa.is](http://www.harpa.is)



### **The Icelandic Symphony Orchestra**

4

*Harpa, tel. 545 2500*

The Icelandic Symphony Orchestra enjoys the prestigious status of a major orchestra, due to excellent reviews on the orchestra's recordings in recent years and its wonderful interpretation of many of the great classical works.

### **Icelandic Opera**

5

*Harpa, tel. 511 6400*

The Icelandic Opera produces a versatile programme each season with the participation of Icelandic artists. The repertoire ranges from classical operas to new pieces by Icelandic composers, and also includes regular lunchtime concerts and other events.

### **National Gallery of Iceland**

6

*Fríkirkjuvegur 7, tel: 515 9600*

The National Gallery puts emphasis on 19th and 20th century Icelandic art, although international art is also shown in the museum. The museum holds regular exhibitions of its collection, as well as by individual artists. The National Gallery has a gallery shop and café.

### **National Museum of Iceland**

7

*Hringbraut 41, tel: 530 2200*

The National Museum gives a comprehensive picture of Iceland's history. It holds permanent exhibitions, such as, *Making of a Nation – Heritage and History in Iceland*, as well as a variety of temporary exhibitions. The museum is situated close to the University of Iceland and has a café and a museum store on the ground floor.





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DISCOVER

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**Borgarsögusafn Reykjavíkur**  
Reykjavík City Museum

# Reykjavík City Museum, engaging journeys through culture, heritage and history.

Experience the history of Reykjavík in a lively and engaging way at the Reykjavík City Museum. Comprising five individual sites, the museum was founded to preserve Reykjavík's culture and heritage, which dates back to the arrival of the first settlers in the late 9th century.



## Cultural Venues



### The Nordic House

*Sturlugata 5, tel. 551 7030*

The Nordic house, designed by architectural and design legend Alvar Aalto in 1968, is a cultural institution that organizes a diverse program of cultural events and exhibitions. The Nordic house also has a shop for Nordic design and food products, exhibition space, auditoriums and a restaurant. **See no. 8 on RVK map.**

### The Icelandic Phallological Museum

*Laugavegur 116 tel. 561 6663*

Situated near Hlemmur bus station. The museum contains a large collection of penises and penile parts belonging to almost all the land and sea mammals that can be found in Iceland, including those of Homo sapiens.

### Reykjavík Museum of Photography

*Tryggvagata 15 (top floor) tel. 411 6390*

The museum focuses on the Reykjavík's rich history and contemporary culture through a collection of six million photographs and various exhibitions that are held each year.

### Saga Museum

*Grandagarður 2 tel. 511 1517*

The Saga Museum recreates key moments of Icelandic history and brings the sagas to life whilst guiding visitors through the museum with an audio guide.

### Aurora Reykjavík

*Grandagarður 2 tel. 780 4500*

Here you get your chance to see northern lights all year round through Interactive displays in a multimedia exhibition.

### Reykjavík Maritime Museum

*Grandagarður 8 tel. 411 6340*

The Maritime Museum is located by the old harbour in Reykjavík and has various exhibitions that display the Icelandic maritime history, such as the development of the Icelandic fish industry from early settlement to the late 20th century.

### The Settlement Exhibition

*Aðalstræti 16 tel. 411 6370*

The exhibition gives an insight into the life and work of Iceland's first settlers. The focus of the exhibition is around the

newly discovered remains of the oldest relics of human habitation in Reykjavík. Located next door to Hotel Reykjavík Centrum.

### **Sigurjón Ólafsson Museum**

15

*Laugarnestangi 70 tel: 553 2906*

Exhibition on sculptures, sketches and drawings by Sigurjón Ólafsson.

**See no. 15 on RVK map.**

### **Whales of Iceland**

13

*Fiskislóð 23-25 tel: 571 0077*

The largest whale exhibition in Europe, located at Grandi District, about a 15-minute walk from the town centre. The exhibition displays 23 man-made, life size models of the whales that are found around Iceland. The museum also houses the Whale Café and the Whale Souvenir shop. **Also no. 3 on RVK map.**

### **Viðey Island**

Viðey Island is situated just off the coast of Reykjavík and is set in beautiful natural surroundings. The Island has a rich historical background and is home to the Imagine Peace Tower, an outdoor work of art by Yoko Ono, created in memory of John Lennon. For information on the ferry schedule see [www.reykjavikcitymuseum.is](http://www.reykjavikcitymuseum.is)  
**See no. 4 on Reykjavík map.**

### **Árbæjar Open Air Museum**

*Kistuhyl 4, 110 Reykjavík tel: 411 6304*

Take a step back in time at the Árbær air museum which consists of more than 20 buildings that form a town square, a village and a farm. The cluster of turf houses, costumed staff and domestic animals creates an atmosphere of the

old days. Exhibitions and events highlighting Reykjavík's history are held at the museum. Free entrance for Reykjavík City Card holders

### **Museum of Design & Applied Art**

16

*Garðatorgi 1 tel: 512 1525*

The Museum of Design is located in the centre of Garðabær and collects and preserves items in connection to Icelandic design history, from the beginning of the 20th century to present day. The museum building also houses a shop, which sells a varied collection of Icelandic design products.

**See no. 16 on map, pg. 49.**

### **Hafnarborg / Hafnarfjörður Centre of Cultural and fine Art**

20

*Strandgata 34 / Vesturgata 8 tel: 585 5790*

Hafnarfjörður Culture and Fine Arts Institute features leading artists from Iceland and abroad. The museum has two exhibitions, one traces the town's history from the settlement around 900 AD to the present day and the other is a toy exhibition aimed specifically at children. Admission to the museum is free.

**See no. 20 on map pg. 51**

### **Ásgrímur Jónsson Collection**

18

*Bergstaðastræti 74 tel: 515 9600*

A collection of works by the pioneer painter who was the first Icelander to make painting his profession. Landscapes and folk tale illustrations are on exhibit here.

## More Apps for Iceland

### **Strætó**

The **Strætó App** is a must for people on the go. It displays timetables and routes at the touch of a button, as well as the convenient option of purchasing electronic tickets.

### **Thingvellir**

Explore the beautiful Thingvellir with a virtual guide at hand. This app offers audio-guided tours and offline maps, making sure you get the most out of your visit to Thingvellir UNESCO Heritage Site.

### **Vegagerðin**

This app displays various road data, such as information about the weather and road conditions, essential for those driving around Iceland.

### **Veður**

The weather in Iceland can be unpredictable and change with little notice. This handy weather app is a valuable addition for any traveller, bringing you up to date forecast, such as temperature, precipitation, wind direction and wind speed.





# THE ICELANDIC PENIS MUSEUM

It's all about Dicks

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Summer: 9-18, 1 June - 31 August • Winter: 10-18, 1 sept - 31 May

No pornography or offensive material in the museum.

## Origin of Icelanders and the Icelandic Language

Iceland was first populated in the 9th century by Norse settlers, a number of whom took Celtic slaves and wives from Ireland and Scotland along the way. There is evidence to suggest that the island's existence had been known for centuries, and Irish monks may have come here to meditate and worship in solitude.

There are several recorded discoveries of Iceland, and the first one was by the Viking Naddoður, who drifted to the east coast of Iceland after getting lost, and named it Snæland (Snowland). Hrafna-Flóki was the first Scandinavian who deliberately sailed here, and gave the island its current name after spotting some drift ice in the fjords during his winter-long stay. Subsequently the first permanent settler, Ingólfur Arnarson, left the shores of Norway with his family, slaves and livestock and made his home in Reykjavík. The rest is history as they say, presented in world-class exhibits in the **National Museum of Iceland**, the *Settlement Exhibition*.

During the Viking Age, the North-Germanic language, Old Norse, was spoken by Scandinavians in their homelands and overseas settlements. Changes appeared in the Icelandic pronunciation that were not heard in the

other Scandinavian languages, and the grammar became considerably simpler outside Iceland. Due to the similarity between modern and ancient grammar and writing, most Icelanders are still able to read and understand the original Sagas, although most texts have been somewhat simplified.



## Five Statues in Central Reykjavík



**Hannes Hafstein**

*The first Prime Minister of Iceland, situated in front of the Government Offices of Iceland*



**Pallas Athena**

*A Greek goddess of wisdom, situated in front of Menntaskólinn í Reykjavík*



**Ingibjörg H. Bjarnason**

*The first woman to have a seat in the Icelandic parliament, from 1922-1930. Situated in front of The Icelandic Parliament House*

**Ingólfur Arnarson**  
*The first man to settle in Iceland, situated on the top of Arnarhóll*



**Christian IX**

*King of Denmark and Iceland 1863-1906, situated in front of the Government Offices of Iceland*

## **Vikings** and the Discovery of America

**Icelandic seafarers** discovered America around the **year 1000**, sailing on open ships with one sail. They conquered the waves of the Atlantic by primitive means of navigating, sailing mostly by the sun and stars and the flight of seabirds.

The story surrounding this is in part a family drama. It begins with **Eiríkur Rauði** (Eric-the-Red), a troublesome man who was exiled from both Iceland and Norway “because of some killings”. He settled **Greenland in 985**, followed by several hundred Icelanders. That same year, an Icelandic merchant named **Bjarni Herjólfsson** was sailing for Greenland, but got blown off-course and reported seeing land to the west.

In the **year 1000**, Leifur Heppni (Leifur-the-Lucky), son of Eiríkur Rauði, went to explore the land that Bjarni had sighted. He discovered an area he named Vínland, “a land of mild climate, self-sown wheat and grapes”. Leifur was the first European to set foot on the continent of North America.

Leifur's brother, **Porsteinn**, attempted to go there with his wife **Guðríður Þorbjarnadóttir**, without succeeding. After Þorsteinn's death, Guðríður



Replica of one of the ships the Vikings used

and her new husband, **Porfinnur Karlsefni**, returned to Vínland to form a settlement. Their son **Snorri** was the first Icelandic born in America. Initially the Vikings conducted peaceful trade with the indigenous tribes, but eventually conflict broke out. This drove the Icelanders back to Greenland, and successful voyages to Vínland are not reported after that.

In the year **1477**, a young Italian sailor visited Iceland. Scholars believe he heard rumours of Vínland, giving him a daring idea of his own to pursue. The name of this man was **Christopher Columbus**, and the rest, as they say, is history.



## Icelandic Folk Legends

By scanning the QR-code you can enjoy listening to Icelandic Folk Legends on your phone.  
It's not certain that older models of smart phones can play Icelandic Folk Legends. However all the latest models should be capable of doing so. Enjoy!



## Isländische Volkssagen

Durch Einscannen des QR Codes können Sie ausgewählte isländische Volkssagen auf Ihrem Mobiltelefon anhören.

Ältere Mobilgeräte können die isländischen Volkssagen möglicherweise nicht abspielen. Alle jüngeren Geräte sollten hingegen keine Probleme damit haben.



## Légendes populaires islandaises

En scannant le code QR, vous pouvez écouter des légendes populaires islandaises sur votre téléphone.  
Il n'est pas certain que les anciens modèles de smartphones disposent de cette application, cependant les modèles les plus récents en sont équipés.



## Cuentos Populares Islandeses

Escaneando el código QR se pueden escuchar 8 cuentos populares islandeses en español.



## Art in Iceland

Art in Iceland today is a dynamic, thriving medium of expression for painters, sculptors, photographers and installation artists. Iceland's exquisite landscape is an inspiring subject for painters and photographers and technology development has created a vast array of multi-media art and creative photographic works, which are displayed in different galleries and exhibitions all over the city.

Just over a hundred years ago, the first Icelandic painters graduated from the Royal Academy of Fine Art in Copenhagen painting in the traditional genres of the day. This generation of painters included Jóhannes S. Kjarval and Kristín Jónsdóttir. In the sixties and seventies, a more avant-garde feeling entered the Icelandic art world and creative expression took off. Well-known Icelandic artists of the past few decades are Louisa Matthíasdóttir and Nína Tryggvadóttir who both worked in America. A contemporary artist, **Sjófni Har** is famous for her vibrant coloured landscapes inspired by Iceland's beauty.

Today, art in Iceland has become a strong part of Icelandic culture and, along with other creative art forms, is celebrated by Icelandic artists who enjoy more and more international

exposure at various events in other countries.

### Galleries and Museums

Iceland has a variety of museums and art galleries, namely the National Gallery of Iceland that features primarily 19th and 20th century Icelandic art. Reykjavík Art Museum is the largest of its kind in Iceland and includes three different museums, Ásmundarsafn, Hafnarhús, and Kjarvalsstaðir. Hafnarhús features the works of Erró, one of Iceland's best known contemporary painters and Kjarvalsstaðir is home to the work of Jóhannes S. Kjarval and other exhibitions.

### Other forms, other places

While painters coloured canvasses, there were other forms of art coming alive in Iceland. Sculptors such as Einar Jónsson and Sigurjón Ólafsson enjoyed much popularity and opened their own galleries to exhibit their works. Photography is a popular medium of expression nowadays and with Iceland's unequalled natural beauty, the subject for photographers is never-ending. Ragnar Th Sigurðsson is a renowned photographer whose beautiful images can be seen in books and exhibitions in Iceland.



## NATIONAL GALLERY OF ICELAND

FRÍKIRKJUVEGUR 7  
TEL. +354 515 9600  
101 REYKJAVÍK  
CAFÉ & GALLERY SHOP

**OPENING HOURS**  
PLEASE VISIT  
OUR WEBSITE  
[WWW.LISTASAFN.IS](http://WWW.LISTASAFN.IS)

## ÁSGRÍMUR JÓNSSON COLLECTION

BERGSTAÐASTRÆTI 74  
TEL. +354 515 9625  
101 REYKJAVÍK

**OPENING HOURS**  
PLEASE VISIT  
OUR WEBSITE  
[WWW.LISTASAFN.IS](http://WWW.LISTASAFN.IS)



## SIGURJÓN ÓLAFSSON MUSEUM

LAUGARNESTANGI 70  
TEL. +354 553 2906  
105 REYKJAVÍK  
CAFÉ

**OPENING HOURS**  
PLEASE VISIT  
OUR WEBSITE  
[WWW.LISTASAFN.IS](http://WWW.LISTASAFN.IS)



*one ticket - three museums*

## Literature of Iceland

Iceland has a long and celebrated history of literature, with the City of Reykjavík being made a UNESCO City of Literature in August 2011. The invaluable heritage of Icelandic literature can be traced back to the Vikings, who passed stories and poems on by oral tradition, until it was committed to calfskin manuscripts in the early 12th century. An important historic text is the *Edda*, a collective of two medieval Icelandic literary works, containing the *Prose Edda* and the *Poetic Edda*. Together these provide an extensive resource on Norse mythology and are a comprehensive body of ancient, heroic legends. Equally important in medieval literature are the Icelandic Sagas, such as *Njáls Saga* and *Laxdæla Saga*, characterised by epic accounts of conflicts, feuds, love and fate.



**Halldór Laxness** (1902-1998) is a well-known Icelandic writer from the 20th century and was awarded the Nobel Prize for Literature in 1955. His incredibly diverse oeuvre spans an

enormous range of literary forms, although he is best known for novels such as *Independent People* and *Iceland's Bell*. With the ascent of Laxness, Icelandic became a language of world literature once again, as the Academy acknowledged when it awarded him the Nobel Prize "for his vivid and epic power which has renewed the great narrative art of Iceland".

Currently, Iceland has many exemplary writers whose works have gained interest both in Iceland and overseas. **Sjón** is a celebrated Icelandic poet, novelist, lyricist and a playwright. He is known for his unusual and quirky style, such as in *Skugga-Baldur (The Blue Fox)* that has been translated into several languages and awarded the Nordic Council's Literary Prize. In crime fiction, **Arnaldur Indriðason** is one of Iceland's most celebrated authors, and has written many stories, such as *Mýrin (Jar-City)* that was adapted into a film in 2016. Another well-known writer is the award-winning novelist Yrsa Sigurðardóttir, known for her crime and ghost stories. Her novel, *Ég man þig (I Remember You)*, has been made into a feature film which was released in May 2017. To celebrate this historical literary tradition, the city has hosted the **Reykjavik Reads Festival** since 2012, to celebrate reading for all ages.

# Gljúfrasteinn

LAXNESS MUSEUM

*Laxness*



**Gljúfrasteinn was the home of author Halldór Laxness, winner of 1955 Nobel Prize for literature.**



SAFNARÁÐ  
The Museum Council of Iceland

Audio tours of the house are available in Icelandic, English, German, Swedish and Danish

An illustrated guide in French is also available

Concerts every Sunday during the summer

Multimedia presentation

The house is situated in the beautiful Mosfellsdalur valley, a short distance from Reykjavík and only 20 minutes way to Þingvellir (Thingvellir National Park ) and the Golden circle



Follow Gljúfrasteinn - Laxness Museum  
@gljufrasteinn / #gljufrasteinn #Laxness  
[www.gljufrasteinn.is](http://www.gljufrasteinn.is)

More information on page 199

## Theatre in Iceland

Dramatic Art in Iceland has developed rapidly over the years with different theatres showing a variety of productions. From the professional National Theatre of Iceland in Reykjavík to the more humble shows of The Freezer in Rif, the world of theatre is thriving. There are around twenty professional theatres in Iceland and a host of drama societies dotted all over the country.

**The Reykjavík City Theatre** is the oldest playhouse in Iceland, dating back to 1897. In those days, it was a small wooden building, used by the Reykjavík Theatre Company. Today it is a high-tech theatre complex comprising 4 stages and showing 10-12 productions annually. These include big musical shows such as Rocky Horror Picture Show to experimental productions on a smaller stage. Vesturport, a creative group of drama lovers, have entertained and delighted audiences here and internationally with innovative productions of classics, such as their famous acrobatic version of Romeo and Juliet.

**The National Theatre of Iceland**, opened in 1950 and thus created a professional acting platform. It is a veritable edifice of a building mirroring the architect's vision of it being the Palace of the Elves where humans enter by chance, into a world of beauty, song

and dance. This theatre has five stages, with the Main Stage seating an audience of 500. The National Theatre provides a platform for Icelandic playwrights to show their works. A mixture of classics, musicals, dance repertoire, children's theatre and new works are staged throughout the year.

**Landnámssetur or The Settlement Centre** in West Iceland has reawakened the Icelandic tradition of storytelling by holding productions of various personae from the Sagas in a unique setting. Grettir-the-Strong, Auður-the-Deep-minded, Egil Skallagrímsson and Brák have all enjoyed centre stage in this historical centre.

Drama societies and amateur theatres are dotted all over the country bringing live theatre and dance to local audiences. One particular success story is **The Freezer** in Rif, Snæfellsnes. Housed in an old fish factory, this dynamic international theatre group, led by Kári Viðarsson, has enlivened the area with award-winning comedy, drama and history, performing self-written works with personal conviction.

The acting talent of Icelanders can be realized fully when the annual **Þorrablót** festivities are held in February. Most villagers will celebrate this time of year by holding an evening

of entertainment where locals create skits of the past year's events in their town. These evenings are the highlight of winter, providing mirth and merriment in the darkest hour.

Icelandic theatre does not forget visitors and there are often plays about Icelandic life or history written for tourists and performed in English. A popular play at the moment is *"How to become Icelandic in 60 minutes"* shown at Harpa.

**Tjarnabío** is an independent theatre in a beautiful historical building dating back to 1913. Avante-garde and daring performances are shown here, some may be in English.

For more information on the history of Icelandic theatre go to [www.http://leikminjasafn.is/yfilit/english/history/](http://leikminjasafn.is/yfilit/english/history/)



## Main Events and Holidays in Reykjavík and Iceland

### JANUARY

**January 1, New Year's Day** - A day to relax after the festivities of New Year's Eve. Almost everything is closed.

**Dark Music Days** Hosted by the Society of Icelandic Composers in collaboration with Iceland's finest performers.

### FEBRUARY

**Þorrablót** - Food & drink festivities held in the old winter month of "Þorri". People gather to sing songs, drink and eat traditional Icelandic food.

**Winter Lights Festival** - An annual 3-day event that brightens up the dark hours.

### MARCH

**Food & Fun Festival** - Annual week-long festival featuring well-known foreign chefs visiting Iceland to compete with their counterparts.



17th of June at Arnarhöll

**Reykjavík Fashion Festival** - The newest from Icelandic designers, introducing developments and opportunities in the Icelandic fashion industry. RFF collaborates with **DesignMarch**, where the best of the local creative scene is introduced, ranging from fashion to architecture to graphic design.

**Reykjavík Blues Festival** - A unique jam session with blues artists from Iceland and North America.

### APRIL

**Easter** - Holy Thursday marks the start of the Easter holidays for Icelanders, who enjoy a 5-day weekend where businesses, banks, government institutions and most shops are closed.

**First Day of Summer** - The first Thursday after April 18, a public holiday. Celebrated with parades all around the country.

**Children's Cultural Festival** - One of the largest festivals held by the City of Reykjavík. The festival places emphasis on participation, focusing particularly on the child as an artist.

**Icelandic Music Experiments** - This festival has been the main musical outlet for new bands in Iceland since 1982 and a milestone event for many promising new bands in Iceland.

**At Home Music Festival** - A music festival held in private homes centrally located in Hafnarfjörður. Guests stroll from house to house to enjoy live music and meet up with locals at their own homes.

### MAY

**May 1, Labour Day** - A public holiday in Iceland that is celebrated by an annual parade in the city centre.

**Reykjavík Arts Festival** - An annual 3-week festival promoting Icelandic, Scandinavian and international culture. A variety of exhibitions, concerts, theatre, dance and opera performances.



ÞJÓÐMINJASAFN ÍSLANDS  
*National Museum of Iceland*

### OPEN

Summer (1. May – 15. September)

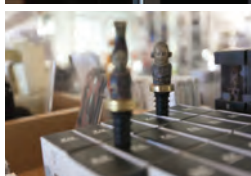
Daily 10:00 – 5:00

Winter (16. September – 30. April)

Tuesday-Sunday 10:00 – 5:00

# THE NATIONAL MUSEUM OF ICELAND

The country's largest  
museum of cultural history  
featuring a permanent exhibition on Iceland's  
history from settlement to present day as well  
as temporary exhibitions e.g. on photography.



[www.thjodminjasafn.is](http://www.thjodminjasafn.is) | Suðurgata 41 | 101 Reykjavík

## Main Events and Holidays in Reykjavík and Iceland

**Art without Borders** - The aim of the festival is to celebrate diversity and participation of people with disabilities. The festival crosses over mixed media of art, music and theatre.

### JUNE

**1st weekend, Seamen's Day** - Annual event based on an old Icelandic tradition to honour those who make their living from the sea.

**The International Organ Summer** - June - August. Lunchtime organ concerts on Thursdays at noon at Hallgrímskirkja Church. Various musicians perform various pieces of organ music.

**Viking Festival** - A week long festival, held in and around the Viking Village in Hafnarfjörður. Swordfighting, craftsmen at work, magic, music and real Vikings.

**June 17, National Day** - This is the day Icelanders celebrate independence. Parades and festivities for people of all ages all around the country.

**The Color Run** - Come and run with us through five kilometers of exploding coloured powder. The aim of this event is to bring Color Running mania to the world!

**Secret Solstice** - An Icelandic music festival showcasing both established artists and exciting up-and-coming talent.

### JULY

**1st weekend** - Second largest travel weekend in the country. Travelers enjoy camping in the Icelandic countryside or visiting summer houses.

### AUGUST

**1st weekend, Bank Holiday** - A holiday commemorating the traditional shopkeeper's summer break. Celebrated wildly by those young at heart with music and camping festivals all around the country.

**2nd weekend, Reykjavík Pride** - Thousands of people gather in a large, international parade to march through the streets of the city. Includes an outdoor concert with Icelandic and international artists, along with dances and other activities. The parade was originally invented to fight for gay people's rights.

**3rd weekend, Reykjavík Marathon** - Thousands of people of all ages from all over the world take part and run through the streets of the city.

**3rd weekend, Reykjavík Cultural Night** - The celebration takes place in the city centre with the participation of many artists, cultural institutions, shops and cafés. The evening ends with a big firework display down by the harbour.

**Í TÚNINU HEIMA Festival** - A family festival close to Reykjavík, in the beautiful town of Mosfellsbær. Offering great handcraft in the famous Álafoss Factory. At night, famous Icelandic musicians will perform.

### SEPTEMBER - OCTOBER

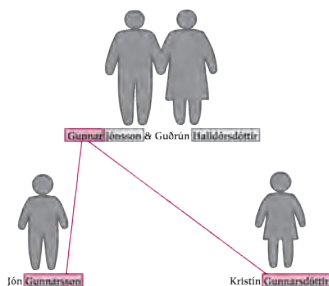
**Reykjavík Film Festival** - Icelandic and international films are screened with emphasis on artistic films.

**Reykjavík Jazz Festival** - Nationally and internationally recognised artists play in different venues across the city.

## Icelandic Names

Icelandic naming traditions have not changed much, and most Icelanders still follow the ancient tradition of deriving their last name from their father's first name, although some like to use the mother's name. Therefore, the children of someone called Gunnar Jónsson, are likely to have the surnames Gunnarsson and Gunnarsdóttir (Gunnar's son and Gunnar's daughter), and are not characterised by a common family name. Interestingly, Icelanders do not address each other by the last name under any circumstances, and doing so would seem unusual. In the case of marriage, Icelandic women do not take their husband's name, and therefore

Icelandic families generally have a mixture of names, with mum, dad and children all having their unique and individual patronymic or matronymic names.



## Iceland's Top 10

Breathtaking landscapes, glaciers, waterfalls and hot springs; the Viking heritage and rich medieval culture, or the vibrant night-life and abundance of creative artists. Whatever reason brought you to Iceland there are several things above others that will **make your stay unforgettable**. We have listed a few of Iceland's treasures that no visitor should miss.

- 1 Geysir
- 2 Kirkjufell
- 3 Jökulsárlón
- 4 Blue Lagoon
- 5 Whale watching
- 6 Glacier cave on Langjökull
- 7 Outdoor swimming pools
- 8 Mývatn
- 9 Dettifoss
- 10 Westman islands

## Main Events and Holidays in Reykjavík and Iceland

### NOVEMBER

**Iceland Airwaves** – A five day music festival bringing bands from all over the world to Reykjavík to play in small venues all around the capital.

### DECEMBER

**December 1, Independence Day** - On this day in 1918, Iceland was officially declared an independent nation.

**December 21, Winter Solstice** - The shortest day of the year. The sun rises at 11:22, grazes the horizon and sets at 15:30.

**December 23, Þorláksmessa** - This day pays tribute to one of the few indigenous saints of Iceland, St. Þorlákur. Christmas preparations reach high point and shops are open until 11 PM.

**December 24, Christmas Eve** - At 6 PM the church bells toll to mark the beginning of Christmas. Many people go to church and a Christmas mass is broadcast live

on radio. After having Christmas dinner, Icelanders sit down to open their presents.

**December 25, Christmas Day** - A public holiday reserved by many Icelanders for the purpose of visiting family and friends and sitting down to meals of festive fare.

**December 31, New Year's Eve** - Icelanders say goodbye to the old year with an enormous fireworks display which illuminates the sky around midnight.



New Year's Eve fireworks





The Culture House  
Hverfisgata 15  
101 Reykjavík

The exhibition, shop  
and café are open  
daily 10–17

Closed on Mondays  
16/9–30/4

# A journey through the visual world of Iceland



Illuminated manuscripts, textiles,  
carvings, photographs, paintings  
and contemporary Icelandic art  
[www.culturehouse.is](http://www.culturehouse.is)

The Culture House is part of the National Museum of Iceland

# WHAT TO DO IN



GARÐABÆR

## MUSEUM AND HISTORY

### MUSEUM OF DESIGN AND APPLIED ART

**Open:** 12-17, closed Mondays.

Tel: 512 1525 • Garðatorg 1 • 210 Garðabær.

[www.honnunarsafn.is](http://www.honnunarsafn.is) **Bus:** no1.



1

### HOFSTADIR ARCHEOLOGY SITE

Historic park. Remains of a Viking-Age-longhouse.

Free entrance. **Open 24 hours.**

Kirkjulundur • 210 Garðabær. [www.gardabaer.is](http://www.gardabaer.is),

[www.sagatrail.is](http://www.sagatrail.is) **Bus:** no1/24.



2

### KRÓKUR AT GARÐAHOLT

A small gabled farmhouse built in 1923.

**Open on Sundays in June-August: 13-17.**

Free entrance. [www.gardabaer.is](http://www.gardabaer.is)

**Bus:** no 23.



3

4

### ÁSGARÐSLAUG THERMAL POOL

Outdoor pool, steambath.

**Open:** Mon-Fri 6.30-22, Sat-Sun 8-22.

Tel: 565 8066 • Ásgarður • 210 Garðabær

**Bus:** no1.



5

### ÁLFTANES THERMAL POOL

The country's only wave pool, a 10 m high, 80 m long waterslide.

**Open:** Mon-Fri 6.30-21, Sat-Sun 9-18. Tel: 550 2350

Breiðamýri • 225 Garðabær **Bus:** no 23.



## SWIMMING POOLS

Garðabær

Kópavogur  
Reykjavík

Kópavogur



Hafnarfjörður

Keflavík  
40 km

# High Quality Touring Map 1:500 000

## Back of the map

- Important tourist informations
- Driving tips
- Length of day & night
- Spas & natural hot pools
- Icelandic folk legends
- Some facts about Iceland
- Volcanoes eruptions 1700 – 2015
- 32 Place descriptions
- Distances between some key points

[www.icelandroadguide.com](http://www.icelandroadguide.com) • tel.: 354 562 2600







Apotek Restaurant

**Always rise  
to an early meal,  
but eat your fill before a feast.  
If you're hungry  
you have no time  
to talk at the table.**

from Hávamál Eddaic poems (AD 700-900)

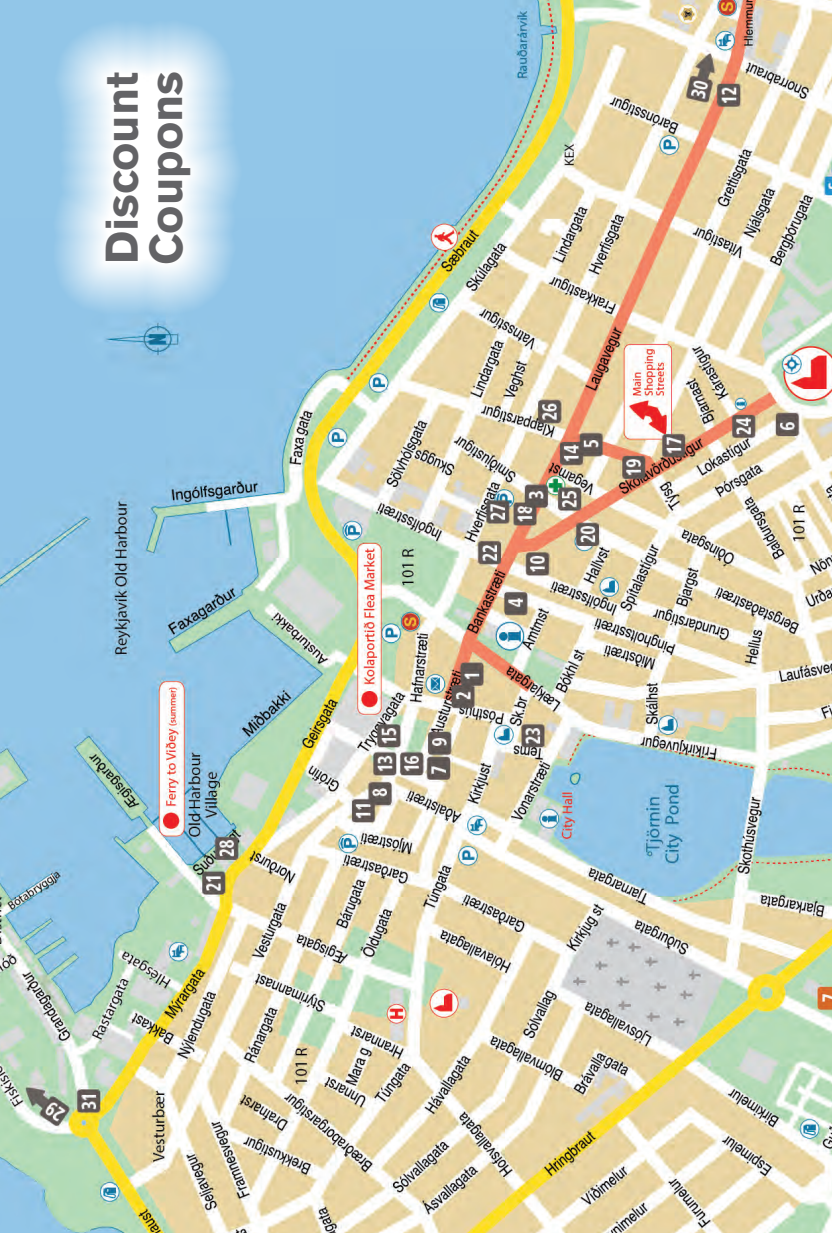
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**DID YOU KNOW:** There is a detailed listing of more restaurants on our new website?



## Your Guide to **Dining**

[Coupons Map](#) - [Dining Map](#) - [About Restaurants](#) - [Fine Dining](#) - [Casual Dining](#) - [Traditional Food](#) - [Words & Phrases](#) - [Learn Our Secrets](#) - [Budget Dining](#)  
[Local Food and Gourmet](#) - [Cafés](#) - [Icelandic water](#)



TEMPLARASUND 3 · 101 RVK · TEL: 571 1822 · [WWW.BERGSSON.NET/MATHUS](http://WWW.BERGSSON.NET/MATHUS)

## BERGSSON MATHÚS

Healthy, tasty food all  
day long

Mon-Fri 7:00-19:00  
Sat-Sun 7:00-17:00

## BREAKFAST, LUNCH & BRUNCH

TWO LOCATIONS

Fresh fish straight from  
Reykjavík harbour

Mon-Fri 10:00-16:00

## BERGSSON RE

GRANDAGARÐUR 16 · 101 RVK · TEL: 571 0822 · [WWW.BERGSSON.IS/BERGSSON-RE](http://WWW.BERGSSON.IS/BERGSSON-RE)

# Restaurants and Cafés



## About the Restaurants

Reykjavík has an excellent selection of top class restaurants, most of which are located in and around the city centre. Globalization has reached the city and can be seen in the wide range of tastes and flavours here. So if you like Asian, Japanese, Italian, Nordic, French or fusion cuisine, or would like to try something Icelandic, then head downtown and take your pick. Responding to the demand for vegetarian and vegan cuisine, more and more restaurants also offer meatless dishes on their menus.

In this chapter you will find a list of different dining experiences, ranging from fine dining at the top restaurants in the city to budget dining for those on the go. The combination of fresh ingredients and raw

passion make it easy for chefs to create mouth-watering eating experiences in Iceland. Using only the best raw materials available, such as Icelandic mountain lamb, freshly-caught fish or newly-picked herbs, our chefs can create anything from a simple traditional dish to a masterpiece on a plate.

A new law was passed in 2018 allowing pets such as dogs and cats to accompany their owners to restaurants in Iceland. However, the owners of restaurants make the final decision to allow pets into their establishments. If you are allergic to pets or have a phobia of animals, it is best to check with the establishment before booking.



## Fine Dining

**Fine dining** is a must when on holiday and Iceland is no exception. Many of the restaurants in this category employ award-winning chefs, who have won praises for their cooking skills and innovative ideas. Fine dining includes top quality service, cosy ambience, unique menus and an excellent selection of wine.

### Kol Restaurant

*Skólavörðustígur 40, tel: 517 7474*

A fine dining experience of feel good comfort food with a twist of classic cuisine. Kol prides itself in high quality craft cocktails and an inspiring wine list.



### Rauðahúsið

*Búðarstígur 4, 820 Eyrarbakki, tel: 483 3330*

A fine dining restaurant in an historical building about 40 minutes from Reykjavík. Excellent seafood straight from the fishermen. **See no. 22 on Iceland Map.**

### Dill

*Hverfisgata 12, tel: 552 1522*

New Nordic restaurant which was awarded the Michelin Star in 2017. Enough said.

### Fish Company / Fiskfélagið

*Grófartorg, Vesturgata 2a, tel: 552 5300*

Variety of meat and fish courses with emphasis on the fish.

### Geiri Smart

*Hverfisgata 30, tel: 528 7050*

Upmarket restaurant with a creative menu in a sophisticated environment.

### Grillmarkaðurinn

*Lækjargata 2a, tel: 571 7777*

Offers a menu based on locally sourced Icelandic ingredients.

### Lobster House

*Amtmannstígur 1, 101 R, tel: 561 3303*

Gourmet nouvelle cuisine with exquisite courses, specializing in delicious lobster dishes.

### Lækjarbrekka

*Bankastræti 2, tel: 551 4430*

Icelandic cuisine, most popular for their seafood and lamb.

### ROK Restaurant 28

*Frakkastígur 26a, tel: 544 4443*

ROK offers classic Icelandic food, such as fish pie and cured lamb.

### Seafood Grill 17

*Skólavörðustígur 14, tel: 571 1100*

An upmarket restaurant specializing in delicious fish dishes.

### Good to know

- You can ask for a **children's menu**, when dining out with little ones.
- **Tipping is not customary** in Iceland since service is included in the price.
- All restaurants, cafés and bars in Iceland are **non smoking**.



**KOL**  
KITCHEN • BAR

DO NOT MISS OUR  
**FRUITS  
DE MER**

SKÓLAVÖRÐUSTÍGUR 40 - TEL.+354 517 7474 - KOLRESTAURANT.IS

TAPASBARINN

# ICELANDIC GOURMET FEAST

Our famous Icelandic menu includes Brennivín and 7 delicious tapas

- Shot of Brennivín
  - Smoked puffin with blueberry “brennivín” sauce
  - Icelandic sea-trout with peppers-salsa
  - Lobster tails baked in garlic
  - Pan-fried line caught blue ling with lobster sauce
  - Grilled Icelandic lamb tenderloin, beer sauce
  - Minke Whale with cranberry & malt sauce
- 
- White chocolate “Skyr” mousse with passion coulis

**Taste the best of Iceland in one amazing meal**

**8.990 KR.**



# A LOCAL FAVOURITE FOR 17 YEARS



**Experience tapas the Icelandic way, made with the freshest local ingredients in an energetic and vibrant atmosphere.**

## LATE NIGHT DINING

Our kitchen is open  
until 23:30 on weekdays  
and 01:00 on weekends

**TAPASBARINN – A MUST TRY IN ICELAND**



Tapasbarinn | Vesturgata 3B | 101 Reykjavík | Tel: 551 2344 | [tapas.is](http://tapas.is)

## Casual Dining

**Casual dining** is a more informal dining experience that generally offers a lower price than restaurants in the fine dining category. These restaurants still offer good service, delicious meals, a good wine selection and comfortable seating. This category includes bistros and family restaurants.

---

### Apotek

*Austurstræti 16, tel: 551 0011*

The restaurant is casual-smart, offering delicious food in a vibrant atmosphere and stylish surroundings. The menu is a fun mix of Icelandic and European cuisine with a smoking hot Argentinean grill. Dishes are designed to share and enjoy together.

2  
on map

---

### Bastard Brew & Food

*Baronstígur 11, tel: 551 9555*

Bastard brews beer. It also sells beer from other breweries and makes great craft cocktails. Bastard is the place you have been looking for! Happy Hour: 16-19.

3  
on map

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### Bergsson Mathús

*Templarasund 3, tel: 571 1822*

The go-to place for hungry travellers and busy folk who enjoy eating good, healthy and honest food. Offers breakfast, lunch and brunch from as early as 7am.

4  
on map

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### Bergsson RE

*Grandagardur 16, Ocean Cluster House, 101 R, tel: 571 0822*

Bergsson is a favourite lunch spot amongst Icelanders. Specialities are mainly seafood dishes. Open from 9-16. Great views over the marina.

5  
on map

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### Caruso

*Austurstræti 22, tel: 562 7335*

A well-established family-run Italian restaurant situated in a restored historical building. Delicious Italian & Mediterranean cuisine pasta dishes, pizzas and other meat dishes are offered in a cosy, romantic atmosphere. Live music every weekend.

6  
on map

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### Caruso Harbor

*Ægisgarður 2, 101 R, tel: 512 8181*

Another Caruso venue in an historical building, Sólfell. Enjoy the delicious Italian & Mediterranean dishes while delighting in the view over the busy harbour.

7  
on map

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### Culiacán

*Suðurlandsbraut 4A, 108 R, tel: 533 1033*

Mexican cooking techniques from the Mexican Chef making everything from scratch. One of the biggest vegan menus in Reykjavík - 13 vegan options.

# RISTORANTE Caruso



*Enjoy Mediterranean cuisine in one of the  
oldest buildings in Reykjavik*

*Live classic guitar music on weekends.*



*Cosy atmosphere in the heart of Reykjavik*

Table reservation by phone, call: 5627335 or via [caruso@caruso.is](mailto:caruso@caruso.is). Caruso Austurstræti 22 / 101 Reykjavik



# LOCAL FOOD & BEER

Tasty and fun food made with fresh and local Icelandic ingredients



## MUST TRY DISHES ...

**MINKE WHALE**, smoked celeriac puree, "malt" sauce

**LAMB SANDWICH**, romaine, waffle fries, estragon sauce

**TRADITIONAL ICELANDIC FLATBREAD**, lightly smoked arctic char, cream cheese, dill, lemon

**OVEN BAKED LOBSTER TAILS**, garlic butter, lobster mayo, sweetcorn-chili salsa

**SLOW COOKED LAMB SHOULDER** for 12 hours, green peas, estragon sauce, waffle fries – perfect for two to share

**MINI ICELANDIC TRADITIONAL PASTRY "KLEINUR"**, Dulce de Leche caramel, cinnamon, lemon

And many, many more ...

[saetasvinid.is](http://saetasvinid.is)



@saetasvinid



ICELANDIC GASTROPUB

We offer a unique selection of Icelandic beer, wine,  
and cocktails to enjoy alongside the food.

Drop by for lunch, late lunch, dinner or drinks in a casual  
and fun atmosphere.



OUR KITCHEN  
IS OPEN  
11:30-23:30

SÆTA SVÍNID // Hafnarstræti 1-3 / Tel. +354 555 2900 / [saetasvinid.is](http://saetasvinid.is)

### **El Santo**

*Hverfisgata 20, tel: 5197579*

El Santo's inspiration is straight from the heart of the Mexican kitchen, where everything is made in house with the freshest ingredients available. El Santo is vegan-friendly and offers gluten-free options.

8  
on map

### **Forréttabarin**

*Nýlendugata 14, tel: 517 1800*

Offers a new spin on traditional Icelandic cuisine. The perfect place to meet friends and have a quick bite or a long pint.

9  
on map

### **Geysir Bistro Bar**

*Aðalstræti 2, tel: 517 4300*

An ideal place to sit down in a cozy environment and watch the bustling life rushing by while enjoying quality food at a reasonable price.

10  
on map

### **Grillhúsið**

*Tryggvagata 20, - Sprengisandur, - Kringlan, tel: 527 5000 - Borgarnes (West Iceland)*

One of the city's favourite Rock'n'Roll Steakhouses. We offer a diverse menu of steaks, burgers, Tex Mex food and more at affordable prices. Try out our different locations.

11  
on map

### **Íslenski barinn**

*Ingólfsstræti 1a, tel: 517 6767*

The menu consists of traditional Icelandic dishes, with a twist, along with unusually good burger meals and other gastro pub food at reasonable prices. Icelandic through and through.

12  
on map

### **Jómfrúin**

*Lækjargata 4, tel: 517 4300*

In the heart of Reykjavík, this restaurant has been serving their famous Danish sandwiches for over 20 years. During summer, the back patio is a popular venue for jazz lovers.

13  
on map

### **Kopar**

*Lækjargata 4, tel: 517 4300*

In the heart of Reykjavík, this restaurant has been serving their famous Danish sandwiches for over 20 years. During summer, the back patio is a popular venue for jazz lovers.

14  
on map

### **Restaurant Reykjavík**

*Vesturgata 2, tel: 552 3030*

Seafood buffet every evening and a menu with a perfect range of Icelandic specialties. A great location in the town centre with a great outdoor area.

15  
on map

# THE HONKY TONK BURGER

with pepper cheese, pickled red onion, mushrooms, horseradish sauce, tomato, onion and lettuce.



+354 527 5000

grillhusid.is

Tryggvagata 20, 101 Reykjavík

## GEYSIR Bistro

# SALTED COD

with almond and chive butter, fig and potatoes



+354 517 4300

geysirbistro.is

Aðalstræti 2, 101 Reykjavík

# APOTEK

KITCHEN+BAR



## THE HOME OF ICELANDIC SEAFOOD AND LAMB

APOTEK Kitchen+Bar is a casual-smart restaurant located in one of Reykjavíks most historical buildings. We specialize in fresh seafood, lamb and local ingredients prepared with a modern twist.

---

OPEN 11:30–23:30 Mondays – Thursdays  
11:30–00:00 Fridays and Saturdays  
12:00–23:00 Sundays

---

APOTEK KITCHEN+BAR // Austurstræti 16 / 101 Reykjavík / [apotek.is](http://apotek.is)

# APOTEK

KITCHEN + BAR

## ICELANDIC GOURMET MENU

### 7 course dinner menu

Starts with a “refreshing” shot of the national snaps Brennivín

#### PUFFIN

Goats cheese, dill oil, berry gel, rye bread crumble

#### ICELANDIC COD

Slow cooked cod, double smoked lamb, beets, beet mayo, dill oil

#### MINKE WHALE

Shallot vinaigrette, crispy Jerusalem artichokes

#### SEA TROUT

Yuzu mayo, truffle mayo, crispy quinoa, apple

#### PLAICE

Samphire, green asparagus, citrus beurre blanc

#### FREE RANGE ICELANDIC LAMB RUMP STEAK

Carrot purée, carrots, cauliflower, black garlic sauce

#### Dessert

#### SKYR FANTASIA

Skyr fromage, Skyr mousse, strawberry & lime gel, lime sponge cake



## Casual Dining

### Salka Valka

Skólavörðustígur 23, 101 R, tel: 571 1289

A homey coffee shop/restaurant serving delicious fish dishes and more. Enjoy local beer or a traditional dessert while using the free Wi-Fi. Vegan friendly.

16  
on map

### Shalimar

Austurstæti 4, 101 R, tel: 551 0292

Excellent Pakistani Tandoori & Curry cuisine served in a beautifully-decorated space and welcoming atmosphere.

17  
on map

### Sumac

Pinghóltsstræti 5, tel: 568 6600

Just off the main shopping street, Sushi Social offers a fusion of Icelandic, Japanese and South American cuisine and exotic cocktails.

18  
on map

### Sushi Social

Pinghóltsstræti 5, tel: 568 6600

Just off the main shopping street, Sushi Social offers a fusion of Icelandic, Japanese and South American cuisine and exotic cocktails.

19  
on map



**Culiacan** HIGH-QUALITY RAW INGREDIENTS & MEXICAN COOKING TECHNIQUES

ONE OF THE BIGGEST VEGAN MENUS IN REYKJAVÍK

SUÐURLANDSBRAUT 4A, REYKJAVÍK | CULIACAN.IS | +354 533 1033

SMURBRAUÐ – SMØRREBRØD



# Jómfrúin

– SCANDINAVIAN KITCHEN –

EST. 1996



Welcome to Jómfrúin, the home of Danish smørrebrød in Reykjavík. It all began in 1888 with Oscars Davidsen's highly praised smørrebrød restaurant in Copenhagen. An unbroken tradition of quality and Danish culinary culture for the past 100 years. Enjoy!

Open every day 11:00 - 22:00 | Lækjargata 4 | 101 Reykjavík | jomfruin.is

## Casual Dining

### Sæta Svinið

*Hafnarstræti 1-3, tel: 555 2900*

A gastropub in the heart of the city specializing in local food and beer. Live events such as Party Karaoke and Party Bingo make this pub a fun place to visit.

20  
on map

### Tapas Barinn

*Vesturgata 3b, tel: 551 2344*

Ideally-located downtown, Tapas offers the tradition of Spain mixed with Iceland's finest ingredients. Delicious Icelandic Gourmet Feast and group menus.

21  
on map

### Viking Village

*Strandgata 55, 220 Hafnarfjörður, tel: 565 1213*

Viking feast with food, drinks and live music, served in a hall resembling those of the Middle Ages. 15-minute drive from Reykjavík. **See 21 map on page 51.**

### Hafið Bláa

*Óseyrartanga at the Ölfusá bridge, 816 Ölfus, tel: 483 1000*

A seafood restaurant on the shores of the North Atlantic ocean. Excellent food and a stunning views about 40 mins from Reykjavík. **See no. 21 on Iceland Map.**



***At Kopar we choose  
local products,  
both from land and  
sea, to create an  
adventurous menu***



**Kopar | Geirsgata 3 | +354 567 2700 | koparrestaurant.is**

VISITORSGUIDE.IS

# ONE SITE FITS ALL

*All you ever wanted to know about Iceland*

**Find places & things to do by location**

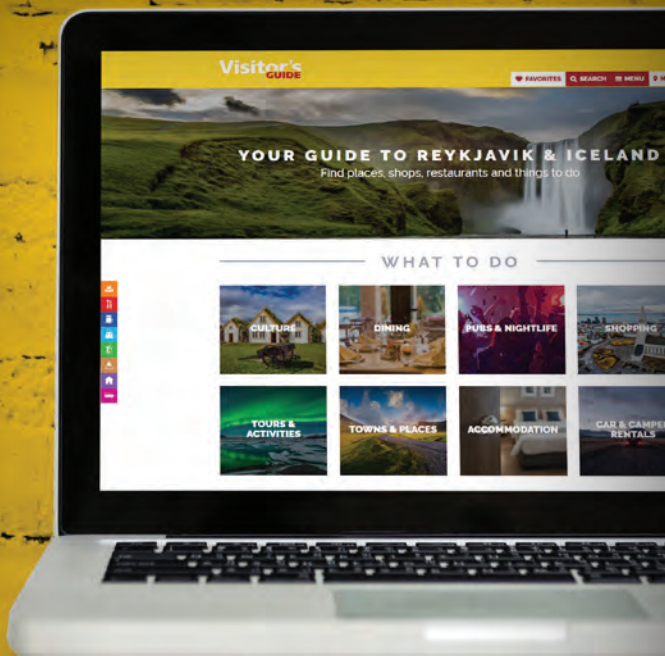
**Jam-packed with information**

**Works well on all devices**

**User-friendly interface**

**Happy hour finder**

**Discount coupons**



## Traditional Icelandic Food

Traditional Icelandic food was born out of necessity dictated by weather and circumstances. The preservation of food was a matter of **survival over the winter** months when meat and fish were scarce. Housewives used various methods to preserve as much food as possible. Meat was smoked, salted, pickled or put in whey for 3 - 4 months, giving it a very specific sour taste. Fish was dried, hanged, salted, smoked or allowed to cure for some time. A few examples of the "delicacies" made from Icelandic sheep are blood and liver pudding, singed sheep heads, smoked lamb and ram testicles!

If you would like to taste some of these special treats, try **Café Loki** near the Hallgrímskirkja Cathedral. Try flat bread (flatkaka), sliced smoked lamb (hangikjöt) and some butter to make a tasty snack. Smoked trout on rye bread (rúgbrauð) is also popular. When going on a camping trip, take some dried fish (harðfiskur) with you. It is the perfect lightweight snack, which most Icelanders pack when going on a picnic or hike. Most of the above foods can be found in grocery stores and at the **airport duty** free stores.

**In front of Hallgrímskirkja, Lokastígur 28**

**Icelandic plate**



**www.cafeloki.is**  
**tel: 466-2828**

Icelandic traditional meatsoup  
Icelandic pancakes  
Taste of shark & dried fish  
Today's special



**Enjoy some solid homemade Icelandic food**



## Tasty Local Cuisine by the Old Harbour

+ Nýlendugata 14, 101 Reykjavík +



 **tripadvisor**  
Certificate of Excellence  
2017

ICELANDIC RESTAURANT & BAR

Table reservations: +354 517 1800 - [www.forrettabarinn.is](http://www.forrettabarinn.is)

*Forrétta*  
BARINN

# Two Icelandic t



**The Viking Village** is a unique place and it is the only Viking theme Hotel and restaurant in Iceland. We have step by step been developing our facilities over the last 28 years and will hopefully continue to do so in the future. We offer Hotel accommodation and Viking houses. Good for families and groups.

**Viking feasts - Souvenirs - L**

**"You haven't been in Iceland if yo**

15 minutes drive  
to the city centre

**Booking:** [www.vikingur.is](http://www.vikingur.is)

# themed villages



**The Fisherman's Village**, our newest accommodation is Hlið in Álftanes only few minutes drive from the Viking Village. Like a country home by the seaside. Such an idyllic place to visit. The restaurant is open for groups in the evenings. Close to the president's residence.

**ive entertainment most nights**  
**ou haven't been to us" Don't miss it!**

village.is | +354 565 1213

## Words and Phrases

Here are some indispensable words and phrases translated from English and German to Icelandic.

English	German	Icelandic
Yes	Ja	Já
No	Nein	Nei
Maybe	Vielleicht	Kannski
Good morning	Guten Tag	Góðan dag
Good evening	Guten Abend	Gott kvöld
Goodbye	Auf wiedersehen	Bless
Thank you	Danke	Takk fyrir
Trip	Ausflug	Ferð
The weather is good	Das Wetter ist gut	Veðrið er gott
It rains	Es regnet	Það rignir
Are you cold?	Ist dir kalt?	Er þér kalt?
This is beautiful	Das ist schön	Þetta er fallegt
Mountain	Ein Berg	Fjall
Glacier	Ein Gletscher	Jökull
Landscape	Landschaft	Landslag
Food	Essen	Matur
Drinks	Getränke	Drykkir
Beer	Bier	Bjór
I am a Viking	Ich bin ein Vikinger	Ég er víkingur
I'm on vacation	Ich bin auf Urlaub	Ég er í frí
You are cute!	Du bist süß!	Þú ert sæt(ur)!
What is your name?	Wie heißt du?	Hvað heitir þú?
Where do you live?	Wo wohnst du?	Hvar átt þú heima?
What's your telephone number?	Wie ist deine Telefonnummer?	Hvað er síminn hjá þér?

### Advice on pronunciation

ð as 'th' in 'the' // Þ, þ as 'th' in 'thunder' // Æ, æ as 'i' in 'high'

For more information see [www.visitorsguide.is](http://www.visitorsguide.is)

# SEAFOOD BUFFET



RESTAURANT  
REYKJAVÍK

Every day from 17:30



☎ +354 552 3030

🌐 [restaurantreykjavik.is](http://restaurantreykjavik.is)

📍 Vesturgata 2, 101 RVK

# ICELANDIC SEAFOOD

makes world's best sushi



**SOCIALIZE  
WITH THE  
LOCALS**

The best of Icelandic produce with a nod to Japan and South America. Modern Icelandic flavours, share plates and award winning cocktails.

**Our kitchen is open**

17.00–23.00 sun.–thu.

17.00–24.00 fri.–sat.

**Sushi Social**

Þingholtsstræti 5 • 101 Reykjavík

Tel 568 6600 • [sushisocial.is](http://sushisocial.is)

## sushi social



## Some of our favourite Icelandic dishes

### **Smoked puffin**

Blueberries, croutons, goat cheese, beetroot

### **Icelandic roll**

Gravlax roll with Brennivín (Icelandic traditional Snaps) and dill.  
Avocado, mango, cucumber, dill mayo, rye bread crumble

### **Minke whale**

Date purée, wakame and teriyaki

### **Lamb leg steak**

Slow cooked leeks, lamb juice, baked carrot

### **Skyr**

Skyr infused with birch, berries, white chocolate crumble,  
and sorrel granita

## Local Food and Gourmet Learn Our Secrets

Iceland's unspoiled nature, free-roaming sheep and rich fishing grounds are the main ingredients for the fresh, organic food on offer in the country. If you are a vegan or a food connoisseur there will always be something for you to get excited about when it comes to eating in Iceland.

**Beint frá Býli** or Farm Food Direct is an association of farmers which enables you to buy products directly from farms so that you know exactly where your food comes from and freshness is guaranteed. If you want

to buy organic food, this is a great way to go about it. The delicious Icelandic lamb is simply a must for any meat lover, and the fresh local organic vegetables are a delight for any vegan. Add a "brennivín" schnapps as an appetiser to complete the experience. Fresh trout, salmon, cod and char are all available for fish lovers and the national dessert, skyr, is a dairy delight. In the shopping street Skólavörðustígur, the charming sit-in Ostabúðin Delicatessen sells cheeses, sausages and more.



**SALKA  
VALKA**

FISH & MORE  
SKÓLAVÖRDUSTÍGUR 23

SÍMI/TEL.: 354-571-1289  
SALKAV23@GMAIL.COM



# BASTARD

## BREW & FOOD

Vegamótastígur 4  
101 Reykjavík

We brew our own beer.





## **MEXICAN RESTAURANT AND BAR**

Hverfisgata 20 | [elsanto.is](http://elsanto.is) | tel: 519 7579



**ICELANDIC** Fish, Lamb & Chicken  
in original **PAKISTANI & INDIAN** curries,  
**TANDOORI** dishes, **TANDOORI** Nan breads  
Kebabs, Samosas, Vegetarian specialities,  
**LUNCH & DINNER OFFERS** every day



PAKISTANI-INDIAN KEBAB & CURRY CUISINE

**AUSTURSTRÆTI 4, Tel. 551 0292 [www.shalimar.is](http://www.shalimar.is)**

# sumac

GRILL + DRINKS



ICELANDIC FUSION, NORTH AFRICA & MIDDLE EAST  
**ONLY THE FRESHEST INGREDIENTS**

Laugavegur 28 | 101 Reykjavík | +354 537 9900 | [sumac.is](http://sumac.is)

# RISTORANTE Caruso

HARBOR



ENJOY MEDITERRANEAN CUISINE AT THE  
OLD HARBOR IN REYKJAVÍK

Ægisgarður 2, 101 Reykjavík | +354 512 8181 | carusoharbor@caruso.is

## Budget Dining

If the exciting activities or nightlife have cut into your budget somewhat and you need to economise, don't despair, there are many restaurants and bistros that have special offers during lunch hours. **Kringlan** and **Smáralind**, the two largest shopping malls in Iceland, both offer an impressive variety of fast food options from recognizable American chains to an all Icelandic Booztbar, which specializes in healthy fast food. The all time favourite is the Icelandic national bite, the "pylsa" (hot dog), with all its delectable trappings. A number of food wagons

have sprung up around the harbour area, offering fare from fish and chips to lobster sandwiches. These wagons offer tasty, quick meals to enjoy while people watching or to grab one on your way to a whale watching trip. Home deliveries to your hotel room is also possible by **Domino's**. If you're not in the mood for pizza you could just as well get a delivery of Indian or Asian food. Delightful places to visit for a cheap but good bite to eat are the bakeries. Most of them offer a wide range of sandwiches as well as tempting delicious pastries.





# EXPERIENCE

## ❖ *The Golden Circle* ❖

Treat yourself to Iceland's most popular pizza.  
Call us at 58 12345, we deliver right to your room!



TEL. 58 12345

## Budget Dining

**Budget dining** is for those who are on the move between places or activities. It involves fast service, limited seating and tasty meals. Upmarket take-aways are also included in this category. Order online.

22  
on map

### Domino's Pizza

*Various locations, tel: 581 2345*

Iceland's favourite pizza place with locations all over the city. Fast, efficient service and home deliveries.

### Austurlanda Hraðlestin

*Lækjargata 8, tel: 578 3838 (ask about other locations)*

Tasty, authentic Indian food.

### Bæjarins Beztu

*Tryggvagata 1, tel: 511 1566*

The most popular hot dog stand in Reykjavík.

### Chuck Norris Grill

*Laugavegur 30, tel: 561 3333*

A grill and bar in the heart of Reykjavík.

### Hamborgarabúllan

*Geirsgata 1, tel: 511 1888*

A popular fast food burger joint. Several locations around Reykjavík.

### Hlöðlabátar

*Ingólfstorg, tel: 511 3500*

Popular take away sandwiches. Many give in to temptation at the end of a good night drinking – Open til late.

### Mandi

*Veltusund 3, tel: 571 1444*

Middle eastern take away. Excellent Kebabs and vegetarian options.

### Metró

*Suðurlandsbraut 5, tel: 581 1414*

Simple fast food place with a drive-thru option.

### Nings

*Suðurlandsbraut 6, tel: 588 9899 (ask about other locations).*

Fast food Asian restaurant.

### Núðluskálinn / Noodlestation

*Skólavörðustígur 8/ Laugavegur*

Hot noodles and soups at affordable prices.

### PHO Vietnamese restaurant

*Suðurlandsbraut 8, tel: 588 6868*

Vietnamese food with a variety of dishes available.

### Osushi - the Train

*Pósthússtræti 13, tel: 561 0562*

Conveyor belt sushi, made from fresh Icelandic seafood.

### Saffran

*Álfheimar 74, tel: 578 7874 (Ask about other locations).*

Healthy, fresh, international food at affordable prices. Eat in or take away.

## Local Food and Gourmet and the Countryside

Many visitors to the countryside are astounded by the quality of restaurants in the tiny villages and farms. In fact, many have been praised for their world-class meals and personal service. Fresh rivers, nearby farms and fertile hillsides are the treasure chest from which country chefs get their ingredients. Freshly-picked berries and herbs just add to the excellence of country catering.

Local food is often marketed under logos such as **"Food Chest Skagafjörður"** in the north-west of Iceland, guaranteeing that produce comes straight from the farm or a local

fishing boat. **"Vestfirðir – Local Food"** in the west fjords is the mark for fresh ocean products and in East Iceland where reindeer and goose make its way to the table, there is a movement called **"Austfirskar Krásir"**, guaranteeing freshness and quality. South Iceland is the most fertile area in the country, famous for its dairy products. Here, geothermal energy has made greenhouse farming possible, producing the majority of Icelandic organic vegetables. Rich fishing grounds have given rise to seafood restaurants such as, **Hafið Bláa** and **Rauða Húsið** in Eyrbakkí.



VISITORSGUIDE.IS

# ONE SITE FITS ALL

*All you ever wanted to know about Iceland*

Find places & things to do by location

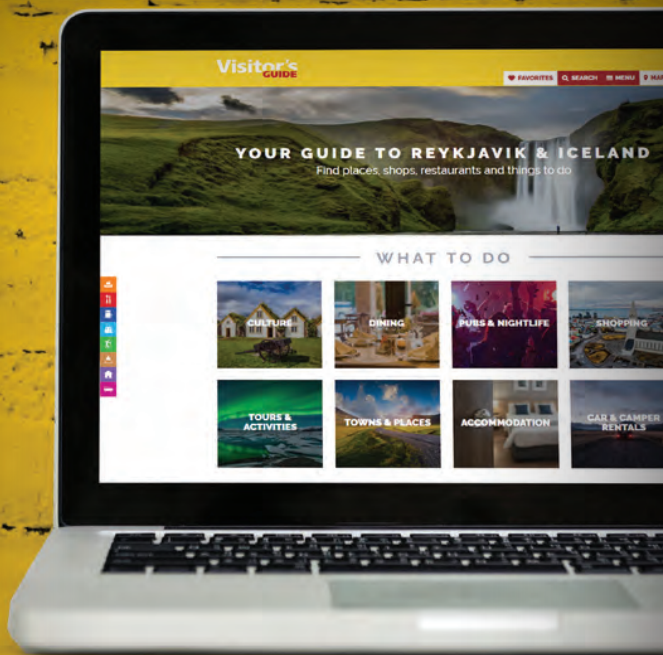
Jam-packed with information

Works well on all devices

User-friendly interface

Happy hour finder

Discount coupons



## Cafés

Icelanders have always been coffee lovers and this is reflected in the number of cafés that have sprung up in the past few years, such as Kaffitár, the aromatic coffee shop with a social conscience that brightens up Bankastræti downtown. There are 7 Kaffitár outlets in the Reykjavík Area with the latest taking pride of place at the top of Perlan. Most cafés sell light meals & alcoholic beverages as well as being child-friendly.

Many cafés have taken advantage of the effects of global warming in Iceland and now provide outdoor seating for warmer days. There's nothing like sipping a good cappuccino in the sun while watching daily life in Reykjavík. Each café has its own speciality and ambience, making choosing difficult, so why not do a 'café crawl' that includes the Icelandic traditional food specialist, Café Loki or the friendly Café Lækur, until you find your favourite barista.

---

### Kaffitár

**23**  
on map

*Bankastræti 8 & various other locations, tel: 420 2732*

Iceland's most popular coffee shop, built on the passion of the barista and the aroma of newly-ground coffee. They offer a wide variety of coffees, cakes and pastries in a relaxed atmosphere.

---

### Kaffi Lækur

*Laugarnesvegur 74a, tel: 537 6556*

A speciality café and art gallery in the Laugardalur valley. They offer healthy sourdough flatbreads, salads and sandwiches as well as delicious soups and dish-of-the-day. They also serve brunch on weekends from 10:30 -15:00.

**See no. 24 on Rvk map insert.**

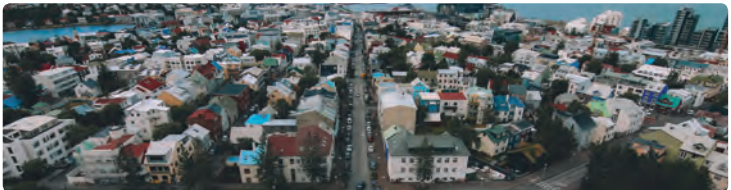
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### Café Loki

**24**  
on map

*Lokastíg 28, tel: 466 2828*

This is where you experience typical Icelandic hospitality while you indulge in traditional Icelandic food. Family-owned, the restaurant makes use of recipes that have been passed on from one generation to the next.



## Cafés

### **Babalú**

*Skólavörðustígur 22*

A cosy café with a laid back atmosphere. Crêpes, paninis and homemade cakes.

---

### **Café Haiti**

*Geirsgata 7b*

A relaxing atmosphere and excellent coffee roasted at the premises.

---

### **Café Paris**

*Austurstræti 14*

A cosy café in the heart of town. Serves a selection of light meals.

---

### **Café Roma**

*Rauðarárstígur 8*

Café/bakery which offers tasty light meals at reasonable prices.

---

### **Grái kötturinn**

*Hverfisgata 16a*

A tiny little 50's-style café, located in a quiet place on Hverfisgata.

---

### **Hannesarholt - Cultural house**

*Grundarstígur 10*

Located in the historic home of the late Hannes Hafstein, Iceland's First Minister and a beloved poet.

---

### **Hressó**

*Austurstræti 20*

Café, bar and bistro that turns into a nightclub in the evenings and at weekends. They sometimes offer live music and have a good dancing area.

---

### **ÍDA Zimsen**

*Vesturgata 2a*

A book café in a cosy and relaxed atmosphere. Serves light courses and good cakes.

---

### **Kaffi Sólun**

*Bankastræti 7a*

Café, bistro, bar and a club, depending on the time of day.

---

### **Kaffi Vinyl**

*Hverfisgata 76*

Vinyl store that offers light vegan and vegetarian food.

---

### **Kaffifélagið**

*Skólavörðustígur 10*

A small coffee house with a sit in or take away option.

---

### **Mokka Kaffi**

*Skólavörðustígur 3a*

One of Reykjavík's oldest cafés. Offers a selection of coffee, sandwiches and cakes.

---

### **Nora Magasín**

*Pósthússtræti 9*

A small café that offers home-made meals at affordable prices.

---

### **Reykjavík Roasters**

*Kárástígur 1*

Local coffeehouse that serves speciality coffee from fresh roasted beans.

---

### **Svarta Kaffið**

*Laugavegur 54*

A nice café in a cosy old house. Serves excellent soup in a bread bowl.

---

### **Te og Kaffi**

*Austurstræti 18 and Laugavegur 27 & 77 (ask for other locations).*

Excellent coffee, cakes and light dishes.

---

# ENJOY A CUP

Bankastræti • Borgartún • Kringlan • Nýbýlavegur  
Perlan • Þjóðminjasafn • Stórhöfði





CAFÉ, EATERY AND BAR

EXCELLENT COFFEE  
AND TEAS

SELECTION OF NORDIC  
BEER AND FOOD

## KAFFI LÆKUR

LOCATED IN LAUGARDALUR  
VALLEY, NEXT TO THE  
NATIONAL SWIMMING POOL



[www.laekur.is](http://www.laekur.is) | Laugarnesvegur 74a, 105 Reykjavík | Tel: 537-6556

See location no. 24 on RVK map.



## Icelandic Water The Best in the World?

Icelanders have the good fortune of having access to an almost limitless and inexpensive supply of both hot and cold water. Most of the hot water supply comes from geothermal hot springs so this is naturally heated.

The cold water comes from mountain springs and is filtered through lava, reaching the user as nature intended, without additives such as chlorine and fluoride. Icelandic drinking water is amongst the purest in the world and can be drunk straight from the tap. In an OECD report from 2001, it is stated that there are no contaminants or heavy metals in the Icelandic drinking water. There are stringent quality control measures to ensure the maintenance of this high quality and safety of water. Reykjavik Water Works, part of Reykjavik Energy, was the first Nordic company to receive the ISO

9001 quality standard.

Visitors to Iceland often ask why the hot water smells of rotten eggs. It is true that the hot water sometimes smells of sulphur, which is due to the geothermal origins of the hot water, making it excellent for bathing, but not drinking. The hot water which is supplied by the geothermal power plants is best experienced in one of the many geothermal swimming pools of the city.

In order to enjoy the unique taste of the pure spring water, just remember to let the cold water run for a while from the tap before tasting, to ensure that no hot water is mixed in. The Icelandic spring water is safe, refreshing and tastes excellent. It is not without cause that Icelanders say their water is the best in the world!

Why buy Icelandic water in bottles?

**You get it free from the tap!**



**SAY NO  
TO PLASTIC**



### Iceland Airwaves

Ale  
has too often  
been praised by poets.  
The longer you drink  
the less sense  
your mind makes of things.

from Hávamál Eddaic poems (AD 700-900)



## Your Guide to **Pubs & Nightlife**

Reykjavík Hot Destination - Pubs Map -  
Pubs & Clubs - Happy Hours -  
Beers & Brennivín - Icelandic Music

# Pubs





PETERSEN  
— SVÍTAN —  
ROOFTOP BAR

AMAZING TERRACE  
with a 360° VIEW of the CITY!



# PETERSEN SVÍTAN

*Rooftop Bar*

## WINTER

Open every day from 4 pm

Happy Hour from 4–8 pm

*Bubbly*  
THURSDAY with Live Music

## SUMMER

Open every day from 12 pm

Happy Hour from 12–8 pm

Open Grill & special summer menu



Gamla bió . Ingólfsstræti 2a . s. 563 4000 . gamlabio.is . gamlabio@gamlabio.is



## Reykjavík Hot Destination

Reykjavík is famous for its lovely cafés, bars and clubs. It has gained a reputation for being one of the hottest nightlife cities in Europe. We encourage you to try as many venues as possible. Choose your mood and pick the venue accordingly – there is something for everyone!

Much of the nightlife is concentrated on four streets within 1 km radius of each other, so pubcrawling takes on a circular bent which Icelanders call *Rúntur* (the round). We have compiled a list of popular hangouts according to energy levels to help you decide on your place of revelry. So if you are 20 + and energetic or 35+ and looking for something sophisticated, then this list will help you decide. Of course, as the night wears on,

these categories might just blend into each other as inhibitions disappear. A piece of advice to “first-timers”: Do not expect to see too many people downtown early in the evening on weekends. Nightlife doesn't really start until around midnight, because most people are at private parties until then or making use of Happy Hour which is offered by most places. In this way, Icelanders don't allow the expense of a night out to prohibit their joy of clubbing. You can start your evening at **American Bar**, or end it there with a nightcap. A lot of the cafés are also bars and take on a different feel in the evenings. Enjoy a pre-club meal at **Geysir Bistro**, or enjoy a pub quiz at **Lebowski Bar** before moving



Photo: Courtesy of Iceland Airwaves



Party Every Night • Cocktails!

**Live Music Every Night!**

50 different kinds of beer.

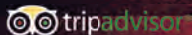
**Happy hour 4-7PM!**

Kitchen open from 11.00. DJ Every weekend!

**Ribs • Burgers • Chicken Wings!**

**AMERICAN  
BAR**

REYKJAVÍK



LIFE IS SHORT - DRINK EARLY

AUSTURSTRAETI 8 • 101 REYKJAVÍK

2 FOR 1 FROM 4-7 PM - TEAR HERE!



## **Reykjavík** Hot Destination

on to serious nightclubbing. For those who wish to try national authenticity, try the **Icelandic Bar** (Íslenski barinn) for an Icelandic culinary session washed down with a good Icelandic beer, or stop off at **Den Danske Kro** for a taste of Denmark.

If you are an English football fan, make your way to the **English Pub** and check out the score with a cold beer, stay on longer and enjoy some live music from Icelandic troubadours. **The Irishman Pub** is a great place for a dart game and some live music. Meet the locals at **Kaldi Bar** in Laugarvegur which sells beer from their own micro brewery. Prices vary between places, but on average the range is between 2,000 – 3,000 kr for a meal and 1,000

– 1,500kr for a large beer. Many bars have happy hour where selected beers or cocktails are offered at reasonable prices. Enjoy a great cocktail while admiring the view from **Petersen Svitan** or you could laugh at **The Drunk Rabbit** while downing a Guinness.

Most bars and cafés stop serving food at 22:00 or 23:00, but some are still open well into the night on weekends. Closing time is at 1:00 am on weekdays and on weekends it can be as late as 5:00 in the morning. Most places have no entrance fee unless there is live music offered at the venue (see chapter on Icelandic Music). Before heading back to your hotel, join one of the long queues of Icelanders getting some grub or a juicy sub before bedtime.



Photo: Courtesy of Iceland Airwaves



# Den Danske Kro

Kro · Bodega · Pub

*“VERDENS BEDSTE KRO”*



OPEN DAILY FROM **12:00**

HAPPY HOUR 16-19 // LIVE MUSIC EVERY NIGHT

Ingólfsstræti 3 101 RVK +354 552 0070 [www.dendanskekro.is](http://www.dendanskekro.is)

## **Pubs** and Clubs

There is usually so much going on at night in Reykjavík that it is easy to lose your head, not really knowing where to go or what to look for. Browsing through this list of pubs and clubs while sipping a cold beer from Egils or Kaldi, might give you a clearer idea of where you want to end up. We have tried to make it easier for you by categorizing the pubs with icons that show age suitability, dance floor, live music, food service and happy hour for each establishment. Smoking is prohibited by law in all cafés, bars and clubs in Iceland, so some places offer airy outdoor spaces for smokers. Free Wi-fi is also offered by most establishments. Take advantage of the relative safety of Reykjavík and join the crowd as you stroll between places for a good night out.

---

### **American Bar**

*Austurstræti 8, tel: 571 9999*

The place to go for American culture and entertainment. It is a diner-style bar, serving American greets such as buffalo wings and burgers. American whiskey and beers. Happy Hour: 16-19.



---

### **Den Danske Kro ( The Danish Pub )**

*Ingólfsstæti 3, tel: 552 0070*

The first pub in Iceland to start happy hour from 16:00-19:00. If you want to meet the locals then this is the place. Live music every night. Happy Hour: 16 -19.



---

### **The Drunk Rabbit**

*Austurstræti 3, tel: 553 1041*

An authentic Irish Pub in the heart of downtown Reykjavík. Come and get your craic on at The Drunk Rabbit Irish Pub. Live music every day. Sláinte. Happy Hour: 12-19.



---

### **The English Pub**

*Austurstræti 12, tel: 578 0400*

The only English pub in Reykjavík. Open daily from 12:00 and live music every night. Check out the first Wheel of Fortune in Iceland. Spin it to win it. Happy Hour: 16-19.



---

### **The Irishman Pub**

*Klapparstígur 27, tel: 580 2020*

It offers everything a thirsty person wants and more. The Irishman has a hidden private Karaoke-room for 10-20 persons and we recommend that it is pre-booked. Darts, live music and live sports every day. Happy Hour: 12-19



**Íslenski Barinn – The Icelandic Bar***Ingólfsstræti 1a, tel: 517 6767*

This bar has one of the best selection of Icelandic beers in the world. It serves up to 60 types of all available local beers. Some liqueurs and spirits are produced in Iceland. Happy Hour: 16 -18.

**Kaldi Bar***Laugavegur 20b, tel: 581 2200*

Small, cosy and very busy. Only Icelandic beers for sale. Be early, because it is Iceland's most popular bar. Happy Hour: 16 -19.

**Lebowski Bar***Laugavegur 20a, tel: 552 2300*

Themed after the Coen brothers movie *The Big Lebowski*, great interior, fantastic burgers and the best White Russians. Happy Hour: 16 - 19.

**Petersen Svítan***Ingólfsstræti 2a, tel: 563 4000*

A beautiful rooftop bar in one of Iceland's most famous buildings, Gamla Bíó. Its amazing terrace and 360° view over the city is one of a kind. Jazzy and cool, with lots of history. Happy Hour: 16 - 20 in Winter & 12-20 in Summer.



Fish • Lamb • Whale • Icelandic cuisine with a twist Icelandic music and nightlife  
Mix with the locals ...and **all the Icelandic beers** in one awesome place!



INGÓLFSSTRÆTI 1A 101 REYKJAVÍK

www.islenskibarinn.is postur@islenskibarinn.is Tel: +354 517 6767



**ÍSLENSKI BARINN**  
THE ICELANDIC BAR • REYKJAVÍK

## More Pubs and Clubs

### 101 Bar

*Hverfisgata 10*

Cocktails and ambient music.

---

### B5

*Bankastræti 5*

Popular with the younger crowd in Reykjavík.

---

### Bjarni Fel Sportbar

*Austurstræti 20*

A sportsbar in the centre of town.

---

### Gaukurinn

*Tryggvagata 22*

A venue for live music and new bands.

---

### Hressó

*Austurstræti 20*

Café, Bar and Bistro and nightclub.

---

### Hverfisbarinn

*Hverfisgata 20*

Very popular trendy bar for the young and restless. Live music.

---

### Kaffibarinn

*Bergstaðastræti 1*

Jet set people, artists and students.

---

### Kaffi Sólón

*Bankastræti 7a*

Café, bistro, bar and a club.

---

### Kex Hostel

*Skúlagata 28*

Mixed crowd, affordable meals.

---

### Prikið

*Bankastræti 12*

One of Reykjavík's oldest bars/café's. Live music most Fridays.

---

### Slippbarinn

*Mýrargata 2*

Specializes in cocktails and local brews.

---

### Uppsálir Bar

*Aðalstræti 16*

Sophisticated but relaxed atmosphere.

---

### Vínbarinn

*Kirkjutorg 3*

Wine bar with a sophisticated ambience.

---

### Ölstofa Kormáks & Skjaldar

*Vegamótastigur 4*

Sit down, drink beer and meet people.

---



Photo: Courtesy of Iceland Airwaves



**Lebowski  
BAR**

Laugavegi 20a 101 RVK 552 2300

# SHAKES

BURGERS & WHITE RUSSIAN

**HAPPY HOUR 16-19**

**DJ'S EVERY NIGHT**

OPEN DAILY FROM 11

**Lebowski  
BAR**



[www.lebowski.is](http://www.lebowski.is)

## Happy Hour

Happy hour is traditionally a period between 16:00 - 19:00, when pubs and clubs have special offers on beer, wine and other alcoholic drinks. In Reykjavík, many pubs are now offering daily happy hours and an early evening pub-crawl is increasingly popular amongst Icelanders. Listed below are some of the places that offer happy hour in Reykjavík.

**American Bar** 16:00 – 19:00

**Apotek** 16:00 – 19:00

**Bastard Brew & Food** 16:00 – 19:00

**Den Danske Kro** 16:00 – 19:00

**The Drunk Rabbit** 12:00 – 19:00

**El Santo** 17:00 – 19:00

**English Pub** 16:00 – 19:00

**Forréttabarin** 16:00 – 19:00

**The Irishman Pub** 12:00 – 19:00

**Íslenski Barinn** 16:00 – 18:00

**Kaldi Bar** 16:00 – 19:00

**Lebowski Bar** 16:00 – 19:00

**Matwerk** 15:00 – 18:00

**Petersen Svítan** 16:00 – 20:00

**Sæta Svinið** 15:00 – 18:00

**Sushi Social** 17:00 – 18:00

**Tapas** 17:00 – 18:00

### ProTip

To find a Happy Hour closest to you, visit our website [www.visitorsguide.is](http://www.visitorsguide.is).





## THE ENGLISH PUB

**HAPPY HOUR EVERY DAY  
16:00-19:00**

Whether it's a soccer, rugby or golf, there are always special offers when live events are being broadcasted !! There's live music every night with local musicians and for someone feeling lucky, there is the wheel of fortune.

Austurstræti 12 | 101 Reykjavik | Iceland | tel: +345 578 0400 | [enskibarinn.is](http://enskibarinn.is)

## Beer and Brennivín from Iceland



Beer was finally legalized in Iceland in 1989 and ever since then beer has been a growing industry in Iceland.

Several breweries had been brewing for export since before the ban was lifted such as **Ölgerðin Egill Skallagrímsson**, founded in 1913. It is also the only one left brewing beers since 1989. Their best-known brands are **Gull and Boli** (meaning Bull). Viking breweries owned by Coca Cola, brew Viking Gylltur and Thule as well as other brands.

**Brío** was the first beer from Borg Brugghús, a microbrewery founded by Ölgerðin. Its popularity was such that the microbrewery could not handle the demand, so it became a part of the Ölgerðin portfolio. Brío has in its short life span won several awards, most notably being the Gold medal for the best German-style Pilsner at the World beer cup.

Brewed from some of the purest water in the world, Icelandic beers are a good choice in today's varied beer culture.

Visitors to the guest room at Ölgerðin have the opportunity to experience a new and innovative way to get acquainted with Icelanders and their history. The tour **Taste The Saga** (See page 174) offers a unique insight into the drinking culture as well as some laughs, brews and snacks.

The pioneer microbrewery, **Kaldi**, was founded in 2006. Microbreweries became popular and 2017 saw at least 15 new breweries start up, making Iceland a truly exciting hotspot for beer lovers.

But if beer is not your thing and you'd like something more authentically Icelandic, **Brennivín** is the drink for you. As Iceland's signature alcoholic beverage, Brennivín has been partying in Iceland since 1935. Sometimes known under its nickname, **Black Death**, this cumin-based schnapps has had a resurgence in popularity as a cocktail drink or simply as chaser after a meal.

Skáll!





**THE IRISHMAN PUB**  
REYKJAVIK

 **GUINNESS**

 **KILKENNY**  
DRAUGHT

✿  
**KARAOKE ROOM FOR RENT**

✿  
**LIVE MUSIC**

✿  
**HAPPY HOUR**  
FROM 12 - 7pm

klappastígur 27 - [info@irishmanpub.is](mailto:info@irishmanpub.is)

## **Icelandic** Music

Music has always been an integral part of Icelandic life. From the unique chanting sounds of Viking rhymes to the merry notes of a happy horse rider, music and song have filled the air for centuries. The deep national appreciation for tuneful rhythms is reflected in the number of music schools in the country. Even the smallest village will have someone teaching children to play a musical instrument. Choirs are popular as a pastime and there is most likely a recorder or guitar somewhere in every house. Given the exposure to this art form, it is not surprising that Iceland is a nation of music lovers and music makers. A song is a means by which one reveals the heart's desire and Icelanders have embraced this medium of expression with a passion. Today this tiny population hosts several music festivals a year, boasts a number of international stars and has record companies promoting local artists on the international scene. **Smekkleysa** created by the 80's band Sykurmolarnir (The Sugarcubes) is the pioneer company that has promoted Icelandic talent both here and overseas since Björk's rise to fame. 12 Tónar is another record company which has had international success with Mugison and Retro Stefson.

While the music scene is vibrant and engaging, the market here is small scale,

so many talented musicians leave the island and invariably make it big elsewhere. Björk was the pioneer who exposed Icelandic talent internationally and since then there have been many popular bands that have risen to fame on a world-wide scale, such as Sigur Rós, Of Monsters and Men, Gus Gus, Ásgeir Trausti and Kaleo, to name a few.

Many an Icelandic musician has been heard on the soundtrack of blockbuster movies: Emiliana Torrini sings 'Gollum's Song' in The Lord of the Rings and Of Monsters and Men have 'Dirty Paws' in The Secret Life of Walter Mitty and Sigur Rós is heard in The Game of Thrones.

These names are all familiar to international visitors but local talent is unending as various competitions such as **Battle of the Bands** (Músiktilraunir) or **Iceland Got Talent** reveal.

A new rising star and local celebrity, **Glowie**, shot to fame after winning such a talent contest and has just been awarded a recording contract with Columbia.

Despite all these familiar names, much Icelandic talent is still woven into the national fabric. Páll Óskar, Bubbi Morthens, Andrea Gylfadóttir, Jóhanna Guðrún, Lay Low and Björgvin Halldórsson are just a

# Kaldi

BAR

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for the fresh and  
mature individual

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few of the big names Icelanders have been listening and dancing to for years. The raw talent of Iceland is discovered at music festivals dotted around the country all year round.

Major festivals featuring international stars are concentrated in Reykjavík and include **Secret Solstice**, **Icelandic Airwaves** and **Sónar**. If you want to hear home beats, go to a village where nature plays a huge role in the acoustics of outdoor festivals. **Aldrei fór ég suður** in Isafjörður, West Fjords is a popular free festival held over Easter. This festival is a celebration of Icelandic music, Icelandic style where locals and radio heroes rock away for free.

Over on the east coast in Borgarfjörður eystri, **Bræðslan** is a festival celebrating Icelandic country, folk and indie music with an artsy feel in a spectacular setting. Further east, in Neskaupstaðir, there is an indoor festival of hard core rock, heavy metal and punk, called **Eistnaflug**, which goes on for four days. (go to pg. 262 for list of festivals in Iceland).

In Keflavík there is the unique **Icelandic Museum of Rock'nRoll** which covers the history of rock from 1930 to present day. An interesting interactive museum with displays and creative possibilities such as a sound lab and karaoke options. Very much worth a visit.



Photo: Courtesy of Iceland Airwaves

DRINKS FOR THE THIRSTY



THE DRUNK  
RABBIT

IRISH PUB

HAPPY HOUR  
12-19 EVERY DAY

LIVE MUSIC  
EVERY NIGHT

AUSTURSTRÆTI 3  
REYKJAVÍK



Farmers & Friends

**A true friend  
whom you trust well  
and wish for his good will:  
Go to him often  
exchange gifts  
and keep company.**

from Hávamál Eddaic poems (AD 700-900)



## Your Guide to **Shopping**

Tax Free Shopping - Shopping Map  
Shopping in Downtown - Icelandic Designers  
The Old Harbour - Grandi District  
Shopping Centres

## Tax Free Shopping

As a traveller residing outside Iceland, you are entitled to claim VAT on your purchases. Shopping for more than 6000 ISK on one receipt makes you eligible for a tax refund, so remember to ask for your Tax Free Refund Form at the store counter. When departing from Keflavík Airport, the Tax Free Refund is paid in the currency of your choice. Other departure points usually have a service desk or tax-free agent on board.

### Collect your Refund

Collect your refund in cash, get it credited to your credit card or mail back the check by using the Refund envelope accompanying the check. Make sure you are well informed of the terms and conditions.

- VAT rates are 24% and 11% on books and music.
- Minimum spending amount (VAT included) is 6,000 ISK.
- Maximum 3 months from date of purchase for validation of goods.
- Purchased items, together with receipts and other documents must be shown BEFORE going to passport control.
- Purchaser has to have permanent residence outside of Iceland.

### Refund Locations

Collect your refund at these locations:

- Keflavík airport – Arion Bank
- Reykjavík airport - Information desk

- Reykjavík harbour - Service centre for cruise passengers
- Seyðisfjörður Port – Tax-free desk, Smyril Line

For more information, see <https://www.kefairport.is> or <http://www.cruiseiceland.com>





# A warm welcome

Feldur is a fur brand that specializes in design and production of high quality fur products. The shop/workshop is located just a few minutes walk from Laugarvegur shopping street where we give you a warm welcome with our natural selection.

**FELDUR**

shop/workshop

REYKJAVIK - ICELAND

Snorrabraut 56, Reykjavik | +354 588 0488 | [feldur.is](http://feldur.is) | [feldur@feldur.is](mailto:feldur@feldur.is)

● Kolaportio Flea Market





Handmade Icelandic art and jewelry  
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Tel. 354 5523485 / 8983485 / 8963485

## Shopping in Downtown Reykjavík

Reykjavík offers excellent possibilities for shopping, especially unique Icelandic designs, inspired by the country's beautiful nature and landscape. It surprises many that the prices of designer and luxury goods are often considerably lower than expected. This is partly because retailers don't have to pay exorbitant costs for high street space as they do in larger cities. Iceland has seen a growing number of designers offering their unique creations in several stores in Reykjavík (see a list later in the chapter of Icelandic designers). These designers have often studied abroad and return to enrich the country with their unbound creativity, colours and forms that show an international flair, and yet are firmly rooted in Icelandic culture. For those who are looking for souvenirs or bargains, Reykjavík has plenty to offer. There are a number of charity shops selling second-hand clothing and items, and Kolaportið, Iceland's indoor flea market

where Icelandic jumpers and delicacies are sold at acceptable prices, is a must-stop for bargains.

### **Reykjavík's Main Shopping Streets**

The main shopping area of Reykjavík centres around three streets, namely Laugavegur, Bankastræti, and Skólavörðustígur. (See coloured streets on city map) However, other interesting shops are often hidden in the side streets, so it pays to make a turn every now and then. The Grandi district and Old Harbour Area are home to many designer stores/open workshops, restaurants, museums and more. It is a wonderful example of the blending of two main industries, fishing and tourism. This mixture of galleries, jewellers, fashion designers, handcrafts and second-hand stores are mostly housed in disused baiting sheds or fishermen's garages and has become a social hub for designers and buyers alike.





NORDIC.HERITAGE.FASHION

**OUR STORES IN REYKJAVÍK:****FARMERS & FRIENDS**

Hólmahlóð 2 / Grandi (Old Harbor)

**FARMERS & FRIENDS**

Laugavegur 37



HÓLMASLÓÐ 2



LAUGAVEGUR 37

FOR A COMPLETE LIST OF RETAILERS IN ICELAND AND ONLINE STORE  
PLEASE VISIT OUR WEBSITE **[WWW.FARMERSMARKET.IS](http://WWW.FARMERSMARKET.IS)**

## Shopping in Downtown Reykjavík

### Laugavegur

Taking a slow amble down Laugavegur, the longest shopping street in Reykjavík, can be an enjoyable way to do your last minute shopping. It is also a good opportunity to buy something special from Iceland. Laugavegur offers the greatest number of shops with an emphasis on fashionable goods of all shapes and sizes, as well as speciality stores, cheaper souvenir shops, cafés and restaurants. **Fjallakofinn Outdoor Centre** at 11 Laugavegur, sells clothes and equipment for outdoor lifestyles from hiking to cycling as well as a good selection of camping goods. For the discerning gentleman looking for style, **Herrafataverslun Guðsteins** is the perfect outfitters at no. 34. **Farmers and Friends** are at 37 Laugavegur and offer beautifully crafted and designed clothing and accessories for all ages. **Jezorski Jewellers** can be found at 48 Laugavegur. It is a family-run designer jewellery shop. 62 Laugavegur houses **JS Watch Company** and retail shop where Gilbert Ó. Guðjónsson, one of Iceland's best-known watchmakers will give you a concentrated smile. **Vesturröst** at 178 Laugavegur, sells outdoor gear for fishing and



hunting. Close to Laugavegur, at 56 Snorrabraut is the furriers **Feldur** which also has a workshop on the premises.

### Bankastræti

The short street that runs up the hill from Lækjartorg, to meet Laugavegur, is a design lover's delight. Filled with jewellers and design clothes stores, this short street also hosts Iceland's favourite coffee shop, **Kaffitár** at Bankastræti 8. There are 6 shop-dotted over Reykjavík with the latest opening on the top floor at Perlan. Motivated by passion and professionalism, Kaffitár is always a delight to visit. If you are running for cover, run

to 82 Hverfisgata where **Reykjavík Raincoats** has the ideal coat for you. **ZO-ON** Iceland is at no.10 and sells trendy clothing for all sorts of weather, encouraging people to “Get Out There” and enjoy the great outdoors.

### Skólavörðustígur

Skólavörðustígur is one of the most attractive streets in Reykjavík. It runs from the corner of the main shopping streets, Laugavegur and Bankastræti, up to the magnificent Hallgrímskirkja church. In front of the church, a statue of Leifur-the-Lucky watches over the shoppers as they walk along the street, admiring the charming old

houses, browsing through the windows of stores and galleries. Whether you're looking for Icelandic design, souvenirs, woollen goods, photographs of Iceland or exotic arts and crafts, you'll find it here. Near the top of the street and the church is the artist **Lana Matusa** at Skólavörðustígur 41. Lana has participated in more than 120 international shows. Inspired by Icelandic nature, the artist creates beautiful high-fired ceramics with a special lava design – unique in Iceland. Since the store is also Lana's work studio, customers have direct contact with the artist.

OUR MASTER WATCHMAKER NEVER  
LOSES HIS CONCENTRATION



**GILBERT**  
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Laugavegi 62 - sími: 551-4100  
[www.gilbert.is](http://www.gilbert.is)

## Shopping in Downtown Reykjavík

At **The Handknitting Association**, no.19, you can buy quality woollen goods directly from the people who made them. They also have another store at 31 Borgartún. **Guðlaugur A. Magnússon (GAM)** at no. 10 is a long-established jeweller shop and silversmith renowned for its creative, unique designs and high quality pieces. There are a number of art galleries dotted along Skólavörðurstígur as well as eclectic coffee shops.

Not quite downtown, but close enough, you will find the artisan Jóhannes in his store, **Icelandic Knives** at Dalbraut. These knives are hand-made with the finest steel and unique shafts of wood or bone. The specialized Icelandic Hunting Knife is a firm favourite amongst buyers. **(See no.1 on map of Reykjavik for location)**

### Reykjavík's Oldest Area

Aðalstræti is Reykjavík's oldest street where Iceland's settler, Ingólfur Arnarson, built his farm after 874 AD. This may be a short street but it is not short of vibrancy. Beside the Ingólfstorg square, Aðalstræti hosts restaurants, a museum, a perfume shop and a hotel or two.

Further up the street, in Vesturgata is **Kirsuberjatréð**, where the original 19th century shelves are filled with colourful and lively clothes, accessories, utensils and decorative pieces for the home. Everything is handmade by the ten women who run this well-known co-operative of artists.



Photo: Courtesy of Kirsuberjatréð



## CREATIVE LOCAL MAKERS

A gallery run by 10 women  
artists in a historical old house  
in the center of Reykjavík

# KIRSUBERJATRÉÐ

VESTURGATA 4 101 REYKJAVÍK +354 562 8990 [www.kirs.is](http://www.kirs.is)



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ICELANDIC DESIGN  
INSPIRED BY NATURE  
AND EARTH'S  
TREASURES

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101 REYKJAVÍK  
WWW.GAM.IS



## ICELANDIC KNIVES **MADE BY THE MASTER**



Mr. Johann Vilhjalmsón, master knife- and gunsmith, has been custom making knives since 1994. He uses a select grade of steel to make the blades and hardens the steel himself.  
Each knife is custom finished and unique.

Dalbraut 1, 105 Reykjavík | [icelandicknives.com](http://icelandicknives.com) | [j.vilhjalmsson@simnet.is](mailto:j.vilhjalmsson@simnet.is) | +354 894 1950

© Eignarstjórn Reykjavíkur

# Lana Matusiša

art ceramic studio gallery



**Oil paintings, ceramic sculptures, lava people, unique teapots**

Skólavörðustíg 41, 101 Reykjavík  
Phone: +354 551 57 99  
[www.svetlanamatusa.com](http://www.svetlanamatusa.com)

Monday-Friday: 10.00 - 18:00  
Saturday: 11:00 - 16:00  
Sunday: closed

# BUY DIRECTLY FROM THE PEOPLE WHO MAKE THEM

**For centuries, Icelanders have depended on sheep to provide the wool for warm knitted garments that helped them to endure the long, cold winters.** So knitting, which used to be first and foremost a necessity, is still a pastime for many and a highly appreciated craft. Traditional handknitted Icelandic sweaters, known in Iceland as "Lopapeysa", are still as popular as ever. They are now a fashionable item to be worn at home or to social gatherings.

Back in 1977, a few Icelandic women who had used their knitting to supplement family incomes, decided to join forces. The aim was to establish an organisation that could facilitate better and more extensive marketing of their products. Thus the Handknitting Association was born.

Soon after it was established, the Association opened a store to sell members woollen goods. Offering a wide selection of traditional handknitted Icelandic

sweaters, the range of products also includes special designs and a variety of woollen products from leading Icelandic manufacturers. Naturally, with hundreds of active knitters remaining, the main store located at Skólavörðustígur 19, in one of the oldest parts of town, is the main destination for Icelandic wool, patterns and supplies. The other store is in Borgartún 31, close to Hotel Cabin. There you find all the same products as in Skólavörðustígur in a bright spacious place and a good place to park.

Right from the very start, our motto has been: Buy directly from the people who make them. We maintain a high standard and each hand-made garment quality checked before it reaches the shelves of our shops.

**Our customers can count on the fact that they're buying quality products made with unique Icelandic materials."**



THE  
**HANDKNITTING**  
ASSOCIATION OF ICELAND

Skólavörðustígur 19 • Borgartún 31 • S: +354 552 1890 • [handknitted.is](http://handknitted.is)

# Vesturröst

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Hiking, trekking or camping?  
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Laugavegur 11 Reykjavík  
Kringlan 7 Reykjavík

Reykjavíkurvegur 64 Hafnarfjörður



Marmot

ARCTERYX

SCARPA

MAKINOS

37.1

Black Diamond

BLACK DIAMOND

Juho

3 shops: Kringlan 7 | Laugavegur 11 | Reykjavíkurvegur 64 | Tel: 510 9505 | fjallakofinn.is



## Icelandic Designers in City Centre

In recent years, Icelandic design has burst onto the scene and is making a name for itself with highly-talented designers coming home to deliver their talents after being educated at the best creative centres of the world, Emphasis is usually on modern style with a very distinctive Icelandic twist. Many of these young creators sell internationally and are becoming more and more sought after. Although Reykjavík's city centre has become their venue with a growing number of small shops, showrooms and galleries, there are also a

number of designers who live in the countryside from where they get their inspiration. Look out for local designers in the villages around the country.

Handverk og Hönnun (Crafts and Design) is a non-profit foundation for designers and artists in Iceland and a platform from which many launch their careers in Iceland.

On the website: <http://www.handverkoghonnun.is/en>, there is a comprehensive list of Icelandic designers and images of their works.



Thousands have lived without love,  
Not one without water.



**REYKJAVIK**  
RAINCOATS



STORE LOCATIONS:  
HARPA / LAUGAVEGUR 70

**REYKJAVIK RAINCOATS - HVERFISGATA 82 - [WWW.REYKJAVIKRAINCOATS.COM](http://WWW.REYKJAVIKRAINCOATS.COM)**



It's not age. It's heritage.  
Elegance leaves no trace. Just traceability.  
Verslun Guðsteins since 1918



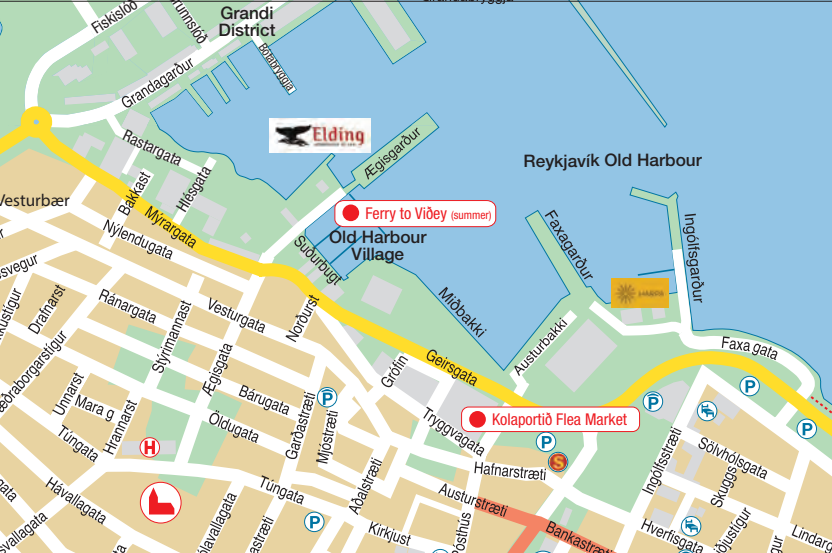
VERSLUN  
Guðsteins Eyjólfssonar

Laugavegur 34 | 101 Reykjavík | Tel: +354 551 4301 | gudsteinn.is

## The Old Harbour Area

The charming Old Harbour was transformed into a dynamic neighborhood when a group of energetic individuals renovated old fishermen's huts to revamp this historic area. Just a few minutes' walk from the city centre, the **Old Harbour Area** is now a hub of delicious seafood restaurants, whale and bird watching tours, stylish design boutiques, arts and crafts, souvenir and coffee shops as well as a cinema. Enjoy the view of the ocean from one of the waterfront restaurants, the boats, the bustle of a genuine working harbour and the smell of the sea. There are a number of good restaurants in the area, the newest

being **Caruso Harbor**, offering a delightful mix of Italian and Mediterranean cuisine with a view of the working harbour. Next door is **Kopar**, which focuses on creative dishes using Icelandic ingredients. Iceland's original burger joint, Hamborgarabúllan, is a favourite place for locals to grab a quick bite. Raw on the inside, this popular place is housed in the iconic rounded building on a street called Burgerjoint at the start of the whale watching pier. Further up the road is the friendly **Forréttabarrinn**, a great place to go for pre-dinner drinks or a great meal.



# restaurants.is

Almost all Restaurants in Iceland in one place!



Over **150 good restaurants** in the countryside on the page. Below are some **good and selective ones** in each region, with more information such as pictures, text and more.



Restaurant	Address	Type
<b>South of Iceland</b>		
Fjöruborðið Hafið Bláa	Eyrbraut 3, 825 Stokkseyri Óseyrarbryggja (5 min from - 820 Eyrbakki)	Seafood & fusion Icelandic cuisine
HVER Restaurant – Hótel Örk	Breiðumörk 1c, 810 Hveragerði	Icelandic cuisine
Rauða Húsið Vitinn	Búðarstígur 4, 820 Eyrbakki Vitatorg 7, 245 Sandgerði	Icelandic cuisine Icelandic cuisine
<b>North</b>		
Akureyri Backpackers Greifinn	Hafnarstræti 98, 600 Akureyri Glerárgata 20, 600 Akureyri	International cuisine Icelandic cuisine
Gamli Baukur Múlaberg Bistro	Hafnarstétt 9, 640 Húsavík Hafnarstræti 87, 600 Akureyri	Icelandic cuisine Icelandic cuisine
<b>West</b>		
Fosshotel Stykkishólmur	Borgarbraut 6, 340 Stykkishólmur	Icelandic cuisine
<b>East</b>		
Lake Hotel - Eldhusid	Egilsstaðir 1-2, 700 Egilsstaðir	Icelandic cuisine

 [Veitingastadir.is](https://www.facebook.com/veitingastadir.is)

## Grandi District

Walking further along the Old Harbour area, past the ship yard and along the waterfront to the **Maritime Museum** (read about the museum in the culture chapter), you will have reached the **Grandi District**. This area is a wonderful example of how tourism has replaced fishing as the top industry in Iceland. A host of art galleries and designers' workshops are located in disused fishermen's baiting sheds or store rooms. Fish processing plants still exist in the area and Grandi is still the hub for fishermen and their catch. **Grandagarður** consists of a long row of baiting sheds that have been revitalized by artists and designers, bringing art and food to the area. The ice-cream connoisseur, Valdís is a very popular place amongst Icelanders. The

designer store, **Farmers and Friends**, has made a name for itself for its unique woolen items and form-fitting pants. If you can't get to see the northern lights on your tour, don't despair, **Aurora Reykjavik** at the roundabout on Grandagarður is the perfect substitute to see this celestial spectacle. At 16 Grandagarður, **Bergsson RE** is the place to go for a good lunch of fresh fish. Moving onto the next street, Fiskislóð, **Whales of Iceland** has an informative display of life-size whales. Cheaper grocery stores Bónus, Nettó and Krónan are also located on this street. The Grandi District is definitely a place to take your time, relax and shop. Or just sit in the sun at one of the coffee shops and watch the activity in the harbour.





## Rich and contrasting Colours



Icelandic artist **Sjöfn Har** has exhibited in Iceland, various European countries and the US. Her paintings can be found in almost 30 countries around the world. Sjöfn Har graduated from the Icelandic College of Arts and Crafts and with a postgraduate Cand. Phil. in Art degree from the Royal Academy of Fine Arts in Copenhagen. Her paintings and works are sold at Gallerí List, Skipholt 50a - 105 Reykjavík and her art prints in various giftstores. For further info contact the artist. **Tel: (+354) 666 9030**

e-mail: [art41@simnet.is](mailto:art41@simnet.is) [www.Facebook / Sjöfn Har Academic Artist](http://www.Facebook/SjöfnHarAcademicArtist)  
[www.sim.is](http://www.sim.is) Sjöfn Har

## Shopping Centres

If you are interested in international brands, shopping centres Kringlan and Smáralind are the places to visit.

### **Kringlan Shopping Centre**

Kringlan Shopping Centre in Reykjavík is located a 10-minute drive from the city centre. Over 170 shops offer an excellent variety of fashion, jewellery, arts and handicraft as well as restaurants and coffee houses, a bar, various services and a cinema. There you will find the outdoor clothes shops 66°North and **ZO-ON Iceland**\*

### **Smáralind Shopping Centre**

Smáralind Shopping Centre has around 90 stores and is located in

Kópavogur, a 15-minute drive from the centre of Reykjavík. You will find a large variety of clothing stores, several specialty stores, restaurants and coffee houses as well as Iceland's largest cinema.

### **ZO-ON Iceland**

While enjoying the great outdoors, wearing the proper clothing is most important, especially in Iceland. ZO-ON is a highly popular brand of Icelandic-designed outdoor clothing that you can trust.

**ZO • ON**  
I C E L A N D



Smáralind Shopping Centre



Kringlan Shopping Centre



# GET OUT THERE

WHATEVER THE WEATHER

Bankastræti 10, City center | Kringlan shopping center  
[www.zo-on.com](http://www.zo-on.com)

**ZO • ON**  
ICELAND



**He is truly wise  
who's travelled far  
and knows the ways of the world.  
He who has travelled  
can tell what spirit  
governs the men he meets.**

*from Hávamál Eddaic poems (AD 700-900)*



## Your Guide to **Tours and Activities**

Reykjavík highlights - Reykjavík on Foot and Bike - Entertainment  
Family and Children - Water Activities - Northern Lights  
Whale Watching - The Icelandic Horse - Birdwatching  
Activities in the Countryside - Spas & Natural hot Pools

## Reykjavík Highlights

Reykjavík must surely be the smallest capital in the northern hemisphere and as such bears this status with pride. Most tourists don't feel like they are in the country's biggest city, as distances between attractions are not huge, traffic is not overwhelming and downtown Reykjavík is laid-back and interesting. The main shopping streets are geared primarily towards tourists and their needs. Reykjavík, however, has the trappings of any major centre which soon becomes apparent when dining out or spending a night on the town. Quality is the keyword when visiting the capital of Iceland. The highlights of Reykjavík might not always be obvious, but they are plentiful, depending on what you seek from the city.

### Viewpoints

Everybody loves a good view and Reykjavík has some amazing vistas of mountains and fjords as well as multi-coloured rooftops. **Perlan** at



The Pearl (Perlan)

Öskuhlíð is a great place to see Esja, the beautiful mountain and surrounding fjords. Another high point is the **Hallgrímskirkja Cathedral** at the top of Skólavörðustígur, from which a whole panorama opens up. A fee is charged to go up the bell tower.

### Museum Walks

This small city has a good reputation of being safe, despite the

hectic nightlife that might go on until all hours of the morning. Most attractions are within walking distance and if not, there are various shuttles and buses to main attractions. The **Hop-On-Hop-Off bus** is a good way to tour the city and can be booked through **TripGuide Iceland**. Most museums are located downtown and accept the Reykjavík City Card as well as some art galleries. The **Harpa Concert Hall** is a magnificent edifice on the waterfront which hosts various cultural events and concerts. Guided tours through the building reveal architectural genius.

### Late Night Walks

Most walking paths are well-lit and neighbourhoods are calm, so going for a midnight stroll to see the midnight sun or northern lights is taken for granted by the locals. Two major walking paths are along the seashore

of the city. One is from Harpa Concert Hall along the seaboard with a view of boat activity from the harbour and Viðey Island. The other is from the Grandi area to Gróttu lighthouse. Cycling in the dark is also a favourite past-time for some.

### Swimming, Whale Watching and Horse Riding

Reykjavík has its own sandy beach with a giant hot tub at **Nauthólsvík** which is a favourite of local ocean swimmers. There are also 7 public swimming pools each with their own setup and character. Getting in touch with nature doesn't take much in Reykjavík where shuttles will take you to **horse riding activities** in the suburbs and beyond. **Whale watching** from the central harbour is a great



Relaxing in Vesturbæjar swimming pool

activity while in Reykjavík. We recommend booking your activities in advance through TripGuide Iceland.

([www.tripguide.is](http://www.tripguide.is))

Besides all of the above, the actual highlight of Reykjavík is that it is so close to amazing landscape and wide open spaces from where the real Iceland beckons.



Nauthólsvík

## Reykjavík's Thermal Pools

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## Opening hours

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Weekends **9 – 22**

**Breiðholtið** Austurberg. Tel: 557 5547  
Monday – Friday **6.30 – 22**  
Weekends **9 – 22**

**Grafarvogslaug** Dalhús. Tel: 411 5300  
Monday – Friday **6.30 – 22**  
Weekends **9 – 22**

**Laugardalslaug** Sundlaugarvegur. Tel: 411 5100  
Monday – Friday **6.30 – 22**  
Weekends **8 – 22**

**Vesturbæjarlaug** Hofsvallagata. Tel: 411 5150  
Monday – Friday **6.30 – 22**  
Weekends **9 – 22**

**Sundhöll Reykjavíkur** Barónsstigur. Tel: 411 5350  
Monday – Friday **6.30 – 22**  
Weekends **8 – 22**

**Klébergslaug** Kjalarnes. Tel: 566 6879  
Monday – Friday **15 – 22**  
Weekends **11 – 15**

\* Opening hours summer 2018

Thermal pools and baths in Reykjavík are a source of health, relaxation and pureness.

All of the city's swimming pools have several hot tubs with temperatures ranging from

**37° to 42°C** (98° – 111°F). The pools are kept at an average temperature of **29°C** (84°F)

## Admission

Children (0-5 years old) Free entry

Children (6-17 years old) 150 kr.

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# Your Guide to Tours and Activities

## Reykjavík on foot/bike

← This side up

- Start here
- ★ Classic tour
- ★ Interesting places (stops in the tour)



## Reykjavík On Foot or Bike

Discovering downtown Reykjavík and its surroundings is best done on foot. This slow form of travel gives you a better exposure to life in the city and what it has to offer. Walking the streets of the city allows for surprises of tucked-away gems and provides an intimacy with the city as you interact with what you experience. Traffic stress is not your concern as you discover Reykjavík on foot. These walking paths are also mostly bike-friendly, so if you prefer to bike around the city, they are excellent paths of discovery.

### Reykjavík “CLASSIC”

(2 - 3 hrs. / 2.4 km.)

Starting at Lækjartorg square, follow Austurstræti to the corner of Pósthússtræti. Take a right turn and continue onwards towards the sea and Geirsgata. Once at the harbour, you will find an old steam locomotive which was used to transport materials for the building of the harbour. Enjoy the exhibition and sculptures on display and amble along the shoreline towards the Old Harbour Area. A cluster of beautifully-restored buildings housing restaurants and souvenir shops line the harbour. Walk along until you get to Ægisgarður and the whale watching huts. Take a left up Ægisgarður and into Gilsgata until you get to Vesturgata. Turn left and continue until you get Aðalstræti, the oldest street in Reykjavík.

Walk along Aðalstræti towards The Settlement Exhibition on the corner. Aðalstræti was the first and only

street in the early days of Reykjavík. This is the oldest part of the city and here you can find some of its oldest houses and trees. On the right side of the street is an old well which used to be one of the city's main water sources until the establishment of the Water Works in 1909. The tiny square at the end of the road used to be a cemetery and you can still see some old gravestones there. Turn right and follow Túngata up to the Catholic Church at Landakot. Walk through the grounds of the church until you reach Hávallahagata. Turn left and proceed to Garðastræti where you take a right to Kirkjustígur. Enjoy the old cemetery,

continued on next page



Sólfríð at Sæbraut. Artist: Jón Gunnar Árnason

## Reykjavík On Foot or Bike

filled with beautiful sculptures, grave-stones and aged trees.

Leaving the cemetery, turn right at Suðurgata to Skothúsvegur and enjoy a little detour around the city pond. Continue along Fríkirkjuvegur and make a stop at the National Art Gallery which is well worth seeing. Proceed towards the City Hall at the pond where you find the main Tourist Information Office. From there walk up Templarasund to the Alþingi Parliament House and the Cathedral.

From the church, walk onwards to Lækjargata, cross the road and continue in the direction of the Lækjartorg square. Pass the giant outdoor chess board, the statue Vatsnberinn and Bernhöftstorfán, a set of renovated buildings which house gourmet restaurants. Proceed to the statue of Ingólfur Arnarson, the first settler in Iceland, on the top of Arnarhóll. End the tour at Harpa Concert Hall or continue along the shoreline to the impressive sculpture called Sólfarið (Sea Voyager). After taking your selfie with the Sea Voyager, walk up Frakkastígur to Hallgrímskirkja at the top of the hill. Enjoy this austere cathedral before walking down Skólavörðustígur into Bankastræti and back to Lækjartorg square.

### Reykjavík "NATURE"

(2 - 4 hrs. / 9.3 km.)

Start your walk at Ingólfstorg square on Aðalstræti. Walk along the oldest street in Reykjavík until you get to the square on the corner. Turn right up Túngata and follow the road past the Landakot Catholic Church down along Hofsvallagata until you get to the coast at Ægissíða. Turn left and follow the path along the shoreline past the old fishing huts and various other reminders of the city's fishing heritage.

Continue along the walking path past the domestic airport all the way to Nauthólsvík, a beautiful little beach with white sand where you can bathe in the heated seawater. The return takes you past the Reykjavík University up the Öskjuhlíð hill, which played an important role during the Second World War. Today, this tree-lined hill has all the delights of a forest. It offers excellent walking paths and resting areas. Among the trees you can still find traces of the British Army "settlement", such as shelters and trenches. Afterwards, you can treat yourself to some refreshments at Perlan and take a look at the city from the view point at the top.



From Perlan, walk through the forest to Bústaðarvegur. Follow the road over the bridge and turn left into Gamla Hringbraut. Walk past the hospital, BSÍ bus terminal and onto Sóleyjargata. Walk in the park at the City Pond back to the city centre at Lækjartorg square.

### Reykjavik "COAST"

*(1.5 - 3 hrs. / 8.2 km.)*

This walk starts at the traffic circle near the Saga Museum on Ánanaust in the Grandi area. Follow the walking path along the seaside all the way to the Gróttu Lighthouse at the end of the peninsula.

This part of the route is wheelchair-friendly and also has a bike lane in some parts. At the lighthouse enjoy the wide, open ocean of Faxaflói Bay. Following the path along the seashore, you pass a pond with a vibrant bird population. This path leads to the south side of the peninsula.

Continue onto Suðurströnd past a small boat harbour and some impressive villas on the coast. The panoramic views are spectacular on this walk. The path leads you back down to the sea on the north side. Follow the path back to the Saga Museum.



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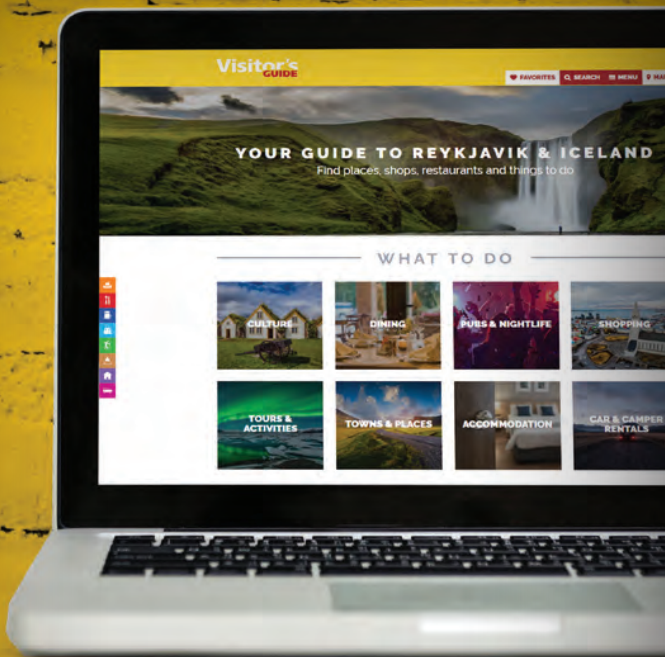
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## Entertainment in Greater Reykjavík

The Greater Reykjavík Area has plenty of entertainment on offer and everyone should be able to find something of interest. Many visitors come to Iceland to experience the fantastic nature and popular winter activities are skiing at **Bláfjöll Ski Resort**, Ice-Skating or hunting for northern lights. For colder days there are plenty of indoor activities such as visiting one of Reykjavík's cinemas, the **Bowling Palace** in **Egilshöll** Grafarvogur, or burning off some excess energy at the **Climbing Centre**.

**Bogfimisetrið** is a walk-in archery range which is a fun way to show off your aiming skills in front of your kids. During the summer, longer daylight hours allow for outdoor enjoyment well into the late evening. Other outdoor entertainment includes **ATV Quad biking**, **Go-Kart racing**, caving on the outskirts of Reykjavík or horse riding. The summer is filled with festivals and cultural venues, so everyone should find something fun to do during their Reykjavík stay.



Photo by: Johannes Waibel



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## Family and Children's Day Out in Reykjavík

Travelling with children can be challenging and finding activities that cater for everyone's needs can be difficult. Thankfully, Reykjavík is an exciting city with plenty of fun things to do. We have compiled a list of favourites that can hopefully give you some good ideas of how to entertain your offspring.

### The Pearl

*Öskjuhlíð, 101 Reykjavík.*

The Pearl was built in 1991 on top of six big thermal water tanks. Surrounding the dome is a 360° viewing deck that offers panoramic views of Reykjavík and the surrounding countryside. The platform is ideal for children to walk around and explore, whilst the adults can enjoy the stunning views.

In 2017, Perlan opened the country's largest nature exhibition. This includes a glacier exhibition and a replica of an ice cave. For prices and further information, please visit [www.perlanmuseum.is](http://www.perlanmuseum.is)

There is a fee of 490 ISK to go onto the observation deck. Free shuttle.

### Nauthólsvík Geothermal Beach

*101 Reykjavík*

At the bottom of the Öskjuhlíð hill is the man-made beach at Nauthólsvík. Set within a 3.5 km walk from the town centre and only a 1.3 km walk from the Pearl, the beach is in reasonable walking distance for children. The child-friendly beach, cosy hot tub and steam bath make this an excellent place for

families to visit.

**Free admission during the summer months. Opening hours: Daily 10:00 – 19:00 (Summer)**

See [www.nautholsvik.is/en](http://www.nautholsvik.is/en)

### Reykjavik City Pond

*101 Reykjavík*

Feeding the ducks at the City Pond has always been a popular activity with Icelandic families. However, it is not good for ducks and swans to eat bread so please do not join in. The Pond is a delightful place to walk around and watch the different ducks and swans interacting. There is a wonderful little park called Hljómskálagarðurinn at the other end of the pond which is fun to visit.

### Viðey Island

Viðey is a small island just outside Reykjavík. It offers peaceful surroundings, abundant birdlife and is a welcome escape from the hustle and bustle of Reykjavík. For ferry prices please visit [www.elding.is](http://www.elding.is)

### Elliðárdalur Valley

*Árbær, 110 Reykjavík*

Elliðárdalur Valley is one of the biggest recreational areas in Reykjavík and is a fantastic getaway from the city, within the city. It is characterised by its large river, varied plant life, plenty of walking routes and peaceful surroundings.

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### **The Reykjavík Botanical Garden**

*Laugardalur, 104 Reykjavík.*

(See map of Laugardalur in this chapter) Opposite the Reykjavík Park and Zoo, you can find the botanical garden, great for a stroll on a sunny day. This collection of outdoor plants consists of about 5000 plant species.

**Open every day**

**May – August from 10:00 – 22:00**

**Sept – April from 10:00 – 15:00**

**Free admission**

### **The Reykjavík Park and Zoo**

*Laugardalur, 104 Reykjavík.*

The Reykjavík Park and Zoo offers a fun and action-packed day out. The domestic zoo is home to both farm and wild animals, and offers children the chance to experience farm life first hand. The family park offers various activities such as rides and entertainment, but please note that the rides are not included in the admission and are only open in the Summer. The family park has good picnic facilities, and visitors are welcome to bring their own hotdogs or other foods to cook on the provided BBQ's.

(See map of Laugardalur in this chapter)

**Entrance fee: Adults 880 ISK, Kids( 5-12)  
660 ISK Open daily 10:00 – 17:00**

For further details, please visit [www.mu.is](http://www.mu.is)

### **Laugardalur Ice Skating Rink**

*Laugardalur, 104 Reykjavík.*

The indoor ice skating rink in Laugardalur is great fun for all ages, and ideal for when the weather is not favourable. Visitors can rent skates and helmets but please be aware that it can be very cold inside so dressing warmly is advisable.

Opening hours vary. Please see website for details [www.skautaholl.is](http://www.skautaholl.is)

### **Laugardalslaug**

*Sundlaugarvegur 30, 105 Reykjavík*

Laugardalslaug is the ideal finish to an action-packed day out in Laugardalur. It has pools both indoors and outdoors, a large slide and a fun play area for children. For those who wish to relax, there are plenty of hot tubs, including a salt tub and a steam bath.

### Reykjavík's Thermal Swimming Pools

Swimming is an all-time favourite of Icelanders. The thermal pools are family friendly, and most pools have fun slides, children areas, hot tubs and steam baths. For further information on swimming pools and opening times, please visit [www.sundlaugar.is](http://www.sundlaugar.is)

**Opening hours: Mon-Fri 6:30 – 22:00**

**Weekends 8:00 – 18:00**

**Entrance fee: Adults 980 ISK, kids 160 ISK**

### Árbær Open Air Museum

*Kistuhylur 4, 110 Reykjavík.*

Árbæjarsafn is an open-air museum and comprises a collection of over 20 houses from the 19th century that guests are invited to visit. The museum is located on extensive grounds where there is plenty of space to run around and play. Árbæjarsafn offers a daily guided tour between the hours of 13:00 and 14:00.

Other museums that are worth visiting with children are The Reykjavik City Museum, The Whale Museum, Saga Museum and The National Museum. For more info please see the Culture chapter.

**Opening hours 10:00 - 17:00 June-August, 13:00-17:00 Sept- May. Entrance fee: Adults 1650 ISK , children free.**

### Smáratívoli

*Smáralind, 201 Kópavogur*

Smáratívoli is an indoor entertainment centre where everyone can find an activity to their taste, such as lasertag, a teddy bear factory and a crèche for children. Upstairs has a cinema, al-

though screening in English may be limited for children's movies.

For more information on prices and opening hours please visit [www.smarativoli.is](http://www.smarativoli.is) and [www.smarabio.is](http://www.smarabio.is)

### Klifurhúsið

*Ármúli 23, 108 Reykjavik*

Klifurhúsið is an indoor climbing centre and great fun for all ages. It is suitable for young children as it has a special climbing wall for toddlers. On weekends, there are special rates for families between the hours of 12:00 – 15:00.

**Prices: Adults 1300 ISK, Kids 1000 ISK.**

If none of the above ideas are to your taste, there are plenty of organized tours and activities around Reykjavik. Please visit [www.tripguide.is](http://www.tripguide.is) for ideas and information.

For further information on practical tips on visiting Reykjavik with children you can also visit

[www.kidsinreykjavik.com/](http://www.kidsinreykjavik.com/)

**Opening hours: Mon – Thurs 16:00 – 22:00, Fri – 16:00-21:00, Weekends-11:00-18:00.**



## **Water Activities** in Iceland

The abundance of water in Iceland has made it possible to add more activities to an already exciting list of things to do.

Powerful waterfalls, raging rivers and the vast ocean all create perfect opportunities for water enthusiasts. There is an element of risk to these activities that stimulates adrenalin and attracts thrill seekers. In Iceland there is also a wow factor. For example, when you go diving in Þingvellir, you are not only witnessing an underwater fissure where two continents meet, you are also **diving** into the crystal, clear waters of a National Park lake. Swimming around one of the top dive sites of the world, **Silfra**, is an experience nobody forgets. This is an opportunity to watch underwater Iceland with **Dive.is**.

**Rafting** down the azure waters of the Hvítá river in the Gullfoss canyon is made more memorable by the combination of sheer beauty and raging rapids. The mighty Jökulsá river in the north-west region is used for both extreme and family rafting rides.

If the rapids are not for you, try **kayaking** on a glacial lake amongst floating icebergs, or across a serene fjord with seals staring at you, or with some

luck, a whale or two. This is the perfect silent, peaceful way of experiencing Iceland's water world.

*Under an Arctic Sky* is a short movie showing the extraordinary experience of surfing under the northern lights in Iceland. If you like catching waves before they catch you, try **arctic surfing**. Iceland has gained popularity for extreme sports and the wild ocean of the Reykjanes peninsula is a hot spot for surfers.

While the above activities involve the interaction of humans with water, there are noisier, faster ways to enjoy Iceland's ocean. Skimming across the ocean on a jet-ski is a fast way to use the sea for fun and high-speed RIBs can move you faster for a close-up whale watching experience.

Whatever the choice, be sure to practice **conscious tourism** by respecting the nature that gave you your thrill. Don't throw coins into the lakes and please take your rubbish with you so that future visitors can enjoy the pristine nature of Iceland as well.

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## **Northern Lights** in Iceland

The **Aurora Borealis**, otherwise known as the Northern Lights, are one of the finest displays in nature. The lights are caused by electrically charged particles that are emitted by the sun and interact with the earth's magnetic field. Some of these particles are accelerated towards the earth and guided towards two zones, one near the north pole and the other one near the south pole. When these particles collide with the upper atmosphere at great speed, they cause the air to glow in the beautiful colours commonly known as the Northern Lights.

Due to Iceland's unique geographic location, it is an excellent place for seeing the Aurora Borealis, with frequent sightings

of colourful and lively light displays. The Northern Lights can be seen in a **variety of shapes and colours**, and are best appreciated when the sky is clear and the evenings are dark. Due to the longer daylight hours during the summer, the best time for seeing the lights is between **September and April**. Although the Northern Lights can be seen almost anywhere in Iceland, they are best appreciated in the **countryside**, away from the city lights and man-made illumination. For the optimal experience, many tour operators are offering a variety of Northern Lights tours, both in Reykjavík and in the countryside.





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## Whale Watching

Whale watching in Iceland has grown into the most popular tourist activity in Iceland. It is now possible to go whale watching all year from many different ports.

There are few places in the world where you can find as many species of whales so close to shore as in Iceland. These include the **Blue, Sei, Fin, Sperm and Minke** whales as well as the ever popular **Orcas** or killer whales. Several dolphin and porpoise species also swim in the waters around Iceland. The World Wide Fund for Nature (WWF) has rated Iceland as one of the top ten whale watching destinations in the world.

The high season is during the warmer months when the migrating whales return to the Icelandic waters and blend in with the resident whales. There are four main areas for whale watching, each with its own individual attractions. It is best to find out what species are seen more often in the different areas so that there is no disappointment, e.g. you can go whale watching with **Láki Tours** from Snæfellsnes where Orcas and Sperm whales are spotted more often than elsewhere, just as Humpbacks are seen more often in Eyjafjörður and Húsavík. In Húsavík, **Gentle Giants** offers different boat options to go whale watching from high-speed rib boats to the

traditional wooden boats. One of the exciting things about whale watching is actually seeing a whale in the ocean. This is not a given, as whales in the wild do not perform for our benefit. As with any wildlife trip, nature dictates and decides. However, most whale watching operators such as **Elding** in Reykjavík have a 90% or higher viewing success rate in the warmer months.

**Whales of Iceland** in Reykjavík is a fascinating exhibition where life-size models of the whales found around Iceland are suspended in an ocean-like space, floating above information boards and interactive displays.

For more information ask at the information centres or check [www.icewhale.is](http://www.icewhale.is)

While most whale watching operators pride themselves in practicing **conscious tourism**, they need your help. Please put all your rubbish in the nearest bin. Whales and other ocean wildlife do not know how lethal plastic can be until it is too late.



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## The Icelandic Horse

The Icelandic horse has been a trusted companion for Icelanders throughout history. Its origins can be traced back to the Vikings, who arrived in Iceland more than a thousand years ago, bringing their small Nordic horses with them. Due to isolation and strict rules, the breed has remained **pure** and has maintained its unique characteristics. Despite its small size, the Icelandic horse is well known for being strong and hardy, with great **stamina** and speed. It is surefooted enough to handle the rough Icelandic terrain and is renowned for its five gaits, and the unique "tölt", a four beat gait with light flowing movement, which is easy and comfortable to ride. The other gaits are walk, trot, gallop and flying pace. The Icelandic horse has a wide colour palette, varying from black to palomino, to silver dappled and a range of colours in between. It is intelligent, faithful and a friendly companion that is able to carry riders across grassy plains, up and down rocky slopes, through rivers and over fields of rough lava. This is the ideal way for travellers to enjoy the excellent Icelandic nature and therefore horse riding is highly recommended for visitors during their stay in Iceland. Horse rentals offer tours both



Eldhestar Tour 5B - Below the Mountains

for beginners and more experienced riders, ranging from short rides to full day tours. These are ideal for horse lovers and enthusiasts, as there is no better way to experience the magnificent nature of Iceland, than galloping through the countryside on the back of an Icelandic horse.

**Eldhestar near Hveragerði**, a company specializing in horseback riding tours. Offer various **longer tours** for 2-7 days, such as the Volcano Contrasts (2d), Þórsmörk (4d) and Around the Volcano (4-5d). All transport and accommodation as well as safety gear is included in the price. Eldhestar has **experienced guides** who speak a variety of languages.

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# Taste the Saga

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Taste the Saga is a unique brewery experience where we start with the most important thing, the beer. During this fun and informative program our charismatic and energetic hosts will take you on a surprisingly entertaining journey through the Icelandic drinking culture.

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**We offer Taste the Saga (AH150) tours every Thursday to Sunday at 6 pm. Book in advance at [www.grayline.is](http://www.grayline.is).**



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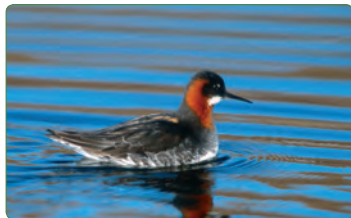
[www.summitguides.is](http://www.summitguides.is) +354 787 0001

## Bird Watching

Any summer visitor to Iceland cannot help but notice the sheer abundance of bird life in the country. Starting in April, more and more species become visible and as many as 388 species have been recorded to date. Iceland has only around 75 breeding species, so many of the others are vagrants. The country is particularly rich in seabirds, waders and wildfowl. There are vast bird colonies all over the country and witnessing these feathered friends is a delight. One of the most famous and sought-after is the **Puffin**, with its decorative beak and clumsy flying technique. By mid-August there are an estimated 10 million puffins in Iceland with the world's largest puffin colony being in the **Westman Islands**.

Most of the species come from Europe, but there are also three North American species that reside in Iceland. The Great Northern Diver, Harlequin Duck and the Barrow's Goldeneye are known to breed only in Iceland and are highly sought after by European birdwatchers. The White-tailed Eagle, Gyrfalcon and the Grey Phalarope are protected species in Iceland, amongst many other species. Along the coastline of Iceland, there are colonies of **Eider Ducks** whose down has been harvested for centuries and whose nesting areas are highly protected by the locals.

Source: Jóhann Óli Hilmarsson, Icelandic Bird Guide



Red-necked Phalarope

A large number of species are migratory birds that come with the spring and leave in autumn. Some come to breed, others just to feed. The Golden Plover is seen as the harbinger of spring with its arrival in April and by mid-May the countryside is alive with bird song as the calls of the Snipe, Whimbrel and Redwing, amongst others, create an avian choir that fills the air.

**Viðey Island** is the birdwatchers' paradise just a few minutes from Reykjavík. A large number of birds breed on this tiny island with focal points being on the isthmus and Þórsnes headland.

While enjoying the company of a different species, please remember to practice **conscious tourism** by respecting nesting areas and throwing rubbish in a bin. Birds do not know the dangers of plastic until it is too late.

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We also have outside hot tubs with amazing views and a restaurant with beer related food.

**To book you can visit [www.bjorbodin.is](http://www.bjorbodin.is) or by calling +354 414 2828.**



*Hoffell*

Extensive geothermal activity is one of Iceland's most distinctive features, with geothermal areas covering more of this country than any other. In fact, geothermal heat is known to be present at over 700 Icelandic sites. For geothermal warmth to reach the surface, water needs to bring it there from underneath.

Ever since the settlement, Icelanders have used geothermal water for washing and bathing. This is often mentioned in the sagas, with the most famous instance probably being that of Snorri Sturluson at Reykholt, in Borgarfjörður, West Iceland. Snorri, who was a productive saga writer, enjoyed relaxing in the hot water and discussing the topics of the day, just as people still do in hot tubs at modern swimming pools all around Iceland.

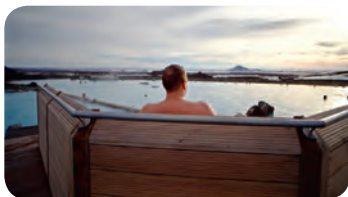
The island's geothermal activity clearly caught the attention of the early settlers, as they referred to geothermal phenomena in their place names. Thus a great number of the original names include



*Fontana*

terms such as varm (warm), reyk (smoke/steam) or laug (bathing pool). It is estimated that at least 55 place names, or around 2% of all saga place names, are linked to geothermal activity.

At several places in Iceland, it so happens that geothermal water collects naturally at



*Jarðböðin*



Laugarfell

comfortable temperatures for bathing. In other places, people have come to nature's assistance to obtain the right temperatures and amount of water. Finally, in modern times many special swimming pools, hot tubs, etc. have been constructed. Therefore, it is often difficult to distinguish which pools are natural and which are not. For instance, there was no geothermal activity at the surface when construction started on the Blue Lagoon. Its water is pumped up out of drill holes and the surroundings are entirely designed by people. Those places are categorized as spas.

### **NATURAL HOT POOLS:**

#### **Name**

Hellulaug / Flókalundur  
 Pollurinn / Tálknafjörður  
 Heydalur / West fjords  
 Hörgslhiðarlaug / West fjords  
 Grettislaug / Skagafjörður  
 Klambagilslaug / Hveragerði  
 Landmannalaugar / Highland  
 Kerlingarfjöll / Highland  
 Hveravellir / Highland  
 Laugarfell / Highland  
 Víti / Highland  
 Laugarfell / Highland

### **SPAS:**

#### **Name**

Bláa lónið / Blue Lagoon  
 Nauthólsvík / Reykjavík  
 Jarðböðin / Mývatn Nature Baths  
 Hoffell  
 Secret Lagoon / Flúðir  
 Fontana / Laugavatn

By scanning the QR-code you can access  
 further information on those spas and natural  
 hot pools throughout Iceland which are listed above.





**No man should call  
himself clever  
but manage his mind.  
A sage visitor  
is a silent guest.  
The cautious evades evil.  
Never a friend  
more faithful,  
nor greater wealth, than wisdom.**

from Hávamál Eddaic poems (AD 700-900)

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## Your Guide to **The Countryside**

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## Iceland - Land of Contrasts

Rural Iceland is a playground of wild beauty and endless space. The Icelandic countryside is made up of contrasts of rivers, mountains, valleys and waterfalls. There are also volcanoes and glaciers as well as hot and cold springs. There are many pearls dotted all over the countryside, each with its own powerful appeal. So wherever you go in Iceland, no matter the direction, you will always find something to be breathless about.

To give some insight into what each area has to offer, here is a list of interesting places with respect to culture and nature that might not have caught your attention yet. This list is not endless as there are many beautiful places hiding all over the country.

**Reykjanes** has **The Blue Lagoon**, with its azure blue healing water in an ancient lava field.

**West Iceland** is blessed with two glaciers, **Langjökull** and **Snæfellsjökull**, each with its own particular beauty and attraction.

The wild **West Fjords** is home to the cliffs of **Látrabjarg**, Iceland's westernmost point and a puffin haven with spectacular views.

In **North West** Iceland you can find the biggest seal colony in the country at **Illugastaðir**

**North East Iceland** has an inland, volcanic lake called **Mývatn**. There are also two beautiful waterfalls, **Goðafoss** and **Dettifoss**

**East Iceland** is home to the **reindeer** and Iceland's tallest mountain, **Mt.Snæfell**

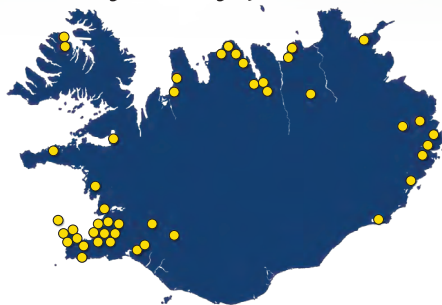
**South Iceland** is known for the Golden Circle, the beautiful South Coast and the magnificent **Jökulsárlón** glacier lagoon.

The countryside is unspoiled and, in some places, very fragile, so care must be taken when you enjoy Icelandic nature. The road itself is monotonously straight sometimes and the scenery can be a huge distraction, so please take care when driving. The road system is a bit different here than in other countries, but the rules are the same: No stopping on the road to take photos, park in designated areas and get information before setting off. And remember that animals have right of way. The best way to get the most out of the countryside is to drive carefully, walk wisely and leave nothing behind.

---



*No need to go hungry around Iceland*



**netto**

**KJÖRBÚÐIN**  
*í næsta nágrenni*

**Krambúð**



## Reykjanes Peninsula

Most visitors flying to Iceland arrive at Keflavik airport, about 45 minutes' drive from the capital, Reykjavík. It is best to stay for a few nights on the Reykjanes Peninsula, in the vicinity of the airport, for departures or arrivals, as there is much to see and do in this area. Most places are open all year and the roads are safe. There is very little foliage on the peninsula as it is mainly a lava area with hot springs and spectacular landscape.

Below is a list of some hidden pearls in the area surrounding the famous Blue Lagoon, **A** a blue silica-infused lagoon in a lava field.



**1 Seltún** is an active geothermal area with many bubbling mud pots and fumaroles. The minerals deposited by the geothermal activity produce a colourful array of muddy sediment. There are good walking paths around the area.



Seltún

**2 Grindavík** is one of the biggest fish processing towns in Iceland with an active, industrious harbour. At the Icelandic **Salt Fish Museum**, you will learn how salt fish has had a great influence on life in the country.



Salt Fish Museum

There are marked trails in the area, e.g. around **Hópsnes** where many boats have run aground. The peninsula is 2 km long with very good information boards as well as a lighthouse which was built in 1928. The mountain, **Þorbjörn** is an easy hike. It is on the right-hand side when driving into Grindavík from the Blue Lagoon. The mountain is 243m high and has a panoramic view from the top.



In almost every fishing village in Iceland, you will find a memorial commemorating the seamen who gave their lives to the sea. The one in Grindavík is by an artist called Ragnar Kjartansson, whose sculptures are to be found in more places all over the country.

There are coffee shops, **good restaurants** and an excellent camping sight in town as well as several companies offering a variety of trips around the area.



**3 Brimketill** is an extraordinary geological feature. It looks like a big, cosy bath tub on the edge of rugged coastline.

**4 Gunnuhver** is an active geothermal area with bubbling mud pots and hissing steam vents. It is close to the Reykjanæs lighthouse. Gunnuhver is named after a female ghost who died there. She was a constant disrupter of the peace until a priest set a trap for her and she fell into the boiling hot spring.



**5 Geirfugl** is a 1,57m high sculpture by Todd McGrain depicting the now extinct Great Auk. Similar sculptures are found all over the world as part of his **Lost Bird Project**.

**6 The bridge between two continents** is a small foot bridge over a major fissure which clearly shows the presence of diverging tectonic plates. The bridge was built as a symbol of connection between Europe and North America.

# WELCOME TO GRINDAVÍK



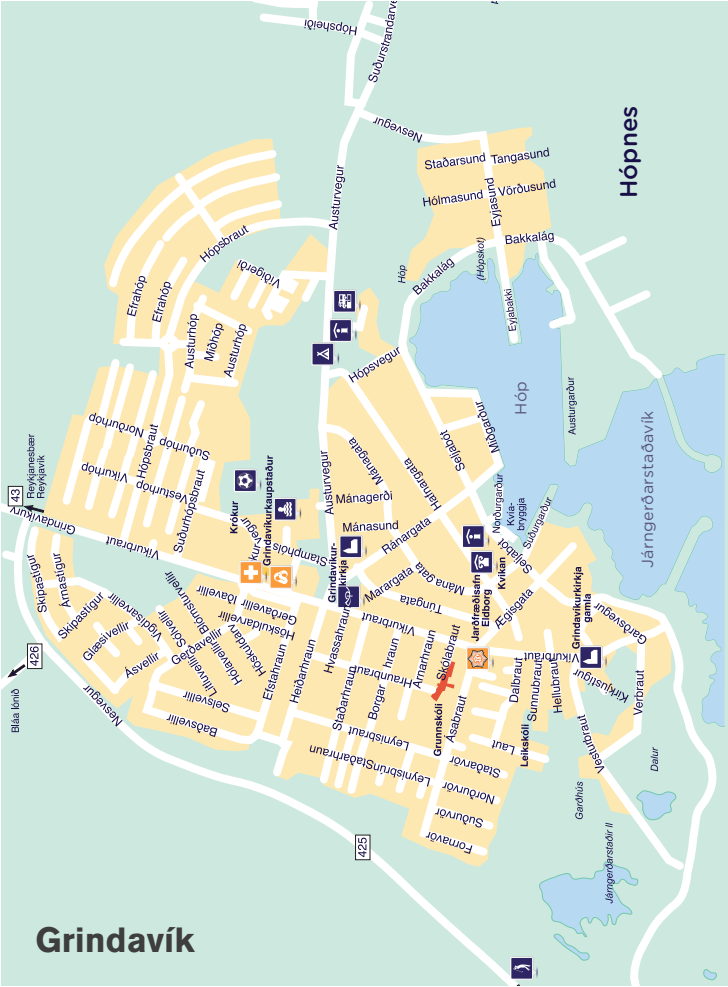
Grindavík is a charming little fishing town  
and the home of the Blue Lagoon.

With a great selection of restaurants, accommodation,  
and leisure activities, Grindavík welcomes you.



[www.visitgrindavik.is](http://www.visitgrindavik.is)





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**7 Hvalsneskirkja**, the current church was built in 1887. Hallgrímur Pétursson, an esteemed poet in Iceland, was the pastor there from 1644-1651. Hallgrímskirkja in Reykjavík is named after him.



**8 Sandgerði** is a small fishing village with about 1700 inhabitants. A sculpture commemorating drowned fishermen is situated at the entrance to the town and Steinunn Þórarinsdóttir is the sculptor. **Suðurnes Science and Learning Centre** is a well-equipped research centre for natural science located in Sandgerði. Sea water tanks containing different living organisms are part of the research. It also hosts a good collection of various life forms, plants and stones. Close by is the restaurant Vitinn, a family-run, cosy restaurant which uses top quality fresh ingredients.

# THE ICELANDIC MUSEUM OF ROCK'N'ROLL

The museum is conveniently located 5 minutes away from Keflavik international airport in Hljómahöll in the town of Reykjanesbær.

**FOR MORE GO  
TO ROKKSAFN.IS**



## SEAFOOD RESTAURANT

### BY THE HARBOUR

*Vitinn is located in the town of Sandgerði, just minutes from Keflavik International Airport. It is therefore an ideal stop on your way to or from the airport to enjoy the freshest seafood available.*



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**9 Garðskagi** Garðskagi has two lighthouses which are representative of their times, one from 1897 and the other 1994. There is a rich bird life on the beach around the lighthouses. In the older lighthouse, there is a little coffee shop as well as an interesting museum. Whales can be spotted swimming close to shore.

**10 Reykjanesbær** (Keflavík and Njarðvík) is the perfect place to stay for early departures. This is the biggest populated area on the peninsula with about 17 690 inhabitants. There is a variety of services and activities on offer. Along the coastline is a 10 km walking trail.



Garðskagi lighthouse



Gianta

**The Reykjanes Global UNESCO Geopark's Visitor Centre** is located in Duushús.

Down by the harbour, close to Duushús you can find the home of a great troll, **Gianta**. She is a full-size troll and sits in her rocking chair, sleeping in the kitchen of her Black Cave. Gianta is originally the creation of the author Herdís Egilsdóttir who has written 16 stories about the little girl Sigga and her friend Gianta.

In Reykjanesbær the history of music in Iceland from 1830 to present day is told in a very lively way at the **Icelandic Museum of Rock and Roll**. Learn more about Björk, Sigur Rós, Of Monsters and Men, Emiliana

Torrini and many more Icelandic musicians with an iPad guide. You can also try out your musical talents in the Sound Lab.

At the **Viking World Museum**, the Viking ship, *Íslendingur* that sailed to America in 2000 is on permanent display.

**11 Kálfatjarnarkirkja**, built in 1893. At that time, it was the biggest country church in Iceland with two floors which could seat all parishioners at once, all 150 of them.



Icelandic Museum of Rock and Roll



### ***Lunch menu every day***

*Fish - Meatdishes - Hamburgers - Pasta  
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There is a **Krambúð** grocery store in Akranes

## West Iceland

West Iceland is slowly replacing the capital area as a tourist destination. Most of the area is totally accessible all year, but weather and road conditions should always be checked before setting off. Some places are closed over the winter so it is important to get information from the Tourist Information centres or on the website [www.west.is](http://www.west.is)

The landscape is varied with glaciers, rivers, waterfalls, lava fields and beautiful beaches. Many of the Icelandic sagas occurred in West Iceland and Snorri Sturluson (1179-1241) the renowned Icelandic historian lived and worked in West Iceland. It is rightfully called SAGALAND. It is well worth staying in West Iceland, giving enough time to experience the area and to learn about the sagas.

The main pearls of West Iceland are:

**Deildartunguhver**, **A** the most powerful hot spring in Europe. Hot enough to burn, so be careful. Smell the sulphur, feel the energy.

**Hraunfossar**, **B** glacial river seeping out through the lava into the beautiful Hvítá creating a unique waterfall.

**Langjökull**, **C** second largest glacier in Iceland. Can be seen for miles on a clear day.

**Grábrók**, **D** a volcanic crater you can walk up and look into. Close to Road 1.

**Djúpalónssandur**, **E** a beautiful lava beach with dangerous waves.

**Mt. Kirkjufell**, **F** the most photographed mountain in Iceland.

Some other hidden pearls of West Iceland are scattered all over the region. Below is a list of some of them:



This beautiful home and garden are now a museum dedicated to the author and his life works. Gljúfrasteinn provides an opportunity to experience part of Laxness' world and his source of inspiration. Weekly musical concerts are held here during the summer.

See more on page 38

**1 Gljúfrasteinn**, the home of Nobel Prize winner Halldór Laxness, is located in the Mosfellsdalur Valley only 20 minutes' drive from Reykjavík.

**2 Akranes** was the first place to show signs of becoming an Icelandic fishing village when Bishop Brynjólfur from Skálholt started fishing in 1650 and

sold fish products to Europe. In this way he acquired revenue to run the Skálholt School and thus kept education going within the country. Akranes is still a flourishing fishing village today. In the town centre there is a memorial by Marteinn Guðmundsson commemorating local fishermen who drowned at sea.



There is a good 18-hole golf course which has produced a number of professional golfers.

There are two **lighthouses** in Akranes which are possible to visit. An information centre is housed in one of them. They were built in 1918 and 1944 respectively. A variety of cultural events such as musical concerts and art exhibitions are held in the newer lighthouse.

The museum at **Garðar** consists of a collection of old houses and boats, which gives a good insight into ancient times. **Travel Tunes** Iceland is a family of singers who offer private

concerts for individuals and groups at an exciting venue.

**3 Hvanneyri** is a small rural settlement of 270 inhabitants which is interesting to visit. The Agricultural School has been operating since 1898 and the Agricultural Museum has a great collection of farming equipment from the last century.

**Ullarselið** is a shop selling high quality woollen products as well as Icelandic handcrafts. There is a pretty little church built in 1905 with a very special altar.

This area is a protected nesting area for Greater White-fronted Geese which are prominent in the surrounding fields during spring and autumn.



**4 Fossatún** gives you an opportunity to meet Grýla, the fearsome mother of the 13 yule lads. A walk around the area reveals many trolls and troll games. Visit the restaurant and listen to old vinyl records while you watch salmon jumping up the Troll waterfall.



Photo: Gunnar Sverrisson

**5 Krauma** a luxury outdoor spa at the Deildartunguhver hot spring which has harnessed the geothermal water from the spring.

**6 Reykholt** is one of the most notable historical places of Iceland where Snorri Sturluson (1206 -1242) dwelt. The ancient Snorralaug is said to have been the pool in which Snorri relaxed and rested from his writing. There is a cultural centre and a lively music tradition at Reykholt.



Snorralaug

**7 Húsafell** is the pearl between the lava and the glacier. It is also the departure point for trips to the ice cave

on Langjökull glacier. It is a resort with a variety of accommodation options and outdoor activities.

**Páll from Húsafell** is a resident artist famous for his stone artwork and musical instruments.



intotheglacier.is


**8 Víðgelmir** is the biggest cave in Iceland and one of the biggest lava caves in the world. The cave has been protected since 1993. Guided cave tours available

**9 Borgarnes** is the service centre for farmers in West Iceland. It is also the setting for Egil's Saga which is depicted in a wonderful exhibit in the Settlement Centre in Borgarnes in many different languages.

**Safnahúsið** has an interesting exhibition called Börn í 100 ár (Children in 100 years). There is also a good display of Icelandic birds. For more information, visit the Tourist Information Centre.



## Snæfellsnes Peninsula

Snæfellsnes is the perfect destination for seeing all that Iceland has to offer. It boasts the only coastal park in Iceland, **Snæfellsjökull National Park**. A wide variety of birdlife, wildlife and geology are the gems of this beautiful peninsula. **Snæfellsjökull glacier**  makes up most of the national park. Its iconic shape dominates the view all the way from Reykjavík. The glacier is still active and is considered to be a powerful energy centre of the earth. Trips to the top are offered by various operators in the area.



**10 Gerðuberg**, just off Road 54, is a magnificent basalt column wall about 3m high. At the base, there is an old sheep pen which provides an excellent site for a picnic with a wonderful view.

**11 Ytri-Tunga** is the home of a seal colony where seals can be viewed swimming in the sea or just basking on the rocks in June and July.

**12 Búðir** is a former trading station which is now a fine hotel. The beautiful little church close by is a popular place to get married in.

**13 Arnarstapi**, a beautiful area at the foot of the Snæfellsjökull glacier.

The great stone statue of **Bárður Snæfellsás** by the sculptor Ragnar Kjartansson, is an iconic feature of the area. Legend has it that Bárður is descended from trolls.

There is a lovely easy walk between Arnarstapi and Hellnar through a beautiful coastal lava field.

**14 Malarrið**, is a 20m high lighthouse built in 1946. It has been declared a protected site. The Visitor's Centre for the Snæfellsnes National Park provides information on the nature and culture of the area.

**15 Vatnshellir** is a lava cave about 200m long and 35m deep. It is a big,



wide cave and guided tours are offered every hour. It is necessary to be warmly dressed as it is cold in the cave.

**16 Saxhóll** is a crater which has an easy walking trail to the top with the reward of a panoramic view of the National Park.

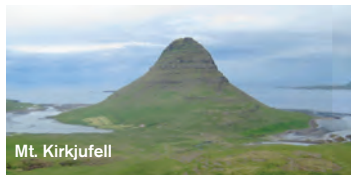
**17 Öndverðarnes** is an area of absolute peace and tranquility. The little lighthouse was built in 1973. It was a busy fishing area until 1945 and relics from this time can still be seen.

**18 Hellissandur** a small fishing community close to the National Park. The Maritime Museum displays Iceland's oldest row boat, dated 1826 and has a well-preserved turf house.

**19 Rif** has a lively, creative theatre occupying a disused fish factory, **The Freezer** offers innovative entertainment dedicated to the history of the area. A large pond outside the village is a bird-lovers' paradise and one of the largest arctic tern nesting areas in Iceland.

**20 Grundarfjörður** is home to the famous **Mt. Kirkjufell**. This pretty little fishing village is the capital for whale watching tours on Snæfellsnes. Kayak trips are also offered here and there is a good choice of restaurants. The interesting stone sculptures of local artist **Liston**, can be seen dotted all

over town. His workshop and gallery reveal more of his talents and visitors are welcome to take a peek.



**21 Bjarnarhöfn** is a shark farm and private museum depicting the history of shark hunting in west Iceland. It consists of a very personal display of memorabilia from a family history of shark hunters. The wooden church on the farm was consecrated in 1857 and is the home chapel of the farmer.

**22 Stykkishólmur** is a charming town with beautiful, renovated old houses. It is the ferry port for the West Fjords and also has boat trips around the islands of Breiðarfjörður. The Icelandic Eider Center is a centre of learning dedicated to the history of eider-down harvesting. **The Norwegian House** serves as a regional museum for the Snæfellsnes area. The **Library of Water** celebrates light, glass and water from various glaciers. You can learn all about volcanoes and glaciers at **The Volcano Museum**. There is an excellent **swimming pool**, good camping site, accommodation and restaurants in town.

Whale Watching

## HÓLMAVÍK

Whale Watching

## SNÆFELLSNES

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STYKKISHÓLMUR  
SWIMMING POOL

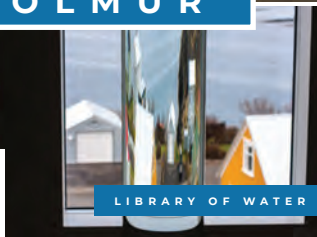


VOLCANO MUSEUM

## STYKKISHÓLMUR



THE NORWEGIAN HOUSE



LIBRARY OF WATER



# TRIP GUIDE

ICELAND



## DAY TOURS & ACTIVITIES

**BEST PRICE GUARANTEE**

[www.tripguide.is](http://www.tripguide.is)

**23 Flatey** is a peaceful island where time stands still. There are many beautiful old houses on the island as well as a hotel and restaurant. There is also rich birdlife on the island.

The Flatey Church dates back to 1926 and is decorated by Baltasar Samper, a famous painter. The altarpiece shows a picture of Christ with fishermen at the Flatey harbour. Christ is wearing an Icelandic woollen jumper, the 'lopapeysa' and bears an uncanny resemblance to the artist himself. The ferry Baldur sails from Stykkishólmur to Brjánslækur, stopping at Flatey twice a day in the summer months.

**24 Erpsstaðir**, a small dairy farm boasting the best ice-cream in Iceland. What is better than tasting dairy products straight from the farm on the farm?

**25 Búðardalur** is a small village with 272 inhabitants. It is known for its major cheese production, especially the famous **Dala Brie**. There is a model of the Vínlandrefill tapestry which tells the story of Leif in Vínland (Newfoundland).

**26** In **Ólafsdalur** there is a stately old school house dated 1896, which was the first agricultural school in Iceland. Good hiking trails in the area.

A photograph of a red snowcat and a white snowmobile on a vast, white glacier. In the background, there are dark, snow-capped mountains under a clear blue sky. The snowcat is in the foreground, moving towards the right, with a group of people visible on its platform. The snowmobile is further back, also moving towards the right. The overall scene is a high-altitude, snowy landscape.

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Snowmobile - 9:00 am / variable

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There is a **Kjörbúðin** grocery store in Búðardalur



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## West Fjords

The **West Fjords** are characterised by high mountains, peaceful fjords and friendly villages. They make up a huge area which is mostly unpopulated. It is important to note that there are many gravel roads in the area but Road 61 to Ísafjörður is tarred. It is essential to check weather and road conditions before setting off for the West Fjords during winter. Some places are closed during winter so get information from the information centre or at [www.westfjords.is](http://www.westfjords.is)

The westernmost point of Europe is at Látrabjarg cliffs, **A** a puffin haven with magnificent views of Breiðarfjörður. The majestic Dynjandi **B** waterfall is in a protected nature area and is a must-stop for visitors to West Fjords. Hornstrandir **C** is a nature reserve, well-protected and difficult to get to. This paradise is uninhabited by humans but is home to the arctic fox, hundreds of birds and seals.



**1 Brjánslækur** is the departure port to Stykkishólmur with the ferry Baldur. **Surtarbrandsgil**, close by, is one of the most remarkable plant fossil areas

of Iceland, declared a protected nature area in 1975. An exhibition of stone fossils from the ravine can be seen in the old vicarage.

**2 Rauðisandur** is a 10km long beach characterised by colourful beach sand. The colours can range from yellow, red and even black, depending on the brightness of the day. A coffee shop is open here during the summer. The Road 614 to Rauðisandur is a steep gravel road and a detour from the main route.



**3 Patreksfjörður** is the largest town in southern part of the West Fjords with 677 inhabitants. **Húsið** is a creative space that welcomes innovation and creativity. It houses an art gallery, working space and handcraft store.

**4 The Icelandic Sea Monster Museum** is located in Bíldudalur. Stories of monsters have been around in Iceland for centuries, but now you can get to know them better at this museum.



**5 Ósvör Maritime Museum** is a replica of the old fishing station from the 19th century and shows very well how fisherman lived and worked in those times.

**6 Ísafjörður** is the biggest town in the West Fjords with a population of 2600. There are very **many quaint old houses** in the old part of town, amongst them, the very interesting Maritime Museum. Nature and cultural walks are offered ([isafjordurguide.is](http://isafjordurguide.is)).

The church is very special with its architectural form symbolising the waves of the ocean. A short distance from



the church is a memorial dedicated to seamen.

Thriving tourist services and activities are on offer including **Skóbúðin**, the **Museum of Everyday Life** and boat trips to Vigur island, whale watching and kayak trips.

**7** The little island of **Vigur** has the smallest post office in Iceland and the only corn mill in the country. There is also a beautiful old farmhouse where homemade bread and coffee are offered. Hundreds of puffins, eider ducks and arctic terns are to be found here. Stay on the path to avoid falling into puffin nesting burrows.

During the summer, boat trips are also offered to Vigur from Ísafjörður.





*No need to go hungry around Iceland*



**netto**

**KJÖRBÚÐIN**  
*í næsta nágrenni*

**Krambúð**



**8 Súðavík** is a small fishing village with 157 inhabitants. In 1995 an avalanche in the town killed 14 people. There is a beautiful memorial enclosure commemorating those who died.

**The Arctic Fox Centre** is a research centre focussing on the arctic fox, the only indigenous animal in Iceland.

**9 Litlibær** in Skötufjörður is a wonderfully preserved farmhouse dating back to 1895. Made of timber and stone, this little home was originally inhabited by two families. Open from 10 -17 all summer. Refreshments available.

**10 Heydalur** is an eco-friendly tourist service run by one family. Various

activities such as horse riding, walking tours, fishing, and kayak trips are on offer as well as being able to lie in a natural hot tub or the swimming pool. There is rich bird and plant life in the area and excellent information boards along the walking trails.

**11 The Museum of Icelandic Sorcery and Witchcraft** is situated in **Hólmavík**. This area has been associated with witchcraft since the 17th century and the museum does a wonderful job in bringing this history to life, as does the **Sorcerer's Cottage** at the farm **Klúka** in Bjarnafjörður about 20 minutes' drive from Hólmavík.



There is also an outdoor swimming pool as well as a natural hot pool.

**12 Djúpavík's** thriving history is felt in the abandoned fish factory that dominates this little cove. The empty buildings are used for various events and exhibitions. Singing in the empty oil tanks makes for a resounding experience. The only inhabitants today are a family who run the hotel along with the staff.

**13 Krossneslaug** is a small swimming pool on the seashore of the North Atlantic Ocean. While lounging in the pool you might very well see a seal or two swimming close by.

**14 The Sheep Farming Museum** is a fun stop for people of all ages. There are various events and displays as well as handcrafts and a coffee shop.



# restaurants.is

Restaurants in Iceland in one place!



Listed below are the good restaurants which have detailed information [www.restaurants.is](http://www.restaurants.is). They all have logo and search words, but some have further information with text and pictures and even a video from the restaurant.

## DOWN TOWN - 101 REYKJAVÍK

### 1919 Restaurant

Pósthússtræti 2  
International cuisine

### Apotek

Austurstræti 16  
Icelandic & European cuisine

### Caruso

Austurstræti 22  
Italian & Icelandic cuisine

### Culina

Catering service  
Various cuisine

### Fish Company

Vesturgata 2a  
Icelandic cuisine

### Food Cellar

Aðalstræti 2  
Icelandic cuisine

### Forréttabarin

Nýlendugata 14  
Icelandic cuisine

### Geysir bistro & bar

Aðalstræti 2  
Bistro

### Icelandic Fish & Chips

Tryggvagata 11  
Icelandic cuisine

### Ísafold Bistro

Pinghóltsstræti 3-5  
Bistro

### Jörgenssen

Laugavegur 120  
Icelandic & International cuisine

### Kol

Skólavörðustígur 40  
Icelandic & Int. cuisine

### Matwerk

Laugavegur 96  
Nordic cuisine

### Nauthóll

Nauthólsvegur 106  
Icelandic cuisine

### Restaurant Reykjavík

Vesturgata 2  
Icelandic & Seafood Cuisine

### Seafood Grill

Skólavörðustígur 14  
Icelandic cuisine

### Shalimar

Austurstræti 4  
Indian & Pakistan

### SKY Lounge & Bar

Ingólfsstræti 1  
Bistro

### The Steakhouse

Tryggvagata 4-6  
Steakhouse

### Sumac

Laugavegur 28  
Icelandic & Middle East cuisine

### Sushi Social

Pinghóltsstræti 5  
Japanese/South Amer. cuisine

### Sæta Svínid -

Gastropub  
Hafnarstræti 1-3  
Icelandic cuisine

### Tapasbarinn

Vesturgata 3b  
Icelandic tapas

### The Lobsterhouse

Amtmannsstígur 1  
French & Nordic cuisine

### Tian

Grensásvegur 12,  
108 Reykjavík  
Asian cuisine

### Von Mathús

Strandgata 75,  
220 Hafnarfjörður  
Icelandic cuisine



[f Veitingastadir.is](http://f.veitingastadir.is)



## North West Iceland

**North West Iceland** is a part of the country that Icelanders themselves are discovering more and more.

This area is the setting for many Icelandic sagas, the most important of which is the saga of *Grettir-The-Strong*. North west Iceland is also the setting for the book *Burial Rites* by the Australian writer, **Hanna Kent**, which was published in 2014. This is an historical novel based on the famous murder case in 1828 of Agnes and Friðrik. They were condemned to death for murder and were the last culprits to be executed in Iceland. A major Hollywood film of the book is in the making.

Please note that there are quite a few **gravel roads** in this area, e.g. Road 711 around Vatnsnes peninsula. Over the winter months, it is essential to check weather and road conditions before setting off on your journey. Some places are closed over the winter, so get information from the information centres or on the website [www.northiceland.is](http://www.northiceland.is)

Countless natural wonders can be found all over this area, such as **Hvítserkur** **A**, the thirsty dragon drinking from the ocean and **Kolugljúfur** **B**, a magnificent gorge and waterfall named after a troll called Kola.



Hvítserkur

**1 Hvammstangi** is the first stop around the Vatnsnes peninsula coming from the south, only 197 km from Reykjavík. This is a charming little village with 550 inhabitants and the biggest seal colony in Iceland. The **Icelandic Seal Centre** has a very interesting exhibition on

seals, their biology and co-existence with humans. Seal watching tours are offered from Hvammstangi.

It is easy to forget oneself in the **Bardúsa** Gallery which is a shop and museum selling quality souvenirs. Kidka is one of the biggest wool



factories in Iceland where it is possible to buy top quality fashionable woollen clothes.

Other tourist services in Hvammstangi include guesthouses, good restaurants, a sheltered camping site and a swimming pool.

**2 Illugastaðir** is the setting for *Burial Rites*, which was mentioned earlier. It is an excellent location for seal watching. On most days of the year, seals can be seen swimming or just lounging on the skerries close to land. There

is a good camping site at Illugastaðir with facilities for camper vans.

**3 Geitafell** is a perfect stop for the hungry on Vatnsnes. It offers fresh seafood on the menu with a delicious fish soup topping the list. A countryside surprise.



**4 Borgarvirki**, also known as The Citadel is a volcanic plug that was used by the Vikings as a fortress during times of strife. A wonderful view from the top at 177m, but it is not an easy walk. Be careful.



Borgarvirki



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## Highlands of Iceland



The entire central part of Iceland is uninhabited highlands, with unbound glacial rivers, black sands and the hardy arctic flora. This region has long been a barrier for travellers between the north and south. Two main roads lie across the highlands. The shorter and easier one, **Kjölur**, runs between the glaciers Langjökull and Hofsjökull while the more demanding

one, **Sprengrisandur**, lies between Hofsjökull and Vatnajökull. In earlier times these roads were said to be severely haunted by the ghosts of people that were lost on the way. The highland roads have improved much but are still **only open in summer to well equipped vehicles**, since they run through rough terrain and over unbridged rivers. Although the nature and travelling conditions of the highlands are rough, the area contains many wonderful sites, such as the hot springs and natural baths at **Landmannalaugar** and **Herðubreiðarlindir**.

**5 Þingeyrarkirkja** is an impressive ancient stone church which gives a sense of grandeur to the area. It took thirteen years to build, using unusual methods which are attributed to its pristine condition still today. The interior of the church is no less grand with valuable artefacts and features.



**6 Spákonuhof** in Skagaströnd is the **Museum of Prophecies** where futures, pasts and presents come together. Focusing on Þórdís, the famous soothsayer and first inhabitant of the area, this museum is full of surprises, both for adults and children.

The Árnes Museum is the oldest house in Skagaströnd and depicts the living conditions of early 20th century.

Skagaströnd Golf Course is a 9-hole course with spectacular views over the fjord.

**7 Reykir**, a campsite with a difference. It is host to a seaside hot tub (about 40°C) called **Grettislaug**. A remote location with superb views of



surrounding mountains and the ocean. It is also the place from which the boat tours to Drangey Island depart.

**Drangey Island**, just off the Skagaströnd coast, is a birdwatcher's paradise as it is the nesting colony for a wide variety of birds, the main star being the puffin. Drangey island also served as a place of refuge for the longest-surviving Icelandic outlaw, Grettir-The-Strong .

**8 Glaumbær** farm and museum offers a wonderful opportunity to experience conditions in a turf home and gain insight into the harsh living conditions of Icelanders in the past.

**9 Hólar** in Hjaltadalur was the centre of religion and education for centuries, and is one of two Episcopal seats in Iceland. Today, it is home to the oldest stone cathedral in the country, a university college and a thriving tourism service.



Hólar

**10 Hofsós** is a quaint little village with 146 inhabitants. It is one of the oldest trading centres in Iceland and boasts a visible heritage in its renovated buildings. **Vesturfarasetrið** is the Icelandic Emigration Centre which has information on the Icelandic diaspora to America. The Hofsós swimming pool could be seen as the forerunner to the infinity pool, situated on a hilltop with magnificent views over the ocean, you can be forgiven for being awestruck.

**11 Siglufjörður** in North Iceland has 1200 inhabitants and was the capital of herring fishing up to the late 60's. These glory days have been immortalized in an impressive award-winning museum called **The Herring Era Museum**, which is housed in five historical buildings and occupies a large part of town. Sigló Hotel dominates the waterfront and together with two popular restaurants, Hannes Boy and Kaffi Rauðka, form a colourful backdrop to the marina village, which is a popular outdoor area in the summer. **Friða Chocolate** coffee shop is a unique place offering sweetness and art under one roof. Savour top quality chocolate while appreciating the artworks displayed in this special coffee shop.



Siglufjörður



There is a **Kjörbúðin** grocery store in Dalvík & Ólafsfjörður

## North East Iceland

**North East Iceland** is filled with gems of all kinds which are harnessed in The **Diamond Circle**, the North's equivalent of the famous **Golden Circle** in the south, leading you around this vast and beautiful part of the country to its main pearls. There is **Goðafoss A**, the powerful curved waterfall of the gods, **Lake Mývatn B**, a nature reserve and birdwatchers' paradise and setting for the film *Game of Thrones*, **Námaskarð C**, the hissing steamy geothermal hotbed of Earth's layers and **Dettifoss D**, a powerful glacial waterfall in the middle of nowhere.

There are more pearls dotted all over the region.



**1 Grímsey**, the Arctic Circle island where birds outnumber humans and chess is the favourite past-time. The 61 inhabitants live off fishing and the growing tourism industry. This remote island is a birdwatchers' paradise and has incredibly beautiful skies, both in summer and winter.

**2 Dalvík**, a thriving fishing village and departure harbour for trips to Grímsey. The beautiful mountain backdrop provides excellent ski slopes in the winter so Dalvík is fast becoming a ski-hub in the area. **The Hvoll Folk Museum** which has exhibits of two famous



locals, the tallest man in the world, Jónhann the Giant and the third president of Iceland, Kristján Eldjárn, as well as other interesting displays, is well worth the visit.

**3 Hrísey** Island lies in Eyjafjörður and is the second largest island in Iceland (8km<sup>2</sup>) where the 151 inhabitants are enthusiastic hosts, offering tractor

rides, hiking and lighthouse tours. The birdlife on the island is varied and plentiful, the ptarmigan being the main star. The north part of the island is only accessible by permission as it is a private nature reserve. The ferry to Hrísey departs from Árskógssandur on the mainland and the trip takes about 15 minutes.

**4 Árskógssandur** is not just the ferry port for Hrísey. The latest attraction is the ingenious use of beer in a spa called **Bjórþöðin Spa**. This is a luxury spa based on beer baths and beer products such as shampoos and soaps.

**5 Akureyri** - the capital of the North and Iceland's second largest town. Akureyri has a wonderful mixture of culture, adventure and nature. The 18 644 inhabitants enjoy their thermal swimming pool, university and selection of good restaurants. Akureyri has a river running through it called Glerá, along which there are lovely walking trails. The renowned botanical gardens

are ensconced in the town, providing a space of tranquillity and beauty. The visually-interesting Hof Cultural and Conference Centre on the waterfront plays a vital role in cultural events in town. The Art Museum and Art Alley indicate the strong art culture of Akureyri. There are a number of museums in town, which are all as interesting as the other, such as the Art Museum, Aviation Museum and Memorial Museum, to name a few. Akureyri is the perfect base for trips and tours in the area, being a short dis-



tance away from the main attractions, which has contributed to it becoming the cruise destination capital of the north. There are two main shopping areas in Akureyri: Hafnarstræti, which is a pedestrian-friendly shopping street filled with quaint coffee shops, restaurants and boutiques and Glerártorg, a shopping centre 1,5km from downtown with 34 shops. It is the only shopping centre of its kind outside of Reykjavík. A beautiful iconic building at the top of Hafnarstræti houses the family-run Bautinn restaurant. The main feature of





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To book you can visit [www.bjorbodin.is](http://www.bjorbodin.is) or by calling +354 414 2828.



the town centre is the Akureyri church with its two towers and daunting steps rising above the town. The view from the church makes the climb worthwhile. The high mountains behind Akureyri provide excellent ski slopes, making it the skiing capital of Iceland. Being a

seaside town, activities in Akureyri include whale watching, diving and fishing. However, other activities such as horse riding, hiking, skating and bowling are also possible in Akureyri. The 18-hole golf course is the most northerly and hosts the Arctic Open. The layout is varied, interesting and challenging and many a game of midnight golf is enjoyed here during the summer. Deep into Eyjafjörður lies **Hrafnagil**, home of the Eyjafjörður Christmas Garden, open all year round and host to the well-known Arctic Handcraft and Design Festival in August.

#### Getting there:

Air Iceland Connect ([www.airicelandconnect.is](http://www.airicelandconnect.is)) has scheduled daily flights from Reykjavík (45 min). There are also buses (6hrs) all year from Strætó ([www.bus.is](http://www.bus.is)) operating on the route between Akureyri and Reykjavík. In summer it is also possible to drive the highland road of Kjölur.

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### Akureyri Museum

1. June – 15. Sept  
Daily 10:00-17:00

16. Sept – 31. May  
Daily 13:00-16:00

### Nonni's House

1. June – 1. Sept  
Daily 10:00-17:00



## AKUREYRI MUSEUM

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## NONNI'S HOUSE

Family friendly local history museum. Discover Akureyri from the 19th century to the present day. Various short-term exhibitions. Annual Christmas exhibition. Hands on experience.

Nonni's House is one of the oldest in town containing the story of a 12 year old boy who lived there and became a world famous writer of children's books at the beginning of the 20th century publishing books even in Chinese.

---

Aðalstræti 58, Akureyri • Sími/Tel: 462 4162 • [minjasafnid.is](http://minjasafnid.is)

# AKUREYRI

CAPITAL OF THE SHINING NORTH



**[www.visitakureyri.is](http://www.visitakureyri.is)**

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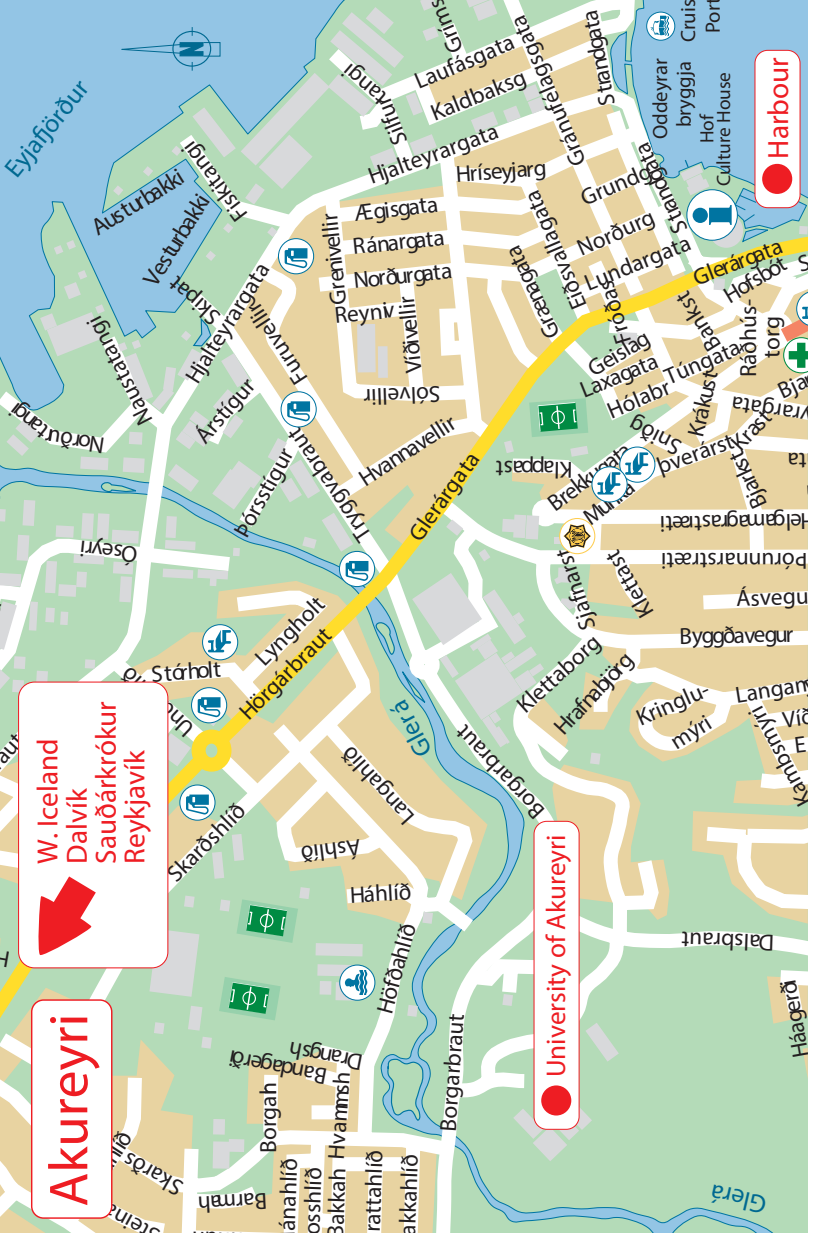
Akureyri

W. Iceland  
Dalvík  
Sauðárkrúkur  
Reykjavík



University of Akureyri

Harbour





**Akureyri Golf Club**

**6 Þorgeirskirkja** at Ljósavatn is a church built commemorating the christianisation of Iceland. The church was built in 2000, celebrating 1000 years of Christianity. Open to the public in summer. **Goðafoss** is the waterfall into which Þorgeir threw his heathen



gods as a symbolic act of dispensing with heathenism.

**7 The Sigurgeir's Bird Museum** at Ytri-Neslönd on the shores of Lake Mývatn is a comprehensive private bird collection resulting from one man's passion, Sigurgeir Stefánsson. The museum provides an opportunity to see and learn about Icelandic birds in and out of season.

**8 Dimmuborgir**, an area of daunting lava formations and home to Grýla, an intimidating troll matriarch, is made up of volcanic caves, chimneys and pillars resembling fallen citadels and strange creatures. This dark area is on the east side of Lake Mývatn.

**9 The Mývatn Nature Baths** are the north's answer to the Blue Lagoon in the south. The water contains a



rich blend of minerals, silicates and micro-organisms, giving it the beautiful blue colour and enhancing its healing properties. Situated in a lava field overlooking the beautiful Lake Mývatn, this is a wonderful place to relax and recharge.

**10** In Skjálfandi Bay on the north coast lies **Húsavík**, a thriving tourist destination. The main attraction is whale watching as whales are prolific in the bay during summer, making Húsavík the whale capital of Iceland. The harbour has developed into a thriving hub for whale watchers with restaurants, booking offices and souvenir shops and a whale museum. Húsavík is a pretty town flanked by





*No need to go hungry around Iceland*



**netto**

**KJÖRBÚÐIN**  
*í næsta nágrenni*

**Krambúð**



mountains on one side and the bay on the other. It also has a lovely park beside the river and a wooden church dating to 1907, which

takes pride of place on the main road. There is a variety of museums and art galleries in Húsavík. Besides the good swimming pool in town, there are two out-of-town places to soak in: The new geothermal sea baths on the cliffs beside the lighthouse, **Geosea**, and **Kaldabakslaug** to the south, a geothermal lake containing gold fish.

**11 Tjörnes Peninsula.** This piece of headland tucked in the north is

an area of incredible beauty and uniqueness. There are fossils along the coastline and a puffin colony at the Voladalstorfa lighthouse. Breathtaking vistas over Öxafjörður are unforgettable.

**12 Ásbyrgi**, a horseshoe-shaped canyon where legend and nature come together. It is a woodland of birch trees and has lovely walking trails. The tranquillity here is magnified by the idyllic lake in the canyon, which is home to a variety of birds. Being part of the **Vatnajökull National Park**, it is a protected area. Legend has it that the canyon's shape is a hoof print of Odin's eight-legged horse, Sleipnir.



Raufarhöfn

---

There is a **Kjörbúðin** grocery store in Þórshöfn

There is a camping site at Ásbyrgi.

**13 Raufarhöfn**, dubbed the Arctic Circle Village, is the location of a monumental project taking place on a hillside close to town. **The Arctic Henge** is a sundial which aims to capture the midnight sun's rays between the stone gateways casting shadows in specific locations. It is a monument to ancient pagan beliefs inspired by the *Völuspá* of the famous Edda poems. It is made up of a series of stacked basalt arches placed within circles.

**14** On a farm, **Svalbard**, there is a study centre called **Fræðasetur um**

**forystufé**. It features the leader sheep of Iceland which are unique breed to the country that can predict weather and lead the flock through storms to safety. An interesting glimpse into the hierarchy of the Icelandic sheep.



# RIDING TOURS

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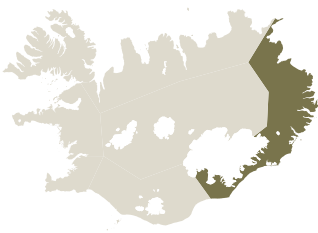


## East Iceland

The eastern region of Iceland stretches over 22 721 km<sup>2</sup> and has a population of about 12 791 inhabitants. It is an area full of varied landscape, from the rugged plains of the interior to the mountainous, fecund fjords of the coast. The area is made up of farmers and fishermen, artists and foreign connections, all contributing to the diversity of the region. Authentic design using local raw materials is the hallmark of East Iceland. This region is the only area in the country where you will find Iceland's largest mammal, the shy reindeer, roaming the hills of the coastal areas up to Egilsstaðir.

The main routes are tarred, but there are a number of gravel roads down to the fjords. These can be treacherous, especially in winter. Most of them are steep and narrow with blind rises so please drive extra carefully on them. Some places are closed over the winter, so get information from the Information centres or on the website [www.east.is](http://www.east.is)

The main pearls of East Iceland are listed here, but more detail will be given to the hidden pearls of the region. Hengifoss **A** is Iceland's third highest waterfall, 128m only 34km from Egilsstaðir. Hallormstaðarskógur **B**, covers 740 hectares and is the largest forest in Iceland. It is found along the shores of the longest lake, Lagarfljót **C**, also said to contain the infamous Lagarfljóts worm. Mt. Snæfell **D**, Iceland's highest freestanding mountain at 1883m above sea level dominates the view of Fljótsdalshreppur.



**1 Vopnafjörður** is tucked away off the main Road 1 but is well worth the visit over the Hauksstaðaheiði pass on Road 85. The valleys and canyons in the surrounding mountains host well-known salmon rivers where princes and presidents have tried their luck in catching a salmon or two. The Selárlaug gives you a chance to soak in a geothermal pool in the middle of nowhere, surrounded by beautiful landscape on the banks of the famous



salmon-rich river, Selá. This lovely swimming pool has no electricity and is illuminated by candlelight. It is also wheelchair-friendly.

**2 Bustarfell** on Road 85 is a farm and folk museum with well-preserved turf houses dating back to 1770. Take a step back in time to this beautiful ancient manor which makes history come alive showing the farming and lifestyle of the 19th century until the mid-20th century. Café Croft is a cosy coffee shop where traditional cakes and pies are offered, along with special handcrafts from the area.

**3** Moving away from the coast and into the interior on Road 901, stands **Möðrudalur**, the highest farm in Iceland (469m above sea level) where you can enjoy Icelandic delicacies from the restaurant as you admire the stunning panoramic views. It has a camping ground, guesthouse and an information centre. This remote turf farm serves as an oasis in the desolate plains north of Vatnajökull for

those heading into the highlands.

**4 Sænautasel** on the Jökulsheiði heath is another turf farm-turned-museum. It was evacuated during the Askja eruption in 1875. This recon-



structed farm has a restaurant in the old sheep cote, open from mid-June to mid-September and serves traditional pancakes and coffee by candlelight. It was the source of inspiration for Halldór Laxness' famous novel *Independent People*, with the turf home being a model for the main protagonist's abode.



**5 Egilsstaðir** is the centre of the East. It is the stop-over point for many visitors to the area whether they come

by boat, car or plane. Egilsstaðir has a domestic airport and is the shopping choice for passengers off the Norræna ferry in Seyðisfjörður. Being centrally-located in the region, Egilsstaðir is only a short distance from all the main attractions and fjords. Together with Fellabær and the surrounding Fljótisdalshérað, there are about 3500 inhabitants in the area. The mild climate is reflected in the congenial spirit of the locals who are energetic, friendly and innovative. There are numerous museums in Egilsstaðir as well as handcraft galleries and cultural events held in the old slaughterhouse. The local swimming

pool is family-friendly with wading pools, hot tubs, a main pool and a waterslide. Tjarnagarðurinn is a lovely park in the heart of the town where Frisbee golf can be played. Walking along the woodchip trails beside the Eyvindará river in the Selskógur forest is a nature lover's delight.

**6 Vallanes** is the pioneer farm for organically-grown produce 10km from Egilsstaðir in the Fljótisdalur valley. The "Field-to-Table" visit is a unique experience offered from May to September and the farm also provides accommodation all year. A definite stop for those interested in healthy living.



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**7 Skriðuklaustur** was originally the home of Gunnar Gunnarsson, renowned author, but now this unique building houses the **Centre of Culture and History** in Fljótsdalur dedicated to his works. A lovely coffee shop is situated in the dining room. Archaeological findings in the area are gaining a lot of attention.

**8 The Wilderness Centre**, in Fljótsdalshérað on road 9340, is a museum and guest house, offering a variety of activities. An old barn is transformed into a world of informative illusion using cinematic knowledge, light and sound, blended with inherited relics of forefathers. A wonderful mixture of sustainability and adventure. Local food is cooked in front of the guest in the old farmhouse.

**9 Laugarfellslaug** is a natural hot spring in the highlands, which is said to have healing properties. It is wonderful to soak in the hot tub, admiring the view, on top of the world at the Laugarfell hostel which is only open in the summertime.

**10** Up in the highlands is the controversial **Kárahnjúkar hydro-electric dam**, the biggest in Europe. It is 97km from Egilsstaðir with a tarred road all the way. The undisturbed view of the highlands and its peaks is breath-taking. **Mt. Snæfell** can easily be seen from Kárahnjúkar.

**11 Seyðisfjörður** can be seen as the artist capital of the East. This beautiful enclosed village is the host to the LungA Art Festival, Art in Light Festival and the Artist's Residency. It is also the port for the **Norræna Ferry** to Denmark and the Faroe Islands.

**12 Borgarfjörður Eystri** is a magnificent fjord tucked away in the mountains of the East. A challenging road down to the village, **Bakkagerði** is duly rewarded by the sheer beauty and tranquillity of the place. The rugged landscape has lovely walking trails through its many contours and the bird life is rich and varied, with the puffin being the main attraction in summer. Its claims to fame are the blue flag marina, Lindarkaffi and the well-known annual music festival, **Bræðslan**.



**13 Skorrahestar** is on a fifth-generation run farm, Skorrastaðir, which offers accommodation for 22 people and unforgettable horse riding tours through the amazing landscape of Norðfjörður.



Laugarfell is located in the eastern part of the Icelandic Highlands, a bit north from Mount Snæfell.

Laugarfell offers accommodation for 28 people. Two natural pools are located in Laugarfell and according to old folk tales the water is known for its healing powers.

There are many interesting tracking paths around Laugarfell and a number of beautiful waterfalls.

Laugarfell is open from the 1st of June to 30 of september.



Laugarfell 701, Laugarfell - Tel: +354 773 3323 - [info@laugarfell.is](mailto:info@laugarfell.is) - [www.laugarfell.is](http://www.laugarfell.is)

**14 Hildibrand Hotel** in Neskaupstaður was once the town's original co-op. Besides accommodation, it also offers various activities in the area with a wonderful boat trip into the fjord where the possibility of seeing humpback whales and hearing ghost stories is not unlikely.

**15** The Icelandic Wartime Museum in **Reyðarfjörður** is a must for anyone interested in war history. The perspective is from soldiers and inhabitants alike and is one of a kind in Iceland.

**16** The French history of **Fáskrúðsfjörður** is reflected in the French Museum housed in the beautiful restored historical buildings, the Doctor's House and the French Hospital, which are now both part of the Foss Hotel. The museum is an avant-garde exhibition in a tunnel under the main road and well worth a visit. Fáskrúðsfjörður is twinned with Gravelines in France, confirming the shared heritage between the two towns. If you missed out on seeing the northern lights while in Iceland, don't despair. Auroras



Fáskrúðsfjörður

Iceland is a delightful photographic exhibition of the northern lights in Fáskrúðsfjörður created by photographers, Jónína and Jóhanna. Open from 22 May to 15 September.

**17 Stöðvarfjörður** is a tiny town with a garden full of beautiful rocks and minerals. **Petra's Stone Collection** is said to be the largest private stone collection in the world and well worth a visit.



**18 Havarí Farm** is known for its organic vegetarian produce, especially the vegan sausages, Bulsur. Berglind and Svavar Pétur, the owners, offer hostel accommodation in the old farmhouse. And there is also a very good coffee shop.

**19** The last town in the East is **Djúpivogur**, a quaint fishing village with an interesting display of 34 huge egg sculptures lining the road along the harbour, called **Egginn í Gleðivík**. These eggs each represent the 34 bird species found in the area.

**Langabúð** at the harbour, is a coffee shop and museum in Djúpivogur's oldest building.

The **Papey Island Tour** is an exciting 4-hour boat trip to the island to see Iceland's oldest and smallest wooden church. The amazing bird cliffs of the island as well as the nearby skerries provide wonderful bird and seal watching opportunities.



The high mountains, deep valleys and glistening waterfalls create wonderfully scenic views which can **easily disturb** concentration when driving. Please park in **designated areas** to capture the view and **do not stop** in the middle of the road to take photos. It is vital to **check** weather and road conditions before setting off. Some places are **closed** over the winter so get information from the Information centres or on the website **[www.east.is](http://www.east.is)**





## South Iceland

**South Iceland** is by far the most well-known area amongst tourists in the country. It stretches from Höfn í Hornafjörður in the east down to Hveragerði in the south and makes up most of the southern highlands. South Iceland contains two of the three national parks in the country, Vatnajökull National Park, the biggest in Europe, and Þingvellir National Park. It is a mix of farmland, glaciers, rugged mountains and flowing rivers, geothermal springs, icy waterfalls and floating icebergs. The main traffic route is Road 1 which is tarred. Be aware that there are 20 single lane bridges between Reykjavík and Höfn. For more information on road and weather conditions, contact the information centres or go to [www.south.is](http://www.south.is).

**Jökulsárlón**, **A** the beautiful iceberg lake close to Höfn. Boat trips offered.

**Svartifoss waterfall**, **B** surrounded by black basalt columns in the **Vatnajökull National Park**.

**Reynisfjara Beach**, **C** a magnificent black beach, with extremely dangerous waves. Not to be taken lightly. Wonderful rock formations called **Reynisdrangar**.

**Dyrhólaey**, **D** a rock arch stretching into the ocean, offering wonderful.

**Skógafoss waterfall**, **E** a powerful wall of water from two glaciers, often producing double rainbows.

**Seljalandsfoss waterfall**, **F** the waterfall you can walk behind and feel the spray.

**Pórssmörk**, **G** a beautiful nature area with its own micro-climate created by the protection of three surrounding glaciers. Not too easily accessible.

**Landmannalaugar**, **H** an oasis in the southern highlands with geothermal hot springs. Multi-coloured rhyolite mountains and lava valleys create spectacular scenery.

**Hekla**, **I** the majestic and most eruptive volcano stands tall in the southern highlands.

**Gullfoss waterfall**, **J** part of the **Golden Circle**, this magnificent waterfall is breathtaking.

**Geysir**, **K** a geothermal field of bubbling mud pots and steamy erupting geysers. **Strokkur** is the main attraction spouting 30m into the air.

**Þingvellir National Park**, **L** and UNESCO World Heritage site. It is a continental drift, manifesting in **Almannagjá canyon**. Part of the **Golden Circle**.

**Kerið**, **M** a volcanic crater with azure blue water.



**1 Höfn í Hornafirði** is the northernmost town in South Iceland with around 1677 inhabitants. It serves as a centre for tourism around the southern part of the **Vatnajökull National Park**. There is an airport connecting Höfn with Reykjavík, making it more accessible from the capital. Höfn is best-known for its successful lobster catch and celebrates annually with the Lobster Festival, so this is where to eat langoustine when in Iceland. The creepy, creaking noise heard in the middle of the night is due to the moving Vatnajökull Glacier which makes a beautiful backdrop to the town. Höfn has a good range of restaurants, accommodation choices and museums. It is a thriving community, making the most of tourism and fishing.

**2** About 60km south of Höfn is the farm, **Hali**. It is a fifth-generation working farm, with a country hotel and heritage centre called **Pórbergssetur**, which covers local history and the life of famous author, Þórbergur

Þórðarsson, a self-taught man and enthusiastic esperantist. The restaurant is famous for its farm-raised arctic char and local traditional food.

**3** Heading south, a little further on from **Jökulsárlón** is a smaller lagoon called **Fjallsárlón**. Both lagoons are as



spectacular as each other with their floating icebergs and their bluish colours. Boat trips are offered on both lagoons.

**4 Skaftafell** is the Visitor's Centre for the national park and serves as a base camp for ventures onto the glacier as well as hiking to Hvannadalshnjúkur, Iceland's highest peak (2110m). Located at the base of Vatnajökull, it is in a beautiful setting and has a good camping site. Excellent for information about hiking routes, services and activities in the area. **Skaftafellsstofa** has an exhibition about glaciers and volcanoes and their effects on local settlers.



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**5 Kirkjubæjarklaustur**, a popular pit-stop on Road 1. This tiny village is surrounded by meaningful landmarks revealing its history as a convent. Systrastapi, (Sisters' Rock) is where two nuns were buried after being burnt at the stake for indecent sexual behaviour and blasphemy. Other landmarks are Systrafoss waterfall and



Systravatn above the town. Another very interesting formation is the Kirkjugólf (Church Floor), a collection of eroded basalt columns resembling a tiled floor.



**6 Vík í Mýrdal** is the southernmost seaside village and one that does not have a harbour. Not to be outdone, Vík is famous for its amphibious boats which enable the fishermen to drive out to sea and this also provides an excellent solution for boat trips from Vík. The coastline is dramatic, jagged and stunning with formations such as **Dyrhólaey**, **Reynisdrangar** and the infamous **Reynisfjara beach**. This beauty does not come without its dangers when the tide of the ocean is at its most active. Please be careful in this area as the ocean has taken a victim or two on Reynisfjara beach. The service station, wool and souvenir shops on the main road make for a relaxing stop halfway between Reykjavík and Höfn. Many outdoor activities are offered from this pretty village, including paragliding, sightseeing flights and dogsledding.

**7 Vestmannaeyjar**, an archipelago of volcanic islands off the south coast with **Heimaey** being the only inhabited island. Two historical events have



Puffins in Vestmannaeyjar

shaped this island, the **Turkish invasion** of 1627 and the devastating **eruption** of 1973. A project to unearth buried houses was named Pompeii of the North and is still ongoing. Built around one of the excavated houses, the **Eldheimar Museum** offers an unforgettable experience of remembering that fateful eruption. Today, Heimaey is a thriving fishing community and a popular tourist destination.

There is no shortage of activities on the Westman Islands. Cliff hanging or **Spranga** is a favourite past time for the locals, wonderful boat trips around the islands give the opportunity to see whales and puffins close-up. Sightseeing trips of the island are offered and there are many great walking trails too. There are three museums in town. The excellent 18-hole golf course is set in an old volcanic crater under steep cliffs. The Volcano Open is played here annually. Heimaey has an airport for flights to and from Reykjavík and the ferry

goes to Landeyjarhöfn or Þorlákshöfn on the mainland. Please check which harbour is being used on the day of your departure.

**8** Only half an hour from Landeyjarhöfn is **Hvolsvöllur**, a small service town with big ideas. There is an exhibition in several languages, an art gallery and a replica of a Viking longhouse where traditional refreshments are served. The impressive **LAVA – Iceland Volcano and Earthquake Centre** is an interactive display of Earth's formation and fiery antics. This modern exhibition has an earthquake simulator and stunning special effects to enhance the experience of Icelandic nature. There is a great 360° viewing platform of the three surrounding volcanoes, Eyjafjallajökull, Katla and Hekla. LAVA is the main gate to the Katla Geopark.



Eruption in Vestmannaeyjar

# Welcome to **Vestmannaeyjar**



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**9** Close to Road 1 is a pretty waterfall called **Urriðafoss** gently flowing within the Þjórsá River. This river stands to be harnessed for hydroelectric power, which might threaten the very existence of the waterfall itself.

**10 Selfoss** is a pretty town situated on the banks of the Ölfusá River. It is the largest town in South Iceland and is perfectly located for trips into the southern highlands. It has a large selection of restaurants and accommodation. For chess fans, **The Bobby Fischer Centre** is full of paraphernalia from the famous chess match between Spassky and Fischer in 1972. There is also a very fine swimming pool complex and a 9-hole golf course.



**11 Hveragerði's** steamy geothermal nature is seen long before arrival to the town. This is a hotbed of beauty, greenhouses and surprises. The Geothermal Park in the middle of town is interesting. There are a number of wonderful walking trails leading

through the steamy valley close by. Hveragerði is the home of Iceland's **NFLI Health and Rehabilitation Clinic**, a very apt location for health and well-being. **Reykjadalur**, the steamy valley of hot springs along a warm river is just outside the town. Driving up to Hellisheiði on the way to Reykjavík offers a spectacular view over the region.

**12** Going inland from Road 1 at Selfoss onto Road 35 towards Geysir, through the farmland valleys, there are a number of little villages that have sprung up around geothermal areas, each with its own character. A wide selection of restaurants, accommoda-



tion and activities are on offer in this area. Road 35 leads to **Sólheimar**, an ecovillage and organic farm. Visitors are welcome.

**13** Further along is **Skálholt**, a cultural, historical and spiritual centre with a cathedral, tomb of bishops and a museum.



**14** On Road 31 at **Laugarás**, there is a nice surprise for families. The **Slakki Petting Zoo** and recreation centre is a great stop for tired kids and frazzled parents. Indoor mini- golf, a restaurant and a good selection of animals to pet.

**15** The farmhouse at **Þjóðveldisbær** in Þjórsárdalur is a replica of archaeological findings of a mediaeval longhouse buried by the Hekla eruption of 1104 at Stöng. It is quite far out of the way on Road 32, but the landscape and scenery make the detour worthwhile. Open from June to September.

**16** Back to Road 1 at Selfoss, and taking a small detour towards the coastline onto Road 305 will not disappoint as it leads to the **Tré og List** gallery on the farm, **Forsæti**. This is a wonderful display of excellent wood craftsmanship and art with friendly hosts.

**17** Along the coastal road to **Stokkseyri** stands the **Knarrarós lighthouse** towering above the horizon, resembling

a church steeple. A new role for the disused fish factory in Stokkseyri has culminated in the **Culture House** which hosts ghosts, trolls and elves as well as Northern Lights. These three museums are the heart of the town and indicative of how the tourism industry has taken over from the fishing industry. A humble cottage called **Þuríðarbúð**, erected in 1949 in honour of Þuríður Einarsdóttir, fishing captain and solver of crimes stands amongst the homes of locals. The wild ocean along the coastline of Stokkseyri is a beautiful force to behold.



**18 Eyrarbakki's** heyday might be long gone, but the village is graced with beautifully-preserved buildings from 1890-1920, offering a glimpse into the past. The town has two museums, the Maritime Museum and the Árnessýsla Folk Museum built in 1765. The magical **Flói Bird Reserve** is a recognized area for about 70 species of wetland birds by the Bird Life International

Association. It has a bird hide specially designed for wheelchair access.

Litla-Hraun, Iceland's home for hard-line criminals, is located in Eyraðakki.

**19 Þorlákshöfn**, the only active fishing village on the south coast due to its natural harbour. It is also the ferry connection for the Westman Islands.

**Hendur í Höfn** is a coffee shop and glass art gallery offering 4-hour courses in glass art. Some of the furniture is made from recycled palettes, giving the coffee shop its unique ambience.

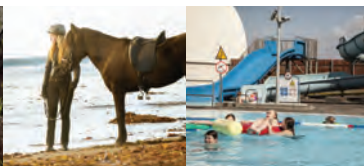
**20 Strandarkirkja** in Selvogur near Krýsuvík is the richest church in Iceland. This humble wooden church stands



alone next to the crashing waves of the south coast. Hidden forces of the unknown are said to inhabit this church, aiding success and good luck. Open every day in summer, and on weekends in winter. Donations welcome.



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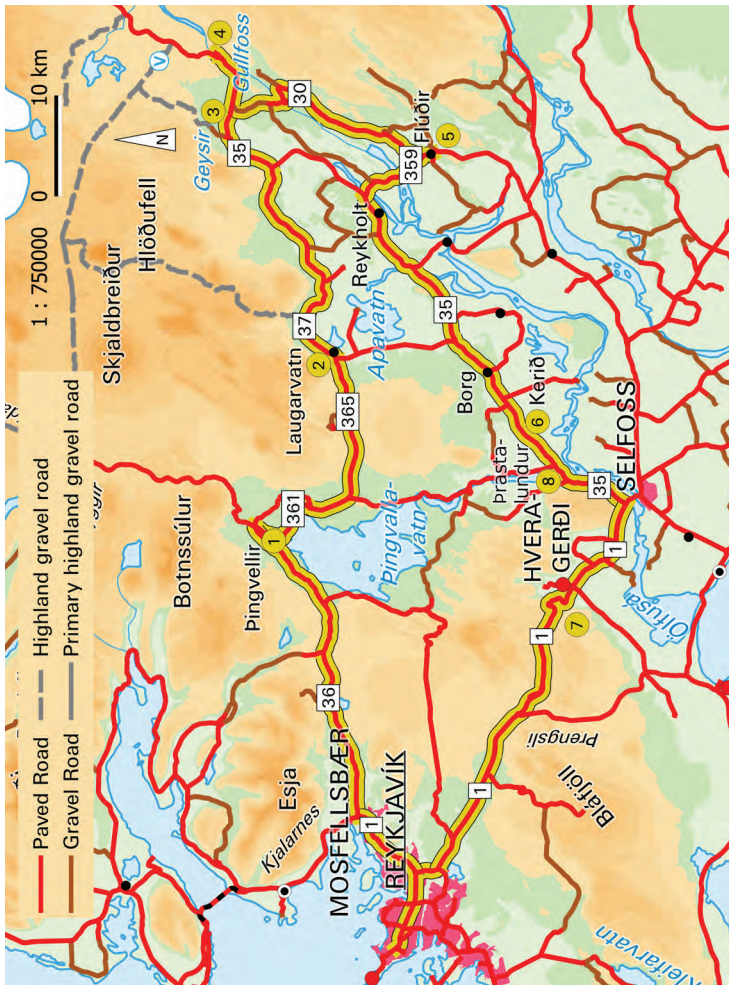
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## The Golden Circle A One-Day Delight

This is the most popular tourist route in Iceland departing from Reykjavík and covering a vast area of geological and historical attractions. The three main points of interest are **Pingvellir National Park** (1), a UNESCO World



Heritage Site and seat of the first parliament. This beautiful area with its lake, natural vegetation and visible tectonic fissures, which are popular amongst divers and snorkelers. This area is also a delight to walk around, soaking in history, geology and nature with every step. Another major stop is the **Geysir Geothermal Area** (3), Iceland's very own pressure valve with Strokkur letting off steam every few minutes in a 30m high aquatic burst. This hot geothermal area is fascinating with its colours, smells and energy. The third classic stop is the mesmerising **Gullfoss Waterfall** (4). Seen from a dizzy height, this waterfall is two-tiered and plunges 32m down into the

Hvítá River. Its beauty is illuminated by sunshine and rainbows but also in its winter coat of icicles and frozen spray. There are a number of other attractions in the area that would put a personal touch to your own Golden Circle tour. They are **Laugarvatn** (2) on the banks of a warm lake and sheltered by a birch-covered mountain, **Kerið** (6), a volcanic crater that has hosted floating music concerts, **Flúðir** (5), home of the **Secret Lagoon**. A wonderful must-stop is at **Prastalundur** (8) where you can freshen up with a delicious bite or buy some snacks to take with you.

**Conscious Tourism** is what allows everybody to enjoy this amazing island with minimal impact, which requires you to be sensitive and sensible. Please remember that this is also the home of around 340 000 people who live and work here and who are having to deal with big changes created by mass tourism.

Co-operation makes it happen and together we can create the perfect tourist location through consciously respecting where we are and what we do here.

# Festivals

Guide in the Countryside

WHEN	FESTIVALS	WHERE
April		
Easter Weekend (Fri-Sat)	Aldrei fór ég suður Music Festival (M)	Ísafjörður (WF)
May		
Middle of May	The Icelandic Museum Day - open museum (C)	All over
June		
First weekend of June (Fri-Sun) - Seaman Festival -	The Merry Seaman Festival (F)	Grindavík (S)
Second weekend of June	The Lamb Chop Festival (M, F)	Selfoss (S)
June 17	National Day (C, F, M)	All over
Third weekend in June	Brákarhátíð	Borgarnes (W)
Fourth week of June (Tue-Mon)	Sunset Festival at Garðaskagi Peninsula	Garður (S)
Fourth week of June (Fri-Sun)	Lobster Festival at Höfn (Fo,F)	Höfn in Hornafjörður (S)
Fourth week of June (Thu-Sun)	Lummudagar Fest in Skagafjörður (F)	Skagafjörður (N)
July		
First week of July (Wed-Sun)	The Folk Music Festival in Siglufjörður (C, M)	Siglufjörður (N)
First week of July (Thu-Sun)	The Irish Days ("The Most Redheaded Icclander Competition") (C, M, F)	Akranes (W)
First week of July (Thu-Sat)	All Tomorrow 's Parties (M)	Ásbrú (NATO Base) (SW)
First weekend of July (Fri-Mon)	Dýrafjarðardagar Viking Festival (C)	Pingeyri (Wf)
Second week of July (Wed-Sat)	Eistnaflug Festival (M)	Neskaupstaður (E)
Second weekend of July (Wed-Sat)	Home to Búðardalur (F)	Búðardalur (W)
Third week of July (Sun-Sun)	Lunga Festival (C, M)	Seyðisfjörður (E)
Third week of July (Fri-Sun)	Triathlon Festival in the Westfjords (S)	Ísafjörður (WF)
Third week of July (Sat)	Fun in Kjós (C, F)	Kjós (W)
Third week of July (Sat-Sun)	Skálholt Festival (Pilgrim-walk of 6 days ends) (C)	Skálholt (S)
Fourth week of July (Wed-Sun)	Fire in Húnaþing (The Great Seal Count) (M, F)	Hvammstangi (N)
Fourth week of July (Sat-Sun)	Bræðslan Festival (M, F)	Borgarfjörður eystri (E)
Fourth week of July (Thu-Sun)	Reykholts hátíð Festival (M)	Reykholt (W)
Fourth week of July (Fri-Sun)	Mærudagar in Húsavík (M, F)	Húsavík (N)
Fourth weekend of July (Fri-Sun)	Á góðri stund Festival (F)	Grundarfjörður (W)
Fourth weekend of July (Fri-Sun)	French Days in Fáskrúðsfjörður (C, F)	Fáskrúðsfjörður (E)

Type: (M) Music, (C) Culture, (F) Family, (Fo) Food  
(S) South, (SW) South West, (W) West, (Wf) Westfjords, (N) North, (E) East

continue on next page

# Festivals

## Guide in the Countryside

WHEN	FESTIVALS	WHERE
<b>August</b>		
First weekend of August (Thu-Mon)	Þjóðhátíð í Eyjum Fest (M)	Vestmannaeyjar Islands (S)
First weekend of August (Fri-Mon) - Bank Holiday weekend	Verslunarmannahelginn um land allt (C)	All over (Bank Holiday)
First weekend of August (Fri-Mon)	The Herring Festival (C, Fo, F, M)	Siglufjörður (N)
Second weekend of August (Wed-Sun)	The Great Fish Day (Fo, F)	Dalvík (N)
Second weekend of August (Wed-Sun)	Act Alone (C)	Suðureyri (Wf)
Second weekend of August (Thu-Sun)	Arctic Handcraft and Design Iceland (C)	Eyjafljarðarsveit (N)
Second weekend of August (Sat)	Jökulsá Run (13K, 21K, 33K) (S)	Dettifoss to Ásbyrgi (E)
Second weekend of August (Sat)	Ólafsdalshátíðin Fest in Gilsfjörður (C)	Gilsfjörður (Wf)
Second weekend of August (Sat)	Danskir dagar	Stykkishólmur (W)
Second weekend of August (Sat)	1900 Millennium Festival at Eyrarbakki (C, F)	Eyrarbakki (S)
Third weekend of August	Turtle Filmfest (C)	Hólmavík (Wf)
Third weekend of August (Thu-Sat)	Gæran (M)	Sauðárkrúkur (N)
Third weekend of August (Thu-Sun)	Beirjadagar Art Festival (M, C)	Ólafsfjörður (N)
Third weekend of August (Fri- Sun)	Djúpavíkurdagar Festival (F)	Djúpavík (Wf)
Third weekend of August (Fri- Sun)	Töðugjöld Rangárpingsi ytra (C)	Hella (S)
Third and fourth week of August (Fri-Sun-10d)	Lagarfjós Worm Festival (C, F, S)	Á Héraði (E)
Fourth weekend of August (Fri-Sun)	Blueberry Festival (F)	Súðavík (Wf)
Fifth weekend of August (Thu-Sun)	Sandgerði Days (F)	Sandgerði (S)
Fifth weekend of August (Fri-Sun)	Í túninu heima (Seven Fell Run) (F, S)	Mosfellsbær (Capital)
Fifth weekend of August (Fri-Sun)	Akureyrarvaka (C, F)	Akureyri (N)
<b>September</b>		
First weekend of September (Thu-Sun)	The Night of Lights (C, M, F)	Reykjanesbær (S)
First weekend of September (Sat)	The Arctic Run (12K, 24K) (S)	Grímsey Island (N)
Fourth week of September (Sat-Sat)	Cultural Week at Raufarhöfn & Ram Lamb Day (C)	Raufarhöfn (N)
<b>October</b>		
First weekend of October (Fri-Sun)	Glóð Poem Festival (C)	Neskaupstaður (E)
Second week of October (Thu-Sun)	Women's Pampering Day (F)	Akureyri (N)
Third week of October (Mon-Sun)	Food Festival Akureyri (F)	Akureyri (N)
Third week of October	Northern Wave Film festival (C)	Grundarfjörður (W)

Type: (M) Music, (C) Culture, (F) Family, (Fo) Food

(S) South, (SW) South West, (W) West, (Wf) Westfjords, (N) North, (E) East

## About The Company

**Visitor's Guide** has been published yearly since 2000 and it has become one of the most respected and popular tourist publications in Iceland. The Guide promotes more than 100 selected companies in hospitality industry and 130 000 copies are published annually.

In 2016 the publication was acquired by **Iceland Road Guide** which is a family-based company and a pioneer in publishing travel books, maps and apps in Iceland. The Iceland Road Guide products have been on the market for 45 years. The aim of the company is to develop up-to-date products in order to meet the needs of tourists and clients alike.

The material in the book is partly based on suggestions from hospitality industry workers and research among tourists in Iceland. We hope you find the Visitor's Guide helpful and that you will enjoy your stay in Iceland.

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info@visitorsguide  
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**Reykjavik** Many smaller street maps are spread throughout the guide.  
Special map inside the book.

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Reykjavik (RVK), Akureyri (AK),  
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	RVK	AK	EG	ÍS
Akranes .....	49	352	616	419
Akureyri (4.5 h) .....	388	1341	264	558
Blönduós .....	244	144	408	414
Egilsstaðir (7.5 h) ..	652	264	1330	822
Húsavík .....	479	91	219	649
Höfn i Hornaförði ..	456	510	246	896
Ísafjörður .....	455	558	822	1996
Jökulsárlón (5 h) ..	379	581	317	818
Keflavík .....	46	429	693	496
Kirkjub. klaustur ..	258	631	448	696
Landmannalaugar ..	195	568	545	635
Laugarvatn (1 h) ..	77	432	683	499
Rauðarfjörður .....	610	222	264	780
Sauðárkrúkur .....	291	120	384	461
Skafatelli .....	326	646	383	766
Vík i Mýrdal (2 h) ..	184	557	519	624
Þingvellir (45 min) .	50	405	669	472

Distances in km (Driving time approx.)

Source: Mapdata

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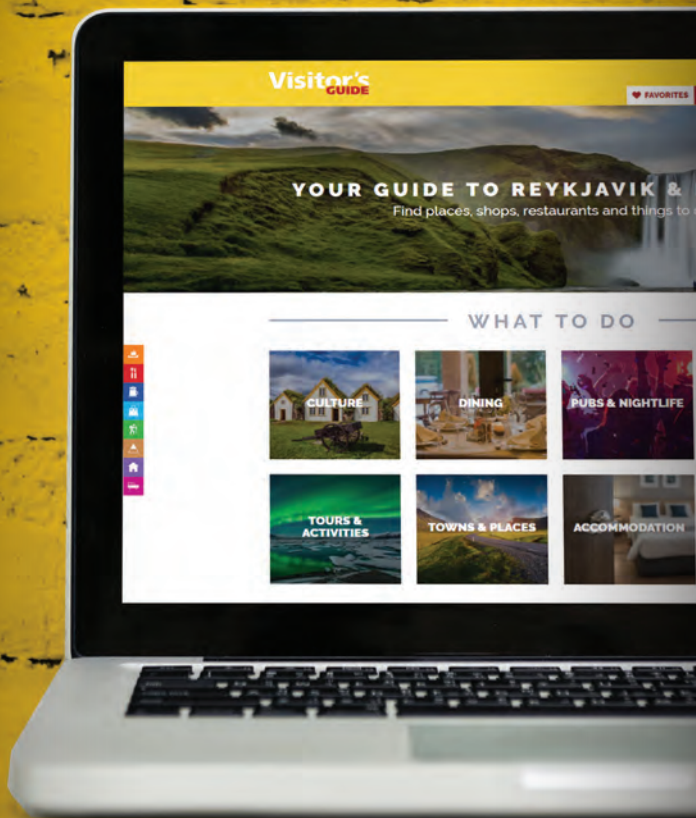
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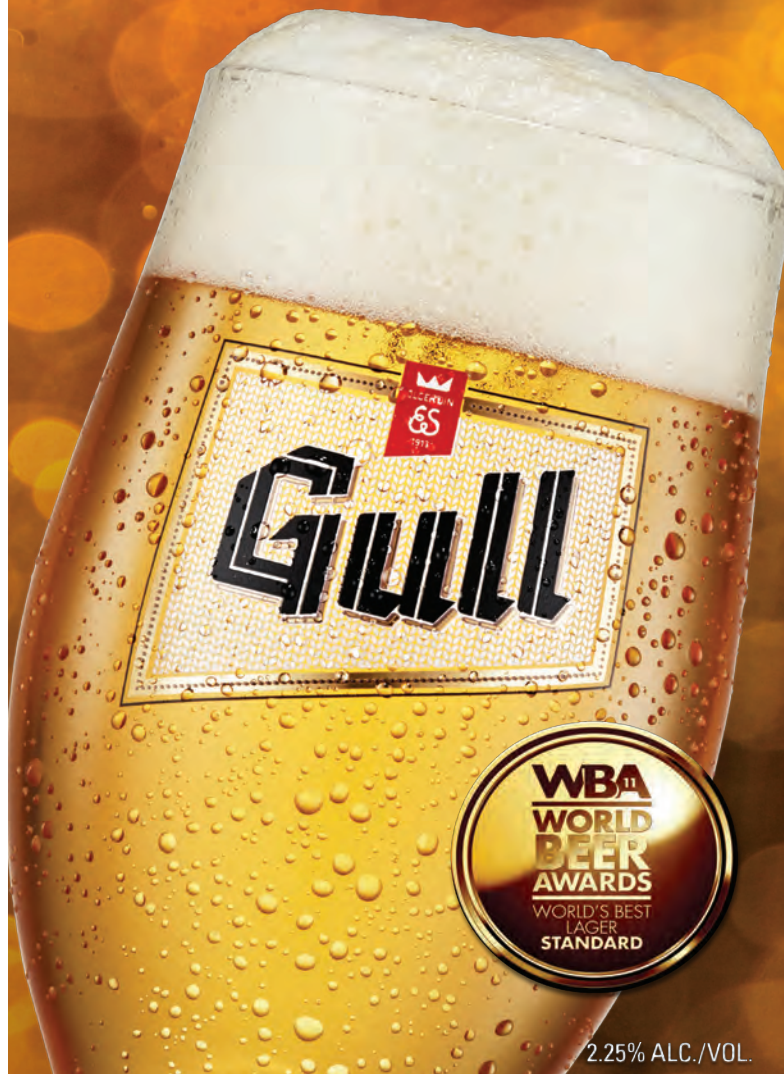
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