

GRAND TOUR OF ICELAND 2015

Explore the highlights and secrets around Iceland including Snæfellsnes peninsula and the West Fjords



Iceland is a country like no other, almost an own little planet with exceptional landscapes: some of the world's finest waterfalls, erupting geysers, stunning fjords, magical lagoons, active volcanoes, majestic glaciers, powerful lava flows as well as tranquil lakes with rare-breeding bird life. The Grand Tour of Iceland takes you on an unforgettable journey around Iceland including Snæfellsnes peninsula and the magical West Fjords. Experience the spectacular splendour and untamed beauty of Iceland's nature, breath-taking scenery and unique Icelandic history and culture. You will discover some of the most remote parts of the country and visit many well-known highlights as well. Our Grand Tour of Iceland features all the best the country has to offer. Each day combines touring by bus, going for light walks, having soft adventures and experiencing Icelandic culture and history. We stay in simple and charming guesthouses, farm- and tourist-class hotels, many of them set in the most stunning locations.



Day 1, WED: WELCOME TO ICELAND (50 km/31 mls)

Individual transfer by Flybus/Reykjavik Excursions shuttle bus from Keflavik airport to your accommodation in Reykjavik where you spend the night. Your travel documents include a separate voucher for the FLYBUS/Reykjavik Excursions airport shuttle, located outside the arrival hall in front of the main airport exit. If you need assistance, contact the Reykjavik Excursions/Flybus representative at their sales counter in the arrival hall. The transfer takes about 45 minutes to the BSI bus station in Reykjavik. There you might either continue with the same bus or be transferred to a smaller coach to your accommodation in Reykjavik according to instructions of the driver. For the check-in at **your accommodation in Reykjavik** use the separate voucher which includes the name and address of your lodging in Iceland's capital. This itinerary provides you with ideas how to explore Reykjavik on your own. Food lovers will be pleased and perhaps even impressed by the number of diverse restaurants in Reykjavik. Many award winning chefs create delicious Icelandic cuisine that is characterized by an imaginative use of local ingredients such as fresh seafood, organic lamb and wild game; but be sure to try the fabulous Icelandic hotdog and pizza too!

Day 2, THU: GOLDEN CIRCLE (290 km/180 mls)

At **09:00** departure from **Hotel Klettur** by coach of Guðmundur Jónasson Travel, see separate tour voucher. **If you stay at a different hotel, please check pick-up time information on the tour voucher, as pickup time may be different.** Meet your tour guide and fellow travel companions for the next nine days. Start the escorted tour program with classic highlights. We explore Gullfoss, the beautiful double "Golden Falls" and we walk through the active geothermal area of Geysir, where Strokkur "the churn" spouts up to 25 meters (70 feet) every five to seven minutes. A visit to the ancient Viking Parliament area and UNESCO world heritage site of Þingvellir National Park tops the day off before travelling along the scenic shores of Hvalfjörður fjord. Overnight in Borgarfjörður, West Iceland.

Day 3, FRI: SNÆFELLSNES PENINSULA AND LAVA CAVE (190 km/118 mls)

This morning we are introduced to the Icelandic sagas in the settlement centre in Borgarnes. The Snæfellsnes Peninsula "the peninsula of the snowy mountain" juts out from Iceland's west coast, like a long arm with a clenched fist at its tip, and is in many ways a microcosm of the whole island. A rugged mountain chain runs its length, capped by the 1,446 meter Snæfellsjökull, a mystical cone-shaped strato volcano. We travel around the Snæfellsnes Peninsula, through lava fields and along the ocean with many classic Icelandic photo opportunities. We visit the most popular sites at the national park where volcanic craters, lava flows, an ice cap, glaciated peaks, fjords, sandy beaches, and high cliffs shape its landscapes.

We follow the adventure of Jules Verne's classic science fiction novel about the journey to the centre of the Earth. Do not miss your chance to go on your own trip to the interior of the Earth under the glacier Snæfellsjökull! This lava cave tour takes you 35 meters underground and about 200 meters into the lava tube called Vatnshellir. During the tour you reach two different sections of the cave by a long and narrow staircase. The upper section has great features and unique formations of lava statues curved on the sides of the lava tube. In the lower part of the lava cave you experience total quietness and even total darkness when your guide switches off the light. The total duration of the lava cave tour is approximately one hour. Overnight in the Grundarfjörður area.

Day 4: SAT: ICELAND'S WESTERNMOST POINT (145 km/90 mls)

We need to wake up early and catch the morning car ferry Baldur from Stykkishólmur to Brjánslækur in the West Fjords. On the way over Breiðafjörður bay, the ferry stops on the island of Flatey. If the weather is nice you enjoy a magnificent view of the bay's countless islands as well as the glacier Snæfellsjökull. We follow the coastline and stop at the folk and transport museum in Hnjótur. We continue through a very remote and sparsely populated region to the bird cliffs of Látrabjarg, the westernmost point of Iceland (and Europe) where you can see puffins from mid-May till mid-August. We take a memorable walk in the wilderness to the top of the highest bird cliffs in Iceland. Látrabjarg is known in the world for its density of Nordic birds. Puffins, razorbills, guillemots, fulmars, cormorants, kittiwakes and other cliff birds flock either in hundreds, thousands or even in millions. This is a place where you can get very close to the seabirds and even if you're not into birdwatching, you are entertained by the comic puffins and mesmerized by the sheer number of birds. Overnight near Látrabjarg, Patreksfjörður or Flókalandur.

Day 5, SUN: BEAUTIFUL WEST FJORDS (390 km/242 mls)

We travel the shore of many scenic fjords, beautiful beaches, and pass through small fishing villages until we reach the majestic fjord Arnarfjörður, surrounded by high mountains. At the bottom of the fjord we come across the unique waterfall Dynjandi with its seven levels of plunging water, declared the country's most beautiful waterfall by the people of Iceland. We continue over a mountain pass and travel along the southern shores of the West Fjords. This is a route less travelled and is characterized by sheer cliffs, deep cut bays and narrow stretches of coastal lowland. We overnight at the remote Vogur Country Lodge in West Iceland. This is a truly peaceful and beautiful place close to Breiðafjörður Bay, giving you the feeling of being all alone in Iceland.

Day 6, MON: HEADING NORTH (350 km/217 mls)

In the morning we travel mostly off-the-beaten path, see abandoned farms, beautiful little country churches and Icelandic horses. At Haukadalur, there's a rather authentic replica of the homestead of Erik the Red, the famous explorer who founded the Icelandic colony in Greenland. His son Leif-the-Lucky, born in Haukadalur, Iceland, was the first European to set foot in North America. Now the excavated and reconstructed farm in Haukadalur is a living Viking museum, a fun, informative and a photogenic place. The landscape is dominated by mountains, lakes, valleys, sea and wide open spaces. We head north and stop at a local farm for a horse show where we learn about the unique qualities of Iceland's special breed. Afterwards we travel through the fertile farmlands and fjord landscapes of Northwest Iceland before we visit the charming town of Akureyri, Iceland's second largest city. Overnight in the capital of North Iceland. Dinner on your own tonight – Akureyri offers several dining options.

Day 7, TUE: GEOLOGICAL WONDERS AND NATURE BATHS (150 km/93 mls)

We explore Goðafoss, the waterfall of the Gods, and continue to lake Mývatn, known for its rich bird life and extraordinary volcanic lava landscapes. We visit pseudo craters, walk in the lava field Dimmuborgir, climb up to the rim of the ash crater Hverfjall, see the hot springs and bubbling mud pools of Námaskarð, and travel to the crater lake Víti in the Krafla geothermal fields. In the afternoon relax and soak at the Mývatn Nature Baths. Overnight near lake Mývatn.

Please carry your swimwear and toiletries for the Nature Baths in your hand luggage to avoid having to take your main luggage into the bathing facilities. The towel is included in the entrance fee and tour package.

Day 8, WED: THE SECRET OF THE EAST (290 km/180 mls)

We travel to Dettifoss, Europe's most powerful waterfall in the northern part of Vatnajökull National Park. We continue east through bare and sometimes deserted landscape with mountains all around. Along the way, we make a stop at Möðrudalur, the all-year residence at the highest altitude in Iceland, 469m above sea level. In summertime they run a service centre there, a great place to enjoy the view of Herðubreið, the queen of Icelandic mountains, and visit the church at the farm – built by hand in 1944 by the former farmer in the memory of his late wife. From there we head through the uninhabited highlands to East Iceland. We explore the northernmost fjord on the East Fjord mountain range. The isolated village Bakkagerði has only 120 inhabitants and is a charming village, built snugly next to the steep mountainside. Driving to Borgarfjörður Eystri is dramatic and rewarding. The colourful mountains are simply unique and impressive. We experience an unusual opportunity to visit a traditional Icelandic fishing village, still relying on small boat fishing. There are some paintings of Jóhannes Kjarval displayed in the local church. He is a well-known Icelandic painter who grew up in Borgarfjörður Eystri and his hometown and its landscape have much influenced his work. Borgarfjörður Eystri is home to an extensive population of elves – judging by the 172 local folk tales involving elves. On the outskirts of the village is Álfaborg, a protected site where the queen of elves is believed to live within a uniquely shaped rock castle. The elf stories provide a fascinating lecture especially for the younger generation. Overnight at Guesthouse Álfheimar.

Day 9, THU: FJORDS, GLACIERS AND ICE (390 km/242 mls)

It's a day to admire the dramatic fjord landscape and its tiny fishing villages at the end of twisty roads in the East Fjords and on route we visit an interesting stone collection. In the afternoon we see Vatnajökull – Europe's biggest glacier that is visible all over Southeast Iceland. Past the town of Höfn, we stop for a boat ride amongst the floating icebergs on the glacial lagoon at Jökulsárlón. The night is spent near Skaftafell on the southern part of Vatnajökull National Park.

Day 10, FRI: VATNAJÖKULL NATIONAL PARK AND THE SOUTH (340 km/211 mls)

Visit Skaftafell at the Vatnajökull National Park, covered by ice and nestled below Iceland's highest mountain, the 2,110 meter high Hvannadalshnjúkur. We walk close to one of the many glacial tongues in the area – a Kodak moment. We cross a sandy desert and drive along the south coast, always between the sea, mountainous cliffs, glaciers and waterfalls. We stroll along the black lava beach and bird cliffs near the village of Vík. At the Eyjafjallajökull information centre we learn how it is to live next to a glacier and an active volcano. We stop at the Skógafoss and Seljalandsfoss waterfalls. Farewell dinner at a nice gourmet restaurant in Reykjavík and the last night is spent in Iceland's capital. See details about your booked accommodation in Reykjavík on separate hotel voucher.

Please order the FLYBUS airport shuttle for the departure day with the receptionist at your hotel according to your flight schedule, the evening prior to departure. Write down the departure/pick up time. The FLYBUS office is open 24 hours. If you have questions, ask your tour guide for assistance.

Day 11, SAT: DEPARTURE HOME (50 km/31 mls)

Individual transfer by Flybus/Reykjavík Excursions airport shuttle from **your accommodation in Reykjavík** to Keflavík airport. **Pick up time is according to reservation arrangements that you made with the receptionist at your hotel on the evening prior to flight departure.** Your travel documents should include a separate voucher for your transfer to the airport.

Note: Total mileage in 9 days is about 2,535 km (1,572 miles) which is an average of 282 km (175 miles) per day. You spend about 4 hours per day on the bus, depending on road conditions, traffic and daily distances. On some days, especially in the West Fjords and on day 9, the driving might be longer than on some other days. This tour has an average of 1-2 hours light walking each day, mostly short walks of 5-20 minutes, in order to explore and reach many of the natural treasures around Iceland. It is an easy tour for nearly everyone to participate in. This is not a hiking/walking tour. Most hotels, farms and guesthouses used on this tour are simple tourist-class category, many of them set in the most stunning locations.

Overnight locations and contact numbers:

Accommodation is provided in simple country hotels, guesthouses and farm, in rooms with private facilities.

- Day 1 & 10: Hotel Klettur, Reykjavík, Phone: (+354) 440-1600 / <http://www.hotelklettur.is/>
Day 2: Icelandair Hotel Hamar, Borgarnes, Phone: (+354) 433 6600 / <http://www.icelandairhotels.com/>
or Fosshotel Reykholt, Phone (+354) 435 1260 / <http://www.fosshotel.is/>
Day 3: Hotel Framnes, Grundarfjörður, Phone: (+354) 438 6893 / <http://www.hotelframnes.is/>
Day 4: Guesthouse Breiðavík, Phone: (+354) 456 1575 / <http://breidavik.is/>
or Hotel Flobalundur, Phone: (+354) 456 2011 / <http://www.flobalundur.is/>
Day 5: Vogur Country Lodge, Fellsströnd, Phone: (+354) 894 4396 / <http://www.vogur.org/>
Day 6: Hotel Kea, Akureyri, Phone (+354) 460 2000 / <http://www.keahotels.is/>
Day 7: Hotel Laxá, Lake Mývatn, Phone (+354) 464 1900 / <http://www.hotellaxa.is/>
or KeaHotel Gigur at Lake Mývatn, Phone (+354) 464 4455 / <http://www.keahotels.is/>
Day 8: Guesthouse Álfheimar, Borgarfjörður Eystri, Phone (+354) 861 3677 / <http://www.alfheimar.com/>
Day 9: Hotel Skaftafell, Southeast Iceland, Phone (+354) 478 1945 / <http://www.hotelskaftafell.is/>
or Icelandair Hotel Kirkjubæjarklaustur or Fosshotel Núpar or Hotel Laki at Kirkjubæjarklaustur

Note: **above hotel list is subject to change**

Nature Fees: There is a possibility that some of the nature attractions around Iceland might charge an entrance fee during the trip. These entrance fees are not included in the tour price and need to be paid by all tour members additionally on the spot, when entering any of these nature sites. Locations, amount of entrance fee, form of payment and other details are not known at the present time and are subject to change.

Other travel documents: Together with this detailed itinerary you should get a set of 5 vouchers (arrival and departure FLYBUS airport shuttle, first and last night in Reykjavík and touring voucher for Grand Tour of Iceland). The following pages give information about what to do and what to see in Reykjavík including restaurant and museum suggestions, how to dress and prepare for your Iceland trip and other general information. If you are missing any of those documents please contact your booking agent.

VIP seating: If you booked and paid for VIP-seating in advance, ask your tour guide for the assigned seats in the front rows of the bus.

Meals: Included are 10x breakfast and 8x dinner (3-course or buffet). Dinner on first night in Reykjavík and in Akureyri is on your own. Lunch stops are at restaurants, road side petrol station diners or café-shops on route. It is not allowed to eat "picnic" and grocery items inside restaurants. **If any special diet is requested please let us know in advance and reconfirm it with your tour guide on the first day of the tour.**

We wish you a pleasant trip: The Guðmundur Jónasson Travel Team

Emergency & contact numbers:

Office hours September-May 09:00-17:00 and June-August 08:00-18:00 - Tel. +354-511 15 15

EMERGENCY Tel. +354-895-2007

REYKJAVÍK – ICELAND'S CAPITAL CITY

If you have a bit of time in Reykjavík - just dip your toes in the wild soup that is Iceland's capital city. It's partly a big city, partly a cultural hub, partly a nightlife nirvana, partly a pedestrian paradise, raucous, modern but mainly a big small town. Reykjavík has plenty of charms to be sought out. Since most folks have just a day or two, we toss out a few ideas for taking on the town here. There is plenty to see, there is plenty to do and always something lurking around a corner.

- Explore:** Stroll through the city centre. Reykjavík offers wonderful architecture, many restaurants, café houses, museums and shops. See more below under Reykjavík Stroll.
- Shopping:** The best places downtown are Laugarvegur main shopping street, Skólavörðustígur connecting Laugarvegur with Hallgrímskirkja church and known as the art and design street. The two main shopping malls are called Kringlan and Smáralind.
- Laugardalur:** Visit the family park and farm animal zoo near to the botanical garden and take a dip in the outdoor swimming pool in Laugardalur – you can rent bathing suits and towels if you don't have yours with you.
- The Pearl:** Don't miss the viewing platform at the "Pearl" where you can also get good ice cream. The Pearl is Reykjavík's most striking building by day and its finest restaurant by night. See: www.perlan.is
- View over town:** Go up to the top of Hallgrímskirkja-Church tower and enjoy the view over the colourful roofs of Reykjavík.
- Árbær museum:** Experience the past brought to life at the Árbær folk museum. This open-air museum, incorporating an 18th-century farm, a turf church and several antique houses, was established to show and preserve selected historic properties. Seasonable opening hours; see www.reykjavikmuseum.is
- Viðey:** is a small but impressive island, with a long history, located in the nature reserve of Kollafjörður fjord inlet. It is just a 5 minute ferry trip from Reykjavík. Viðey's highest point rises 32m above sea level, and no fewer than 30 species of breeding birds have been spotted there. The island also provides a peaceful setting for leisurely walks and you will find a playground and picnic/BBQ area. Seasonable ferry schedule; see: www.elding.is
- Whale Safari:** From Reykjavík harbour (check tour information at the hotel reception). There are currently 2 companies offering whale watching tours from Reykjavík. www.elding.is and www.specialtours.is



Reykjavik Stroll: We always suggest starting your visit at the Tjörn, Reykjavík's city pond with its brigade of ducks, geese and swans. If it's during business hours, you should also cross the bridge and go into the Ráðshús, or Town Hall, an interesting architectural statement evoking the breadth of Iceland's landscape. There's a fabulous relief map of Iceland on the lower floor. And it's the only Town Hall we know of where you can see ducks out the portholes in the restrooms.



From the town hall head towards the city centre. Most people start with Austurvöllur Square which is in front of the Parliament, Hotel Borg and several restaurants and bars. A sunny day immediately fills this area with families, picnics and Icelanders of all ages on their cell phones! A couple of blocks over is Ingolfstorg Square, in front of the Tourist Information Office and Hotel Plaza bounded by Aðalstræti and Hafnarstræti which also has a square with ramps in case you brought your skateboard. The main downtown streets converge here, so many of the most well-known restaurants, cafés, and night spots are nearby. Not to mention good hotdogs, ice-cream and other Icelandic fast food.

There is a concentration of small shops around this square with a lot of interesting Icelandic handmade goods, woollens and the latest in Nordic fashion. At the far end of the square towards the Tjörn (city pond) is Hotel Reykjavík Centrum. During its renovation a few years ago, one of the oldest settlements in the country was discovered, essentially in its basement.

The Reykjavík 871±2, museum is now the newest (and oldest) branch of Iceland's National Museum. This archaeological exhibit highlights the farm sited there in Settlement times, circa 871 AD. This museum combines the actual old building foundations with clear multi-media displays for a very nice picture of life during Iceland's early days. This spot always deserves a short visit.



The Tourist Information Center is at Aðalstræti 2, on the east side of the Ingolfstorg square. The square itself is usually occupied by skateboarders, but provides a good view of the densely packed streets nearby. The Tourist Information Center can be very helpful with a wide variety of brochures for sights all over the country, a booking service, a foreign currency exchange and a good source for good advice.



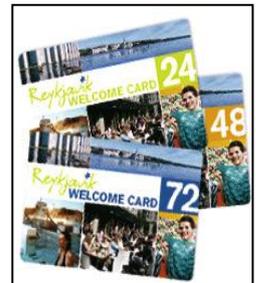
The harbour waterfront is only a couple of blocks away and it is where the various whale and puffin watching cruises embark. Iceland's only train is here - it moves about 6 feet. There are a couple of good harbour side fish restaurants (see later chapter "the old harbour"), and the Kola Port – Iceland's Weekend Flea Market is just across the street. Nearby is one of Iceland's Icons – the Bæjarins Beztu Pylsur- the World's Best Hot Dog Stand, located next door to Radisson Hotel 1919. This humble stand satisfies hunger to visitors and locals alike. We recommend getting one with everything - remoulade, mustard, ketchup, raw onions and fried onions!

At some point you should head up Laugarvegur – which means the "washing way" in Icelandic, but everyone calls it the shopping street. Lots of good window shopping there – and the real thing for those who are confident of their credit lines. Skólavörðustígur veers off of Laugarvegur a few blocks up and it's known as the art gallery street. There are wonderful little shops chock full of classic and innovative design, wool, jewellery and all sorts of grand things. There are two excellent book shops on Laugarvegur - Eymundssons in the old town, and Mal og Menning up the hill. But be careful - shopping in the excellent selection of books in English, Icelandic, and other languages can get heavy and expensive very quickly.



At the top of both streets, you can't miss Hallgrímskirkja – the impressive Lutheran church designed by State Architect Guðjón Samúelsson and built in the 1930s and one of the tallest structures in the land. The tower is said to mimic the basalt lava flows in Iceland. Note the statue to Leif Eiriksson out front, the work of Alexander Stirling Calder and a gift to Iceland from the people of the United States. There's a very impressive pipe organ inside – if you're in the least inclined to take in a church service at a holiday destination, this is a good choice. The tower at the top of Hallgrímskirkja is open for visitors and the view from the top can be very impressive.

If you have some time to sample the city's cultural activities, you might consider purchasing the Reykjavik Welcome Card at the Tourist Information Center. The Reykjavik Welcome Card offers free and reduced admission to many of the capital's best known sights - Iceland's National Gallery, the Reykjavik Art Museum, Árbær Open Air Museum, Kjarval Museum, the Ásmundarsafn Museum & Sculpture Garden, The Settlement Exhibition, the Reykjavik Maritime Museum as well as admission to all Reykjavik Thermal Swimming pools, the Zoo & Family Park and free travel on the Reykjavik Municipal Buses and Viðey Ferry. Cards are sold in 24, 48 and 72 hour increments. They come with information about opening hours for museums, bus schedules, and a list of all companies offering discounts. It's one of Iceland's true bargains, offering a lot of history, culture and fun for small change.



THE NATIONAL MUSEUM OF ICELAND - The Making of a Nation

The National Museum of Iceland's permanent exhibition, Making of a Nation - Heritage and History in Iceland, is intended to provide insight into the history of the Icelandic nation from the Settlement to the present day. The aim is to cast light on the Icelanders' past by placing the cultural heritage preserved by the National Museum in a historical context, guided by the question: What makes a nation? See: www.nationalmuseum.is. The museum is located near the City Pond and Hotel Radisson Saga at Suðurgata 41.

NATIONAL GALLERY OF ICELAND

To begin with, the collection consisted of donated artwork, mainly by Danish artists. Today the museum stands at Frikirkjuvegur in central Reykjavik, next to the city pond, displaying both Icelandic and International art. See: www.listasafn.is

THE CULTURE HOUSE

A unique venue dedicated to Icelandic history and cultural heritage. Located at Hverfisgata 15; see: www.thjodmenning.is

SAGA MUSEUM

From the time of the earliest settlers, history is brought to life in a unique and exciting way. The Saga Museum intimately recreates key moments on Icelandic history, moments that have determined the fate of Icelandic people and which give a compelling view into how Icelanders have lived for more than a millennium. Located at Grandagarður; see: www.sagamuseum.is

AURORA REYKJAVIK

The Northern Lights Center, Aurora Reykjavik, allows you to experience the Northern Lights in a completely different way, both if you saw them, but as well if they escaped you while in Iceland. The centre features information, education and of course stunning visuals of the elusive light that will get your heart racing. Located at Grandagarður 2 (next to Víkin Maritime Museum); see: www.aurorareykjavik.is

VÍKIN MARITIME MUSEUM REYKJAVIK, Grandagarður 8 at the harbour

Iceland's past, present and future are intimately tied to seafaring. This activity defines the nation's character, making it difficult indeed to know Iceland and Icelanders without knowing its maritime history. The Maritime Museum's exhibitions are insights into Iceland's relationship with the sea through the centuries. The main exhibitions illustrate the development from rowboats to modern trawlers and cargo vessels, as well as the construction of Reykjavík Harbour. Temporary exhibitions are changed regularly. Docked to a specially built pier alongside the museum is the Coast Guard Vessel Óðinn. Óðinn participated in all three Cod Wars against Britain in the latter part of the 20th century. Moreover, it was a highly effective patrol and rescue vessel accredited with saving the crews of grounded or sinking ships, and towed nearly 200 vessels to safety. The tugboat Magni, the first steel ship built in Iceland, is also docked at the Museum pier. The museum is located at Grandagarður 8; see: www.maritimemuseum.is



ÁSMUNDARSAFN

Opened in 1983, the collection is housed in a unique building designed and constructed mostly by the artist himself from 1942-1950. The original building served Ásmundur Sveinsson as studio and home; behind it he built a crescent-shaped structure as a work- and exhibition space. The sculpture garden nearby is open to public. Located at Sigtún, in walking distance from Hilton Hotel Nordica, Grand Hotel, Hotel Cabin and Guesthouse Borgartún. See: www.artmuseum.is



Swimming, anyone?

One of the delights of a visit to Reykjavik is bathing in one of the many thermal pools, filled with geothermally heated water, which are found in every district of the city. Abundant resources of geothermal springs mean that the pools are always pleasantly warm, whatever the weather. Most pools are open-air. All have outdoor whirlpools or 'hot-pots' to bask in before or after swimming, and most have waterslides for the young (and young at heart). Reykjavik's thermal pools are open from early morning until 9:30 or 10:00 in the evening. There is a small entrance fee. Swimming suits and towels are available for rent. There is simply no cheaper or healthier way to experience Reykjavik and to get to know

the locals! For further information see: www.visitreykjavik.is or www.swimminginiceland.com

Important Note on Hygiene and Etiquette

Pools are less heavily chlorinated than in many other countries (that is among other things possible because most of them are outdoors), and bathers are required to wash thoroughly without a bathing suit before entering the pool. Showering naked with strangers may be a little off-putting for some visitors, but Icelanders take it for granted – and rest assured, nobody is looking - and some pools provide guests with shower curtains.

The dinner dilemma

The toughest part of staying in Reykjavik will be deciding where to have dinner! There are choices from the traditional fine fare of Einar Ben to the new style like Icelandic Fish and Chips. There's the world's best Lobster soup to be found at Humar Husid, great fish at the Fish Company, and lamb specialties at Einar Ben. Other options too.

For the intrepid, there's a wonderful little fish spot right on the harbour called Sea Greifinn, usually full of Icelanders. It's in a little building across from the Kola Port - Flea Market, and is run by a former sailor who knows his fish. Find on the following pages a list of several restaurants that we recommend additionally.



There are also a couple of excellent online resources, for restaurants reviews that we like, both sharp, opinionated, occasionally rude, but authentic. The Reykjavik Grapevine, which is Iceland's monthly English language paper which covers music and the arts, politics, nature and generally takes a wise guy approach to all the scene in Reykjavik. We don't know if they'd be flattered if we said it is like Rolling Stone in the 70's but it's a very nice compendium of what's happening. There's a directory of dining, shopping etc. at the bottom of the home page <http://www.grapevine.is/Home>

One of the most useful guides to cultural, recreational and seasonal things is What's On in Reykjavik. Published several times a year it has all sorts of useful information about tours, museums, restaurants, music, theatres, cultural happenings of all sorts. Best part, it's available for free pretty much everywhere you turn in Iceland - tourism centres, hotels, the airports and even in the hinterlands. Grab one on arrival and study it.



[Here some restaurant tips in Reykjavik:](#)

Brassier Askur is a restaurant with fine dining and wine at moderate prices. Its location is at Suðurlandsbraut 4, near the Hilton Hotel Nordica, Hotel Reykjavik Lights, Grand Hotel Reykjavik and Hotel Island, close to Hotel Cabin and Guesthouse Borgartún. This is a place where the locals go. Popular soup, bread and salad bar, lunch buffet Mondays through Fridays, Steak buffet every Sunday from 6:00 PM and menu every day full of variety. See: www.askur.is

Lækjarbrekka is a classic restaurant situated in the heart of Reykjavik in one of the oldest buildings in the city centre. The building has a remarkable history and there has been a restaurant here for over thirty years. Lækjarbrekka restaurant creates the most delicious meals from the best possible Icelandic ingredients and provides first-rate service. There is a diverse menu from lunch time to evening, seven days a week. At lunch time they specialise in light, fresh dishes, such as soup or salad as well as fish and chicken dishes. In the afternoon the restaurant takes on a café atmosphere and a range of small dishes, sandwiches, coffee and cakes are available. In the evening, variety is the name of the game. Lækjarbrekka has everything from appetisers and vegetable dishes to sumptuous meat and fish dishes and there is something for all tastes. Old fashioned romantic atmosphere, outstanding modern Icelandic cuisine and excellent location in the heart of Reykjavik – this is a must go restaurant in Iceland's capital. See: www.laekjarbrekka.is

Dill Restaurant, a Nordic restaurant located at Hverfisgata 12 in Reykjavik! DILL Restaurant is the mindful creation of Chef Gunnar Karl Gíslason and Sommelier Ólafur Örn Ólafsson, pioneers of the New Nordic Kitchen in Iceland. Dill is much more than a restaurant. It is the result of a dream Gunnar Karl and Ólafur have shared for a while about a small restaurant with personality. A restaurant where guests not only eat well, but where the meal becomes an experience in itself and classic Nordic ingredients are prepared in a modern way with contemporary kitchen gadgets. See: www.dillrestaurant.is

Fiskfélagið – Fish Company: In the early days of the Fish Company, a satisfied patron set his plate to the side and remarked: “Without fail, all the best adventures take place under a bridge.” They immediately secured his permission to use this as their slogan. Not only is the menu an adventurous journey around the world, a sense of adventure is also reflected in the surroundings and essence of the venue. The Zimsen building dates back to 1884 and originally stood at Hafnarstræti 21, a few hundred meters east of its current location. It was extended in 1889, but in 2006 it was uprooted and lovingly renovated before being replanted at Grófartorg in 2008; next door to Hotel Plaza and Reykjavik Tourist Information Center. The Fish Company will lead you through a world of culinary adventures, which, as most good adventures do, begins under a bridge. See: www.fiskfelagid.is

Þrír Frakkar, the restaurant Þrír Frakkar at Baldursgata 14 was opened on March 1, 1989 and has been run by the chef Mr. Úlfar Eysteinnsson CF master Chef and his family since then. The restaurant is one of few restaurants in Iceland which has had the same owner for such a long time. The restaurant is conveniently located in the downtown area and is within walking distance of the major shops and services in the city centre. The restaurant is located in the vicinity of most of the foreign embassies in Reykjavik, Hotel Holt and Hallgrímskirkja-church. The chef, Úlfar Eysteinnsson, has always placed major emphasis on fish courses and the restaurant has become well known for its delicious fish fare. Other specialties on the menu include whale meat and sea bird entrees. The restaurant seats 44 guests and prides itself on its fine service. Prices are in the moderate range and the restaurant offers an inexpensive lunch menu. The restaurant is open Monday through Friday from 11:30 noon to 2:30 pm and 6:00 to 10:00 pm. On Saturdays and Sundays the restaurant is open between 6:00 pm. and 11:00 pm. See: www.3frakkar.com

Café Loki, located at Lokastígur 28 across from Hallgrímskirkja Church, is the complete Icelandic café with a menu which consists of Icelandic dishes. At Café LOKI you find something affordable, tasty and completely Icelandic. The proprietor Hrönn Vilhelmsdóttir and her husband, Þórólfur Antonsson have found the right recipe to attract and impress both foreigners and Icelanders by using only Icelandic raw material. Þórólfur runs the coffee house with his wife and the homemade bread is his masterpiece. You can choose from homemade food and bread, baked at LOKI, such as rye bread, flatbread and spelt bagels. LOKI uses family recipes, some more than 150 years old while others are new but with an old stylish touch. You can enjoy herring, smoked trout, sheep-head jelly, Icelandic Plates I or II covered with all sorts of Icelandic staples. With a neat, airy décor and a splendid view of Hallgrímskirkja, Café LOKI is the perfect place to take a load off your feet and enjoy solid homemade Icelandic food. In the basement of Café Loki is a small handicraft & textile store with amazing and unique products made in Iceland. See: www.textil.is

Argentína – Classy steakhouse with coal-grilled lamb, beef and fish courses. Cognac room. Located at Barónsstígur 11a, a side-street of Laugavegur shopping street, near to Fosshotel Baron, Fosshotel Lind, Best Western Hotel Reykjavik and Hotel Fron. See: www.argentina.is

Lauga-ás Restaurant, that's where the locals go. Restaurant Lauga-ás was established June 25th 1979 and is one of Iceland's oldest restaurants with the same owner from the start, Ragnar Kr. Guðmundsson. Lauga-ás is known for its fish items, variety in cooking and most of all, known for serving fish not available elsewhere. They serve hearty portions of fresh seafood. Popular is also the lamb dish with béarnaise sauce. This restaurant is located near Hilton Hotel Nordica, Grand Hotel Reykjavik, Hotel Cabin, Guesthouse Borgartún, the Youth Hostel, very close to Laugardalur swimming pool. See: www.laugaas.is

Hamborgara Fabrikkán – Fancy the best hamburgers in Iceland? The Icelandic Hamburger Factory is a new restaurant overlooking the place where Ronald Reagan and Mikhail Gorbachev almost ended the Cold War. But that's history. Try the unique Hamburgers and the first Icelandic Lamburger. Great prices on food, beer and wine. Come and feel the Factory buzz. It's worth it. This place offers a kind of Hard Rock Café atmosphere – just very Icelandic; playing mainly Icelandic pop music. Located in the glass tower called Turninn at Höfðatorg on Borgartún street, next to Fosshotel Reykjavik and near to Fosshotel Lind, Fosshotel Baron, Best Western Hotel Reykjavik, Guesthouse Borgartún, Grand Hotel and Hotel Cabin. See: www.fabrikkan.is

Fish Market – Icelandic food prepared with a modern twist, using ingredients sourced directly from the nation's best farms, lakes and sea to create unforgettable Icelandic dishes. Housed in one of the city's oldest buildings and located in the city centre at Aðalstræti 12, between the Hotel Reykjavík Centrum and Hotel Plaza. See: www.fishmarket.is

Grillhúsið – A popular place by the locals. Ideal if you want to have an authentic American rock'n roll lunch or dinner at a good price. Located in the city centre at Tryggvagata 20, near to Hotel Plaza, Hotel Borg, Hotel Reykjavík Centrum, Icelandair Hotel Marina and Radisson 1919. See: www.grillhusid.is

The Pearl / Perlan – Fine dining in a revolving restaurant. Splendid view over the city. See: www.perlan.is

Seafood Grill, offers grilled fish, meat and vegetables from an award winning chef. Located in the city centre at Skólavörðustígur 14 between Laugavegur shopping street and Hallgrímskirkja church. See: www.sjavargrillid.is

Vox – Gourmet dining at the Hilton Hotel Nordica. Award winning chefs. Mediterranean lunch buffet and sushi. Walking distance from Grand Hotel, Guesthouse Borgartún and Hotel Cabin. See: www.vox.is

Gandhi Restaurant – exciting dining with fresh Icelandic ingredients and spices personally imported from India, the results are simply fabulous. Located at Pósthússtræti 17, just around the corner of Hotel Borg. See: www.gandhi.is

Skólabrú Restaurant is situated in the heart of the city next to the Icelandic parliament and the city square. Come enjoy our distinctly Icelandic food based on Icelandic cultural heritage and local culinary traditions. Come enjoy our specially adapted traditional Icelandic menu. Located at Pósthússtræti 17, just around the corner of Hotel Borg, in the same historic building as Gandhi Restaurant. See: www.skolabru.is

Sjavarbarinn offers an all-you-can-eat fish & seafood buffet that has received raving reviews and it also offers an a la carte menu at a very competitive price. Join the locals for lunch in a friendly and cheerful atmosphere or enjoy dinner when the chef spruces things up. Located at Grandagarður, near to Víkin Maritime Museum and Aurora Reykjavík. See: www.sjavarbarinn.is (closed on Sundays)

Einar Ben, is one of Reykjavík's most elegant restaurants, located in one of the oldest trading buildings in the Icelandic capital. Einar Ben is named after one of the most remarkable Icelanders of recent times and the restaurant tries to honour him by serving delicious food made from quality Icelandic ingredients: fish, seabirds, wild game and lamb. Service is relaxed but professional. Located in the city centre near to Hotel Plaza, Hotel Reykjavík Centrum, Hotel Borg, Icelandair Hotel Marina and Radisson 1919. See: www.einarben.is

Restaurant Reykjavík is located at the heart of the city, in a nice house with a history, across the street of Reykjavík Tourist Information Center and Hotel Plaza. It is today one of the largest restaurants in the country and known as one of the largest and best fish & seafood buffets in Iceland. See: www.restaurantreykjavik.is

Bæjarins Beztu – Close to the harbour and next door to Radisson Hotel 1919. It's the most popular hot dog stand in Reykjavík. You'll recognize it by the queue. This humble stand satisfies hunger to visitors and locals alike. We recommend getting one with everything - remoulade, mustard, ketchup, raw onions and fried onions!

Gló – Being a vegetarian in Iceland is kind of like being a tea drinker in Iceland. People typically eat meat and drink coffee here. That said, there are some vegetarian restaurants around, and one of those, Gló (though not strictly vegetarian) is pretty hot these days. The chef at this raw food joint Solla Eiríksdóttir received some international recognition in the raw food world. Gló Restaurant is the most popular healthy food restaurant in Iceland. Gló takes pride in always using the freshest of ingredients and buying as much as possible from Icelandic farmers. At least 50% of everything Gló has to offer is organic. Gló offers four dishes of the day: raw food, chicken, a vegetarian dish, and soup of the day, along with coffee, tea and deserts. There are two locations in Iceland's capital; one at Engjateigur 19 (close to Grand Hotel, Hilton Nordica, Guesthouse Borgartún and Hotel Cabin) and one at Laugavegur 20b, Reykjavík downtown shopping street. For info and opening hours see: www.glo.is

SKY Bar and Lounge is perfectly situated in the centre of downtown Reykjavík. The restaurant is located on the 8th floor at CenterHotel Arnarhvoll. With breath-taking views over Faxaflói Bay, Harpa Music Hall and Reykjavík harbour it gives you the view of a lifetime. SKY is designed in a modern, yet relaxed style with a sizable 8th floor veranda with tables and chairs where our guests can enjoy their refreshments and take in the invigorating Icelandic air. We offer a variety of light bites made of fresh Icelandic ingredients along with our feature cocktails, fine wines and other spirits. SKY is the perfect restaurant to go to before enjoying concerts at Harpa Concert Hall with its close vicinity to the Concert Hall. Address: Ingólfsstræti 1 (CenterHotel Arnarhvoll). See: www.skylounge.is

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.
- It is better to reserve a table in advance for the weekends.

Other good restaurant website: www.restaurants.is / www.diningouticeland.com / www.dining.is

At the tourist information office and at most hotels you can ask for the DINING OUT brochure, a large booklet about restaurants & cafés around Iceland.

The Old Harbour, Culture & Activities

The downtown harbour is used primarily for fishery and services. Today the harbour has taken on yet a new role; visitors can get a taste from the sea in restaurants run in old warehouses and fishermen's huts, sip coffee from across the ocean, go whale watching, or take a stroll along the piers and look at the numerous small boats and sailboats docking there. The newest development is the Harpa Music Hall at the east side of the Old Harbour. The harbour area is the site of several outdoor activities, and it is also the main venue of the Festival of the Ocean, held at the Central Pier of the Old Harbour in early June every year. What can you find here?

- Volcano House – Exhibition, café, souvenirs and experience the amazing volcano-eruption in the cinema hall
- Icelandic fish and chips – Organic bistro offering authentic seafood with a healthy, creative twist
- Icelandic Restaurant Höfnin – Classical Icelandic style New Wave kitchen with Mama's recipes – beautiful harbour view and cosy atmosphere
- Café Haiti – Quality coffee, hot chocolate, sandwiches and a friendly atmosphere. Sometimes live music
- Different stores with unique Icelandic folk art and handcraft, wide selection of woollen products and souvenirs. Also handcrafted jewellery, Icelandic design and fine art
- Sægreifinn – The world's best lobster soup, grilled fish and Moby Dick on a stick
- Kopar Restaurant – Serving local products, both from land and sea.
- Hamborgarabúllan – Pure Beef Burgerjoint serving no nonsense burgers and excellent milk shakes.
- Whale watching companies, sea angling and puffin tours, educational whale exhibition and bird museum
- Rental of scooters, rollerblades, electric bikes and fishing rods. Guided bike tours.
- Icelandic Tapas House – Over 60 very diverse dishes to choose from.

Volcano House Reykjavík

The Volcano House is located by the Old Harbour area, in the old city centre of Reykjavík. It is close to the whale-watching boats and several of Reykjavík's top restaurants. The Volcano House is open from 9:00 – 22:00 every day of the week and offers:

Volcano Cinema Show times: Striking documentaries on volcanoes, eruption and geology and the effect on the people living in Iceland. In English from 09:00 to 21:00. Also available in German, French and Icelandic versions upon requests.

The Volcano House Café: Open from 9:00 - 22.00 daily. Healthy, affordable food with a touch of the volcanic.

Tourist Information and Booking Service: Knowledgeable staff can assist you with your travel plans whilst in Iceland.

Geology Exhibition: Great samples of rocks, minerals and ashes from all over Iceland. We encourage you to touch the items! Free Admission to the Geology Exhibition.

NEW IN REYKJAVÍK: WHALES OF ICELAND – A GIANT EXPERIENCE

The Whales of Iceland exhibition is the largest of its kind in Europe, and possibly the world, where guests can learn about the giants of the sea in a calm and modern environment. The permanent exhibition features whales like guests have never seen them before. It is truly a giant experience. It is a stunning exhibition space where whales are in the forefront and the atmosphere is like no other. Open daily from 09:00-18:00, located at Fiskislóð 23-25. See: www.whalesoficeland.is

HARPA REYKJAVIK CONCERT HALL

Located at the harbour is Iceland's main venue for cultural events, concerts and exhibitions and is the home of the Icelandic Symphony Orchestra. There is always something going on at Harpa. For further information and even calendar see: www.harpa.is

Harpa Guided Tours:

Harpa is definitely a must-see on any Iceland travel agenda. Visit Harpa and take one of the popular guided tours of the building. See Harpa from a new perspective: the glass facade, the different floors and the different halls. Regular guided tours of the building are available every day at 11:00 and 15:30. Price 1500 ISK (subject to change). The guided tour takes around 45 minutes. Please book at the box office desk or tours@harpa.is

Guided bike tours in and around Reykjavik!

A visit to Reykjavik is incomplete without traveling along the city's coastline by bike. Reykjavik Bike Tours won't just show you the essential "must-see" sights of Iceland's capital; they will tell you the stories that bring these places to life!

From the city centre to the greener parts of the city and picturesque views of the sea – you will take in some of the most important sights of Reykjavik on one of the popular Reykjavik bike rides. Reykjavik Bike Tours understands that a great tour is more than just a history lesson. That's why they work to weave amusing anecdotes and stories into an unforgettable historical performance destined to be a highlight of your visit! **The Classic Reykjavik Tour** is their most popular tour. The route may include but is not limited to the following places; Reykjavik's south facing beach - Ægissída, University of Iceland campus, Nordic House, Reykjavik's Catholic Cathedral, Parliament building, Reykjavik's Old Harbour, Tjörnin City Lake and City Center. The tour also passes the home of some of Iceland's most famous people. Tours are conducted in English but also in German and more languages on demand. 7 km (4,5 miles), about 2,5 hours. See: www.icelandbike.com

Ride some Icelandic horses

Horseback riding on the unique Icelandic horse is an Iceland experience no one should miss. The Icelandic horse is world famous for its five gaits and especially the smooth gait tölt. The Icelandic horse breed has been pure for over a thousand years making it one of the purest breeds in the world. The horse was brought to Iceland when the country was settled in the 9th century and it was the only means of transportation in the rugged Icelandic nature. Today people ride the Icelandic horse for pleasure, traveling and competition and there is a high demand for these friendly and strong horses all over the world.

This is your chance to enjoy the stunning Icelandic nature on the back of the unique Icelandic horse. You can go horseback riding for 1,5-2 hours on The Lava Tour around Helgafell volcano and through lava fields, ideal for beginners. There are also longer tours available for the more experienced riders. All riding is on excellent riding paths. Season: All year. For further information see: www.ishestar.is

If you like horseback riding with a small family company offering small group tours with personal service then we suggest the company "The Icelandic Horse". **When:** Every day at 9:30 am all year round – 2 pm from start February to the end of November – pick up at hotels and guesthouses is inclusive in the price. **Duration:** Riding experience about 2,5 hours at the premises. About 1,5 hours on horseback. **Where:** Volcanic landscape with mountain-view, within the city limit of Reykjavik. See: www.theicelandichorse.is

Prepare for your trip to Iceland!

Iceland isn't as cold as its name implies but it's not exactly a tropical paradise, either. Iceland's weather can fluctuate wildly and a warm sunny day can quickly become chilly and wet. You'll need sturdy gear for outdoor activities, and yet, Reykjavik is known for its forward-thinking fashionistas, so packing for a trip to Iceland can be quite daunting. The following pages give you a bit of advice:

It doesn't snow as much in Iceland as you may think, especially in Reykjavik where there is hardly any snow, even in winter. In some parts of Iceland – the north, east, and Westfjords, there is some snow and nice skiing areas where you can take advantage of it.

The climate in Iceland - Thanks to the Gulf Stream, Iceland enjoys a moderate maritime climate: cool in summer and fairly mild in winter. It is an island in the North Atlantic, nestled against the Arctic Circle, so the weather is very changeable and visitors should be prepared for the unexpected. Normal summer day temperatures range between 5-8 °C (41 – 47 F) for lows and 12 -18 °C (54 – 64 °F). The interior highlands are often colder than that — close to 0°C (32°F) even in summer. Normal winter temperatures range between 0-5 °C (32 – 41 °F). When it comes to Iceland's weather — the one thing you can count on is unpredictability. You never know what is going to happen next! A beautiful sunny day can suddenly turn windy and rainy – then it can all change again in a moment. You may experience every weather imaginable over the course of a few days, especially in late autumn and early spring. Important to remember when packing: Iceland is a very windy place! The best plan is to be prepared for anything and everything AND always dress in layers. The Icelanders have a saying: "there's no such thing as bad weather, just bad clothing."

Here are our tips for what to pack for a trip to Iceland

Pack for activities first! Start by studying your itinerary to see what you'll be doing on your trip to Iceland. Most outdoor activities (horseback riding, caving, hiking, glacier walking, etc.) will require basically the same gear (with the outfitter providing any specialized gear that's required – helmets, crampons, etc). You'll need to wear heeled boots, such as hiking boots, moisture-wicking socks, long pants, and long sleeve shirts. You'll also want a lightweight, waterproof but breathable shell for rainy or misty days, and a few wool (not cotton) or fleece sweaters for cooler days and evenings. You should consider bringing a hat, scarf and gloves all year round. There are also many opportunities to purchase Icelandic woollen goods!

Add in some "city clothes" In Reykjavik and Akureyri, the only unified theme in fashion is "unique." It's all about personal style, from the frilly dresses and stiletto heels you'd expect to find in New York and London to the hippie-chic styles you might imagine as the norm in any modern city. What you won't find is anything boring and basic – no plain jeans, white t-shirts and sneakers here. Dressing for Reykjavik isn't about changing your personal style, but it is about taking it to the next level. Though, if you plan on going on the weekend Runtur (pub crawl), you'll want to add a few dressier items to your wardrobe. Women generally "dress" in a skirt or dress, or jeans with trendy tops. Men wear tailored dark jeans and button-up shirts, or dark pants and sport coats. For footwear, men usually wear sport loafers or Converse, while women wear anything from high-heeled boots to open-toed stilettos to fashionable flats.

Be prepared for anything A day that starts out rainy and cold can become warm and sunny by mid-afternoon (or vice versa) and when it's pleasant in the city it may be frigid twenty minutes away, so always plan on wearing layers and being ready for a range of conditions. A light, breathable, waterproof shell jacket that can be layered with a wool sweater or cardigan, and a scarf and hat will prove invaluable. And don't forget the bathing suit. Icelanders love swimming and there is a municipal pool in nearly every town. Admission prices are generally just a few bucks, with towels and bathing suits available for rent. Visiting one of these hot spring pools is one of the best ways to experience Icelandic culture, so be sure to come prepared for a soak.

Packing list for hotel based tours:

- Clothes for cold/cooler outdoor weather: warm trousers, a woollen pullover or fleece sweater, a warm wind and water proof jacket and rain pants, woollen socks and an insulated bottom layer, like thermal underwear. Remember, it is ICELAND, known for unpredictable weather.
- A hat, scarf and gloves that are made from material that will dry overnight are great protection in Iceland's unpredictable weather and strong winds.
- Sturdy comfortable (hiking) boots are necessary for walking in Iceland's nature. Make sure your feet will be warm and dry – otherwise it is not fun. All sightseeing tours in the countryside involve some short walks here and there. In order to maximize your experience to explore these many nature sites good walking boots or shoes that may get dirty and wet are important.
- Buildings are often very warm, so bring light indoor clothes – t-shirts, lighter shirts and blouses.
- Bathing suits are essential, as a lot of the natural hot water is used to fill swimming pools, which are all over the country. Towels can be rented at most swimming pools.
- Binoculars, especially if you're a bird watcher, but bird watching season is mainly May-August!
- Sunglasses and a bit of sunscreen are helpful - the air is very clear in Iceland so when the sun shines, it is very bright.
- A camera with lots of film or memory cards. Many travellers say that they shoot twice as many pictures in Iceland than in other destinations.
- A small alarm clock or cell phone with an alarm clock feature, since not all hotels offer wake-up calls.
- If you like a drink every now and then, consider stopping at the duty-free store on arrival at Keflavik Airport because alcoholic beverages are very expensive in Iceland. The same applies to tobacco. Travelers are allowed to bring 1 litre of strong liquor as well as 1 litre of wine or similar drinks into the country, and 1 carton of cigarettes. For more details see <http://iceland.visahq.com/customs/>

Average Temperatures in Iceland

Location	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Reykjavik in °C	0	0,5	2	4	7	10	12	11	9	5	2	0
Reykjavik in °F	32	33	35	38	45	49	53	52	47	41	36	32

Daylight (sunrise / sunset)

Location	Jan 1st	Feb 1st	March 1st	Apr 1st	May 1st	June 1st
Reykjavik	11:19/15:43	10:10/17:14	08:34/18:48	06:44/20:20	04:58/21:53	03:21/23:32
Ísafjörður	12:02/15:10	10:31/17:02	08:44/18:47	06:45/20:30	04:47/22:15	02:39/00:26
Akureyri	11:33/14:59	10:07/16:46	08:23/18:28	06:26/20:09	04:31/21:51	02:32/23:52

Location	July 1st	Aug 1st	Sept 1st	Oct 1st	Nov 1st	Dec 1st
Reykjavik	03:06/23:56	04:35/22:30	06:11/20:42	07:37/18:56	09:12/17:10	10:46/15:47
Ísafjörður	00:00/01:21	04:18/22:56	06:08/20:54	07:44/18:58	09:29/17:02	11:21/15:21
Akureyri	01:59/00:30	04:03/22:32	05:50/20:33	07:23/18:39	09:06/16:45	10:54/15:08

Weather forecast: For weather information in English, Tel.: 902-0600, extension 1, E-mail: office@vedur.is, www.en.vedur.is

Special Notes for North American Visitors: Electricity in Iceland is 220 volts (as opposed to 110 volts in North America). Most modern appliances – computers, cameras, hairdryers - will adapt to either voltage - check the power unit, which should indicate 110-220 volts. If not, you'll need to bring a transformer. In most cases you'll just need to get an adapter to allow you to plug into Iceland's power outlets. You'll need a two pin adaptor, typically labelled as "northern European". They are available in many electronic stores, or if you forget to bring them, you can often buy them at the international airports before you go.

Cell phones are ubiquitous in Iceland, but they work on a GSM system, which often doesn't work with North American cell phone systems. You should check with your service provider before you travel to see if they have an international cell phone service upgrade available. If not, it's possible to rent a phone from your airline or from an international cell phone rental company before you leave. Once in Iceland sometimes it's possible to rent phones from a telephone company, but that may require a visit to their office during business hours. Because there are so many cell phones, public pay phones are hard to come by. Most hotels have phones that you can use for long distance calls with a credit card for payment.

Practical Information

Emergency numbers

Emergency	112
Doctor on call	1770
Police	(+354) 444 1000
Dentist	(+354) 575 0505
Pharmacy	(+354) 533 2300

Information

Telephone directory	118
Overseas directory	1811
Weather	902 0600
Road conditions	1777
Tourist information	(+354) 590 1550
Reykjavik city	(+354) 411 1111
International flights	(+354) 425 0222
Domestic flights	(+354) 570 3030
City buses	(+354) 540 2700
Taxi	(+354) 588 5522

Lost Credit Card

Visa	(+354) 525 2000
MasterCard	(+354) 550 1500
Amex	(+354) 575 5900
Diners (US)	1 800 234 6377

Lost and found

Left luggage (int. Airport)	(+354) 425 0226
Lost property (police)	(+354) 444 1000

Exchange rates based Feb 2015

1 USD	ISK 130
1 EUR	ISK 150
1 GBP	ISK 200
1 DKK	ISK 20
1 CHF	ISK 140
1 CAD	ISK 105
USD 7,70	ISK 1000
EUR 6,70	ISK 1000
GBP 5,00	ISK 1000
DKK 50	ISK 1000
CHF 7,15	ISK 1000
CAD 9,50	ISK 1000

Opening hours (subject to change)

Banks	Mo-Fr 09:15-16
Shops	Mo-Fr 09-18, Sat 10-16
Supermarkets	Daily 10:00-19:00 some are open 24 hours
Convenience Stores	24 hours open
Liquor Stores	Mo-Th 11-18, Fr 11-19, Sa 11-18
Kringlan Mall	Mo-We 10-18:30, Th 10-21, Fr 10-19 Sa 10-18, Su 13-18
Smáralind Mall	Mo-Fr 11-19, Th 11-21, Sa 11-18 Su 13-18
Post office	Mo-Fr 09-18

How much things cost

How much things cost	Restaurants / Cafés / Bars in ISK
Hamburgers and fries	from 1,400
Soup of the day	from 1,000
Hot meal of the day	from 2,000
Appetizer	from 1,000
Main course	from 2,500
Dessert	from 1,200
Set menus (3 course)	from 6.000
Appetizer (fine dining)	from 1.800-3.500
Main course (fine dining)	from 3,500-7.000
Set menus (fine dining)	4-5 courses from 9.000
Bottle of wine	from 4.500
Coffee	from 350
Beer	from 900
Tap water	free
Soft drinks	from 350

How much things cost

How much things cost	Recreation and Activities in ISK
Cinema, one ticket	about 1.300
Ticket to a symphony	About 2.500-5,000
Night club entrance	0-1.500
Spa treatments	from 6.000
Museums	0-3,000
Thermal swimming pools	for adults 400-700 for children 0-500
Blue Lagoon	for adults from EUR 35 (subject to change)

How much things cost

How much things cost	Transportation in ISK
Petrol 1 litre	about 210
City bus single ticket	from 400
City bus 1 day card	from 900
City bus 3 day card	from 2,200

All above listed information and data is subject to change and based on February 2015