

Cycling in Iceland

42/417

C 🛨 City center, hospital

Bus terminal, airport

♠ Passenger ferry, cruise ships

Filling station (selected)

ICELAND IS A DREAM DESTINATION FOR MANY VISITORS and touring via cycle is an exciting and memorable way to experience the country's natural beauty. It is safe to travel here if you are properly prepared, and you will find most Icelanders both helpful and friendly. The freedom to experience the wild countryside brings the responsibility of visitors to keep Iceland's vast but sensitive nature unspoiled when travelling. This map, made by dedicated cyclists, provides cycling-specific advice on lonely tracks and hazardous highways, campsites, guided bike tours and other services. **We wish you a pleasant and safe journey. Enjoy cycling in Iceland!**

Swimming pool, campsite

ro ro Repair stand (at filling station, elsewhere)*

A • Bike shop/repair/rental/guided tours*

* see list on reverse side

Iceland enjoys a cool and windy oceanic climate. The summers are short, and the best time for cycling is late May to early September. During this time, the average temperature is $10-12^{\circ}$ C ($50-54^{\circ}$ F). A few warmer days may exceed 20°C (68°F), but near freezing temperatures are equally common. Most days offer a mixture of clouds and country. In the interior highlands and on mountain passes, it is often colder and wind, fog, rain or snow is more common. Keep in mind that the weather in Iceland is much more variable and windy than in other countries. Strong winds often pick up within 10 minutes, and it can be calm in one place with a rough storm just 5 km. away. Always carry warm clothing with you, even for short day trips. Wind and rain can cool you down quickly, and there is little shelter as trees are rare. Always consult the weather forecast (en. vedur.is. tel.: 902-0600, or ask the locals) before setting off. Wind speed and gusts (vindhviður) from windy places on the main roads are shown on electronic signs 10—30 km before those areas and also on road.is. At wind speeds above 15—20 m/s, cycling becomes dangerous. Close to some mountains, gusts easily exceed 30 m/s, even pushing your bike can be impossible. Adjust your travel plans according to the weather. If it is too windy to cycle, wait at a safe place until the weather has improved. If you must cycle against the wind, consider cycling in the late evening and at night as the wind often calms down in the evening. This has the added benefit of encountering far less car traffic and experiencing wondrous bright summer nights, however, access to shops and services is of course limited.

Most main roads are asphalted, although the surface is sometimes rough. The main highway in Iceland, Route 1, circles the country in around 1400 kilometers. Car traffic has increased by more than 100% during the last five years on many tourist routes. With cars rushing past every few seconds, most main roads in southwest Iceland do not meet general European safety standards for cycling on roads, being narrow (less than 8 m wide), or having a multi-lane layout without any space for cyclists. Only a few roads have wide shoulders or cycle paths. Use the map to find the best routes. We recommend cycling on minor roads, using public transport, or cycling during the night when there is less traffic. In more remote parts of the country, traffic volume is lower, but vehicles still move fast. The roads also become narrower, especially once you exit Route 1. Secondary roads are still mostly gravel. There is far less traffic on the gravel roads, but you may encounter long stretches with potholes, washboards or loose sand. Except for Hvalfjörður tunnel, cycling is permitted in all tunnels. Conditions for cycling in these are quite good. All tunnels are illuminated, but you need lights on your bike in order to be seen.

The interior highlands

The mountain roads in the interior highlands are usually closed until late May or even as late as July, depending on the seasonal snow melt. The Road Administration (road.is) has up-to-date information on road and weather conditions and summer opening dates. The highland roads are all rough gravel/dirt roads of varying quality, ranging from packed mud to bumpy washboards, loose gravel and even sand, on which it may be impossible to cycle when it is too dry. Many rivers must be crossed at fords and can become dangerous during or after rain, and, in the case of glacial rivers, during warm periods. You may therefore have to wait until late night or early morning to cross certain glacial rivers during the summer. The map also shows selected abandoned roads and singletrack paths without motorized traffic. These provide car-free connections over footbridges, mountain passes and through the highlands. In some eroded or steep spots you may need to carry your bike, and you should obtain accurate information about the conditions on these unserviced trails before setting off. For all highland roads and tracks, mountain bikes with fat knobby tires for good traction and comfort and low gear ratios to help climb steep hills are recommended. Please remember that the nearest lodging in the highlands can be far away, and there are generally no shops or services. There may be terrible weather conditions, including sandstorms or snow. Large areas have no mobile telephone coverage, and some tracks are very lonely. Depending on the road surface, progress can be very slow and you may cover as little as 25 km per day. Keep in mind that this map does not show road quality and roads with more traffic are not necessarily better than those with few cars. This map alone is not sufficient for travelling in the highlands. We recommend obtaining detailed topographical maps. Always ask local tourist information centers, but wardens and other travellers about current weather, and road/track conditions

before setting off. If you travel on lonely tracks or hike away from any roads, make sure that friends, hut wardens or safetravel.is know about your travel plans, so that help can be arranged in case of emergency

Zebra crossing*, roundabout

selected elsewhere

raunbrún Street name

Road number

も Large building, church

Soccer field, golf course

Lighthouse, museum

1/431 Crossroads beyond this map

1 2.8 Distance in km between points

* complete along cycle routes,

Information sign with cycling plan

Some places selected for orientation

Cycling into and out of Reykjavík and Akureyri

Minor roads generally ok for cycling

Road (2-, 4-lanes), moderate traffic

Main roads with heavy and fast traffic

CYCLING NOT RECOMMENDED

Gravel road (1-lane, 2-lane)

Small street with little traffic

often also with bike path

Disconnected paths near main road

⚠ Heavy traffic, no space for cyclists

··· 📤 · · · Construction works in 2017

Main road without bike path.

Within the Capital Area: there is a rather good network of bike paths, see the Reykjavík map above for the best routes. Five colour-coded main routes will be signposted this summer. In addition, cycling on all minor roads is usually ok; many of these have bike paths as well. Note that cycling on sidewalks and walking paths is legal in Iceland, but cyclists have to show regard for pedestrians. Some narrow or uneven sections are marked as "slow" paths on the map; cycling on nearby "orange" roads is faster. Cycling on the large motorway-like main roads is not recommended. **Outside of the Capital Area:** there are no bike paths, and there is heavy and fast traffic on the main roads. Route 1 is especially narrow and dangerous for cycling. but the road to Keflavík is wider. It is much better to cycle on the smaller roads to Krýsuvík, Nesjavellir, Þingvellir and the old road Þingvellir—Laugarvatn, or around Hvalfjörður via Mosfellsheiði/Kjósarskarð/ Geldingadragi. **Public transport** is a good option to avoid traffic. The buses to Akranes or Borgarnes will take you through the Hvalfjörður tunnel which is closed for cycling. To South Iceland, you can take a bus to .g. Hveragerði or Selfoss. **East of Akureyri:** you can avoid a narrow, hilly and busy section of Route 1 b cycling over Vaðlaheiði (see the Akureyri map). This gravel road is in fairly good condition, it is open despite | The Public Transport map shows all scheduled bus, ferry and plane routes in Iceland. For timetables, fares etc., refer of tunnel works at both ends. The climbs are steady and below 10% grade, and there are few cars.

Cycling is allowed on all roads except the Hvalfjörður tunnel. However, most main roads in southwest Iceland are hazardous for cycling. In the Capital Area, it is better to use the bike paths. When cycling on roads, cyclists should cycle on the right side of the lane farthest to the right, and allow motor vehicles to pass. Cycling on sidewalks and walking paths is legal in Iceland, but cyclists have to show regard for pedestrians. All off-road or off-track driving/cycling is strictly prohibited. The tire tracks easily erode the loose soil, and the vegetation is very sensitive and takes years to recover in Iceland's cold climate. Bicycles are required to have head- and taillights when cycling in darkness, through tunnels or when visibility is poor, but not in daylight. Children under 15 years are legally required to wear bicycle helmets. Children under 7 years may ride on the road only under supervision of a person 15 years or older.

Always carry warm, wind- and rainproof clothing; gloves and a warm hat may be necessary even in the summer. Tents must be able to withstand strong winds. We recommend a robust trekking bike or, for the highlands, a mountain bike with fat knobby tires. Low gears are essential for steep climbs and headwind. Good lights on the bike and a high-visibility reflective vest improve safety when cycling on main roads, at night and in tunnels. Wearing parts such as tires, brake pads, chain and bearings should be in good condition, as the next bike shop may be far away. You should carry tools and spare parts for field repairs. The most common problems are flat tires, broken spokes, a broken chain, loose or lost screws and nuts, split derailleur and brake cables and broken aluminum luggage racks.

Accommodation

The Cycling map shows all campsites and all places with indoor accommodation. In the highlands, all huts and shelters which can be reached by bike, bus or boat are shown. • **Huts:** The huts in the highlands are quite likely to be full and should be booked well in advance. • Camping: Travellers are expected to use the designated campsites. On cyclingiceland.is we provide cycling-specific information about all campsites, e.g. car-free areas for tents, wind shelter, hot showers, drying of wet clothes, indoor facilities, tools for bike repairs etc. Download the list on your smartphone or print it. If you are not able to reach the next campsite, hikers and cyclists are permitted to put up a normal hiking tent for one night anywhere along the road / track / path except on cultivated land, in areas too close to residential buildings, and in especially protected areas. Note that in the lowlands there are usually fences along the road. Ask the owner for permission before camping on farmland or private ground. Observe that camper vans and caravans always have to use designated campsites. Always take care to leave all stones, moss, grass and trees exactly as you found them and take all garbage with you. Secure your tent to withstand sudden strong winds that may start at any time.

Food and drink

Food can only be purchased in towns and a few other highway locations. You must therefore take enough food to last several days if you are crossing the highlands. As Iceland is sparsely populated, there may be 100–200 km between shops even on Route 1, e.g. between Mývatn and Egilsstaðir and between Höfn and Skaftafell. Water can usually be accessed guite easily in the countryside from streams and rivers. Never take water from areas downstream of farms or fields. Instead, you should visit the farms and ask for tap water. Water from glacial rivers should only be drunk in an emergency and should preferably be filtered. Two liters of water carrying capacity is usually enough, however, in sand and lava areas without any surface water, it may be necessary to carry more water.

Travelling by plane and arrival at Keflavík airport

Wild

& free

Made in Iceland, #solevorganics

Cyclists bringing their bikes on flights to Iceland must pack them in suitable boxes. **Keflavík airport:** There is no space to pack/unpack bicycles in the terminal building, but 100 m straight ahead of the arrivals exit, you will find the "Bike Pit", a special container with assembly stands, pumps and tools. Bike boxes can be stored at Bílahótel (building marked "Geysir", 800 m away at Amarvöllur 4, luggagestorage.is, tel. 455–0006, see Keflavík map). Please note that Reykjavík campsite/City hostel also offers tools, an assembly stand, and storage of bike boxes. **Cycling from/to Keflavík airport:** A bike path to the town of Keflavík begins at the bike container. For all other destinations, you need to cycle on the roads. The main road to Reykjavík is guite wide for the most part, but there is heavy traffic. **Buses from Keflavík airport to Reykjavík:** *Flybus* and *Airportexpress* connect with all flights. From their bus terminals in Reykjavík (BSÍ and Holtagarðar), both also provide onward transport to Reykjavík campsite/City hostel, other guesthouses and hotels. *Strætó* route 55 operates to Hafnarfjörður or BSÍ, but this bus has little or no space for bikes. Most domestic flights depart from Reykjavík city airport (there are two terminals, see the Reykjavík map). Ask the airlines beforehand if you can bring your bike. Boxes are not required on domestic flights, but turn the handlebar and put some padding on sensitive parts.

to the operators' websites. Sightseeing tours which do not allow rides from A to B are not shown. **Pre-booking and schedules:** On most routes, you do not need to pre-book a seat, but check if the bus is on schedule. However, IOYO, Icelandbybus and Westfjord Adventures encourage pre-booking of bikes, and most other operators appreciate as well if you contact them when you are travelling with a bike. For Strætó, reservations are not possible, and a few other buses do not carry bikes at all. Most routes operate once or twice per day. In southwest Iceland, there are additional services, which may have more available space for bikes than the long distance buses. Some remote routes operate only a few times per week. Some *Strætó* routes, indicated with dashed lines on the map, run on demand only. Call the operator several hours before departure. **Bus stops:** Long-distance buses depart from different locations in Reykjavík (see the Reykjavík map): Strætó: Mjódd, a few services also from BSÍ terminal. IOYO and Flybus: BSÍ terminal. Airportexpress: Holtagarðar. Icelandbybus: Harpa and campsite. Trex: City center and campsite. Buses have scheduled stops in every village. With a bike, we recommend getting on the bus at such stops. If necessary, you can also get on or off the bus anywhere along the route where the bus can stop safely, e.g. at junctions with smaller roads. Call the operator and tell them your location, and clearly indicate that you want the bus to stop. In the Capital Area and other areas with local buses, buses only stop at marked stops. **Transport of bikes:** In rural areas, bikes are put in the luggage compartments of the buses. Some buses carry bikes in trailers or on bike racks instead. Most services have capacity for about $4 \pm x$ bikes, but the bus driver decides how many bikes can be accepted. Occasionally, buses on the main routes are full of bikes. Cyclists travelling in a group may be better off chartering their own transport. **Tickets:** For all rural buses, you can buy tickets on the bus with cash or credit card. Strætó tickets are also sold at a few filling stations in rural areas and at swimming pools and "10/11" shops in the Capital Area; packs of 20 tickets cost 5% less. Except for *Strætó*, most operators charge about 4000 kr for the transport of bicvcles. **Capital Area:** The vellow *Strætó* city buses accept up to 2 bicycles, if the space is not needed for other passengers, children's prams or wheelchairs. Tickets must be payed for in cash (ca. 440 kr, no change given) or bought in advance; bikes go free of charge. Nevertheless, cycling is usually the better choice within Reykjavík.

Travelling by ferry and bike

The Smyril Line ferry operates once a week all year round between Hirtshals (Denmark), Tórshavn (Faroe Islands) and Seyðisfjörður. Summer sailings should be booked no later than 6 months in advance — there is always space for bikes, but cabin places sell out quickly. All domestic car ferries transport bikes, and you can usually take a bike on passenger boats as well. Bikes don't need to be pre-booked, but always contact the operators to confirm sailings. **Ferry to Vestmannaeyjar:** The harbour in Landeyjahöfn is sometimes closed due to bad weather or shallow water. On such days, the ferry operates from Þorlákshöfn, *Strætó* route 52 terminates in Hvolsvöllur, and a special bus connects with the ferry in Porlákshöfn. **Ferry across Breiðafjörður:** Cyclists who want to visit the small island Flatey have their bike lifted on/off the ship by crane, while for through passages, bikes are conveyed on the car deck.

Health care

Emergency number: 112

Rural areas: General medical advice is provided by medical centers (heilsugæsla, open on weekdays only) in most villages/towns with >100 inhabitants. Pharmacies are in most towns. In small places, the local shop might sell a limited range of medicine upon request. Specialist doctors, dentists and hospitals are only found in the largest towns in each part of the country. **Capital Area:** On weekdays, go to any *heilsugæsla*. On evenings and weekends, contact Læknavaktin in Kópavogur, Smáratorg, tel. 1700. Pharmacy open 08–24 every day close to Reykjavík campsite: Lyfja, Lágmúli 5. **In emergency, call 112, and there is** a 24h emergency ward at Landspítali hospital in Fossvogur.

FEATURED ROUTE

Vatnajökull National Park - North

THE NORTHERN PART OF VATNA JÖKULL NATIONAL PARK and surrounding area is a magnificent landscape full of geological wonders. Around lake Mývatn, you will find hot springs, abundant birdlife, and a multitude of volcanic structures. Jökulsárgljúfur is a huge canyon formed by the glacial river Jökulsá á Fjöllum, Iceland's second longest river. Húsavík is a charming fishing town, also known as the "whale-watching capital" of Iceland. Cycling around this region is a great experience. It is possible to complete the 212 km round trip in three days, but there is so much to explore that it is worth taking your time. Please note that services, campsites and shops are few and far between. Drinking water in this rather dry area can only be obtained at the few campsites and villages. Plan your trip accordingly and bring enough food and water.

MÝVATN – JÖKULSÁRGLJÚFUR – HÚSAVÍK – MÝVATN Part 1: Reykjahlíð (Mývatn) – Ásbyrgi (91 km including 29 km dir

Leave Mývatn heading east along Route 1. After the short climb over Námaskarð pass, you will reach the Hverir hot spring area with steaming fumaroles and boiling mud pots. Continuing to the east, you will cycle into the vast expanse of Mývatnsöræfi. 26 km after Reykjahlíð, turn left onto road 862, and cycle another 24 km to the parking site at Dettifoss (WC, but no water). A 20–30 min walk leads to Dettifoss, the most powerful waterfall in Europe. Every second, an average of 193 m³ of water drop 44 m vertically down into Jökulsárgljúfur canyon. To continue, you need to cycle 3 km back on the same road before turning north





publictransport.is

Scheduled Buses

The STRÆTÓ System

ated by Reykjavik Excursions & SBA-Norðurleið

Revkiavik Office: Tel. 580 5400

ICELAND BY BUS

ervices to **Þórsmörk** (*Básar and Langidalur*)

This is the main public bus system
Tel. 540 2700 - www.bus.is

ICELAND ON YOUR OWN

kureyri Office: Tel. 550 0700 - www.ioyo.is

perated by **Sterna** & SBA-Norðurleið

and Landmannalaugar. Summer schedule 15 June - 24 Sept. 2017

Ísafiörður – Hólmavík: Tel. 893 1058, 847 0285 & 450 8060

Brjánslækur - Patreksfjörður - Látrabjarg: Tel. 456 5006 - www.wa.is

Ísafjörður - Suðureyri - Flateyri - Þingeyri: Tel. 893 6356 - www.isafjordur.is

Westfjords Tourist Information: Tel. 450 8060 - www.westfjords.is

SVAUST Bus System of the Eastfjords
Tourist Info in Egilsstaðir: Tel. 471 2320 - www.svaust.is

Askja & Herðubreiðarlindir

MÝVATNTOURS: Tel. 464 1920 - www.myvatntours.is

Domestic Flights

Allantsflug Tel. 854 4105 - www.flightseeing.is

EAGLE AIR destinations

Reykjavik Excursions Gray Line Tel. 540 1313

Tel. 562 4200 & 562 2640 - www.eagleair.is

Rent-A-Bike / Segway Tours / Bike Tours / Private Tours

Reykjavík, Vestmannaeyjar, Höfn, Húsavík, Bíldudalur, Gjögur

From BAKKI AIRPORT to VESTMANNAEYJAR

Revkiavik

Call / text: + (354) 694 8956

www.reykjaviksegwaytours.is

Brjánslækur – Ísafjörður: Tel. 456 5006 - www.wa.is

Patreksfjörður - Bíldudalur: Tel. 456 2636 & 893 2636 Ísafjörður - Bolungarvík: Tel. 892 1417 & 456 7195 - www.bolungarvik.

Hellissandur – Rif – Ólafsvík: Tel. 433 6900 - www.snb.is

ASKIA TOURS: Tel. 464 1920 - www.askjatours.is

TREX Tel. 587 6000 - www.trex.is

MAIN LINES IN THE WESTFJORDS

Local Bus Lines in Western Iceland

Scheduled Passenger Ferries

flybus'

ybus

Keflavík - Reykjavík (BSÍ)

onto road 862, which for the next 20 km is a rough dirt road. Vesturdalur is reached on a short 2 km side road, which descends by 100 m of elevation, and has a 15% grade. But Vesturdalur is worth seeing: On a 20–60 min hike, you can explore Hljóðaklettar ("echo cliffs"), a distinctive cluster of columnar basalt rocks down at Jökulsá river, and in the valley you will find birch trees and a small campsite with WC and cold water. After you have cycled or pushed your bike back uphill, you will travel another 5 km on gravel and finally 9 km on asphalt to Ásbyrgi, an impressive horseshoe shaped canyon. Here you will find a great campsite, information center and small shop. Jökulsárgljúfur canyon is also great for hiking. You can leave your tent in Ásbyrgi or Vesturdalur, take a scheduled bus and hike back to the campsite. The entire canyon from Dettifoss to Ásbyrgi is a magnificent 2-day hike.

Part 2: Ásbyrgi – Húsavík (67 km asphalt road)

In the morning, explore Ásbyrgi canyon. You can cycle to the end of the road and walk through the forest to Botnstjörn pond under sheer cliffs. Then start your journey to Húsavík along road no. 85, which will take you around Tjörnes peninsula. To the north, there are panoramic views of the Iceland Sea, and in June/July you will even see the midnight sun. Húsavík is a charming fishing town with a well-sheltered campsite. Directly across the road, you will find the public swimming pool/hot pots, which is a great place to relax after a long day of cycling. A walk to the harbour area is a must. There are many nice restaurants and cafés at the waterfront, but the biggest attraction is the abundant whales in the Skjálfandi bay.

Part 3: Húsavík – Reykjahlíð (Mývatn) (54 km including 11 km gravel roa

Leave Húsavík heading south on road no. 85, then turn left onto road no. 87 towards Mývatn. On the way, you can take a break at Heiðarbær, which has a restaurant, campsite and a nice swimming pool/hot tub. The road travels over a number of hills, and you will spend more time ascending than descending as Mývatn is 277 m above sea level. You will cycle through the Hólasandur sand area, where grass has been planted to stop soil erosion. From the last hill, you will have a great view over lake Mývatn before you finally reach Revkiahlíð. Here, vou can stock up on provisions and choose between three campsites. Soaking in the warm waters between lava rocks at Jarðböðin (Mývatn Nature Baths) is the perfect end to this cycle route.

About Cycling Iceland 2017

CREATED BY HJÓLAFÆRNI Á ÍSLANDI. Editor: Sesselja Traustadóttir, Director of Hjólafærni, in cooperation with Andreas Macrander, Ómar Smári Kristinsson, Nína Ivanova and Ingi Gunnar Jóhannsson. Cover photo: Seljalandsfoss by Luke Sergent. ©Hjólafærni á Íslandi 2017 – 5th English Edition. All information subject to change. Copyright exists on all layouts, designs and logos. ISBN 978-9935-9321-2-9.

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This map is supported by most of the bike companies listed with addresses and phone numbers. Other are listed under "Google it!" Based on information available to us on the 06th of June 2017. While we make sure to get all the details correct, we cannot assume responsibility for any errors. Check details for yourself, take care, and enjoy your time cycling in Iceland.

This map is dedicated to our generation, our children's and our future. You are welcome to contact us for any comments, ideas and corrections and if you want to order your copy of the Cycling Iceland map. hjolafaerni@hjolafaerni.is, www.hjolafaerni.is. Tel. +354 864 2776

Useful weblinks and information for cyclists

Weather in Iceland

publictransport.is safetravel.is visiticeland.com visitrevkiavik.is utivist.is

Travelling in Iceland

Swimming Pools

swimminginiceland.com

Map & phone book

Filling stations also offering food, WC

and air pumping, found in every town

Useful printed information

Comprehensive information with town

Sold in book shops, filling stations

Fjórðungskort 1:300,000 by Forlagið

particularly for travelling in the highlands.

and tourist information centres:

Good maps are recommended,

Cyclist's websites and blogs

members.ziggo.nl/erens/iceland.htm

Mirjam Wouters: cyclingdutchgirl.com

Ulf Hoffmann: bikingiceland.com

Michiel Frens

Ferðakort 1:250.000 by lðnú

maps, phone numbers of all accommodation & campsites, places of interest etc.

Free booklets available in tourist informations

en.ja.is/kort

olis.is/english

skeljungur.is

Around Iceland

Free online map cyclingiceland.is

Shop chains with seasona

tialda.is/en **Cycling competitions**

wowcyclothon is/en

glacier360.is hjolamot.is (only in Icelandic) tourofrevkiavik.is Bike plans of the Capital Area

reykjavik.is/gonguoghjolastigar

Bike clubs biartur.or lhm.is/english 3sh.is fiallahiolaklubburinn.is/english

Books available in book shops

The Biking Book of Iceland by *Ómar Smári Kristinsson*. Cycle trails in the Westfjords, West, South West and South Iceland. Google it!



Reykir - Drangey with Drangey Tours

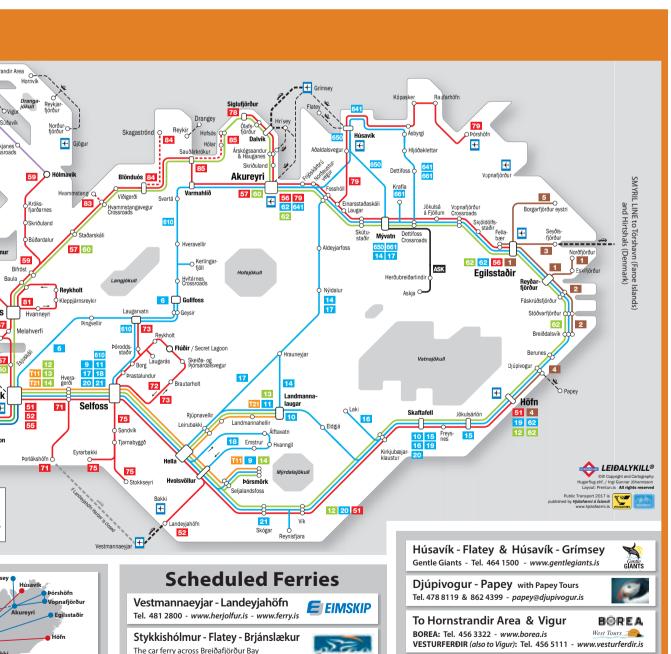
Tel. 821 0090 & 821 0091 - www.drangey.net

Reykjavík - Viðey Island

Tel. 519 5000 & 533 5055 - www.elding.is

Norðurfjörður - Reykjarfjörður - Hornvík

www.fi.is



Seatours

Tel. 433 2254 - www.seatours.is - www.ferry.is

Arctic Circle Express - Tel. 462 6800 - www.ambassa

Akureyri - Grímsey & Akureyri - Hrísey

Arctic Circle Express - Tel. 462 6800 - www.ambassador.is

Árskógssandur - Hrísey

Tel. 695 5544 - www.hrisev.is

AIRPORT

immyörðuskáli hut, tel +354 893 4910

Other huts: Strútsskáli, Dalakofi, Sveinstindur, Skælingar,

www.utivist.is - utivist@utivist.is

Álftavötn. For more infomation call our office, tel. 562 1000

Mountain huts:





REYKJAVÍK and the CAPITAL AREA

#cyclingiceland

bnalasi

CACLING

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