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Hike & Bike is a travel agency, a booking center and operator, located in the village of Reykjahlid info@hikeandbike.is - Tel.: +354 899 4845 NATURE ADVENTURE WWW.hikeandbike.is

WC=water toilet

WC=no water toilet and no latrine

SH=shelter by closed hut; latrine,

Kverkfjöll (Sigurðarskáli) 863-9236 AT W WC

Landmannahellir 893-8407 AT W WC

Landmannalaugar 568-2533, 860-3335

l eiðólfsfell 487-4840 **OP** ?

Miklafell 892-4941 **OP ? ?**

Nýidalur 568-2533 AT W WC

Riúpnavellir 892-0409 AT W WC

Rústaskáli 453-8085 **OP ? *WC**

Sandbúðir 486-8810 **OP ? *WC**

Skælingar 562-1000 **OP W W**C

Snæfell 860-1393 AT W WC

Strútur 562-1000 **AT W WC**

Sultarfit 896-6624, 853-5891 CL W WC (SH ?*WC)

Urðarkot 462-6912 **OP ??**

Veigubúð 464-6100 **OP** ? ?

∕estara-símahús 858-1167

CL *W WC (SH W WC)

AT W WC

Sveinstindur 562-1000 **OP W WC**

Svínárnes 480-6600, 486-6617 **OP W** ?

Torfhvalastaðir 486-6014 **CL??(?)**

Ytrimosar 464-3111, 855-2531 **OP ??**

þiófadalir 568-2533 **OP** *W *WC

Sörlastaðir 462-7816, 695-7218 **OP W WC**

Valgeirsstaðir 568-2533, 862-3363 **AT W WC**

Versalir 897-3064 **CL** ****W WC** (**SH W WC**)

Peistareykir 866-0903, 866-3586 **OP W WC**

Þingmannaheiði 450-3211 **OP *W WC**

Þorskafiarðarheiði 522-1000 **OP? W**C

Veiðivötn 487-5130, 852-2659 **AT W WC**

Skeiðamannafit 852-5563

CL W WC (SH ?*WC)

Laugafell 462-2720, 822-5192 **AT W WC**

Leirás 661-3913, 487-8925 **OP *W *WC**

Leppistunguskáli 486-6617, 854-6725

Loðmundarfjörður 863-5813 AT W WC

Lónaborg 451-2938, 893-0638 **OP *W WC**

Mönguhólsskáli 865-8177 **OP *W *WC**

Réttartorfa 461-4422, 894-4722 **OP W WC**

Setrið 568-4444 **CL W WC (SH W WC)**

AT W WC

*WC=latrine

List of huts and shelters in uninhabited areas

Most closed huts can be opened upon request. Fee must be paid in almost all huts. Some of the huts are in very bad condition and serve only as emergency shelters. Do not leave any garbage by the huts, please.

CL=closed hut **AT**=attended hut **W**=drinking water in hut *W=nearby drinking water **W=not always drinking water

corridor, stable etc. Húsavík 860-1393 **AT W WC** Arnarvatnskofi 473-1214, 858-1165 Hvannalindir 471-1584, 853-6236 AT ? *WC Hvanngil 568-2533, 860-3336 AT W WC CL W *WC (SH W WC) Hvanngiliahöll 860-2876 **OP** ? ? Áfangagil 487-6598, 664-1012 **AT W WC** Hveravellir 452-4202, 894-1293 AT W WC Hvítárnes 568-2533 AT W WC Áfangi 452-4600, 452-4661 **AT W WC** Jöklasel 478-1000, 854-2133 AT W WC CL W WC (SH W WC) Karlsstaðir 477-1226, 894-5477 **AT W W**(Álftavatn 568-2533, 832-4008 **AT W WC** Kerlingarfiöll 522-6500, 852-4223 AT W WC Álftavötn 562-1000 AT W WC Álkuskáli 452-4880, 853-4015 **OP** * Klakksskáli 486-6703, 486-6688 CL ? ? (SH \ \ \ \ \ \ \ \ \ Kofinn 437-1789, 853-8378 OP W WC

Árbúðir 486-8757, 895-9500 **AT W WC** Baldvinsskáli 568-2533 AT **W WC Básar 562-1000 **AT W WC** Biarnalækiarbotnar 486-6100 **OP W WC** Blágil 487-4840 **OP W *WC** Bleikskvíslarskáli 865-8177 **OP *W *WC** Blængur 487-4781 **OP W ?** Botnar (Emstrur) 568-2533, 832-5008 AT W WC

Botni 462-2720 **OP *W *WC** Breiðavík 860-1393 AT W WC CL?*WC (SH?*WC) Dalakofinn 562-1000 AT W W Dreki 462-2720, 853-2541 **AT W WC** Dyngja 894-0758, 471-1858 **OP *W WC** Dyngjufell 462-2720 **OP *W *WC** Fellaskáli 865-8177 **OP W WC** Ferjukot/Hald 860-2876 OP W? Fimmvörðuskáli 562-1000 AT **W WC

Fornihvammur 435-1287, 898-1687 **CL W WC (?)** Foss 478-8888, 896-9980 CL W WC (SH W *WC) Fosshóll 865-8177 **OP *W *WC** Framgil 487-4840 **OP W WC** Fremstaver 641-2003 CL W WC (SH W WC) Galtaból 515-9000 **OP** ? Galtarárskáli 452-4137, 452-7112 AT?? Gatfell 488-8810, 486-8808

CL **W ? (SH **W *WC) Geldingafell 860-1393 HHHČL *W *WC (SH *W *WC) Gil 436-3162 **AT W WC** Gljúfurleit 486-6014 OP?

Hagavatnsskáli 568-2533 OP # *WO Hallarmúlaskáli 486-6100 OP W *WO Haugakvíslarskáli 865-8177 **OP W W**C Heiðarhús 462-6974 OP W WC

Helgaskáli 480-6600 **OP W** Herðubreiðarlindir 462-2720 AT W WC

Hildarsel 862-5907 **OP *W** Hlöðuvellir 568-2533 CL **W *WC (SH **W *WC) Hnúabaksskáli 451-2649, 855-0582 **OP W WC** Hof 464-1122, 894-0872 ? W WC (?) Hólaskjól 894-9977, 478-4840 AT W WC Hólaskógur 661-2504, 6612503 **AT W W** Hrafntinnusker 568-2533 AT W *WC Hrakstrandarkofi 471-1835, 862-1835 **OP** Hrossatungur 487-4840 **OP ₩ *WC** Hungurfit 487-8888, 896-9980 **OP W W**

Practical hints for Cyclists using Public Transport

Cyclists bringing their bikes on flights to Iceland need to pack them in suitable boxes.

• At Keflavik airport, they are building facilities where cyclists can assemble their bikes. Bike boxes can be stored at Bilahotel, next to the airport.

• K. Express does not charge for bike transport to Reykjavik, and they take you straight to Reykjavik City Hostel. At the hostel/Reykjavik camping area, you have access to tools to assemble and disassemble bikes and you can store transport bike boxes there. • In most domestic airports you will find some space to work on your bike. Just be considerate

and don't take up too much space • For getting out of Reykjavik, public transport to a town outside the city (e.g. Akranes, Borgarnes or Hveragerði) is a good option. It is cheap and there can be two bikes on each bus if space permits. Transport of bikes in the buses of Strætó bs. is free of charge

roads leading to and from the city. By taking the bus to Akranes or Borgarnes, one bypasses the only tunnel in Iceland that is not passable by bike: the Hvalfjörður tunnel. Taking the bus to Kjalarnes on the way to the West and cycling the Hvalfjörður fjord is especially pleasant, though. The fjord enjoys fantastic nature and sparse car traffic. • In Iceland, public transport buses are operated by several companies. The Public Transport

By starting the trip from Reykjavik on the bus the bicyclist avoids the hectic and traffic-congested

map reflects which company operates which routes. The operators have homepages showing the seasonal schedules, prices and other useful info. Apart from Strætó and K.Express, most collect fees for the transport of bicycles. It is advisable to check beforehand the conditions of the operator you plan to travel with.

You can get on or off the bus anywhere the main road meets smaller roads on the route in rural areas. Just be sure to make clear if you want the bus to stop. In the Capital area and other areas with local buses, they only stop at marked stops

For routes 79, 83, 84, 85 and the Súðavík bus, please consult the service centre at tel. 540 2700. • In rural areas, bikes are put in the luggage compartments of the buses or on bike racks. The number of bikes that can be allowed on any given bus cannot be guaranteed, but bikes are usually allowed as long as there is room for them.

For all rural buses, you can buy tickets on the bus with cash or a credit card. Most domestic ferries do charge for the transport of bicycles.

The ferry to Vestmannaeyjar does sometimes have difficulties with the harbour in Landeyjarhöfn

As a second choice, they operate from Þorlákshöfn.









Cycling in Iceland

If you are planning an adventurous cycling trip, Iceland is unique in many ways. It is safe to travel

The interior highlands here if you are properly prepared, and you will find Icelanders both helpful and friendly. You can plan your own trip but there are also a few companies that specialize in guided bike tours.

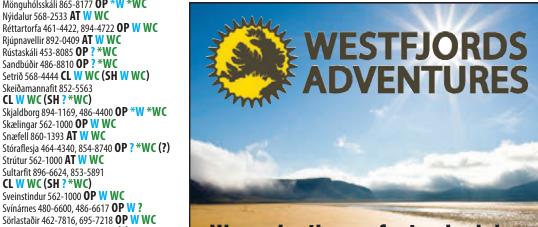
Iceland's cool, oceanic climate is quite mild for its latitude, thanks to the Gulf Stream. The

temperature around the coast during May to September is 10-12°C (50-55°F). Average daily sunshine in July and August is 5-6 hours, and during the summer months the nights are bright: on clear days you have 24 hours of daylight and even the midnight sun near the Arctic Circle. However, the weather is extremely changeable and unpredictable so you should always be prepared for the unexpected. You can encounter strong sudden winds and even snow in the go with the wind instead of struggling against it. If you must go against the wind, you might telephone coverage, and some tracks are very lonely. the wonders of experiencing sunset and sunrise, but of course less access to shops and services. interior highlands must aquire further information not covered by this map. You can get the weather forecast by telephone: 902 0600 or just by asking the locals. Icelanders follow the weather forecast almost religiously. At altitudes in the interior highlands the **Accommodation**

The roads

A rather large portion of Iceland's road system is made up of gravel roads, especially those with less traffic. The main highway around Iceland, Route 1, circles the country in around 1400 kilometers. Once you get away from the South-West part, the traffic becomes less but it is still fast, and the roads get narrower, especially once you get off Route 1. On the gravel roads you may encounter long stretches with potholes, "washboards" or loose sand but far less traffic.

Cyclists are allowed in all tunnels except the one under Hvalfjörður Fjord north of Reykjavík.



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- Bike service
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- Hotel booking Ferry booking

Þórsmörk 568-2533, 893-1191, 552-8300 verbrekknamúli 568-2533 **OP W WC** info@wa.is – www.wa.is Þönglabakki 463-3220, 984-3230 OP ? *WC Tel.: 456-5006 - Aðalstræti 62 - 450 Patreksfjör Öldumóðsskáli 452-4499, 895-4499 **OP ??** Örk 483-4454, 894-2244 **OP ? ?**

Scheduled Buses

The STRÆTÓ System This is the main official bus system.

Tel. 540 2700 - www.bus.is

"ICELAND ON YOUR OWN" A system operated by "Reykjavik Excursions" and "SBA-Norðurleið" REYKJAVIK EXCURSIONS: Tel. 580 5400 - www.ioyo.is SBA-NORĐURLEIÐ: Tel. 550 0700 - www.sba.is

> The STERNA System A system operated by Sterna Travel.
>
> Tel. 551 1166 - www.sternatravel.com

TREX Tel. 587 6000 - www.trex.is Schedules to **Þórsmörk** (*Básar and Langidalur*)

and **Landmannalaugar.** Summer schedule 13 June - 15 Sept. 2015 Main lines in the Westfjords

Ísafjörður – Hólmavík: Tel. 893 1058, 847 0285 & 540 2700 Brjánslækur – Ísafjörður: Tel. 456 5006 - www.wa.is Brjánslækur – Patreksfjörður – Látrabjarg: Tel. 456 5006 - www.wa.is Local Bus Lines in the Westfjords

Patreksfjörður - Bíldudalur: Tel. 456 2636 & 893 2636 *Ísafjörður – Bolungarvík*: Tel. 892 1417 & 456 7195 *Ísafjörður – Súðavík:* Only to be pre-ordered: Tel. 540 2700 *Ísafjörður – Suðureyri – Flateyri – Þingeyri*: Tel. 893 6356

www.isafjordur.is/thjonusta/straetisvagnar Westfjords Tourist Information: Tel. 450 8060 - www.westfjords.ii

The SVAUST System Tourist Info in Egilsstaðir: Tel. 471 2320 - www.svaust.is

SKAFTAFELL Transfer Tel. 540 1313 - www.grayline.is Activity Bus Akureyri - Dalvík

Tel. 899 8000 & 894 2967 - www.sporttours.is Askia & Herðubreiðarlindir MÝVATN TOURS: Tel. 464 1920 - www.myvatntours.is



BLUE LAGOON TRANSFERS: BUSTRAVEL

Reykjavik Excursions Tel. 511 2600 Tel. 580 5400 www.bustravel.is

Iceland

Tel. 540 1313 Stykkishólmur - Flatey - Brjánslækur The car ferry across Breiðafjörður Bay Tel. 433 2254 - www.seatours.is **KEFLAVIK AIRPORT TRANSFERS:**

flybus

AIRPORTEXPRESS Tel. 540 1313

■K*EXPRESS

Tel. 580 5400 Tel. 823 0099

Hjólafærni

The mountain roads across the interior highlands are usually closed until late May or even as late

as July, depending on the road and the weather conditions in spring. The Road Administration has information on mountain roads and when they open in the summers

summers are short, and the best time to visit is late May to early September. The average daytime The highland roads are all rough gravel/dirt roads of various qualities from packed mud to washboards, loose gravel and even sand which may be impossible to bicycle on when it has been dry for some period. Many rivers must be crossed at fords and can become dangerous in or after rain. and in the case of glacial rivers, in warm periods. You may therefore have to wait until late night or early morning to cross some glacial rivers during the summer. Mountain bikes with fat studded tires for good tracking and comfort and low gear ratios to help climb steep hills are recommended middle of summer. Even if you stick to the main road, you should always follow the weather Please remember that in the highlands the nearest lodging can be far away. The highlands are forecast and in all cases carry warm clothing with you. Try to keep your plans flexible so you can generally devoid of shops and any services. Terrible storms may rage. Large areas have no mobile

nd in the night (in June and July) as the wind often calms The man overleaf only shows the amount of traffic and where loose sand can be expected. It shows down in the evening. Benefits of this also include far less motor traffic on the busier roads and only the major fords. Please read the legend to the map carefully. Those who plan to travel in the

temperatures are of course lower. See also Weather in Iceland under the headings Useful Links

The Cycling map shows urban areas in Iceland where camping or indoor accommodation is available. Huts in the highlands may (quite likely) be full and need to be booked well in advance.

See more info in the List of huts and shelters in uninhabited areas. In general travellers are allowed to put up their tents everywhere except on cultivated land, too close to residential buildings and especially protected areas. It is still a common courtesy to ask farmers for permission before camping on their land.

Food and drink

Food can be purchased only in towns and some other highway locations. You will therefore have to take food for several days when you are crossing the highlands. As Iceland is sparsely populated, there may be 100 to 200 km between shops even on the Ring Road between Mývatn and Egilsstaðir and Höfn and Skaftafell.

Water can usually be accessed quite easily in the countryside from streams and rivers. However, in sand and lava areas water needs to be carried. Never take water from areas where farms or fields are upriver. There you can visit the farms and get tap water. Water from glacial rivers should only be drunk in emergency and preferably filtered. Usually 1 to 2 liters of water carrying capacity is enough.

EuroVelo 1 – The Atlantic coast route

There is project underway to construct a EuroVelo route in Iceland. The route is shown on the map, even though it has not been opened yet. It might happen in 2016!

Based on information from The Icelandic Mountain Bike Club, visit their website for further info: http://fjallahjolaklubburinn.is/english



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(jartan Guðnason, Robert Berman, Morten Lange, Árni Davíðsson, National Land Survey of Iceland, The Environment Agency of Iceland, Icelandic Tourist Board and Tour Info staff around Iceland. Cover picture is taken by Dorin Bofan - www.dorinbofan.com. Picture from Borgarfjörður is taker by Guðný Sigríður Óladóttir. Based on info availablhe to us as on 20 May 2015. While we take great care to get the details correct, we cannot accept responsibility for



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www.swimminginiceland.com

Swimming Pools

Travelling in Iceland

www.safetravel.is

www.planiceland.com

www.visiticeland.com

www.visitreykjavik.is

www.publictransport.is

www.travelnet.is

Free maps of Iceland

www.nat.is

www.utivist.is

www.hostel.is

Camping Grounds

Ulf Hoffman

www.tjalda.is/en

Web in German and English

www.bikingiceland.com

Michiel Erens

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Cycling Iceland Summer 2015

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any errors. Check details for yourself, take care, and enjoy your time cycling in Iceland

To order the Cycling Iceland Summer 2015 printed map, please contact:

hjolafaerni@hjolafaerni.is - www.hjolafaerni.is - tel. +354 864 2776

Welcome to send us feedback about cycling in Iceland and ideas for the next Cycling Map.

This map is dedicated to our generation, our children and our future.

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members.ziggo.nl/erens/iceland.htm

www.fi.is

www.lmi.is

Reykjavík - Viðey Island

Tel. 481 2800 - www.herjolfur.is

Árskógssandur - Hrísey

Tel. 695 5544 - www.hrisey.net

www.belgingur.is/locales/en

Free Cycling map of Reykjavik on line

reykjavik.is/gonguoghjolastigar

Service stations offering food, WC

These are found in every town

Shop chains with seasonal bike

Roads and road conditions

Useful info in English for cyclists:

blog - www.cyclingdutchgirl.com

www.fjallahjolaklubburinn.is/english

The Biking Book of Iceland

www.vegagerdin.is/english

The Icelandic Mountain Bike Club

Trails you can find in the Westfjords. Google it!

Weather in Iceland

www.en.vedur.is

www.vr.no

and air pumping

www.n1.is

www.olis.is

www.bvko.is

www.husa.is

Mirjam Wouters

www.skeljungur.is

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

Vestmannaeyjar (from Landeyjahöfn)

For dashed route lines of STRÆTÓ

_\\(\delta\)__ Scheduled Ferry Connections

Dalvík-Grímsey & Dalvík-Hrísey Tel. 458 8970 & 467 3102 - www.landflutningar.is/saefari

PUBLIC TRANSPORT



Reykir - Drangey (with Drangey Tours) Tel. 821 0090 & 821 0091 - www.drangey.net

To Hornstrandir Area & Vigur VESTURFERÐIR (also to Vigur): Tel. 456 5111 - www.vesturferdir.is BOREA: Tel. 456 3322 - www.boreaadventures.com

Þórsmörk

Akureyri

Djúpivogur - Papey (with Papey Tours) Tel. 478 8119, 862 4399, 854 4438 (Ferry) - papey@djupivogur.is

Borgarfjörður eystri welcomes you It's yours to explore!

The East of Iceland has a hidden treasure called Borgarfjörður eystri. With a total of only 130 inhabitants, the area, nonetheless, has plenty to offer for visitors, including a tremendous variety of hiking routes and great opportunities for cycling activities. The area offers a spectacular landscape and a good range of accommodation and services in the small town of Bakkagerði. There is great natural beauty in the area, as it is still untouched by mass tourism.

The area around Borgarfjörður has great cycling routs suitable for Mountain Biking well as some exemplary facilities for cyclists. While people lived in most parts of the area past the middle of the 20th century, they are all deserted today. Lately local people have been marking numerous trails and have published a quality travel map, besides building comfortable hiking lodges.

Going to Borgarfjörður will offer you a chance to experience a genuine Icelandic fishing village. In addition, you will be in contact with a close community of people renowned for their hospitality. Their local cuisine consists of high quality ingredients from the region, such as the fish landed fresh daily. The community lives in close proximity to nature and delights in a quiet life, making it the ideal place to relax and get in touch

More info at www.borgarfjordureystri.is



Recommended cycling trails

Here are descriptions of great cycling trails near Borgarfjörður. Note that some trails may have snow until midsummer so recommended time to visit is mentioned.

1. Brúnavík 6.5 km (one way) Time to visit: mid June – Oct.

Follow a rough 4WD track that leads over Hofstrandarskarð pass to Brúnavík inlet. Where the track ends, you can walk or take your bike towards the refuge hut down by the sea, passing over grassy and marshy areas, and then explore the colourful beach in Brúnavík.

2. Borgarfjörður – Breiðavík – Húsavík 28 km Time to visit: July – Oct.

Following an open 4WD track over Gagnheiði (500 m) and then down to the hut at Breiðavík inlet. In Breiðavík there is hiking hut and camping site with WC and other facilities. From Breiðavík hut there is a rather good track. At the trail crossing at Víknaheiði, turn left towards Húsavík.

AIR ICELAND destinations: Reykjavík, Ísafjörður, Akureyri, Egilsstaðir, Grímsey, Þórshöfn, Vopnafjörður Tel. 570 3030 - www.airiceland.is

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3. Borgarfjörður - Húsavík 19 km Time to visit: July – Oct.

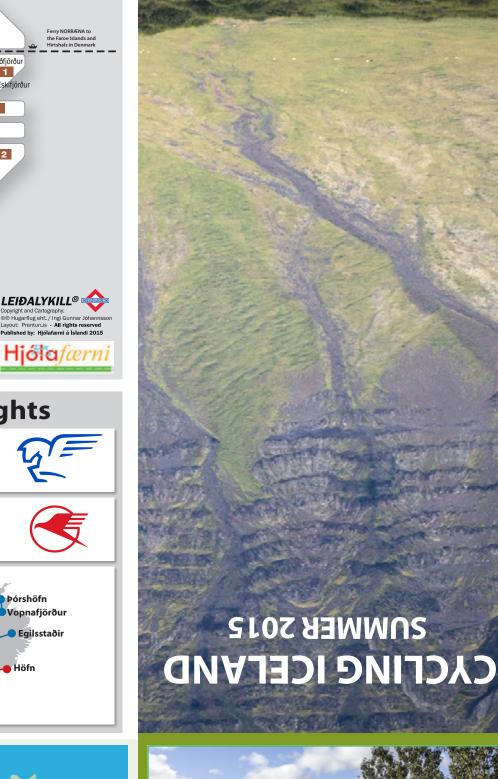
Mostly on a good 4WD track, from the Village Bakkagerði over Húsavíkurheiði pass (477 m) to the Húsavík hut. In Húsavík there is a hiking hut and camping site with WC and other facilities for travellers. An old farm and a church are still in a good condition near the coastline in Húsavík and worth the detour.

4. Húsavík – Loðmundarfjörður 14 km Time to visit: July - Oct.

The 4WD road is followed from the Húsavík hut over Nesháls pass (435 m). In good weather you can take the old horse road from Nesháls and back to the main road near the abandoned farm Nes, but this road is rough and steep on some parts. In good weather pleasant detours can also be taken into the surroundings. The hiking hut offers accommodation, a camping area and has great facilities for travellers.







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