

## Services in The Westfjords

- Craftsport**  
Austurvegur 2, Ísafjörður  
Tel. 456 3110  
craftsport@craft.is  
www.craft.is  
Bike shop and repair
- Borea Adventures**  
Ábaltstræti 22b, Ísafjörður  
Tel. 456 3322  
info@borea.is  
www.borea.is  
Guided tours
- Google it!**  
Hjólavélgætin Simba - Ísafjörður  
notendur.snerpa.is/vtk - Þingeyri  
www.simbaheim.is - Þingeyri  
www.vesturfjord.is - Ísafjörður  
www.wa.is - Þatreksfjörður

## Services in West Iceland

- KB bílaverkstæði**  
Súvelli 5, Grundarfjörður  
Tel. 438 6933  
kbblav@simnet.is  
Bicycle repair enthusiast
- Guðmundur B. Kjartansson**  
Garðafell 4, Stykkishólmur  
Tel. 438 1475, 667 9984  
gbk@simnet.is  
Bicycle repair enthusiast
- Reiðhjólaverkstæði Áxels**  
Merkagötu 2, Akranes  
Tel. 896 1979  
www.axelsbud.is  
Bike shop, repair and rental
- Google it!**  
Skopavík - Stykkishólmur

## Services in Reykjavík and The Capital Area

- Rafmagnshjól A**  
Fiskilöð 45, Reykjavík  
Tel. 534 6600  
www.rafmagnshjoli.is  
e-bike@e-bike.is  
Shop and rental of e-bikes
- Elingsen B**  
Fiskilöð 1, Reykjavík  
Tel. 580 8500  
www.elingsen.is  
elingsen@elingsen.is  
Bike shop and repair
- Reykjavík Bike Tours and Bicycle Rental**  
Ægisgarður 7 (old harbour), Reykjavík  
Tel. 694 8956  
www.reykjavikbiketours.is  
biketours@reykjavikbiketours.is
- Bike Store Berlin D**  
Gausgata 5a, Reykjavík  
Tel. 899 0943  
www.reidhjolarverjunin.is  
info@reidhjolarverjunin.is  
Guided tours
- Borgarhjól E**  
Hverfisgata 50, Reykjavík  
Tel. 551 5633  
www.borgarhjoli.is  
borgarhjoli@simnet.is  
Bike shop and rental
- Bike Cave - restaurant F**  
Einarsnes 136, Reykjavík  
Tel. 770 3113  
www.bikecave.is  
steffan@bikecave.is  
Food and fun, selfservice pit stop, laundromat
- Hjólafærni á Íslandi G**  
Laugavegur 57, Reykjavík  
Tel. 864 2276  
www.hjolaferni.is  
hjolafærni@hjolaferni.is  
Promoting center for cycling
- Reykjavík Campsite H**  
Sundlaugavegur 32, Reykjavík  
Tel. 568 6944  
www.reykjavikcampsite.is  
info@reykjavikcampsite.is  
Bike rental, repair stand, tools, luggage storage
- TRI K**  
Sukubrandstræti 32, Reykjavík  
Tel. 571 8111  
www.tri.is  
info@tri.is  
Bike shop and repair
- Google it!**  
www.kriacycles.com  
www.gap.is  
www.evest.is  
www.hveller.com  
www.reidhjot.com  
www.utliti.is  
www.suzuki.is (E-bikes)
- Markid L**  
Ármúli 40, Reykjavík  
Tel. 517 4600  
www.markid.is  
markid@markid.is  
Bike shop and rental of e-bikes
- Örninn M**  
Faxaflén 8, Reykjavík  
Tel. 588 9690  
www.orninn.is  
orninn@orninn.is  
Bike shop, repair and rental
- Hjólaspítalinn R**  
Aðurbrekkja 4, Kópavogur  
Tel. 892 2752  
www.hjolaस्पitalinn.com  
hannes@hjalatnet.is  
Bike shop and repair
- Hjólaspættur ehf S**  
Dalsbraun 13, Hafnarfjörður  
Tel. 565 2292  
www.hjolaस्पættur.is  
hjolaspættur@hjolaस्पættur.is  
Bike shop and repair
- Íceikibikeadventures T**  
Dæluöstuvægarvegur 8, Mosfellsbær  
Tel. 824 0322  
www.iceikibikeadventures.com  
www.fatille.is  
info@iceikibikeadventures.com  
Bike rental and guided tours
- Reykjavík Campsite H**  
Sundlaugavegur 32, Reykjavík  
Tel. 568 6944  
www.reykjavikcampsite.is  
info@reykjavikcampsite.is  
Bike rental, repair stand, tools, luggage storage
- KEFLAVÍK**  
Hafnarvegur 32, Keflavík  
Tel. 571 8111  
www.kef.is  
info@kef.is  
Bike shop and repair
- KEF Airport**  
Hafnarvegur 32, Keflavík  
Tel. 571 8111  
www.kef.is  
info@kef.is  
Bike shop and repair

- KEFLAVÍK Airport**  
A Arrivals + Bus stop  
B Bihótel bike box storage  
C Container for assembly of bikes  
D Departures + Bus drop-off  
new campsite at Viking World, tel. 422 2000

# CYCLING MAP AND BICYCLE SERVICES AROUND ICELAND

## SUMMER 2016

## Services in North Iceland

- Velaverkstæði Hjartar Eiríkssonar sf**  
Búland 1, Hamamstangi  
Tel. 451 2514  
vheis@simnet.is  
Repair in emergency
- Jötunn vélar** *A (see Akureyri map)*  
Lónsbaki, 601, Akureyri  
Tel. 480 0400  
www.jotunn.is  
jotunn@jotunn.is  
Bike shop and repair
- Víðar Eiríksson**  
Tungata 18, Husavík  
Tel. 864 1574  
raufthell@sigmail.com  
Repair in emergency
- Elingsen B** *(see Akureyri map)*  
Tryggvabraut 1-3, Akureyri  
Tel. 460 3630  
www.elingsen.is  
elingsen@elingsen.is  
Bike shop and repair
- Hike and Bike**  
Reykjahlíð, Myvatn  
Tel. 899 4845  
www.hikeandbike.is  
info@hikeandbike.is  
Bike rental and guided tours
- Fjalladýr - Möðrudal**  
70 km east from Myvatn  
Tel. 894 0758  
fjalladyr@fjalladyr.is  
Repair in emergency
- Google it!**  
Sportver - Akureyri  
Skólabýstun - Akureyri

## Services in South Iceland

- Stefán Víðar Sigtryggsson**  
Fiskhól 9, Hófn  
Tel. 863 8484  
stefan@hlauparnn.is  
Bicycle repair in emergency
- Kind Adventure**  
Kirkjubæjarskógar  
Tel. 847 1604  
www.kindadventure.is  
info@kindadventure.is  
Bike rental and guided tours
- Hjólavær Baldurs**  
Neslunda 7, Hvalsóllur  
Tel. 899 3380  
baddio@simnet.is  
Bicycle repair in emergency
- Jötunn vélar**  
Neslunda 7, Hvalsóllur  
Tel. 899 3380  
www.jotunn.is  
jotunn@jotunn.is  
Bike shop and repair
- Bilaverkstæði Jóhanns ehf.**  
Austurmörk 13, Hveragerði  
Tel. 866 1093  
jrettir@simnet.is  
Bicycle repair enthusiast
- Kind Adventure**  
Mánamörk 3-5, Hveragerði  
Tel. 777 6263  
info@kindadventures.is  
www.kindadventures.is  
Bike rental and guided tours
- Google it!**  
www.bjornberg.is - Hófn  
Áhaldaleigan - Vestmannaeyjar  
Fagahóll Guesthouse - Hvalsóllur  
www.arannum.is - Vík  
www.glacierguides.is - Órafi  
Hjólavær - Selfoss

## Services in East Iceland

- Vaskur**  
Mikás 7, Egilsstaðir  
Tel. 470 0010  
www.vaskur.is  
salas@vaskur.is  
Bike shop
- Jötunn vélar ehf**  
Sólvangur 5, Egilsstaðir  
Tel. 480 0400  
www.jotunn.is  
jotunn@jotunn.is  
Bicycle shop and repair
- Þór Þorfinnsson**  
Hallormsstaður, 14 km south of Egilsstaðir  
Tel. 892 3535  
thor@skogur.is  
www.skogur.is  
Repair in emergency
- Google it!**  
Bílar og vélar - Vopnafjörður  
Stabsþórnir - Seyðisfjörður  
www.smastals.is - Djúpivogur  
www.iceoland-tour.com - Seyðisfjörður  
www.hotelhamid.com - Djúpivogur  
www.stadaborg.is - Breiðadalavík  
Vestunin PAN - Neskaupstaður



## Emergency number: 112

\*This map does not describe road quality. Quality varies greatly by weather and other factors. There is no guarantee that roads / tracks with heavy traffic are easier to bike than those where few cars drive. Travelling in the highlands can be dangerous.

\*\*There may be more roads than shown on the map. The symbols and classification only indicate where most water crossings may be expected. Drought, rain and thawing snow make the mapping of roads very inaccurate.

Car traffic numbers are June - Sept. 2015 statistics

This is an overview map which does not provide exhaustive information. Before setting off, one needs to gather information about the road conditions as well as accommodation and other services in the area to be travelled. It is particularly important to be well informed when planning to travel in the highlands.

## LEGEND

- Cycling path (usually walking path as well) outside towns and villages
- Road with hard shoulder which is at least 1.5 metres wide
- Asphalt road with fewer than 100 cars a day
- Asphalt road with 100 to 500 cars a day
- Asphalt road with 500 to 1500 cars a day
- Asphalt road with 1500 to 5000 cars a day
- Asphalt road with 5000 cars a day or more
- Gravel road with fewer than 100 cars a day
- Gravel road with 100 to 500 cars a day
- \*Mountain road / track with fewer than 30 cars a day
- Mountain road / track with 30 to 100 cars a day
- Mountain road with 100 cars a day or more
- Single track / track without motorized traffic
- Distance in km between towns/tracks
- Recommended route to / from Reykjavík and Akureyri
- EuroVelo
- Town / village 50-200, 201-999, 1000+ inhabitants
- Camping site
- Accommodation
- Mountain hut or shelter
- Shop with provisions
- Swimming pool
- Nature bath, geothermal spa
- Restaurant / fast food
- Emergency hut
- Public toilet outside towns, villages and camping sites
- Rental
- Guided tours
- Shop
- Repair
- Repair enthusiast
- Loose sand possibly causing difficulties in biking on mountain roads/tracks
- A lot of loose sand, often causing difficulties in biking on mountain roads/tracks
- Boundaries of reserve areas where camping is prohibited outside designated camping sites
- Enlarged area on reverse side (Reykjavík, Vatnajökullsjógarður) and on this side (Keflavík, Akureyri)
- \*\*Ford which is usually easy to cross
- Ford which sometimes or generally has deep water / strong current
- Road number
- Heavy traffic with high speed and little space for cyclists
- Dangerous winds (+ place name)
- Road constructions in summer 2016
- Height in metres above sea level
- Steep hill, 6-10% grade, ascent on right hand of road
- Steep hill, >10% grade, ascent on right hand of road
- Many steep and short hills
- Tunnel (single / double lane), length in km
- Airport
- Scheduled tourist boat line
- Scheduled vehicle ferry
- Bus stop for scheduled bus outside of towns and villages
- Popular tourist destination

Byggt á kortunum frá Landmælingum Íslands  
Kortavinnu og hönnu: Ómar Smári Kristjánsson og Nína Vanavona, 2014 - 2016

0 10 20 30 40 50 km





### CYCLING IN ICELAND

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

### The weather

Iceland's cool, oceanic climate is quite mild for its latitude, thanks to the Gulf Stream. The summers are short, and the best time to visit is late May to early September. The average daytime temperature around the coast during this period is 10-12°C (50-55°F). The average daily sunshine in July and August is 5-6 hours, and the nights are bright during the summer months. You might even experience the midnight sun if you are near the Arctic Circle. However, the weather is extremely changeable and unpredictable, so you should always be prepared for the unexpected. You might encounter sudden strong winds and even snow in the middle of summer. Even if you stick to the main roads, you should always consult the weather forecast, and in all cases carry warm clothing with you. You can get the weather forecast by telephone (902-0600), on www.vedur.is or just by asking the locals. Icelanders follow the weather forecast almost religiously. Wind speed and gusts (vindhvolfur) from windy places on the main roads are shown on electronic signs 10-30 km before those areas, and also on www.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 dangerous. Try to keep your plans flexible so you can go with the wind or wait at a safe place. If you have to cycle against the wind, consider cycling in the late evening and at night (in June and July) as the wind often calms down in the evening. This has the added benefits of encountering far less traffic and experiencing wondrous sunsets and sunrises, but access to shops and services is of course limited. In the interior highlands, temperatures are lower, and the storms may be more extreme than in the lowlands.

### The roads

Most main roads are asphalted (albeit often with a somewhat rough surface), but there are still many gravel roads which are often the roads with the least traffic. The main highway in Iceland, Route 1, circles the country in around 1400 kilometers. Once you leave the south-west part of the country, traffic volume decreases, but vehicles still move fast. The roads also become narrower, especially once you exit Route 1. There is far less traffic on the gravel roads, but you may encounter long stretches with potholes, "washboards" or loose sand.

### 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, www.road.is, informs about road conditions and seasonal opening dates. The highland roads are all rough gravel/dirt roads of various quality, ranging from packed mud to washboards, loose gravel and even sand, on which it may be impossible to cycle when it has been dry for some period. 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. 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 in the highlands the nearest lodging can be far away. The highlands are generally devoid of any shops and services. There may be terrible storms, 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. If you travel on lonely tracks or hike away from any roads, make sure that someone: friends, hut wardens or an emergency, safe travel is, knows about your travel plans, so that help can be arranged in the case of an emergency. The map overview only shows traffic volume, major roads, and the areas in which loose sand can be expected. Please study the map legend carefully. Those who plan to travel in the interior highlands must acquire further information that is not supplied by this map.

### Traffic regulations

Cycling is allowed on all roads except the Hvalfjörður tunnel. However, the motorway-like main roads in the Capital Area are not suitable for cycling. It is better to use the bike paths there. 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. It is prohibited to damage the vegetation and soil by off-road or off-track cycling. The tire tracks may cause erosion, and plants grow very slowly in Iceland. Bicycles are required to have head- and taillights when cycling in darkness, through tunnels or when visibility is poor, but not in daylight. Children, 14 years and younger, are required to use bicycle helmets when cycling.

### Cycling into and out of Reykjavik and Akureyri

Within the Capital Area, there is a rather good network of bike paths. The best routes for cycling into and out of Reykjavik are shown on the map above. In addition, it is usually ok to cycle on all minor roads; 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 particularly narrow or uneven sections are marked as "slow" paths on the map; cycling on nearby "orange" roads may be faster. Cycling on the large motorway-like main roads is not recommended. Outside of the built-up areas, there are no bike paths. Within a 50 km radius of Reykjavik, car traffic is heavy and fast on the main roads. Road No. 1 is especially narrow and dangerous for cycling, but the road to Keflavik is wider. It is much more pleasant to cycle on the smaller roads to Krýsvík, Nesjavellir, Þingvellir or Hvalfjörður via Mosfellsbær/Kjósarskard. Another good way to avoid the car traffic is to use public transport to e.g. Hveragerði, Akranes or Borgarnes. The buses to Akranes or Borgarnes take you through the only tunnel in Iceland that is not passable by bike: the Hvalfjörður tunnel. If you want to cycle around Hvalfjörður, which boasts fantastic nature and sparse car traffic, you may get off the bus in Kjalarnes at Eyskjalá. East of Akureyri, a rather narrow, hilly and busy section of road No. 1 can be avoided by cycling on the old gravel road over Vöðlaheiði (see the Akureyri mini map). It is suitable for all bikes except racing bikes. It is open despite of ongoing tunnel construction works at both ends of the road. The climbs are gentle and steady, and there are very few cars.

### Equipment

Always wear 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. A robust trekking bike or mountain bike, for the highlands, with low gears is optimal. Wearing pads such as tires, brake pads, chain and bearings should be in good condition, as the next bike shop may be far away. It is advisable to 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

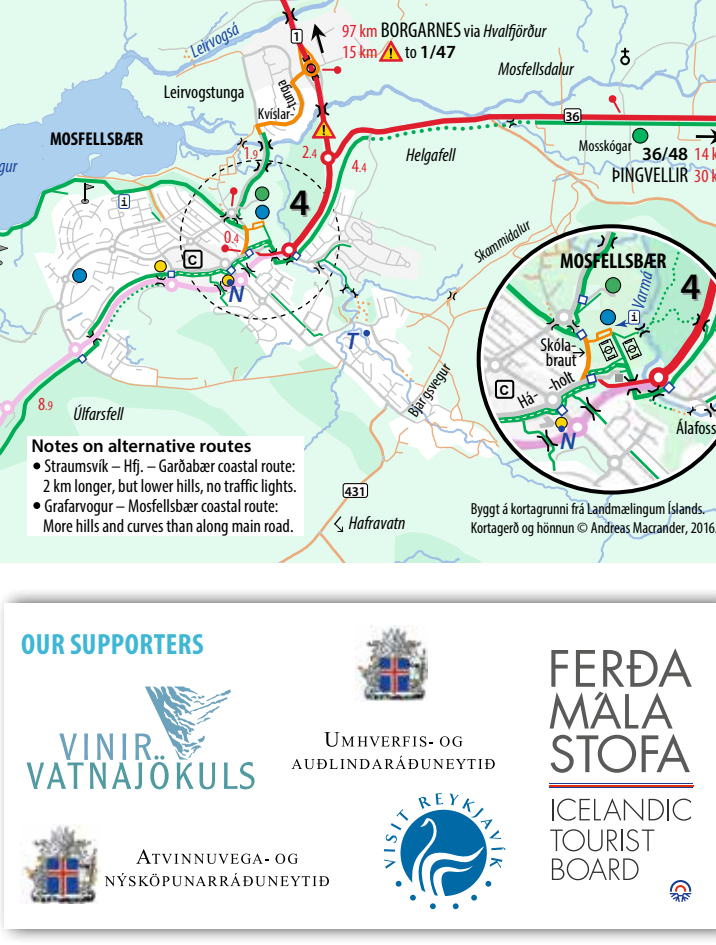
The Cycling map shows all of the places where camping or indoor accommodation is available, as well as huts and shelters in uninhabited areas. Huts in the highlands are quite likely to be full and should be booked well in advance. Camping: It is encouraged to use the designated campsites. For cyclists, we have prepared specific information about all campsites like car-free areas for tents, wind shelter, hot showers, indoor facilities etc., see www.cyclingiceland.is/camping\_huts. You may ask for a printed version at Reykjavik campsites and tourist information, but we recommend to download it to your smartphone. When the next campsite is too far away, walking travellers and cyclists are generally permitted to put up their tent anywhere except on cultivated land, too close to residential buildings and in especially protected areas. It is common courtesy to ask farmers for permission before camping on their land. In the lowlands, main roads through cultivated areas and forests are fenced in most places. In areas with sparse vegetation (lava fields, sand plains, and at more than 200 m above sea level), most roads are unfenced. Take care not to damage the fragile vegetation and soil and take all garbage with you. Always 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 some other highway locations. You will therefore have to take enough food for several days if you are crossing the highlands. As Iceland is sparsely populated, there may be 100-200 km between shops even on the Ring Road, e.g. between Myvatn and Egilsstaðir and between Höfn and Skafafell. Water can usually be accessed quite easily in the countryside from streams and rivers. Never take water from areas down stream 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.

### Health care

In the case of an emergency, call 112. For urgent cases, you will find medical centers in most villages/towns with >100 inhabitants. Specialist doctors, dentists and hospitals may be found in larger towns. Pharmacies are in most large villages/towns, while in small places a limited range of medicine may be available upon request in the local shop. Ask the locals to find the nearest help, or call 112 in emergency. In Reykjavik, you can go to any local pharmacy on working days for general medical advice. On evenings and weekends, contact *Læknavaktin* in Kópavogur, tel. 1700. For emergencies, call 112 and there is a 24h emergency ward at Landspítali hospital in Fossvogur.



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### Travelling by plane and arrival at Keflavik airport

Cyclists bringing their bikes on flights to Iceland must pack them in suitable boxes. Keflavik airport: Conditions for cyclists were greatly improved in 2016. While it is not permitted to pack/unpack bicycles in the terminal building, a special container with an assembly stand for bicycles, tools and information material has been set up 100 m east of the arrivals exit (see the Keflavik mini map). Bike boxes can be stored at Bilahótel (grey building marked "Geysir", 800 m to the northwest, Arnarvöllur 4, tel. 455-0000). Cycling from/to Keflavik airport: A new bike path to the town of Keflavik begins at the bike container. To all other destinations you need to cycle on the roads. The main road to Reykjavik is quite wide for the most part, but there is heavy traffic. Shuttle bus from Keflavik airport to Reykjavik: Reykjavik connects with every flight; they also provide onward transport from the BSI bus terminal to Reykjavik campsites/City hostel and other guesthouses and hotels. Strætó route 55 operates to Hafnarfjörður or BSI, but this particular bus does NOT take bicycles. Reykjavik campsites/City hostel offer tools to assemble/disassemble bikes, and bike boxes can be stored there. Most domestic flights depart from Reykjavik city airport; please note that there are two terminals (see the Reykjavik map). 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.

### Travelling by bus and bike

In Iceland, public transport buses are operated by several companies. The Public Transport map shows which company operates which routes. For schedules, prices etc., refer to the operator's websites. On most routes, reservations are not possible, but a few routes require pre-booking for bikes. It is always advisable to contact the operator who are intending to travel with before setting off in order to confirm your travel plans and check for weather-related changes. Always ask about the conditions for taking your bike on the bus. Some Strætó routes, shown with dashed lines, run on demand only. Call the operator several hours before departure. Long-distance buses depart from different locations in Reykjavik, marked on the Reykjavik map. Strætó: Mjódd terminal, a few services also from BSI terminal. IOYO and the BSI: BSI terminal. Strætó: Harna and campsite. Trex: City center and campsite. Buses have scheduled stops in every village, but, if necessary, you can get on or off the bus anywhere where the main road meets smaller roads on the bus route in rural areas. Just be sure to make it clear that you want the bus to stop. In the Capital Area and other areas with local buses, buses only stop at marked stops. In rural areas, bikes are put in the luggage compartments of the buses. Some buses have additional space in trailers or on bike racks. On most services, there is capacity for 4 ± x bikes. The exact number of bikes on any given bus can not be guaranteed but bikes are usually accepted as long as there is room for them. For all rural buses, you can buy tickets on the bus with cash or credit card. For Strætó, bikes of 20 tickets are also sold at a few filling stations in rural areas and at some bus terminals and swimming pools in the Capital Area. Apart from Strætó, most operators charge ca. 3500 kr for the transport of bicycles. The yellow Strætó city bikes in the Capital Area can accommodate up to 2 bicycles, if the space is not needed for other passengers, children's prams or wheelchairs. On the bus, tickets must be paid for in cash (ca. 420 kr) or bought in advance; bikes go free of charge. Nevertheless, cycling is usually the better alternative within Reykjavik.

### Travelling by ferry and bike

The Smyril Line ferry sails every week all year between Hirtshals in Denmark, Tórshavn in the Faroe Islands and Seyðisfjörður. Most domestic ferries charge for the transport of bikes. Pre-booking for bikes is not necessary, but you should contact the operators to confirm sailings. The ferry to Vestmannaeyjar sometimes has difficulties with the harbour in Landeyjahöfn. As an alternative, they operate from Þorlákshöfn. On such days, Strætó route 52 terminates in Hvolsvöllur, and a special bus connects with the ferry in Þorlákshöfn. The ferry across Breiðafjörður makes an intermediate stop on the small island Flatey. Cyclists who want to stay in Flatey have their bikes lifted on/off the ship by crane, while for through passages, bikes are stored on the car deck.

### EuroVelo 1 – The Atlantic coast route

There are plans for Iceland to become part of the EuroVelo network of designated cycling routes, www.eurovelo.com. Although the intended route Seyðisfjörður – South Iceland – Reykjavik has not been formally opened yet, it is already shown on this map.

### Scheduled Buses

**The STRÆTO System**  
This is the main official bus system.  
Tel. 540 2700 - [www.buss.is](http://www.buss.is)

**ICELAND ON YOUR OWN**  
A system operated by REYKJAVIK EXCURSIONS and SBA-Norðurland.  
Reykjavik Office: Tel. 580 5400 - [www.iyo.is](http://www.iyo.is)  
Akureyri Office: Tel. 550 0700 - [www.iyo.is](http://www.iyo.is)

**The STERNA System**  
A system operated by Sterna Travel.  
Tel. 551 1166 - [www.sternatransel.com](http://www.sternatransel.com)

**TREX** Tel. 587 6000 - [www.trex.is](http://www.trex.is)  
Schedules to Þórsmörk (Bíðar and Langidalur) and Landmannalaugar. Summer schedule 15 June - 15 Sept. 2016

**Main lines in the Westfjords**  
Isafjörður - Halmavík: Tel. 893 1058, 847 0285 & 540 2700  
Brjánslækur - Isafjörður: Tel. 456 5006 - [www.wa.is](http://www.wa.is)  
Brjánslækur - Patreksfjörður - Látrabjörg: Tel. 456 5006 - [www.wa.is](http://www.wa.is)  
Isafjörður - Súrnayri - Flangi - Þingeyri: Tel. 893 6356 - [www.isafjordur.is](http://www.isafjordur.is)

**Local Bus Lines in the Westfjords**  
Patreksfjörður - Bíldudalur: Tel. 456 2636 & 893 2636  
Isafjörður - Borgarnes: Tel. 892 1474 & 456 7195 - [www.borgarnes.is](http://www.borgarnes.is)  
Westfjords Tourist Information: Tel. 450 8060 - [www.westfjords.is](http://www.westfjords.is)

**SAVUST** Bus System of the Eastfjords  
Tourist Info in Egilsstaðir: Tel. 471 2320 - [www.savust.is](http://www.savust.is)

**Askja & Herðubreiðarlindir**  
FJALLASYN: Tel. 464 3941 & 464 3940 - [www.fjallasyn.is](http://www.fjallasyn.is)  
MYVATN TOURS: Tel. 464 1920 - [www.myvatntours.is](http://www.myvatntours.is)

### Domestic Flights

**AIR ICELAND destinations:**  
Reykjavik, Isafjörður, Akureyri, Egilsstaðir, Grímsey, Þórshöfn, Vopnafjörður.  
Tel. 570 3030 - [www.airiceland.is](http://www.airiceland.is)

**EAGLE AIR destinations:**  
Reykjavik, Vestmannaeyjar, Höfn, Húsavík, Bíldudalur, Gígur.  
Tel. 562 4200 & 562 2640 - [www.eagleair.is](http://www.eagleair.is)

**BLUE LAGOON TRANSFERS**  
Reykjavik Excursions  
Tel. 580 5400 - [www.re.is](http://www.re.is)

**KEFLAVIK AIRPORT TRANSFERS**  
flybus flybus+  
Tel. 580 5400 - [www.flybus.is](http://www.flybus.is)

**Keflaving**  
Tel. 586 1310 - [www.keflaving.com](http://www.keflaving.com)

**AIRPORT EXPRESS**  
[www.airportexpress.is](http://www.airportexpress.is)

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Call / text: + (354) 694 8956  
[www.reykjaviksewaytours.is](http://www.reykjaviksewaytours.is)

### USEFUL WEBLINKS FOR CYCLISTS

**Weather in Iceland**  
www.vedur.is  
www.bjorgur.is/locales/en  
www.jr.no

**Road conditions**  
www.road.is

**Filling stations also offering food, WC and air pumping, found in every town**  
www.n1.is  
www.olis.is  
www.skeljungur.is

**Shop chains with seasonal bike equipment**  
www.hagkaup.is  
www.byko.is  
www.husa.is

**Accommodation & camp sites**  
www.cyclingiceland.is/camping\_huts  
www.hostel.is  
www.farmholidays.is  
www.tjaldar.is/en

**Swimming Pools**  
www.swimmingiceland.com

**Travelling in Iceland**  
www.publictransport.is  
www.safetravel.is  
www.planiceland.com  
www.visiticeland.com  
www.visitreykjavik.is  
www.travelnet.is  
www.nat.is  
www.fl.is  
www.utivist.is

**Map & addresses & phone book**  
en.ja.is/kort

**Other free online maps**  
www.cyclingiceland.is  
www.map.is  
www.lmi.is

**Bike plan of the Capital Area**  
www.cyclingiceland.is/reykjavik  
reykjavik.is/gonguhojolastrig

**The Icelandic Mountain Bike Club**  
www.fjallahojolaclubburinn.is/english  
Mirjam Wouters  
www.cyclingdutchgirl.com

**Ulff Hoffmann**  
www.bikingiceland.com  
Michael Erens  
members.ziggo.nl/erens/iceland.htm

### USEFUL PRINTED INFORMATION

**Free booklets**  
widely available in tourist informations etc.:  
**Around Iceland / Rund um Island**  
Comprehensive information with town maps, phone numbers of all accommodation & camp sites, places of interest etc.  
**Books available in book shops**  
**The Biking Book of Iceland** by Ómar Smári Kristinnsson (4 books available), Cycle trails in the Westfjords, West, South West and South Iceland. Google it!

**Maps**  
widely sold in book shops, filling stations and tourist information centres:  
**Ferabokart 1:250,000** by Íbni Fjörðungskort 1:300,000 by Ferlabók  
Good maps are recommended, particularly for travelling in the highlands.

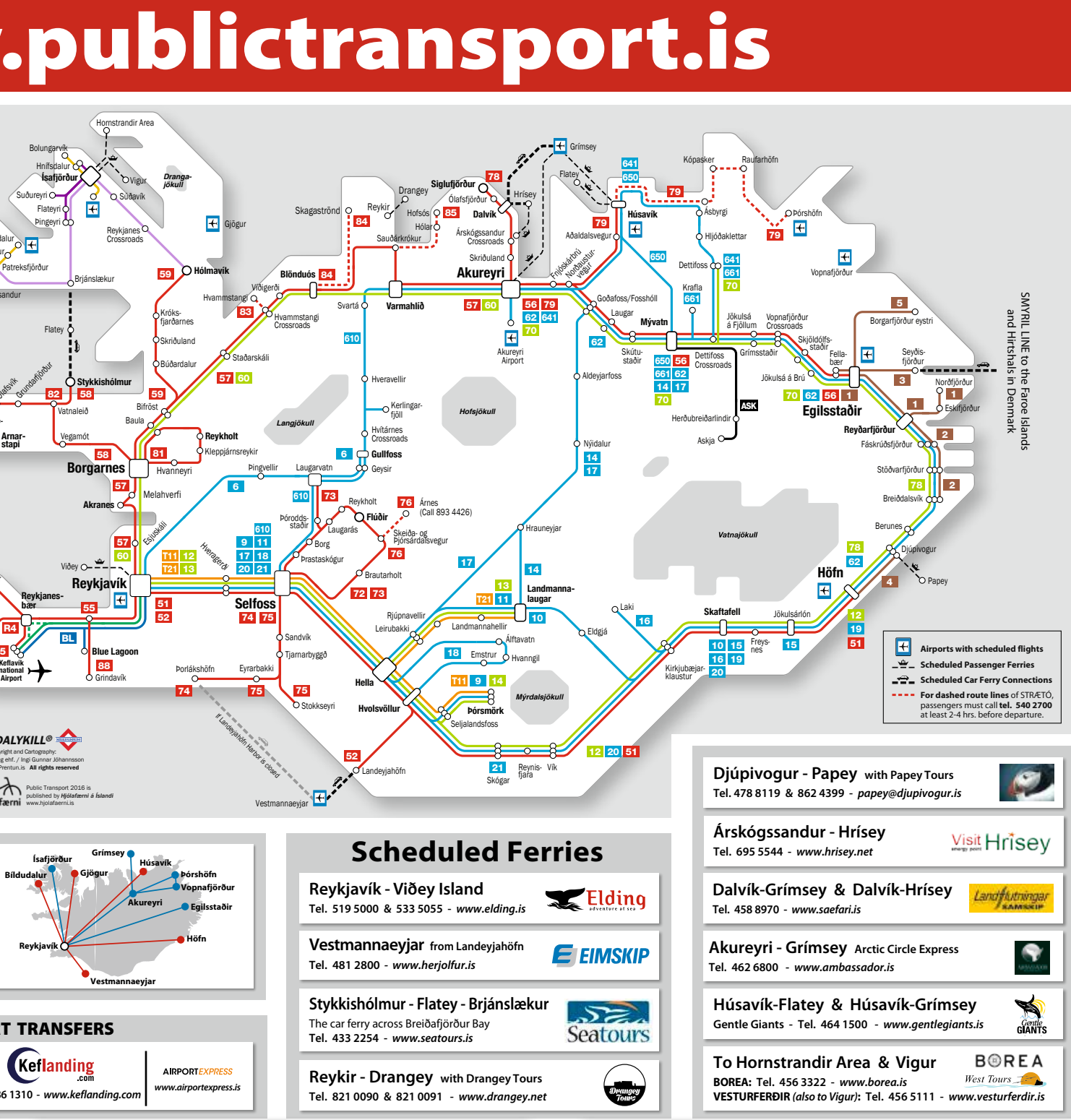
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### CYCLING ICELAND Summer 2016

List of campsites and huts

Leaflet available at tourist informations and camp sites  
[www.cyclingiceland.is/camping\\_huts](http://www.cyclingiceland.is/camping_huts)

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### ÚTIVIST

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Mountain huts:  
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Fimmvörðuskúli hut, tel. +354 893 4910  
Other huts: Strútskáli, Dalakofu, Sveinastindur, Skælingar, Álfavötn. For more information call our office, tel. 562 1000  
[www.utivist.is](http://www.utivist.is)

**FÍ FERDAFÉLAG ÍSLANDS**

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

### Vatnajökull National Park

Vatnajökull National Park spans the largest glacier of Iceland, vast highland areas, volcanoes, rivers and lakes. In its southwestern part, Lakagígur is a series of craters formed during the Skafatjeldur eruption in 1783 which left behind lava flows extending over 60 km. In this magnificent area we recommend three routes leading to the Laki craters. Please note that services in this highland area are limited. You need to bring all provisions, and remember to take enough water from the fords and rest places. There are a few huts and you can put up your tent at the campsite in Bláglí which provides water and a shower.

### The Laki circle (39 km)

The heart of the Laki area is encircled by the roads F207 and F206. Within this ring, there are many beautiful volcanic craters. Fragile green moss contrasts with the landscape of black ash and lava. There are interesting hiking trails at the Laki mountain and at the Tjarnargígur crater lake. The river Varmá which has been displaced by the lava flows is crossed in the western part of road F207. The original path of Varmá was 2 km south of Laki where you can see only a few small streams today. Water is also available at the rest places at Laki and Tjarnargígur and in Bláglí.

### The middle route F206 (35 km)

The main access road to Laki is F206. It is quite easy to cycle, the climbs are not too steep, but you need to cross several fords. The route begins 6 km west of Kirkjubæjarklaustur. After passing the bridge over Skafá, a 1 km detour to the fast Járfljúfur gorge is recommended before continuing north. After the fast Járfljúfur a track along a power line leading to Leifðalsfjell intersects the F206. Continuing on the main road, you pass a deserted farm, and 1 km farther north you will reach the first of several fords. Geirlandís is the largest, but usually safe to cross. North of Geirlandís, a short detour to the east leads to Fagfirfoss, a stunning waterfall. After several smaller fords and Hellísá ford, you reach the Laki circle at the crossroads of roads F206 and F207.

### Cycling Iceland Summer 2016

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**While we take great care to get the details correct, we cannot accept 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 and our future.

You are welcome to contact us for any comments, ideas and corrections and if you want to order the Cycling Iceland 2016 map.

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### The western route (48 km)

The western route is best to cycle on the return trip from Laki. In this direction, the steep sections are downhill, and there is less danger of getting lost. In a lava field in the southwest of the Laki circle, turn on a track to the hut Hrossatungur. After the hut, the route continues to the south, always remain on the main track. After some streams, the track passes the western side of Leifðalsfjell, where there is accommodation in a turf hut. 1 km farther south, turn left at the power line and follow it to the southeast 2 km later, you will reach the ford across Hellísá. It is quite shallow and calm and usually easy to cross. The main track continues along the power line until reaching the F206. Cyclists may turn right 1.5 km after the ford onto a horse riding path which is closed for motorized traffic. You will pass a gate and follow the path to the south. After 5 km, the track leaves the highland and descends to the farm Skafatjeldur. From the farm, use the bridge over Skafá. After 4 km, you reach road F208 / 208 that connects with road No. 1.

### The eastern route (40 km)

This jeep track is not always well-defined, and it has some steep climbs in both directions. The route begins roughly 0.5 km south of the rest place at mount Laki. The first section (formerly a part of F206) goes eastward along the southern foot of mount Laki. Then the track turns left uphill to the northeast. In the slopes of mount Blængur, the route turns to the south and descends. After a turnoff to the nearby hut Blængur (closed) the main track continues south, crosses a few streams and aims at Miklafell. At the mountain, a path to the northeast leads to Laufbalavatn. At the lake you can find one of the most remarkable systems of lava caves in Iceland, protected as a natural monument. If you are properly equipped, you may explore these magnificent caves, but take care to not get lost. The main track turns west around Miklafell, and is rather rough in this section. South of the mountain, a short detour leads to the hut Miklafell (accommodation). Continuing to south through a lava field, the track improves while descending to the farm Þvera. After 2 km you finally reach road No. 1 at Orrustuhöll which is a conspicuous tuff "island" in a lava flow ca. 15 km east of Kirkjubæjarklaustur.



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