

## Scheduled Buses 2013

This Line Map shows the various travel possibilities with scheduled coaches in Iceland. The colours and numbers of the lines refer to the different bus systems, operators and local connections in the country. Here you can find some further information on these operators, their terms and time schedules:



### The STRÆTÓ System

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

### „ICELAND ON YOUR OWN“

A system run jointly by „Reykjavik Excursions“ and „SBA-Norðurlæið“. Reykjavik Excursions: Tel. 580 5400 - [www.loyo.is](http://www.loyo.is) - [www.re.is](http://www.re.is) SBA-Norðurlæið: Tel. 550 0700 - [www.sba.is](http://www.sba.is)

### SBK Tel. 420 6000 - [www.sbk.is](http://www.sbk.is) & [www.rexbus.is](http://www.rexbus.is)

For Garður and Sandgerði: Tel. 840 1540 - [www.bus4u.is](http://www.bus4u.is)

### Flybus & Reykjavik Excursions

The Fly Bus to Keflavik Airport. Tel. 580 5400 - [www.flybus.is](http://www.flybus.is)

### Airport Express to Keflavik Airport.

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

### TREX Tel. 587 6000 - [www.trex.is](http://www.trex.is)

Schedules to Þórsmörk and Landmannalaugar.

### STERNA Tel. 551 1166 - [www.sterna.is](http://www.sterna.is)

Operator in THE WESTFJORDS: Vestfirskar ævintýraferðir ehf. Tel. 456 5518 - [www.westfjordsadventure.is](http://www.westfjordsadventure.is)

### Local Bus Operators in THE WESTFJORDS:

Ísafjörður – Bolungarvík: Valdimar L. Gíslason Tel. 892 1417 & 456 7195  
Patreksfjörður – Bíldudalur: Torfi Elis Andrén Tel. 893 2636

### East Iceland Bus System

[www.en.east.is/TravelGuide/TravelinginEastIceland](http://www.en.east.is/TravelGuide/TravelinginEastIceland)  
[www.fjardabyggd.is/media/PDF/Almenningssamgongur\\_2013.pdf](http://www.fjardabyggd.is/media/PDF/Almenningssamgongur_2013.pdf)

### Local Bus Operators in EAST ICELAND:

Egilsstaðir – Reyðarfjörður – Neskaupstaður:  
Austfjarðaleið Tel. 477 1713 & Tanni Travel Tel. 476 1399  
Egilsstaðir–Seyðisfjörður: Ferðapjónusta Austurlands Tel. 472 1515  
[www.visitseydisfjorur.com/bus-service-fas](http://www.visitseydisfjorur.com/bus-service-fas)  
Borgarfjörður eystri: Margrét & Jakob Tel. 894 8305 - 472 9805  
Djúpvogur – Hornafjörður: Tel. 478 8933 - 893 4605 - 844 6831



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SUMMER 2013



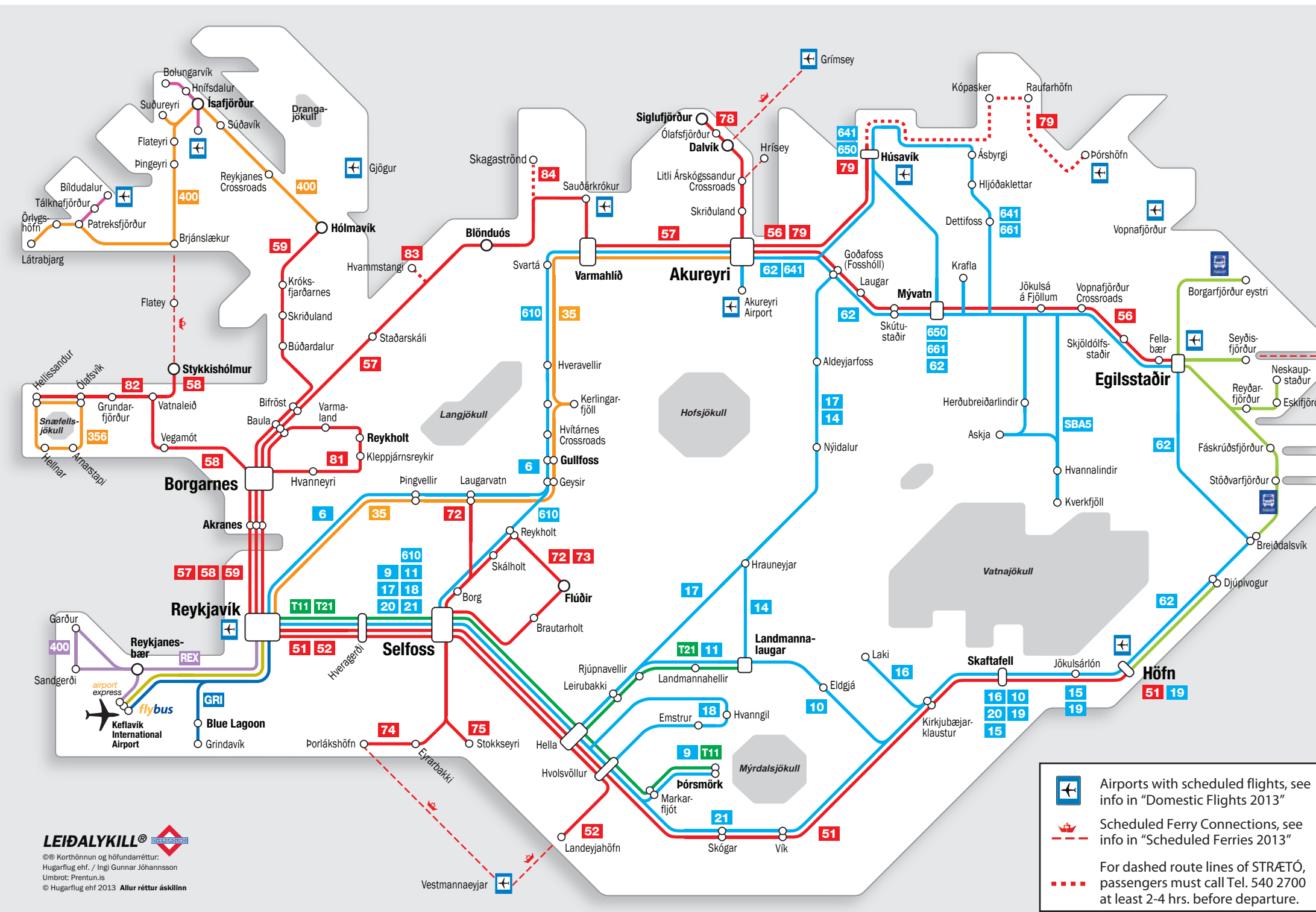
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BSÍ Bus Terminal • 101 Reykjavík ☎ 580 5400 • [main@re.is](mailto:main@re.is) • [www.re.is](http://www.re.is)



## Domestic Flights 2013



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



**EAGLE AIR destinations:** Vestmannaeyjar, Höfn í Hornafirði, Húsavík, Bíldudalur, Gjógur. Tel. 562 4200 - [www.eagleair.is](http://www.eagleair.is)

## Scheduled Ferries 2013

### To Vestmannaeyjar:

The ferry Herjólfur from LANDEYJA Harbour, or in bad weather from ÞORLÁKSHÖFN: Tel. 481 2800 - [www.herjolfur.is](http://www.herjolfur.is)  
[www.eimskip.is/EN/iceland\\_domestic/herjolfur](http://www.eimskip.is/EN/iceland_domestic/herjolfur)

### Stykkishólmur - Flatey - Brjánslækur:

Ferry Baldur across Breiðafjörður Bay: Tel. 433 2254  
[www.seatours.is](http://www.seatours.is)

### Dalvík - Grímsey:

Ferry Sæfari to Grímsey: Tel. 458 8970 & 467 3102  
[www.landflutningar.is/saefari](http://www.landflutningar.is/saefari)

### Litli-Árskógssandur - Hrísey:

Ferry Sævar to Hrísey: Tel. 695 5544  
[www.hrisey.net/is/page/ny\\_voraatlung\\_saevars](http://www.hrisey.net/is/page/ny_voraatlung_saevars)

## Useful Links & Info for Cyclists

### Weather in Iceland

[www.en.vedur.is](http://www.en.vedur.is)  
[www.belgungur.is/locales/en](http://www.belgungur.is/locales/en)  
[www.yr.no](http://www.yr.no)

### Roads and road conditions

[www.vegagerdin.is/english](http://www.vegagerdin.is/english)

### Swimming Pools

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

**Service stations offering food, WC and air pumping**  
These are found in every town. For rural areas, see map on other side.

**NI** [www.n1.is](http://www.n1.is)  
**olis** [www.olis.is](http://www.olis.is)  
**skeljungur** [www.skeljungur.is](http://www.skeljungur.is)

### Travelling in Iceland

[www.safetravel.is/En](http://www.safetravel.is/En)  
[www.planiceland.com](http://www.planiceland.com)  
[www.visiticeland.com](http://www.visiticeland.com)  
[www.visitreykjavik.is](http://www.visitreykjavik.is)  
[www.travelnet.is](http://www.travelnet.is)  
[www.nat.is](http://www.nat.is)  
[www.loyo.is](http://www.loyo.is)

### Free maps of Iceland

[www.lmi.is/en](http://www.lmi.is/en)

### Accommodation

[www.hostel.is](http://www.hostel.is)  
[www.farmholidays.is](http://www.farmholidays.is)

### Camping Grounds

[www.tjalda.is/en](http://www.tjalda.is/en)

• **The Icelandic Mountain Bike Club**  
Useful info in English for cyclists:  
[www.fjallahjolaklubburinn.is](http://www.fjallahjolaklubburinn.is)

• **The Biking Book of Iceland**  
Trails you can find in the Westfjords. Google it!

• **Ulf Hoffman** has cycled around Iceland for many years. Web in German and English  
[www.bikingiceland.com/](http://www.bikingiceland.com/)

• **Michiel Erens** has cycled around Iceland since 1998  
[www.members.ziggo.nl/erens/icecycle.htm](http://www.members.ziggo.nl/erens/icecycle.htm)

## Cycling Iceland

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[hjolafaerni@hjolafaerni.is](mailto:hjolafaerni@hjolafaerni.is) - [www.hjolafaerni.is](http://www.hjolafaerni.is)

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Ferðamálastofa  
Icelandic Tourist Board



## Practical hints for Cyclists using Public Transport

- Cyclists bringing their bikes on flights to Iceland should pack them in suitable boxes.
- Due to limited space at the Keflavik air terminal, there are no facilities for assembling or disassembling bikes there.
- The Youth Hostel in Laugardalur offers facilities to assemble and disassemble bikes and will store transport boxes for a reasonable fee. This is also the location of the Reykjavik camping area. The Flybus takes you between the airport and the Youth Hostel. At Keflavik airport, Bilhotel offers storage of transport boxes. Contact them for their fees.
- 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 e.g. Kjalarnes, 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.
- By starting the trip from Reykjavik on the bus the cyclist avoids the hectic and traffic-loaded ways leading to and from the Capital area. By taking the bus to Akranes, one bypasses the only tunnel in Iceland that is not passable by bike: the Hvalfjörður tunnel. Leaving the bus in 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 map reflects which company operates which routes. The operators have homepages showing the seasonal schedules, prices and other useful info. Apart from Strætó, 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 everywhere 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 certain, more remote routes, (e.g. 79, 83 or 84), please consult with the service center at tel. 540 2700.
- In rural areas, bikes are put in the luggage compartments of the buses. The number of bikes that can be allowed on any given bus can not be guaranteed, but bikes are usually allowed while there is room for them.
- For all rural buses, you can buy tickets on the bus. When you pay for a single fare in local Strætó in Reykjavik, you must have the exact amount needed, as there is no change.
- Most domestic ferries do charge for the transport of bicycles.

## Travel in Iceland the Smart way

Get your free app and take the bus:





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## HAGKAUP

### ONE STOP SHOP

in Kringlan, Skeifan, Smáralind, Garðabær, Eiðistorg, Spöngin, Holtagarðar and Akureyri.

One stop shop with: groceries, clothing, shoes, bicycles, biking-accessories, toys, homeware, CD's, DVD's, electronics and more...

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one stop shop

## BIKING IN THE WESTFJORDS

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Read about it.

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



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Bathing in the Blue Lagoon is a must during your stay in Iceland.

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101 Reykjavík  
☎ 580 5400  
[main@re.is](mailto:main@re.is)  
[www.re.is](http://www.re.is)

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

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

All kinds of practical information for cyclists travelling in Iceland



WITH ROUTE MAP OF  
PUBLIC TRANSPORT  
AROUND ICELAND

# Cycling Iceland 2013



# 33 hostels welcome you

With a total of 33 hostels situated all around the country, Icelandic HI hostels represent far more than simply an affordable place to stay.

No two hostels are alike which makes the stay at each hostel unique. Conveniently located, HI hostels provide a good night's rest after a long day of cycling.

For further information take a look at our homepage [www.hostel.is](http://www.hostel.is) or contact us directly.



HI Iceland ■ Tel. +354 575 6700 ■ [info@hostel.is](mailto:info@hostel.is) ■ [www.hostel.is](http://www.hostel.is)





# BICYCLE SERVICES AROUND ICELAND

## 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 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 middle of summer, even if you stick to the main road, so you should always follow the weather forecast and in all cases carry warm clothing with you. Try to keep your plans flexible so you can follow the wind instead of struggling against it. If you must go against the wind, you might consider cycling in the late evening and in the night (in June and July) as the wind usually calms down in the evening. Benefits of this will also be far less motor traffic on the busier roads and the wonders of experiencing sunset and sunrise, but of course less access to most shops and services.

You can get the weather forecast by telephone: +354 902 0600 or just by asking the locals, Icelanders follow the weather forecast almost religiously. At altitudes in the interior highlands the temperatures are of course lower. Check out the weather forecast at the Icelandic Meteorological Office [www.vedur.is](http://www.vedur.is) or [www.m.en.vedur.is/m](http://www.m.en.vedur.is/m) for mobile phones.

### The roads

A rather large portion of Iceland's road system is made up of gravel roads, especially those with less traffic. Those with some kind of asphalt can be found on the website of the Road Administration [www.vegagerdin.is/vega-kerfid/slitlog](http://www.vegagerdin.is/vega-kerfid/slitlog) where gray and red are asphalt, yellow gravel.

The main highway around Iceland, Route 1, circles Iceland in around 1400 kilometers. Once you get away from the South-West part the traffic becomes less but it is 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. The Road Administration has a website [www.vegagerdin.is/english](http://www.vegagerdin.is/english) with maps showing current road conditions including the interior highlands and weather conditions on certain mountain roads etc.

### The interior highlands

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 at [www.vegagerdin.is](http://www.vegagerdin.is).

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 when it has been dry for some period. Many rivers must be crossed on fords and can become dangerous in much rain and in case of glacier rivers, in much heat. You may therefore have to wait until late night or early morning to cross some glacier rivers during the summer. Mountain bikes with fat studded tires for good tracking and comfort and low gear ratios to help climbing steep hills are recommended.

### Accommodation

Various huts can be found in the highlands, and can be found on most detailed maps. They may (quite likely) be full and need to be booked well in advance. In the lowlands, guesthouses and hotels can be found but accommodation is not guaranteed so a tent is recommended as an option.

In general travellers are allowed to put up their tents everywhere except in 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 only be purchased in towns and some other highway locations. You will therefore have to bring 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 glacier rivers should only be drunk in emergency and preferably filtered. Usually 1 to 2 liters of water carrying capacity is enough.

Based on information from The Icelandic Mountain Bike Club, visit their website for further info: [www.fjallaholaklubburinn.is/index.php/english](http://www.fjallaholaklubburinn.is/index.php/english)

### Services in The Westfjords:

**Vesturferðir**  
Aðalstræti 7 - Ísafjörður  
Tel. 456 5111  
[westtours.com](http://westtours.com)  
[www.vesturferdir.is](http://www.vesturferdir.is)  
Bicycle rental

**Hjólavíðgerðir Simba**  
Suðurgata 8 - Ísafjörður  
Tel. 860 8037  
[boxarinn@gmail.com](mailto:boxarinn@gmail.com)  
Bicycle repair and rental

**Craftsport**  
Austurvegur 2 - Ísafjörður  
Tel. 456 3110  
[craftsport@craft.is](http://craftsport@craft.is)  
[www.craft.is](http://www.craft.is)  
Bicycle shop and repairs

**Hafnarbúðin**  
Suðurgata 8 - Ísafjörður  
Tel. 456 3245  
[hafnarbudin@simnet.is](mailto:hafnarbudin@simnet.is)  
Bicycle shop

**Véla- og bílþjónusta Kristján**  
Hafnarstræti 14 - Þingeyri  
Tel. 456 8331 - [vbk@snerpa.is](mailto:vbk@snerpa.is)  
[notendur.snerpa.is/vbk](http://notendur.snerpa.is/vbk)  
Bicycle repair enthusiast

**Simbahöllin**  
Fjarðargata 5 - Þingeyri  
Tel. 869 5654  
[simbahollin@gmail.com](mailto:simbahollin@gmail.com)  
[www.simbahollin.is](http://www.simbahollin.is)  
Bicycle rental

### Services in West Iceland:

**Guðmundur B. Kjartansson**  
Garðafliot 4 - Stykkishólmur  
Tel. 438 1475, 867 9984  
[gbragi@simnet.is](mailto:gbragi@simnet.is)  
Bicycle repair enthusiast

**Axel's Bicycle repair shop**  
Merkigerði 2 - Akranes  
Tel. 431 1531  
[axelg@simnet.is](mailto:axelg@simnet.is)  
[www.axelsbud.com](http://www.axelsbud.com)  
Bicycle repair and recondition

**Krakkar og hjól**  
Skagabraut 17 - Akranes  
Tel. 445 5200  
[krakkaroghjol@gmail.com](mailto:krakkaroghjol@gmail.com)  
Bicycle shop and repairs

### Services in The Capital Area:

**Bicycle Company**  
Bankastræti 2 - Reykjavík  
Tel. 590 8550  
[info@bikecompany.is](mailto:info@bikecompany.is)  
[www.bikecompany.is](http://www.bikecompany.is)  
Bicycle rental and bicycle tours

**Reykjavik Bicycle Tours and Bicycle Rental**  
Ægisgarður 7 - Reykjavík  
Tel. 694 8956  
[bike@icelandbike.com](mailto:bike@icelandbike.com)  
[www.reykjavikbiketours.is](http://www.reykjavikbiketours.is)  
Bicycle rental and bicycle tours

**Borgarhjól**  
Hverfisgata 50 - Reykjavík  
Tel. 551 5653  
[borgarhjol@simnet.is](mailto:borgarhjol@simnet.is)  
[www.borgarhjol.is](http://www.borgarhjol.is)  
Bicycle rental, bicycle shop and repairs

**Kría Hjól**  
Grandagarður 7 - Reykjavík  
Tel. 534 9164  
[info@kriacycles.com](mailto:info@kriacycles.com)  
[www.kriacycles.com](http://www.kriacycles.com)  
Bicycle shop and repairs

**TRI**  
Suðurlandsbraut 32 - Reykjavík  
Tel. 571 8111  
[info@tri.is](mailto:info@tri.is) - [www.tri.is](http://www.tri.is)  
Bicycle shop and repairs

**Reiðhjólaverslunin Berlin**  
Snorrabraut 56a - Reykjavík  
Tel. 557 7777, 695 2893  
[rvberlin@simnet.is](mailto:rvberlin@simnet.is)  
Bicycle shop and accessories

**Ellingsen**  
Fiskisloð 1 - Reykjavík  
Tel. 580 8500  
[ellingsen@ellingsen.is](mailto:ellingsen@ellingsen.is)  
[www.ellingsen.is](http://www.ellingsen.is)  
Bicycle shop and repairs

**Rafmagnshjól**  
Skiphöll 33 - Reykjavík  
Tel. 534 6600  
[rafmagnshjol@rafmagnshjol.is](mailto:rafmagnshjol@rafmagnshjol.is)  
[www.rafmagnshjol.is](http://www.rafmagnshjol.is)  
Bicycle shop with el-bikes and accessories

### Services in Reykjanes:

**Útisport - Föndurkot**  
Hafnargata 6  
Reykjanesbær  
Tel. 421 1130  
Bicycle shop and repairs

**Hagkaup Reykjanesbæ**  
Fitjum - Reykjanesbær  
Tel. 422 7700  
[njaverslun@hagkaup.is](mailto:njaverslun@hagkaup.is)  
Bicycles and accessories

### Services in North Iceland:

**Vélaverkstæði Hjartar Eiríkssonar**  
Buland 1 - Hvammstangi  
Tel. 451 2514  
[vhe@simnet.is](mailto:vhe@simnet.is)  
Bicycle repair shop

**Þorsteinn T. Bróddason**  
Raftahlíð 65 - Sauðárkrúkur  
Tel. 453 5971, 840 6450  
[steini@nml.is](mailto:steini@nml.is)  
Bicycle repair enthusiast

**Sportver**  
Glerártorg - Akureyri  
Tel. 461 1445  
[sportver@net.is](mailto:sportver@net.is)  
[www.facebook.com/Sportver](http://www.facebook.com/Sportver)  
Bicycle shop and repairs

**Skiðþjónustan**  
Fjölinsgata 4b.  
Akureyri  
Tel. 462 1713  
Bicycle shop and repairs

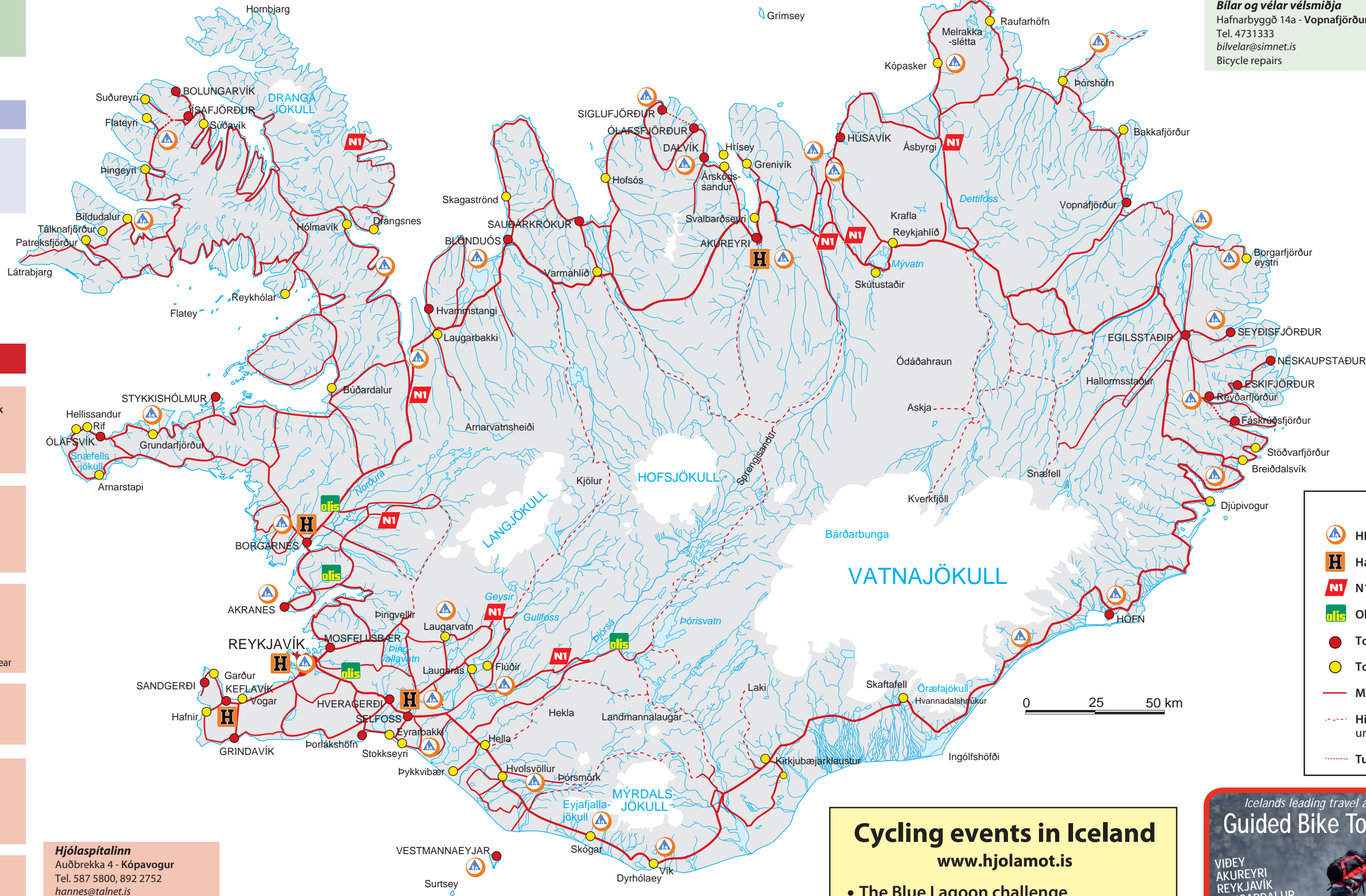
**Íslensku Alþarnir**  
Glerárgata 32 - Akureyri  
Tel. 461 7879  
[gaut@alparnir.is](mailto:gaut@alparnir.is)  
[www.alparnir.is](http://www.alparnir.is)  
Bicycle shop and repairs

**Viðar Eiríksson**  
Túngata 18 - Húsavík  
Tel. 864 1574  
[raudhol118@gmail.com](mailto:raudhol118@gmail.com)  
Bicycle repair enthusiast

**Hike and Bike**  
Reykjahlið - Mývatn  
Tel. 899 4845  
[info@hikeandbike.is](mailto:info@hikeandbike.is)  
[www.hikeandbike.is](http://www.hikeandbike.is)  
Bicycle rental and guided tours

**Icelandic Adventures**  
Hafnarstræti 99-101, Akureyri  
Tel. 660 1642  
[www.icelandicadventures.is](http://www.icelandicadventures.is)  
Bicycle rental

**Vilhjálmur Vernharðsson**  
Fjalladyrð in Möðrudalur  
Ca. 50 km East of Mývatn  
Tel. 471 1858  
[fjalladyrd@fjalladyrd.is](mailto:fjalladyrd@fjalladyrd.is)  
[www.fjalladyrd.is](http://www.fjalladyrd.is)  
Bicycle repair enthusiast



**Hjólaspítalinn**  
Auðbrekka 4 - Kópavogur  
Tel. 587 5800, 892 2752  
[hannes@talnet.is](mailto:hannes@talnet.is)  
[www.hjolaspitali.com](http://www.hjolaspitali.com)  
Bicycle repair shop

**Hjólíð ehf**  
Smíðjuvegur 9 - Kópavogur  
Tel. 561 0304  
[hjolid@simnet.is](mailto:hjolid@simnet.is)  
[www.hjolid.123.is](http://www.hjolid.123.is)  
Bicycle shop and repairs

**Hvellur**  
Smíðjuvegur 30 - Kópavogur  
Tel. 577 6400  
[hvellur@hvellur.com](mailto:hvellur@hvellur.com)  
[www.hvellur.is](http://www.hvellur.is)  
Bicycle shop and repairs

**Útillif Smáralind**  
Tel. 545 1500  
[utillif@utillif.is](mailto:utillif@utillif.is) - [www.utillif.is](http://www.utillif.is)  
Bicycle shop

**Viðey - Skarfabakki pier**  
Skarfagarðar 3 - Reykjavík  
Tel. 553 5055  
[www.videy.com](http://www.videy.com)  
Bicycle rental

**JS Ljósasmiðjan**  
Skemmuvegur 34 - Kópavogur  
Tel. 554 0661, 897 4996  
[velaverkis@simnet.is](mailto:velaverkis@simnet.is)  
[www.velaverkis.is](http://www.velaverkis.is)  
Bicycle repair shop

**Hjólaspættur**  
Dalshraun 13 - Hafnarfirði  
Tel. 565 2292  
[hjolasprettur@hjolasprettur.is](mailto:hjolasprettur@hjolasprettur.is)  
[www.hjolasprettur.is](http://www.hjolasprettur.is)  
Bicycle shop and repairs

**Reykjavik Camp site**  
Sundlaugavegur 32 - Reykjavík  
Tel. 568 6944  
[www.reykjavikcampsite.is](http://www.reykjavikcampsite.is)  
Bicycle rental

### Services in South Iceland:

**Bilaverkstæði Jóhanns**  
Austurmörk 13 - Hveragerði  
Tel. 483 4299, 866 1093  
[jg.rettingar@simnet.is](mailto:jg.rettingar@simnet.is)  
Bicycle repair enthusiast

**Iceland Activities**  
Mánamörk 3-5 - Hveragerði  
Tel. 777 6263  
[info@icelandactivities.is](mailto:info@icelandactivities.is)  
[www.icelandactivities.is](http://www.icelandactivities.is)  
Bicycle rental and guided tours

**Barnaborg**  
Vesturvegur 10 - Vestmannaeyjar  
Tel. 481 3535 - [volare@simnet.is](mailto:volare@simnet.is)  
Bicycle shop

**Eymundsson**  
Bárustígur 2 - Vestmannaeyjar  
Tel. 482 3683 - [erlah@penninn.is](mailto:erlah@penninn.is)  
Bicycle rental

**Hjólábær**  
Austurvegi 11 - Selfoss  
Tel. 482 1289, 863 4197  
[helgigj@gmail.com](mailto:helgigj@gmail.com)  
Bicycle shop and repairs

**Jóttunn vélar**  
Austurvegi 69 - Selfoss  
Tel. 480 0400  
[johannes@jottunn.is](mailto:johannes@jottunn.is)  
[www.jottunn.is](http://www.jottunn.is)  
Bicycle shop and repairs

**Ahaldaleigan**  
Skildingavegur 10-12  
Vestmannaeyjum  
Tel. 481 3131, 892 9053  
[ahaldaleigan@internet.is](mailto:ahaldaleigan@internet.is)  
Bicycle repair shop

## Cycling events in Iceland

- The Blue Lagoon challenge**  
From Hafnarfjörður to the Blue Lagoon, 65 km.  
[www.bluelagoonchallenge.com](http://www.bluelagoonchallenge.com)
- Jökulmílan**  
160 km or less around Snæfellsnes.  
[www.hjolamenn.is](http://www.hjolamenn.is) - [www.jokulmilan.is](http://www.jokulmilan.is)
- WOW Cyclothon**  
Cycling with a team around Iceland within 72 hours  
[www.wowcyclothon.com](http://www.wowcyclothon.com)
- Tour de Hvolsvöllur**  
110 km from Reykjavík to Hvolsvöllur.  
[www.hvolsvollar.is](http://www.hvolsvollar.is)
- Tour de Ormurinn**  
65 km cycling around Lögurinn, starting in Hallormsstaðarskógur.  
[www.facebook.com/TourDeOrmurinn](http://www.facebook.com/TourDeOrmurinn)
- Become a superhero in Iceland**  
by cross-country skiing, swimming, running and cycling  
[www.landvaettur.is](http://www.landvaettur.is)

### Services in East Iceland:

**Stefán Viðar Sigtryggsson**  
Garði 1 - Kópasker  
Ca. 14 km west of Ásbyrgi  
Tel. 663 8484  
[stefan@kopasker.is](mailto:stefan@kopasker.is)  
Bicycle repair enthusiast

**Verslunin Skógar**  
Dynskógar 4 - Egilsstaðir  
Tel. 471 1230  
Bicycle shop and repairs

**Íslensku Alþarnir**  
Kaupvangur 6 - Egilsstaðir  
Tel. 471 2525  
[alpasport@simnet.is](mailto:alpasport@simnet.is)  
[www.alparnir.is](http://www.alparnir.is)  
Bicycle shop and repairs

**Þór Þorfinnsson**  
Hallormsstaður - Egilsstaðir  
Ca. 14 km south of Egilsstaðir  
Tel. 892 3535  
[thor@skogur.is](mailto:thor@skogur.is) - [www.skogur.is](http://www.skogur.is)  
Bicycle repair enthusiast

**Bílar og vélar vélsmiðja**  
Hafnarbyggð 14a - Vopnafjörður  
Tel. 4731333  
[bilvelar@simnet.is](mailto:bilvelar@simnet.is)  
Bicycle repairs

**Iceland-Tour**  
Seyðisfjörður  
[hlynur@hotmail.de](mailto:hlynur@hotmail.de)  
<http://www.iceland-tour.com/>  
Bicycle rental, summer only

**Stálstjörnur**  
Fjarðargata 1 - Seyðisfjörður  
Tel. 892 8132, 472 1300  
[saavar@stal.is](mailto:saavar@stal.is)  
Bicycle repairs

**Hjólþjónusta Jóns Bjarnasonar**  
Marbakkí 9 - Neskaupsstaður  
Tel. 869 6858  
[jonni@gskulason.com](mailto:jonni@gskulason.com)  
Bicycle repairs

**Hjólalokk**  
Sæbakki 11 - Neskaupsstaður  
Sími 892 6878  
[stebbipp@gmail.com](mailto:stebbipp@gmail.com)  
Bicycle shop and repairs

**Smástal**  
Mörk 8b - Djúpavogur  
Tel. 894 8284, 891 9440  
[smastal@hotmail.com](mailto:smastal@hotmail.com)  
[www.smastal.is](http://www.smastal.is)  
Bicycle repairs

**BjarnaBerg**  
Höfðavegur 1 - Höfn  
Tel. 615 1231  
[nirtak@centrum.is](mailto:nirtak@centrum.is)  
[www.bjarnaberg.is](http://www.bjarnaberg.is)  
Bicycle repairs

**Höfn Camping and Cottages**  
Hafnarbraut 52 - Höfn  
Tel. 478 1606  
[camping@simnet.is](mailto:camping@simnet.is)  
[www.campsite.is](http://www.campsite.is)  
Bicycle repair and rental

**Legend:**

- HI Hostels. Also see ad on back side
- Hagkaup "One Stop Shops"
- N1 Service stations, in rural areas
- Olis Service stations, in rural areas
- Towns, more than 1000 inhabitants
- Towns, less than 1000 inhabitants
- Main Roads. Mostly paved roads
- Highland Roads. Gravel roads with unbridged streams and rivers
- Tunnels

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