

CYCLING MAP AND BICYCLE SERVICE AROUND ICELAND - SUMMER 2014

Services in East Iceland:

Pór Þorfinnsson
Tel. 892 3535
Hallormsstaður, 14 km south of Egilsstaðir
thor@skogur.is
www.skogur.is
Bicycle repair enthusiast in emergency

Bílar og vélar ehf vélsmíðja
Tel. 473 1333
Hafnarbyggð 14a - Vopnafjörður
bilvelar@simmet.is
Bicycle repair enthusiast

Guesthouse Grá hundurinn - Egilsstaðir
Íslenska Alþingi - Egilsstaðir
Verzlun Skógar - Egilsstaðir
Iceland-Tour - Seyðisfjörður
Staðstjórnir - Seyðisfjörður
Hotel Bjarg - Fiskruðsfjörður

Services in North Iceland:

Vélaverkstæði Hjartar Eiríkssonar
Tel. 451 2514
Bólundi 1, Hvammsgangi
vhe@simmet.is
Bicycle repair enthusiast

Vilhjálmur Vernharðsson
Tel. 471 1858
Fjalldýröð 1 Mödrudal, 70 km East from Mývatn
fjalldyr@fjalldyr.is
www.fjalldyr.is
Bicycle repair enthusiast in emergency

Kári Arnason
Tel. 863 6419
Vibólíð 23, Sauðárkrúkur
kariogmaga@simmet.is
Bicycle repair enthusiast

Hike and Bike
Tel. 899 4845
Reykjahlíð, Mývatn
info@hikeandbike.is
www.hikeandbike.is
Bicycle rental and guided tours

Víðbar Eiríksson
Tel. 864 1574
Túngötu 18, Húsvík
raudholl18@gmail.com
Bicycle repair enthusiast

Ferðajónustan Bjargi - Mývatn
Guesthouse Draflastöðum - Akureyri
Skólajónustan - Akureyri
Sporter - Akureyri
Vitality Iceland - Akureyri

Services in The Westfjords:

Vesturförðir
Tel. 456 5111
Aðalstræti 7, Ísafjörður
weststours@weststours.is
www.weststours.is
Bicycle rental and travel agency

Craftsport
Tel. 456 3110
Austurvegi 2, Ísafjörður
craftsport@craft.is
www.craft.is
Bicycle shop and repair

Westfjords Adventures
Tel. 456 5006
Aðalstræti 62, Patreksfjörður
info@westfjordsadventures.com
www.westfjordsadventures.com
Bicycle rental and guided tours

Hjólavæðingur Símba - Ísafjörður
Bæra - Ísafjörður
Símbahöll - Þingeyri
Véla og bílljónustan Kristjána - Þingeyri

Services in West Iceland:

Reiðhjóla-verkstæði Axels
Tel. 431 1531
Merkigötu 2, Akranesi
axel@simmet.is
www.axelsbud.com
Bicycle repair and recondition

Guðmundur B. Kjartansson
Tel. 867 9984
Garðaföt 4, Stykkishólmur
gb@simmet.is
Bicycle repair enthusiast

Krakkur og hjól
Tel. 445 5200
Skagabraut 17, Akranesi
krakkurghjol@gmail.com
www.facebook.com/Krakkur-og-Hjol
Bicycle shop and repair

Services in Reykjavik and The Capital Area:

Reykjavik Bike Tours and Bicycle Rental
Tel. 694 8956
Ægisgarður 7, (Old Harbour) Reykjavik
bikeicelandbike.com
www.reykjavikbiketours.is
Bike rental and bike tours

Bike Company
Tel. 590 8550
Bankastræti 2, Reykjavik
info@bikecompany.is
www.bikecompany.is
Bicycle rental, touring service and bike tours

Icelandic Mountain Guides
Tel. 587 9999
Strohnöf 33, Reykjavik
mountainguides@mountainguides.is
www.fjallaleidsogumenn.is
Guided bicycle tours

Hjólíð
Tel. 561 0304
Smíðjuvegur 9, Kópavogur
hjoli@simmet.is
www.hjoli.is
Bicycle shop and repair

Hvellur
Tel. 577 6400
Smíðjuvegur 30, Kópavogur
hvellur@hvellur.com
www.hvellur.is
Bicycle shop and repair

Hjólspitalinn
Tel. 892 2752
Aubækka 4, Kópavogur
hannes@hjalitalinn.is
www.hjalitalinn.is
Bicycle repair shop

Hjólsprettur
Tel. 565 2292
Dalshraun 13, Hafnarfjörður
hjolsprettur@hjolsprettur.is
www.hjolsprettur.is
Bicycle shop and repair

Reykjavik Campsite
Tel. 568 6944
Sundlaugarvegur 32, Reykjavik
info@reykjavikcampsite.is
www.reykjavikcampsite.is
Bicycle rental

Services in Reykjavik:
Adrenalín.is - Reykjavik
Borgarhóli - Reykjavik
G.A.P. Hjólavæðingur - Reykjavik
Ícelandic Adventures - Mosfellsbær
Iceland Travel - Reykjavik
IS Ljósasmiðjan - Kópavogur
Markið - Reykjavik
Reiðhjólaþingir Etnis - Reykjavik
Reykjavik Downtown Hostel
Sway - Reykjavik

Services in South Iceland:

Iceland Activities
Tel. 777 6263
Mánamörk 3-5, Hveragerði
info@icelandactivities.is
www.icelandactivities.is
Bike tours and bike rental

Stefán Víðar Sigtryggsson
Tel. 663 8484
Fiskhóli 9, Höfn
stefan@hlauparin.is
Bicycle repair enthusiast

Bjarnarberg - Höfn
Glacier Guides - Órafi
Hjólavær - Selfoss
Jötunn Vélar - Selfoss
South Iceland Adventure - Hvalsvíkur

Services in The Interior Highlands

Kerlingarfjöll Mountain Resort
Tel. 664 7878
Kerlingarfjöll, mountain area in the highland
info@kerlingarfjoll.is
www.kerlingarfjoll.is
Bicycle repair



LIST OF SERVICE

- Bakkafjörður
- Bakkagerði
- Bífröst
- Bildudalur
- Borðeyri
- Eyrarbakki
- Flátey
- Kópasker
- Laugarás
- Reykjavík
- Svíðavík
- Svalbarðseyri
- Vopnafjörður

LEGEND:

- Town / village with camping site, swimming pool, accommodation and food store
- Village with less service (see list on the left)
- Camping site outside towns and villages
- Accommodation (lowland), 20 km or more from towns and villages
- Emergency shelter
- Mountain hut or shelter, fully or partly open
- Shop with provisions outside towns and villages
- Public toilet outside towns, villages and camping sites
- Swimming pool outside towns and villages
- Nature path, geothermal spa
- Cycling path (usually walking path as well) outside towns and villages
- Road with hard shoulder which is at least 2 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 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
- 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
- Steep hill, 8% grade or more. Mountain roads / tracks not included
- Tunnel (single / double lane), length in km
- Road tunnel where cycling is prohibited
- Airport
- Scheduled ferry
- 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

*This map does not describe road quality. It 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. Steep slopes may be expected even if they are not shown on the map. Travelling in the highlands can be dangerous.

**There may be more fords than are shown on the map. The symbols and classification only indicate where the most water crossings is to be expected. Drought, rain, melting and thawing of snow, make the mapping of fords very inaccurate. Car traffic numbers are summertime 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.

Kortagrunnur frá Landmælingum Íslands
Kortavinnsla og hönnun: © Ómar Smári Kristjánsson og Nína Ylvanova, 2014

Scheduled Buses 2014

The Line Map shows various travel possibilities with scheduled coaches in Iceland. The colours and numbers of the lines show the different bus systems and local connections in the country.

The STRÆTÓ System
This is the main official bus system.
Tel. 540 2700 - www.bus.is

"ICELAND ON YOUR OWN"
A system run jointly by "Reykjavik Excursions" and "SBA-Norðurlæið".
REYKJAVIK EXCURSIONS:
Tel. 580 5400 - www.ioyo.is - www.re.is
SBA-NORÐURLÆIÐ: Tel. 550 0700 - www.sba.is

The STERNA System
Tel. 551 1166 - www.sterna.is

LOCAL OPERATORS:
TREX Tel. 587 6000 - www.trex.is
Schedules to Þórsmörk and Landmannalaugar.

Main lines in the WESTFJORDS
OPERATION NOT GUARANTEED (as of June 20, 2014)
Please call Westfjords Tourist Information
Tel. 450 8060 - www.westfjords.is

Ísafjörður area To Suðureyri - Flateyri - Þingeyri
www.isafjordur.is - Tel. 450 8060 & 893 6356

Local Bus Operators in the Westfjords
Ísafjörður - Bolungarvík: Valdmar L. Gíslason Tel. 892 1417 & 456 7195
Þatreksfjörður - Bíldudalur: Torfi Elís Andresson Tel. 893 2636

Askja & Herðubreiðarlindir
MÝVATN TOURS: Tel. 464 1920 - www.myvatntours.is
FJALLASÝN: Tel. 464 3941 & 464 3940
www.fjallasyn.is

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

SBK Tel. 420 6000
www.sbk.is & www.rexbus.is
Garður and Sandgerði: Tel. 840 1540 - www.bus4u.is

Reykjavik Excursions
Tel. 580 5400 - www.re.is - www.flybus.is

TRANSFER TO KEFLAVIK AIRPORT:
airportexpress Tel. 540 1313
www.airportexpress.is
flybus Tel. 580 5400
www.re.is - www.flybus.is
K EXPRESS Tel. 823-0099
www.kexpress.is

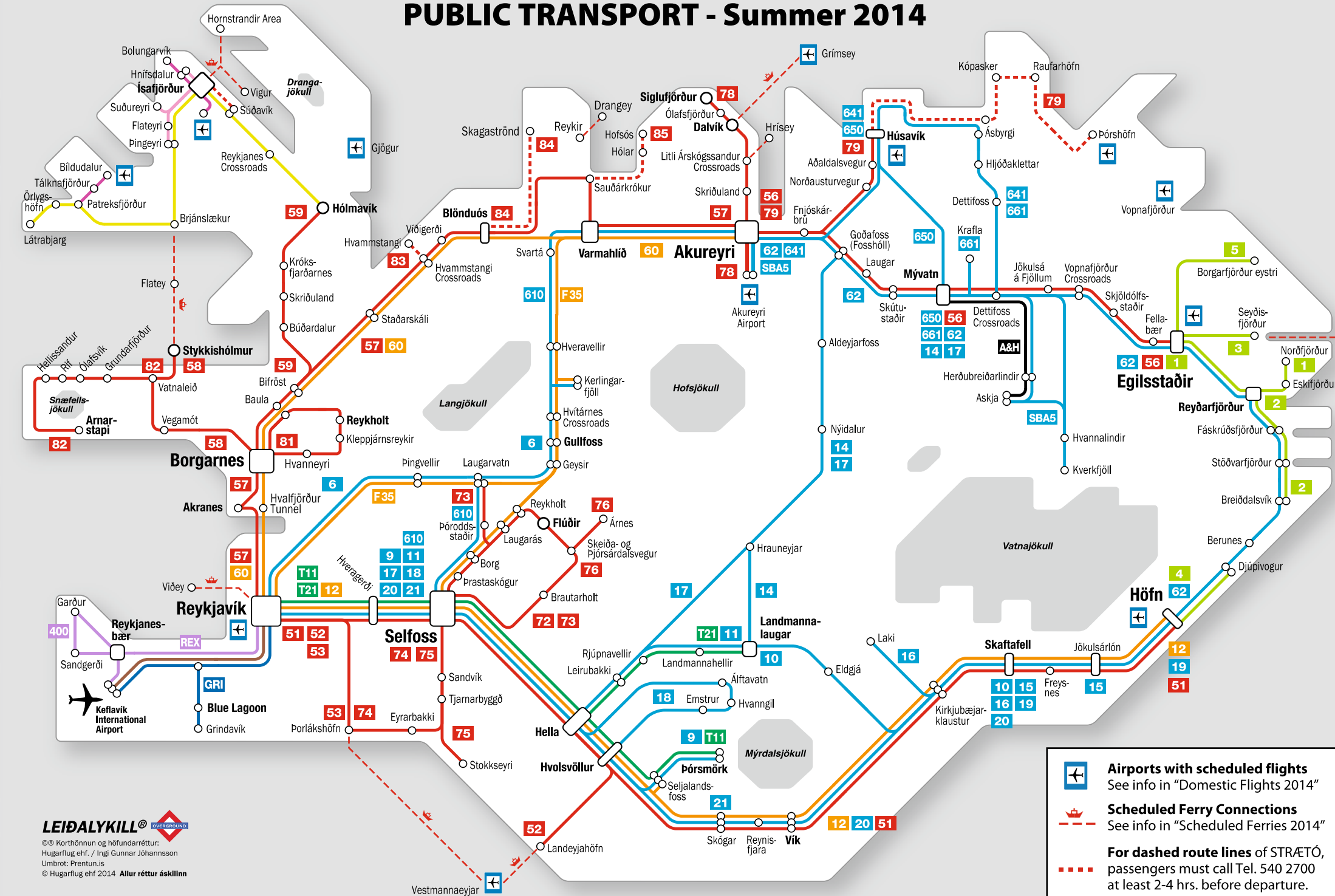
Practical hints for Cyclists using Public Transport

-Cyclists bringing their bikes on flights to Iceland need to pack them in suitable boxes.
-At Keflavik airport there are no facilities for assembling or disassembling bikes.
-Reykjavik City Hostel offers facilities to assemble and disassemble bikes and will store transport bike boxes. This is also the location of the Reykjavik camping area. The bus takes you between the airport and the Hostel. At Keflavik airport, Bilahotel offers storage of transport boxes. Some fees may apply.
-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 are two bikes on each bus if space permits. Transport of bikes in the buses of Strætó is free of charge.
-By starting the trip from Reykjavik on the bus the cyclist avoids the hectic and traffic-loaded 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. 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/off 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 and 85, 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 can not 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 credit cards. When you pay for a single fare in local Strætó in Reykjavik, you must have the exact amount, as there is no change.
-Most domestic ferries do charge for the transport of bicycles.

PUBLIC TRANSPORT - Summer 2014



Scheduled Ferries 2014

Reykjavik - Viðey Island
Tel. 533 5055 & 519 5000 - www.videy.com

Vestmannaeyjar
The ferry Herjólfur sails from LANDEYJA Harbour, or in bad weather from ÞORLÁKSHÖFN. Tel. 481 2800 - www.herjolfur.is
www.eimskip.is/EN/iceland_domestic/herjolfur

Stykkishólmur - Flatey - Brjánslækur
Car Ferry Baldur across Breiðfjörður Bay:
Tel. 433 2254 - www.seatours.is

Litli-Árskógssandur - Hrísey
Ferry Sævar to Hrísey: Tel. 695 5544
www.hrisey.net/en/page/the_ferry_schedule

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

To Hornstrandir and Vigur Island
VESTURFERDIR: Tel. 456 5111 - www.vesturferdir.is
BOREA: Tel. 456 3322 - www.boreadventures.com/boat_tours

Drangey Island
Ferry from Reykjavik to Drangey: Tel. 821 0090 - www.drangey.net

Domestic Flights 2014

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

EAGLE AIR destinations:
Vestmannaeyjar, Höfn, Húsavík, Bíldudalur, Gjógv. Tel. 562 4200 - www.eagleair.is

Reykjavik Bike Tours
Open all year
Rent-A-Bike
City Bike Tours
Day Bike Tours
Segway Tours
Private Tours
Tel. 354 694 8956
www.reykjavikbiketours.is

32 HI Hostels welcome you

With a total of 32 HI Hostels situated all around the country, Icelandic HI Hostels represent far more than simply an affordable place to stay.

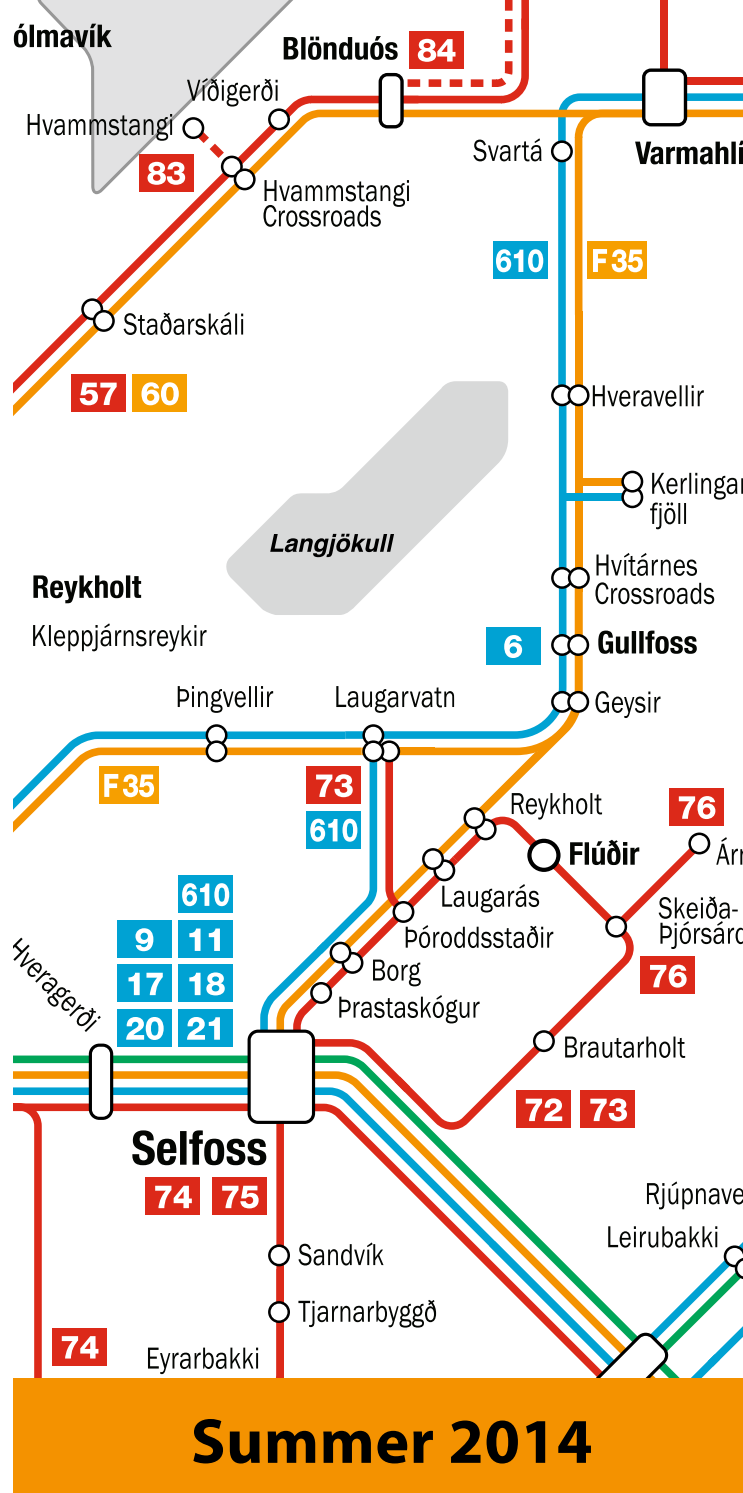
No two HI Hostels are alike which makes the stay at each hostel unique. Conveniently located, HI Hostels provide a good night's rest after a long day of cycling.

For further information take a look at our homepage www.hostel.is or contact us directly.

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Summer 2014 CYCLING ICELAND



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Bankastræti 2 | 101 Reykjavík
www.bikecompany.is | info@bikecompany.is | +354 590 8550

Useful Links & Info for Cyclists

Weather in Iceland
www.en.vedur.is
www.belgingur.is/locales/en
www.yr.no

Service stations offering food, WC and air pumping
These are found in every town.
www.n1.is
www.olis.is
www.skjlungur.is

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

Roads and road conditions
www.vegagerdin.is/english

Swimming Pools
www.swimminginiceland.com

Travelling in Iceland
www.safetravel.is
www.planiceland.com
www.visitreykjavik.is
www.travelnet.is
www.nat.is
www.samferda.is - Carpooling in Iceland

Free maps of Iceland
www.lmi.is/en

Accommodation
www.byko.is
www.farmholidays.is

Camping Grounds
www.tjalda.is/en

EMERGENCY NUMBER 112

- The Icelandic Mountain Bike Club**
Useful info in English for cyclists:
www.fjallahjolaklubburinn.is
- The Biking Book of Iceland**
Trails you can find in the Westfjords.
www.vestfirskais.is
- Mirjam Wouters - blog**
<http://cyclingdutchgirl.com>
- Ulf Hoffman**
has cycled around Iceland for many years. Web in German and English
www.bikinginiceland.com
- Michiel Erens**
has cycled around Iceland since 1998
www.members.ziggo.nl/erens/
icecycle.htm

Cycling Iceland and Public Transport 2014
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Based on info available on 20 June 2014. While we take a lot of 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.
hjolafarni@hjolafarni.is - www.hjolafarni.is - tel. (+354) 864 2776

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, 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 go with 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 often calms down in the evening. Benefits of this also include far less motor traffic on the busier roads and the wonders of experiencing sunset and sunrise, but of course less access to shops and services.

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 temperatures are of course lower. Check the weather forecast at the Icelandic Meteorological Office <http://en.vedur.is> or <http://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. The main highway around Iceland, Route 1, circles the country in around 1400 kilometers.

Travel in Iceland the Smart way
Get your free app and take the bus:
www.bus.is

Cycling events in Iceland
www.hjolamot.is

Our supporters:
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ÁTVINNVEGA- OG NYSKÖPUNARRÁÐUNeyTID **VEGAGERÐIN**

Once you get away from the South-West, 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 north of Reykjavik.

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/english

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 cycle 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 climbing steep hills are recommended. Please remember that in the highlands the nearest lodging can be far away. The highlands are generally devoid of shops and any services. Terrible storms may rage. Large areas have no mobile telephone coverage and some tracks are very lonely.

The map overlaid only shows the amount of traffic and where loose sand can be expected. It shows only the major fords. Please read the legend to the map carefully. Those who plan to travel in the interior highlands, must acquire further information, not covered by this map.

Accommodation
The Cycling Map shows urban areas in Iceland where camping or indoor accommodation is available. In the rural areas camping and other accommodation are only marked if they are 20 km or further away from urban places. Huts in the highlands may (quite likely) be full and need to be booked well in advance.

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 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 litres of water carrying capacity is enough.

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

Bus Passports and Transfers around Iceland
ROUTE MAP 2014
BIKERS ARE WELCOME
PLEASE BOOK BIKES IN ADVANCE
WWW.STERNA.IS | TEL: (+354) 551 1166 | STERNA@STERNA.IS
SALES DESK & DEPARTURES REYKJAVIK: HARRA CONCERT HALL DOWNTOWN

Hike & Bike
NATURE ADVENTURE
Hike & Bike is a travel agency, a booking center and a tour operator, located in the village of Reykjalíð, by Lake Mývatn.
info@hikeandbike.is - Tel.: +354 899 4845
www.hikeandbike.is

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w. eagleair.is

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