

Bike shop and repair

Our email is hjolafaerni@hjolafaerni.is, www.cyclingiceland.is Dalshraun 13, Hafnarfiörður Tel. +354 864 2776 and we love the #cyclingiceland - enjoy! www.hiolasprettur.is

your time traveling in Iceland.

USEFUL WEBLINKS

oelgingur.is

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CAMPSITES

jalda.is/en

FILLING STATIONS

yclingiceland.is

SWIMMING POOLS

oublictransport.is

visiticeland.com

visitreykjavik.is

utivist.is

PHONE BOOK

ABOUT US

Created by Hjólafærni á Íslandi.

Pamela Woods and Alfred Kleinschmidt.

swimminginiceland.com

TRAVELLING IN ICELAND

also offering food, WC and air pumping

BREIÐAFJÖRÐUR – THE FJORD OF COUNTLESS ISLANDS

Breiðafjörður is a wide bay in West Iceland. Thousands of small islands make it a unique part of Iceland's nature and a haven for marine life reykjavik.is/gonguoghjolastigar

> Cycling around Breiðafjörður rewards with lonely roads, wide views on the bay dotted with thousands of islands, coastlines with low rocks, algae and mud flats, wooded areas, small fjords, and a lot of birdlife, including eider ducks and white-tailed eagle.

BIKE PLAN OF THE CAPITAL AREA

USEFUL PRINTED INFORMATION

fjallahjolaklubburinn.is/english

CARPOOLING/RIDE SHARING

OFFSET YOUR CARBON FOOTPRINT

www.samferda.is

www.atmosfair.de

www.kolvidur.is

www.votlendi.is

cyclingiceland.is/reykjavik

Around Iceland

BIKE CLUBS

hoa.is

lhm.is

ifhk.is

hfr.is

tindur.org

bjartur.org

3sh.is

hfa.is

EMERGENCY NUMBER 112

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The map, Cycling Iceland 2019 and other independent travel, is based

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This map is based on information available to us on the 06th of June

2019. While we make sure to get all the details correct, we cannot assume

responsibility for any errors. Check details for yourself, take care, and enjoy

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 your copy of the **Cycling Iceland 2019 and other**

also look into older maps and search for much more info.

Scheduled Public Buses

SVAUST Bus System of the Eastfjords (All year)

Local Bus lines in W-Iceland (All year)

Patreksfjörður - Bíldudalur Airport: Tel. 893 0809 & 893 2636 - vesturbvagd.

Scheduled Tourist Buses

Main lines in the Westfjord

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

ICELAND ON YOUR OWN

VOLCANO HUTS

erated by Reykjavik Excursions

Tel. 419 4000 - www.volcanohuts.com

To Landmannalaugar, Þórsmörk and South Coast Tel. 551 1166 - www.icelandbybus.is

TREX - to Landmannalaugar and Þórsmörk

Tel. 587 6000 - www.trex.is

SBA - NORĐURLEIĐ

Reykjavík - KJÖLUR - Akureyr

Tel. 550 0700 - www.sba.is

MÝVATN TOURS

Tel. 464 1920 - www.my

Tel. 519 3399 - www.thuletravel.is

THULE TRAVEL

ICELAND BY BUS - Sterna Travel

Ísafiörður - Hólmavík: Tel. 868 4530 (bookings) & 450 8060 - www.westfiord

Hellissandur - Rif - Ólafsvík: Tel. 433 6900 & 892 4327 - www.snb.is $\textbf{Westfjords Tourist Information:} \ \ \textbf{Tel.} \ \ \textbf{4508060} \ \ \textbf{-} \ \textit{www.westfjords.is}$

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

Tourist Info in Egilsstaðir: Tel. 471 2320 - www.svaust.is Tourist Info in Seyðisfjörður: Tel. 472 1551 - www.visitseydis

STRÆTÓ (All year)

dependent travel map. At our website www.cyclingicelands.is you can

on data from the National Land Survey of Iceland. Special thanks to all the

6th English Edition. All information is subject to change.

hjolamenn.is

hiolafaerni.is

The cycling part is in total 278 km thereof 93 km gravel road. Well over 20 km of the roads have 6% gradient or more. There are many possible detours which can make the tour a lot longer.



3 hours on ferry Asphalt **6** km No gravel. No steep slopes.

PART 1: STYKKISHÓLMUR – FLATEY – BRJÁNSLÆKUR (6 KM ON BIKE) Stykkishólmur: nice village & harbour, swimmingpool, campsite. Buy food for several days as the next real supermarket is found not before Búðardalur (185 km

The ferry Baldur sails daily from Stykkishólmur across Breiðafjörður. Underway, Baldur stops at the only still inhabited island, Flatey. Flatey has a number of scenic old houses and there is a campsite. Good for watching birds and sunsets.

The ferry docks in Brjánslækur; from there it is only 6 km to Flókalundur, where you will find a campsite, a small swimming pool and a natural warm spring. In the Vatnsfjörður nature reserve, there are wooded areas, streams and waterfalls.

Recommended detours:

Flatey. Cyclists can have their bikes taken on land. The island is car-free. Roads and paths in Vatnsfjörður nature reserve, various lengths.

PART 2: FLÓKALUNDUR – DJÚPIDALUR (91 KM)

Asphalt **75** km Gravel 16 km 11 km 6% grade or more

rom Flókalundur to Skálmarfjörður, the road leads along the well vegetated, largely uninhabited coast, traversing several small fjords on recently built dams and bridges.

After 44 km at sealevel, the road climbs to the highest pass on this leg, Klettsháls, 332 m above sealevel. Skálmarnes, at the outer part of Kollafjörður, is another great viewpoint. There the asphalt ends, and ahead lie ca. 27 km of gravel road (16 km in this part) – one of the few places in Iceland where still to find a main

road in its original state. Note the ecologically rich wetlands and mud flats at the transition

between land and sea in Gufufjörður. Ódrjúgsháls is the next pass, just 160 m above sealevel. However, the eastern side is extremely steep (15%), make sure that your brakes are

In Djúpidalur you will find a guesthouse and swimming pool, and a new

PART 3: DJÚPIDALUR - BJARKALUNDUR - LAUGAR SÆLINGSDAL -**BÚÐARDALUR (88 KM)**

Asphalt **77** km Gravel 11 km 11 km 6% grade or more

The day starts with a climb over the mountain ridge Hjallaháls (336 m). Þorskafjörður is the last fjord to be

In Bjarkalundur there is a small campsite, hotel and restaurant. Thereafter, the road leads through farmland, until reaching Gilsfjörður.

Here, there are chances to watch white-tailed eagle; in Iceland, eagles breed only in Breiðafjörður South of Gilsfjörður, the road leads through Svínadalur, a long valley

(maximum height 220 m, but easy to cycle). Laugar in Sælingsdalur is a summer hotel with a small campsite and

Ca. 18 km later, you will reach Búðardalur, the first "real" village on this round trip. Búðardalur has a well sheltered campsite and a supermarket.

Reykhólar (13 km each way). Skarðsströnd and Fellsströnd. This would require an extra day unless

you can manage 150 km in one day.

PART 4: BÚÐARDALUR – STYKKISHÓLMUR (93 KM) The last leg of this tour leads again on a

Gravel **66** km No significant slopes.

Asphalt 27 km

lonely gravel road along Skógarströnd. There are again great views on Hvammsfjörður and Breiðafjörður.

Eiríksstaðir in Haukadalur. Viking era living museum (7 km each way). How to get to Breiðafjörður: Depending on weather and tour planning, you can get to Breiðafjörður

at different places: All buses on Strætó route 57 have a bike rack on the rear. You may take

Borgarnes, then cycling via Vatnaleið or Heydalur (easy gravel road with little traffic)

Bifröst, then cycling via Brattabrekka (steep, 402 m high pass) **Staðarskáli**, then cycling via Laxárdalsheiði to Búðardalur (easy pass) or Haukadalur (difficult highland track with fords).

Strætó route 58 Borgarnes - Stykkishólmur is operated by minibus, which has a bike rack during summer time. On route 59 Borgarnes -Búðardalur – Hólmavík, capacity for bikes is more limited.

www.publictransport.is

AND OTHER INDEPENDENT TRAVEL

CYCLING ICELAND 2019

#cyclingiceland

si.bnaləsipnilsys.www



OUR SUPPORTERS



SERVICES, FOOD, WATER, HEALTH

Main roads (heavy and fast traffic)

CYCLING NOT RECOMMENDED

Main roads, no bike path unless shown

── Narrow highway, no space for cyclists

Swimming pool, campsite

Iceland is a country of outstanding natural beauty. Cycling and traveling in Iceland

is a great experience, but you have to be prepared for harsh weather conditions

and rugged nature. We encourage you to travel around Iceland responsibly

and help keeping Iceland's vast but fragile environment unspoiled for future

generations. The Cycling Iceland 2019 and other independent travel map,

made by dedicated cyclists, provides specific advice for all who travel in Iceland

he weather in Iceland is colder, windier and more variable than in most

other countries. Strong winds often pick up within minutes, and it may

be calm in one place while there is a rough storm just 5 km away. In summe

expect anything from rain at near freezing temperatures up to 20°C on rare days.

Always inform about weather and road conditions on en.vedur.is and www.road.is.

Observe electronic signs showing wind speed and gusts (vindhviður) from windy

places on main roads. Cycling gets dangerous at 15-20 m/s, and crosswinds >30

shoulder. Use caution when encountering oncoming traffic.

One lane bridges: stop and wait when there is oncoming traffic.

The mountain roads are usually closed until late May or even July,

or morning to cross certain glacial rivers. Do not cross dangerous fords alone.

rangers and other travelers about conditions on roads and tracks. Highland roads

with more traffic are not necessarily better than those with few cars. Routes and

fords can be impassable and there may be terrible weather conditions, including

sandstorms and snow. The next shelter can be far away, and there are generally

no shops or services. Huts are often fully booked. 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.

Iceland's nature is extremely sensitive. Plants grow slowly in Iceland's

Follow marked roads and paths. Treat moss and other plants with care,

Compensate the CO2 footprint of your trip to Iceland. Travel b

Obtain accurate maps, this map alone is not sufficient for travelling in the highlands.

cold climate. The loose volcanic soil is easily blown awa

The tire tracks damage the vegetation and cause erosi

and keep all stones in their place. Leave no trace.

Pick up any garbage – leave a clean country.

Offroad driving/parking/cycling is strictly prohibited

reponsible means - on foot, by bike, bus, shared car or ferry.

Filling station, bike repair stand

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

City center, hospital

♦ Hus terminal, airport

Passenger ferry, cruise ships

TRAVELING IN ICELAND

by bicycle, on foot, by bus, and also by car.

We wish you a pleasant and safe journey.

In winter, storms and snowstorms are frequent.

Adjust your travel plans according to the weather

THE INTERIOR HIGHLANDS

weather conditions on www.road.is.

★ ▼ TREAT THE LAND WITH CARE

Take care for a livable future.

impossible to cycle when it is too dry.

some places. Never cycle off-track.

Always take warm clothing with you, even on short day trips.

m/s can blow vehicles off the road.

THE ROADS

Groceries, shops and services are sparse and may be 200 km or more away. Take enough food with you, particularly in the highlands. Water from most streams and rivers is clear and absolutely safe to drink. However, do not take water downstream of farmland, houses and settlements. Water from glacial rivers should be drunk only in emergency and should be filtered. Tap water is always safe to drink. When cycling, carrying 2 litres of water is usually enough, but in sand and lava areas without any surface water you may need to carry more. Basic medical assistance is provided by medical centers (heilsugæsla) and pharmacies in most villages. At very small places, the local shop may have some medicine upon request. Dentists and specialist doctors

■ も Large building, church

I # Lighthouse, museum

Soccer field, golf course

... ... Construction works in 2019

are only in the largest towns in each part of the country. In Reykjavík, contact Læknavaktin for general medical assistance

(tel. 1770, open 24/7). In emergency, call 112.

CYCLING IN ICELAND

Bike & Tools: All normal roads can be cycled with a robust trekking bike. On highland roads, you are better off with a mountain bike with Bring tools and spare parts to fix flat tires, brake pads, split gear and brake cables,

a broken chain, broken spokes, loose screws and luggage racks. The next bike

shop may be 400 km away. Cycling Regulations: Most main roads in south and west Iceland are hazardous for cycling due to heavy traffic and little space for cyclists. Cycle rather on minor roads at night, when there is less traffic, or use public transport. Within the Capital Area, there is a rather good network of bike paths. In addition, cycling Most main roads are asphalted, but rather narrow and without a hard on sidewalks is legal in Iceland, but show regard to pedestrians. Hvalfjörður and Vaðlaheiði tunnels are banned for cyclists. All other tunnels are quite OK to cycle There are no bike paths. Be considerate and pass cyclists with wide through, and all tunnels are illuminated. Lights on the bike are required when cycling at night, poor visibility and in tunnels. A bright reflective vest lets drivers see you earlier, and a helmet is recommended (required for under 15 year olds).

Cycling & Wind: As a cyclists, you are exposed to the elements, and shelter from es is rare. Warm, wind- and rainproof clothing, a hat and gloves are essential, Slow down on gravel roads. Use caution at loose gravel, sharp turns and also in summer. Adjust your route to the weather. Consider also cycling at night, the summer nights are bright and the wind often calms down in the late evening **Cycling & Tourism:** Popular tourist spots may be crowded and with heavy car Most main roads are cleared in winter, but snow and ice on the roads ; public transport is sparse. Cycling in remote areas is more rewarding. are common. Minor roads are not serviced. Use winter or studded tires. Cycling & Camping: Bring a windproof tent, the next house can be far away and Inform on www.road.is and en.vedur.is and obey storm warnings and road you may have to camp in the nature.

At many campsites, cars may drive and park directly next to your tent. Campsites with a dedicated car-free area for tents only may be more quiet. Use the campsite list on www.cyclingiceland.is to find cycling-friendly sites.

+ 5 FLY AND BIKE

depending on location and seasonal snow melt. Inform about road and Most airlines flying to Iceland demand bikes to be packed in suitable Most highland roads are only suitable for mountainbikes and 4x4 cars. boxes or bags. **Keflavík airport:** Bikes can be packed / unpacked in the "Bike Pit" straight outside The surface quality (not shown on this map) ranges from packed mud to bumpy

the arrivals exit. This is a special container equipped with assembly stands and washboards, loose gravel and coarse stones, and even sand where it may be me tools. Bike boxes can be stored at Bílahótel (www.luggagestorage.is, tel. 455-0000; 800 m away at Geysir car rental, see Keflavík map). Unbridged rivers must be crossed at fords and can become dangerous depending Reykjavík is also a good place to start cycling around Iceland. Reykjavík Campsite on rainfall and glacier melt on warm days. You may have to wait until late night and City Hostel offer certified bike-friendly accommodation, assembly stands,

tools, luggage and bike box storage. The map also shows selected abandoned roads and singletrack paths where Cycling from/to Keflavík airport: A bike path to the town of Keflavík begins at motorized traffic is prohibited. Mountain bikers may be able to use these trails the bike container. For all other destinations, you need to cycle on the roads. The but show regard to hikers and horse riders. You may have to carry the bike in main road to Reykjavík is quite wide, but there is heavy traffic and the lava fields ovide no shelter from wind and rain. When traveling in the highlands, always inform at local tourist informations, land

Buses Keflavík airport - Reykjavík: Flybus, Airport Direct and Airport Express connect with all flights. Bikes should be boxed and booked as odd-size luggage (ca. 2,000 kr). From their bus terminals in Reykjavík (BSÍ, Klettagarðar and Reykjavík Terminal), all also provide onward transport to Reykjavík campsite/City hostel, guesthouses and hotels. Strætó route 55 operates to Hafnarfjörður or BSÍ, but this bus does not convey bikes. Flybus and Airport Direct also accept un-boxed bikes, but cyclists needing just any transport in the region (not to the airport) may rather take a Blue Lagoon bus where the luggage compartment is usually empty. Domestic flights depart mostly from Reykjavík city airport (there are two terminals, see the Reykjavík map). Bikes can be taken on all domestic flights, but contact the airlines beforehand. Boxes are not required on domestic flights, but turn the handlebar and put some padding aound sensitive parts.

Inform about weather forecast and local conditions on roads / paths. Take a map, GPS / compass and phone with you. Always take warm clothing with you. Wind and rain can cool you down quickly.

Respect Iceland's rugged nature and show caution at steep rocks, river **Inform someone** or www.safetravel.is of your travel plans before going on lonely

crossings, hot springs, glaciers and ocean beaches. paths. In case of emergency, call 112.

CAMPING – ENJOY THE OUTDOORS See www.cyclingiceland.is for detailed information

If you can not reach the next campsite, you may put up a normal hiking tent for one night anywhere along the road or path except on cultivated land, near houses, and in protected nature reserves. Note that in the lowlands most roads are fenced. Ask the owner for permission before camping on farmland or private ground. Leave the

No offroad parking. Camper vans may stay overnight only on designated campsites. See also http://www.ust.is.

₩₩ BUS AND BIKE

Ármúli 4, Reykjavík

Bike shop, repair and rental

www.reidhiolaverzlunin.is, www.gotuhiol.is

The Public Transport map, www.publictransport.is, shows all scheduled bus, ferry and plane routes in Iceland. Sightseeing tours which do not allow rides from A to B are not shown. For timetables etc. refer to the operator's websites. Check if the bus is on schedule, buses may be ncelled due to storms.

uled public buses run all year. Pre-booking is not possible. On all longdistance buses, you can buy tickets from the driver with cash or credit card. Strætó has the largest network. Tickets for *Strætó* are also sold at a few places in rural areas and at swimming pools and "10/11" shops in the Capital Area. Packs of 20 tickets are cheaper and there are discounts for youth and 67+ travelers. Bikes are yed free of charge, if there is space.

Scheduled tourist buses are operated by private companies and run during summer only. These services have to be pre-booked; on the bus it is usually sufficient to present the booking number. Bikes cost ca. 4.000 kr extra; cyclists should contact the operator beforehand. Passengers without pre-booking may board the bus and pay at the driver if there are free seats.

Transport of bikes: Contact the operator and ask if/how bikes are conveyed on a particular bus. Strætó mainline services often have an outside bike rack. On most other buses, bikes are loaded into the luggage compartment, while some minibuses have luggage trailers, and a few buses do not convey bikes at all. Most services have capacity for about $4 \pm x$ bikes (fewer in winter), but the bus driver decides how many bikes can be accepted. Agree on a "Plan B" beforehand, as occasionally, buses on the main routes may already be full of bikes. Be prepared to make the bike as small as possible if it is conveyed in the luggage compartment. For bike racks, remove loose parts and tie down the bikes with securing straps; some padding prevents scratches. Remarks on specific routes: Most buses run once or twice per day, on some

remote routes only a few times per week. Between Hvolsvöllur, Reykjavík and Borgarnes, there are additional buses, which may have more available space for bikes than the long distance services. For buses near Keflavík airport, see the "Fly and bike" section above. Between Egilsstaðir and Höfn, note that most buses of SVAust do not convey bikes, and except in summer there are no services on a 60 km section in the East.

Bus stops in Reykjavík: Long-distance buses depart from different places in Reykjavík (see the Reykjavík map): Strætó: Mjódd, a few services also from BSÍ terminal. IOYO and Flybus: BSÍ terminal. Airport Direct: Reykjavík Terminal (Skógarhlíð 10). Airport Express: Klettagarðar 4. Icelandbybus: Harpa and campsite. Trex and Thule Travel: City hall (Vonarstræti) and campsite.

Bus stops outside of Reykjavík: Buses have scheduled stops in every village. With a bike, we strongly recommend to use scheduled stops only. If necessary, drivers may set down passengers anywhere along the route where the bus can stop safely, e.g. at parking sites or junctions with smaller roads. For getting on the bus in the countryside between scheduled stops, call the operator beforehand and agree on a suitable place for the bus to stop. Due to heavy traffic, drivers need to be prepared to stop; just waving your hands is not sufficient.

Capital Area: The yellow Strætó city buses accept up to 2 bikes if the space is not needed for other passengers, baby carriages or wheelchairs. Tickets must be payed for in cash (ca. 470 kr, no change given) or bought in advance; bikes go free of charge. Nevertheless, cycling is usually the better choice within Reykjavík.

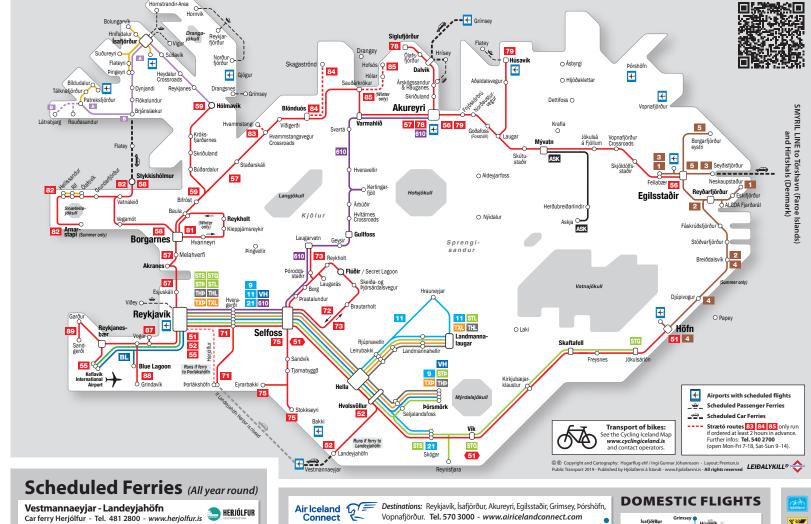
── ■ BOAT AND BIKE

The Smyril Line ferry Norröna provides weekly sailings between Iceland, the Faroe Islands and Denmark. Summer sailings should be booked months in advance, as cabin places sell out guickly. All domestic car ferries transport bikes, and you can usually take a bike on

passenger boats as well. Bikes don't need to be pre-booked, but always contact the operators to confirm sailings. Ferry Herjólfur to Vestmannaeyjar: The harbour in Landeyjahöfn is sometimes closed due to bad weather or shallow water. On such days, the ferry operates from Porlákshöfn, Strætó route 52 terminates in Hvolsvöllur, and a special bus connects with the ferry in Porlákshöfn.

Ferry Baldur across Breiðafjörður: Cyclists who want to visit the small and car-free island Flatey can have their bike lifted on/off the ship by crane, while for through passages, bikes are conveyed on the car deck.

publictransport.is 2019



Stykkishólmur - Flatey - Brjánslækur Car ferry Baldur - Tel. 433 2254 - www.seato SÆFERÐIR Árskógssandur - Hrísey Ferry Sævar - Tel. 695 5544 - www.hrisey.is

Samskip

Reykjavik Excursions Seyðisfjörður (IS) - Tórshavn (FO) - Hirtshals (DK)

Travel Association, Laugavegi 178, Reykjavík, tel. +354 562 1000 Mountain huts: Básar in Goðaland, tel +354 893 2910 Fimmyörðuskáli hut, tel +354 893 4910 Other huts: Strútsskáli, Dalakofi, Sveinstindur, Skælingar Alftavötn. For more infomation call our office, tel. 562 1000 www.utivist.is - utivist@utivist.is

İSLANDS www.fi.is

FERÐAFÉLAG

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www.reykjaviksewaytours.is

Ægisgarður 7 - Old Harbour

www.reykjavikbiketours.is