

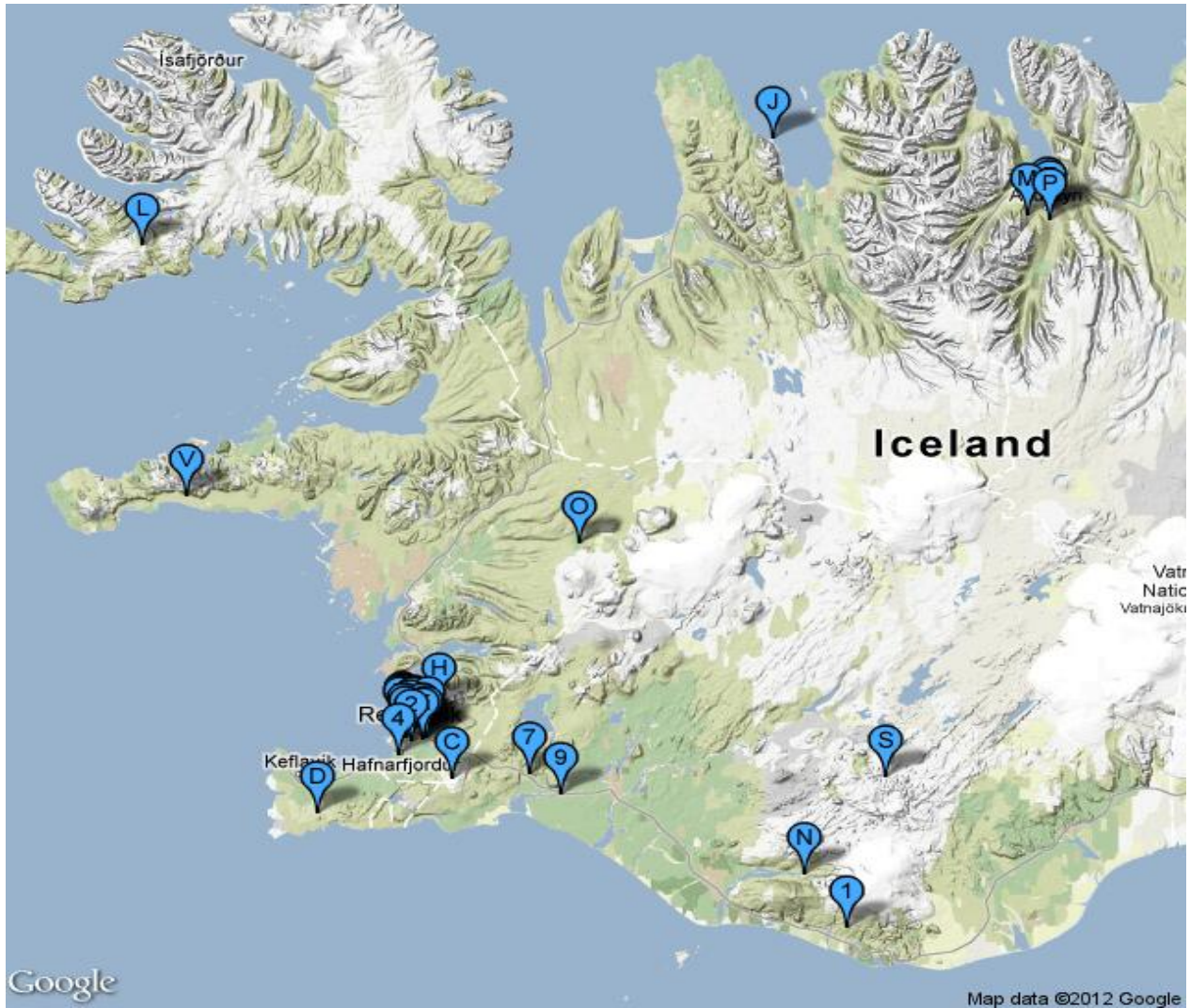


**Your trip plan for Iceland  
Activities**

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## Overview map of trip



A. - Arbæjarlaug	B. - Arbær Museum	C. - Bláfjöll	D. - Blue Lagoon
E. - Breiðholtið	F. - Brynjuís	G. - Elding	H. - Esjan
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M. - Hlíðarfjall	N. - Húsadalur	O. - Húsafell	P. - Kjarnaskógur
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Y. - Nauthólsvík	Z. - Reykjavík Zoo & Family Park	1. - Skógafoss	2. - Smáralind
3. - Special Tours	4. - Suðurbæjarlaug	5. - Sundhöllin	6. - Sundlaug Akureyrar
7. - Swimmingpool Laugaskarði	8. - Sundlaug Kópavogs	9. - Swimmingpool Selfoss	

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## A. Arbæjarlaug

**GPS:** (64.112204302, -21.79479)

**Category:** *Swimming pools*

**Address:** *Fylkisvegi 9, 110 Reykjavík.*

**Tel.** 411 5200



Arbæjarlaug

Nice indoor and outdoor swimming pool in Arbær.

---

## B. Arbær Museum

**GPS:** (64.118864, -21.81545)

**Category:** *Museum, Family Children*

**Address:** *Kistuhylur 4, 110 Reykjavík.*

**Tel.** 411 6300 **Web.** <http://www.arbaejarsafn.is/desktopdefault.aspx/tabid-1779/>



Arbær Museum

Árbaer Museum tries to give a sense of the architecture and way of life in Reykjavík in the past. During the summer Árbaer Museum is open daily from 10.00 - 17.00 and offers programmes and activities. September through May guided tours are given Mondays, Wednesdays and Fridays at 13:00, and for groups upon request.

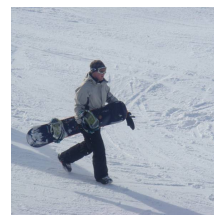
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## C. Bláfjöll

**GPS:** (63.9837, -21.646)

**Category:** *Skiing*

**Tel.** 530 3000 **Web.** <http://www.skidasvaedi.is>



Bláfjöll

The ski resort nearest to Reykjavík. Open during winter, but always call ahead to make sure it's open.

---

## D. Blue Lagoon

**GPS:** (63.88007, -22.45034)

**Category:** *Hot Natural Pools, Restaurants, Family Children*

**Address:** *Svartsengi, 240 Grindavík.*

**Tel.** 420 8800 **Web.** <http://www.bluelagoon.is/>



Blue Lagoon

The Blue Lagoon geothermal spa is probably the Nr. 1 attraction in Iceland. The lagoon consists of geothermal seawater from deep below the surface. On the premises, a restaurant and a bar can be found.

---

## E. Breiðholtiðslaug

**GPS:** (64.1042773, -21.819148)

**Category:** Swimming pools

**Address:** Austurbergi 3, 111 Reykjavík.

**Tel.** 557 5547 **Web.** [http://reykjavik.is/desktopdefault.aspx/tabid-3697/6079\\_view-1543/](http://reykjavik.is/desktopdefault.aspx/tabid-3697/6079_view-1543/)



Breiðholtiðslaug

Swimming pool in Breiðholt, Reykjavík.

---

## F. Brynjuís

**GPS:** (65.672227194, -18.08692932)

**Category:** Family Children

**Address:** Aðalstræti 3, 600 Akureyri.

**Tel.** 462 4478



Brynjuís

Legendary known for the best ice cream in Iceland.

---

## G. Elding

**Reykjavíkurbhöfn**

**GPS:** (64.1516, -21.9445)

**Category:** Activities

**Address:** 101 Reykjavík.

**Tel.** 555 3565 **Web.** <http://www.elding.is>



Elding

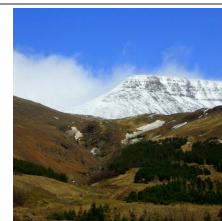
The biggest whale watching company in Reykjavík.

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## H. Esjan

**GPS:** (64.20885, -21.7158)

**Category:** Hiking



Esjan

A landmark visible from Reykjavík. The mountain is very convenient for short hiking trip up and down the 914 meters and offers various routes.

---

## I. Grafarvogslaug

**GPS:** (64.138302, -21.78661)

**Category:** *Swimming pools*

**Address:** *Dalhúsum 2, 112 Reykjavík.*

**Tel.** 510 4601



Grafarvogslaug

Swimming pool in Grafarvogur in Reykjavík.

---

## J. Grettislaug

**GPS:** (65.882217, -19.73638)

**Category:** *Hot Natural Pools*



Grettislaug

A famous natural hot natural pool named after the famous Grettir in Grettir's Saga.

---

## K. Hallgrímskirkja

**GPS:** (64.141943, -21.92694)

**Category:** *Points of Interest, Family Children*

**Address:** *Hallgrímstorgi 1, 101 Reykjavík.*

**Web.** <http://hallgrimskirkja.is/>



Hallgrímskirkja

One of the major landmarks in Iceland. It's possible to go up to the 75m tower in this magnificent church. Admission 500 ISK for the tower, 100 ISK for children.

---

## L. Hellulaug

**GPS:** (65.57715, -23.49285)

**Category:** *Hot Natural Pools*



Hellulaug

This hot natural pool is called Hellulaug and is situated a few minutes from Hotel Flokalundur in the southern part of the Westfjords. The pool is right along the shoreline with an amazing view towards the sea, a perfect settings for an relaxing evening, both during summer and winter.

---

## M. Hlíðarfjall

**GPS:** (65.6632268, -18.21155)

**Category:** *Skiing*

**Address:** *Hlíðarfjallsvegi, 601 Akureyri.*

**Tel.** 462 2280 **Web.** <http://www.hlidarfjall.is>



Hlíðarfjall

Akureyri ski resort, usually open December -April. Popular destination to ski among Icelanders and tourists.

---

## N. Húsadalur

*Þórsmörk*

*GPS: (63.69105, -19.540616)*

*Category: Hiking, Buses, Camping*

*Tel. 552 8300 Web. [http://www.hostel.is/default.asp?cat\\_id=738](http://www.hostel.is/default.asp?cat_id=738)*



Húsadalur

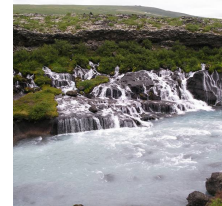
Camping, Cabins, huts and a restaurant. From Húsadalur in Þórsmörk lies an array of hiking routes.

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## O. Húsafell

*GPS: (64.7, -20.883)*

*Category: Swimming pools, Camping*



Húsafell

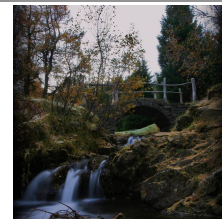
Camping, swimming pool etc. Popular attraction for locals and tourists.

---

## P. Kjarnaskógur

*GPS: (65.648013, -18.0800628)*

*Category: Family Children*



Kjarnaskógur

About 3km south of town is Iceland's most visited 'forest'. This bushland area has a 2km-long athletic course, walking tracks, picnic tables, an amusing children's playground and some novel fitness-testing devices.

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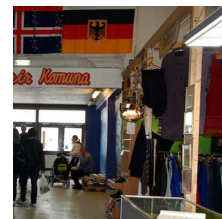
## Q. Kolaportið

*GPS: (64.14889, -21.938)*

*Category: Shopping*

*Address: Tryggvagötu 19, 101 Reykjavík.*

*Tel. 562 5030 Web. <http://kolaportid.is/>*



Kolaportið

The indoor flea-market in Reykjavík. It's only open during weekends.

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## R. Kringlan

**GPS:** (64.13, -21.8955)

**Category:** Shopping

**Address:** Kringlunni 4-12, 103 Reykjavík.

**Web.** <http://www.kringlan.is>



Kringlan

The oldest and best known shopping mall in Iceland. Bunch of different stores including grocery stores and restaurants.

---

## S. Landmannalaugar

**GPS:** (63.992, -19.062)

**Category:** Hot Natural Pools, Points of Interest, Hiking, Camping, Free attraction

**Web.** <http://www.landmannalaugar.info>



Landmannalaugar

Famous highland area in Iceland. Hot springs, colourful mountains and hiking routes. Only accessible in summertime via 4x4 vehicles. Camping: 800ISK per person. Cabin space: 2.200ISK per person (reservation required)

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## T. Laugardalslaug

**GPS:** (64.146079, -21.879272)

**Category:** Swimming pools

**Address:** Sundlaugavegi 30, 105 Reykjavík.

**Tel.** 411 5100



Laugardalslaug

The best known swimming pool in Iceland and the biggest one.

---

## U. Laugavegur

**GPS:** (64.14433, -21.9217)

**Category:** Shopping

**Address:** Laugavegur, 101 Reykjavík.



Laugavegur

The best known street in Reykjavík. Many shops, restaurants and bars can be found on Laugavegur.

---

## V. Lýsuhóll

**GPS:** (64.8401, -23.22239)

**Category:** Hot Natural Pools

**Tel.** +354 435 671 **Web.** <http://www.lysuholl.is>



Lýsuhóll

Geothermal mineral bathing at Lýsuhóll.

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## W. Macland

**GPS:** (64.14591, -21.9293)

**Category:** Shopping

**Address:** Klapparstíg 30, 101 Reykjavík.

**Tel.** 5807500 **Web.** <http://www.macland.is>



Macland

The only Mac store in Iceland worth a visit with very friendly staff.

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## X. National Museum of Iceland

**GPS:** (64.141695, -21.9485163)

**Category:** Museum, Family Children

**Address:** Suðurgötu 41, 101 Reykjavík.

**Tel.** 530 2200 **Web.** <http://www.natmus.is>



National Museum of Iceland

Open: Summer May 1st - September 15th: Daily 10-17 Winter September 16th - April 30th: Daily except Mondays 11-17 The museum is closed on Good Friday and Easter Sunday Free entrance on Wednesdays.

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## Y. Nauthólsvík

**GPS:** (64.121281, -21.93025)

**Category:** Family Children

**Web.** <http://www.nautholsvik.is/>



Nauthólsvík

The beach in Reykjavík. Worth a visit on a nice summerday in Reykjavík.

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## Z. Reykjavik Zoo Family Park

**GPS:** (64.13934, -21.8714)

**Category:** Family Children

**Address:** Engjavegi, 104 Reykjavík.

**Tel.** 411 5900 **Web.** <http://www.mu.is/in-english/>



Reykjavik Zoo Family Park

Opening times – Summer 10:00 am - 18:00 pm Opening times – Winter 10:00 am - 17:00 pm Contains typical Icelandic animals, don't expect to see a lion there.

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## 1. Skógafoss

**GPS:** (63.52652, -19.288558)

**Category:** Points of Interest, Hiking



Skógafoss

Beautiful waterfall. If you are hiking over Fimmvorduhals (where the eruption was in April 2010) then this is a starting or ending point.

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## 2. Smáralind

**GPS:** (64.10117, -21.8837)

**Category:** Shopping

**Address:** Hagasmára 1, 201 Kópavogur.

**Tel.** 528 8000 **Web.** <http://www.smaralind.is>



Smáralind

Big shopping mall in Kópavogur. Has various stores, large cinema and fast food restaurants such as T.G.I Friday, Pizza Hut and Subway.

---

## 3. Special Tours

**GPS:** (64.15175, -21.9435)

**Category:** Activities

**Address:** Ægisgarði, 101 Reykjavík.

**Tel.** 8920099 **Web.** <http://www.serferdir.is>



Special Tours

Don't miss out on the unforgettable experience Special Tours offers you in Whale Watching, Puffin Watching, Sea Angling and Incentive adventures out of Reykjavik's Old Harbour! Tours go between April-Oct, call or visit website ahead.

---

## 4. Suðurbæjarlaug

**GPS:** (64.0601691, -21.96227)

**Category:** *Swimming pools*

**Address:** *Hringbraut 77, 220 Hafnarfjörður.*

**Tel.** 565 3080



Suðurbæjarlaug

The best known swimming pool in Hafnarfjörður.

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## 5. Sundhöllin

**GPS:** (64.141812, -21.920535)

**Category:** *Swimming pools*

**Address:** *Barónsstíg 45a, 101 Reykjavík.*

**Tel.** 411 5350



Sundhöllin

Indoor swimming pool in the heart of the city.

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## 6. Sundlaug Akureyrar

**GPS:** (65.6793, -18.0987)

**Category:** *Swimming pools*

**Address:** *Pingvallastræti 21, 600 Akureyri.*

**Tel.** 461-4455



Sundlaug Akureyrar

Nice swimming pool with excellent facilities. Admission for adults 450 ISK.

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## 7. Swimmingpool Laugaskarði

**GPS:** (64.002026, -21.179752)

**Category:** *Swimming pools*

**Address:** *Laugaskarði, 810 Hveragerði.*

**Tel.** 483 4113



Swimmingpool Laugaskarði

Swimmingpool in Hveragerði.

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## 8. Sundlaug Kópavogs

**GPS:** (64.110583, -21.916522)

**Category:** *Swimming pools*

**Web.** <http://sund.kopavogur.is/>



Sundlaug Kópavogs

Open daily from 06:30-22:30. Weekends from 08.00-20:00

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## 9. Swimmingpool Selfoss

**GPS:** (63.935864, -20.99774)

**Category:** *Swimming pools*

**Address:** *Bankavegi , 800 Selfossi.*

**Tel.** 480 1960



Swimmingpool Selfoss

The swimmingpool in Selfoss.

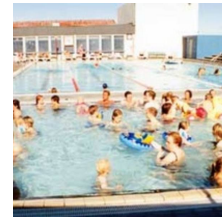
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## a. Sundlaug Seltjarnarnes

**GPS:** (64.150467, -21.99192)

**Category:** *Swimming pools*

**Address:** *Suðurströnd 8, 170 Seltjarnarnesi.*



Sundlaug Seltjarnarnes

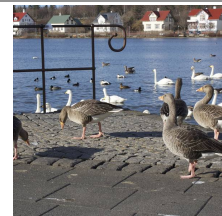
Swimming pool in Reykjavik.

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## b. Tjörnin Reykjavík

**GPS:** (64.14545, -21.93957)

**Category:** *Family Children, Free attraction*



Tjörnin Reykjavík

A popular spot where families go and feed the birds.

## Practical info

Country size: 103.000 sq km.

Language: Icelandic

Population: 320.000

Money: Icelandic krona (ISK)

Weather: Unpredictable

The weather in Iceland is completely unpredictable and can change very quickly. Also have warm clothes with you no matter how good the forecast is.

Alcohol: Only sold in State Alcohol store (ATVR), not in supermarkets. Alcohol quite expensive at bars.

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## Travellers Reporting Service



ICE SAR runs what is known as the Travellers reporting service where people wandering into the highlands and wilderness can register and be safe in the knowledge that if they don't report to us at a given time they will be searched for. How does it work? You stop by at our office at Skógarhlíð 14, 105 Reykjavík, meet one of our staff from the SAR department and he will assist you. You leave your itinerary and we go through it together. Finally we decide when you are going to report to us that you have finished the trip and are back safe. If you fail to report we will start investigation and eventually launch a search for you. PLB's As a part of the reporting service we rent out McMurdo FastFind personal locator beacons that can be used to send out distress signal with your location on 406 mhz through the Cospas Sarsat system. The price for renting the beacons is 5 Euros pr. 24 hours or 25 Euros pr. week

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