

# Contents

<b><u>The Authors</u></b>	<b>16</b>		
<b><u>Destination Iceland</u></b>	<b>18</b>		
<b><u>Getting Started</u></b>	<b>19</b>		
<b><u>Snapshot</u></b>	<b>23</b>		
<b><u>History</u></b>	<b>24</b>		
<b><u>The Culture</u></b>	<b>31</b>		
<b><u>Environment</u></b>	<b>44</b>		
<b><u>Activities</u></b>	<b>51</b>		
<b><u>Food &amp; Drink</u></b>	<b>57</b>		
<b><u>Reykjavík</u></b>	<b>65</b>		
History	66		
Orientation	66		
Information	66		
Dangers & Annoyances	71		
Sights & Activities	71		
Reykjavík for Children	79		
Quirky Reykjavík	79		
Tours	80		
Festivals & Events	81		
Sleeping	81		
Eating	86		
Drinking	92		
Entertainment	94		
Shopping	95		
Getting There & Away	96		
Getting Around	97		
<b>AROUND REYKJAVÍK</b>	<b>99</b>		
Viðey	100		
Seltjarnarnes	101		
Kópavogur	101		
Hafnarfjörður	101		
Mosfellsbær	104		
<b>REYKJANES PENINSULA</b>	<b>105</b>		
		Keflavík & Njarðvík (Reykjanesbær)	106
		Northwestern Reykjanes	110
		Southwestern Reykjanes	110
		Blue Lagoon	111
		Grindavík	112
		Reykjanesfólkvangur	112
		<b><u>Southwest Iceland</u></b>	<b>114</b>
		Getting There & Around	115
		<b>THE GOLDEN CIRCLE</b>	<b>115</b>
		Pingvellir	115
		Around Pingvellir	118
		Geysir	120
		Gullfoss	120
		Gullfoss to Selfoss	121
		Flúðir	123
		Þjórsárdalur	123
		<b>THE SOUTHWEST COAST</b>	<b>124</b>
		Hveragerði	124
		Around Hveragerði	127
		Selfoss	128
		Eyrarbakki	129
		Flói Nature Reserve	130
		Stokkseyri	130
		Austur-Flói	131
		Hella	131
		Hekla	132
		Hvolsvöllur	133
		Around Hvolsvöllur	134
		Þórsmörk	136
		Skógar & Around	138
		Skógar to Vík í Mýrdal	139
		Vík í Mýrdal	140
		East of Vík	142
		<b>VESTMANNAEYJAR</b>	<b>142</b>
		Surtsey	149
		<b><u>West Iceland</u></b>	<b>150</b>
		Hvalfjörður	151
		Akranes	153
		Borgarnes	154
		Around Borgarnes	156
		Upper Borgarfjörður	156
		<b>SNÆFELLSNES</b>	<b>158</b>
		Stykkishólmur	158
		Around Stykkishólmur	161
		Grundarfjörður	162

Snæfellsjökull National Park	163
Ólafsvík	164
Hellissandur-Rif	165
Southwest Snæfellsnes	165
Laxdæla Saga Country	167

## The Westfjords 169

<b>SOUTH COAST</b>	<b>171</b>
Reykhólar & Bjarkalundur	171
Djúpadalur	172
Flókalundur	172
Brjánslækur	172
<b>SOUTHWEST PENINSULA</b>	<b>172</b>
Látrabjarg Peninsula	172
Patreksfjörður & Around	173
Tálknafjörður	174
Bíldudalur	174
Around Bíldudalur	174
<b>CENTRAL WESTFJORDS</b>	<b>175</b>
Þingeyri	175
Around Þingeyri	175
Suðureyri	176
Ísafjörður	177
Around Ísafjörður	189
Bolungarvík	190
Ísafjarðardjúp	190
<b>STRANDIR COAST</b>	<b>191</b>
Brú to Hólmavík	191
Hólmavík	191
Drangsnes	192
Drangsnes to Reykjarfjörður	193
Reykjarfjörður	193
Norðurfjörður & Around	194
<b>HORNSTRANDIR</b>	<b>194</b>
Trekking at Hornstrandir	195
Tours	196
Sleeping	196
Getting There & Away	196

## Northwest Iceland 198

<b>EASTERN HÚNAFLÓI</b>	<b>199</b>
Hrútafjörður	199
Hvammstangi & Around	200
Vatnsnes Peninsula	201
Þingeyrar	201
Blönduós	202
<b>SKAGAFJÖRÐUR</b>	<b>203</b>
Skagaströnd	203
Varmahlíð	203
Around Varmahlíð	204

Sauðárkrókur	205
<b>AROUND SKAGAFJÖRÐUR</b>	<b>206</b>
Tindastóll	206
Drangey & Málmeý Islands	206
<b>TRÖLLASKAGI</b>	<b>206</b>
Hólar í Hjaltadalur	207
Hofsós	208
Around Hofsós	208
Siglufjörður	208
Öxnadalur	210
<b>AKUREYRI</b>	<b>210</b>
History	210
Orientation	211
Information	212
Sights	212
Activities	214
Tours	215
Festivals & Events	215
Sleeping	216
Eating	217
Drinking	218
Entertainment	219
Shopping	219
Getting There & Away	219
Getting Around	220
<b>AROUND AKUREYRI</b>	<b>220</b>
Árskógsströnd	220
Hrísey	221
Dalvík	221
Ólafsfjörður	222
Grenivík	223
Grímsey	223
Upper Eyjafjörður	224
Goðafoss	225

## Northeast Iceland 226

<b>MÝVATN &amp; KRAFLA</b>	<b>227</b>
Reykjahlíð	229
Around the Lake	232
Bjarnarflag	235
Krafla	236
Southeast of Mývatn	237
<b>HÚSAVÍK REGION</b>	<b>237</b>
Mývatn to Húsavík	237
Húsavík	238
Tjörnes	242
Kelduhverfi	242
<b>JÖKULSÁRGLJÚFUR NATIONAL PARK</b>	<b>242</b>
Jökulsárgljúfur	244
<b>NORTHEASTERN CIRCUIT</b>	<b>246</b>
Kópasker	246

Melrakkasléttarnes	246
Raufarhöfn	247
Rauðanes	248
Þórshöfn	248
Langanes	249
Vopnafjörður	249
<b>NORTHEAST INTERIOR</b>	<b>250</b>

## East Iceland 251

Getting There & Around	252
<b>INLAND</b>	<b>253</b>
Egilsstaðir	253
South of Egilsstaðir	256
North of Egilsstaðir	257
The Highlands	258
<b>THE EASTFJORDS</b>	<b>260</b>
Borgarfjörður Eystri (Bakkagerði)	260
Around Borgarfjörður Eystri	262
Loðmundarfjarðarleið	262
Seyðisfjörður	263
Around Seyðisfjörður	266
Mjóifjörður	266
Reyðarfjörður	266
Eskifjörður	267
Neskaupstaður (Norðfjörður)	268
Fáskrúðsfjörður	269
Stöðvarfjörður	270
Breiðdalsvík	271
Around Breiðdalsvík	271
Djúpivogur	272
Around Djúpivogur	273

## Southeast Iceland 274

<b>FJALLABAK NATURE RESERVE</b>	<b>276</b>
Fjallabak Route	276
Landmannalaugar	277
Landmannalaugar to Eldgjá	279
Eldgjá	279
<b>SOUTHERN VATNAJÖKULL</b>	<b>279</b>
Kirkjubæjarklaustur	279
Around Kirkjubæjarklaustur	283
Lakagígar	283
The Sandar	284
Skaftafell National Park	285
Skaftafell to Höfn	289

Höfn	292
<b>LÓNSÖRÆFI</b>	<b>296</b>
Hiking	296
Tours	296
Stafafell	298
Lón	298
Getting There & Away	298

## **The Interior** **299**

Kjölur Route (Kjalvegur)	300
Sprengisandur Route	302
Öskjuleið Route (Askja Way)	304
Gæsavatnaleið Route	308
Kverkfjöll Route	308

## **Gateway to Greenland & the Faeroes** **310**

Getting There & Away	310
Tours	310
Greenland	311
Faeroes	311

## **Directory** **312**

## **Transport** **326**

## **Health** **335**

## **Language** **388**

## **Glossary** **341**

## **Behind The Scenes** **342**

## **Index** **347**

## **World Time Zones** **354**

## **Map Legend** **356**

# Regional Map Contents

