



2011

Trip Planner, Iceland

Cycling Route, Interior, East and West Coast

Easy access to campgrounds and routes with descriptions, original author names are included

Flight Details

Booking Number :	4900299	Reservation ID :	PINFVV
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Westjet Airlines
Flight 241
736

Request
Seat



Ottawa ON
(YOW)
Toronto Intl
(YYZ)

06:00pm - Nonstop
01Jun, Wed Coach
07:00pm - 1hr 0min
01Jun, Wed

Airline reservation ID: IKXKNY

Icelandair
Flight 602
75W

Request
Seat



Toronto Intl
(YYZ)
Reykjavik
(KEF)

09:10pm - Nonstop
01Jun, Wed Coach
06:25am - 5hr 15min
02Jun, Thu

Airline reservation ID: 4T9752

Flight Duration : **6hr**
15min

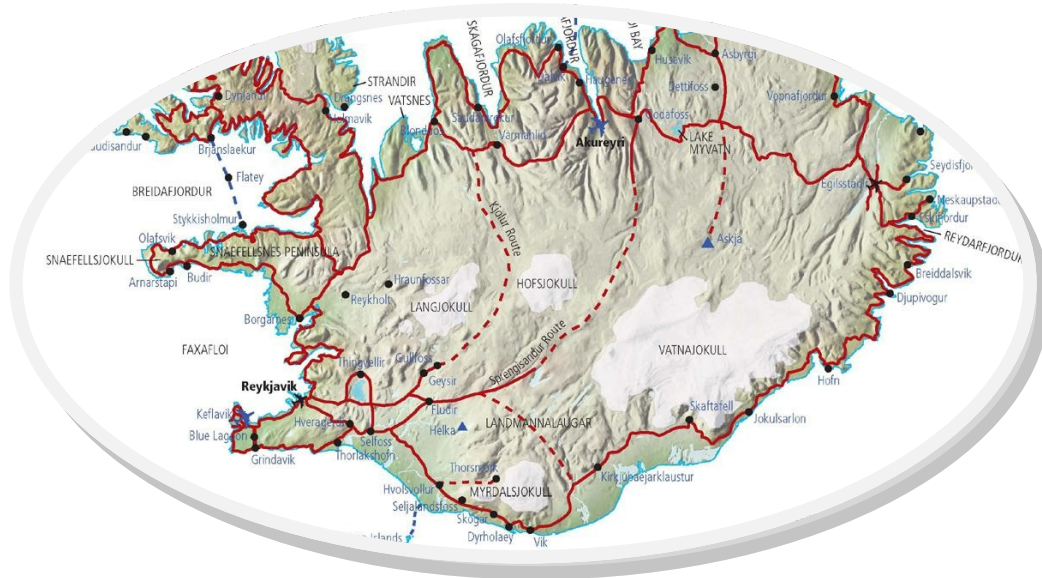
Layover Time :
2hr 10min

Total Trip Time:
8hr 25min

Jacek Seroka

Black Bear Thongs Production Zamosc Poland

6/1/2011



Iceland Sprengisandur route Cycling Jacek Seroka June 2011

Dick Philips in 1958 had set out with three companions to make what he believed to be the first bicycle crossing of the Sprengisandur (a huge icy desert in the heart of the island)in the days when the most ferocious rivers had not been bridged (Josie Dew , writer)

And this is my cycling plan and I hope it will help you to create your own

Lets go

I'm going to fly to Reykjavik on

June 01 2011

Please click on the picture for the

an excellent map

This map includes campsites and



routes ,from one to another campground

and has all

Geographical description as well

This campground below is the first one which I m going to use it is



And now how to get

out of the city to the wild territory but before that I will ride to the Blue Lagoon, not to far from Alex campground



The water temperature rich 40C



The info belongs to (click here) [Ivan Viehoff's Cycling](#) and has other great source Of information's

Download IBook app for IPod, iPhone and store it, very nice set to have access for planning Using this PDF

All routes to leave Reykjavík by bicycle are bad, and I advise taking a bus if you can. The least bad route to leave town by bicycle is to cycle to Þingvellir, which is about 40km. As well as the usual route from near Mossfellsbær (about 10km of major road to tolerate), there is a little used, more southerly route to Þingvallavatn (built fairly recently), which turns off the main Hveragerði road (may be unsignposted) and you will have somewhat less major road that way.

The main roads out of Reykjavík town centre can all be accessed by taking Miklabraut eastwards. For Keflavík Airport and Hafnafjörður, turn right onto Kringlumyrabraut after about 2km. For Hveragerði, Selfoss and the south turn to the right after about 3 km further. The road to Þingvellir turns off after 10km, just beyond Mossfellsbær. For the main road north to Borgarnes etc, just carry on. All of these turns are clearly signposted. If you have a detailed city map, you can reduce your exposure to the main roads in the central area, but not for very far.

Þingvellir is attractive in itself, but also acts as a gateway to move on to other places such as Geysir and Gullfoss, Hvalfjörður or Selfoss. There is no food shop as such at Þingvellir, Geysir or Gullfoss, though you can camp at Þingvellir and Geysir, and there are cafés at Geysir and Gullfoss. The direct route from Þingvellir to Geysir takes you over an unpaved steep pass to Laugarvatn, where there is a small food shop, youth hostel, campsite and warm springs. The only other villages in the area which I know definitely have food shops are Flúðir and Árnes, though the latter (on route 32, following the north bank of the Þjórsá towards Sprengisandur) is rather limited. Allegedly there is a food shop at Reykholt, but I couldn't find one when I was there in 1994. Beyond these, you will have to go down south to the main towns on the Ring Road.

From Þingvellir you can also go north to Húsafell along the unpaved Kaldidalur route F550, which is how many cyclists gain a "taste" of the interior without the need to pile up several days' food in their luggage. The condition of this route seems rather variable between "bad" and "easy", but perhaps that depends upon the expectations of the individual cyclists. Húsafell is the site of very large boisterous "parties" on some weekends. This route connects you into some back-roads to Borgarnes. There are also tracks carrying on north from Húsafell to Laugarbakki and Blönduós. You might see these as a way of avoiding the busy and boring main road to Blönduós, but these are challenging roads, and reports suggest the scenery is not particularly special. F337 and F338 are also terrible.

If you can stand the main road north out of Reykjavík a bit longer, you can take the old main road around Hvalfjörður, which is quiet now that the main traffic goes through the tunnel. There are pleasant back-roads to explore in the area, and Iceland's highest waterfall, Glymur (accessible only on foot).



http://www.sanmarkotravel.com/en/Vacations/Iceland/Skogar_-_Skogafoss.aspx



The area from Selfoss to Hvalsöllum is mostly flat farmland of relatively little scenic interest along a busy road. If heading this way, I suggest you take the bus along the main road to the point where you want to turn off. Beyond Hvalsöllum, the Ring Road becomes quieter and more scenic.

Þórsmörk (F249) is a popular detour for cyclists, but it is also very popular with Icelanders at weekends. The road is challenging and has many fords, some of which can be very deep, depending upon the weather. It is a dead-end for the cyclist, though not for the walker. (Mountain-bikers have crossed on the footpath from Skógar to Þórsmörk, but this is a highly technical route, definitely not for doing with luggage, and the legal status is dubious.)

Fljótsdalur is another popular detour, with fine scenery and a small traditional turf-roofed hostel (book ahead). You can carry on along from Fljótsdalur along the F261, which joins the Fjallabak Syðri route at Hvanngil, from where you can make your way to Landmannalaugar. F261 is a rough road with a difficult ford of the Gilsá (wise to enquire at the hostel if they know how easily crossable it is, as they use this route regularly to service Dick Phillips walking tours). This is an especially attractive route into the southern highlands. The Westmann Islands (Vestmanneyjar) are accessible by ferry from Þorlákshöfn



