



# HAND PICKED play

**1 CAVE EXPLORATION**  
The cave "Vigelmir" in Hallmundarhraun is one of the longest and most spacious caves in the country. Replete with beautiful stalactites, ancient human remains and artefacts found there are now preserved in the National Museum. The cave should only be visited in the presence of an experienced guide. **Fjótunga, Reykholt Borgarfirði (rural)** 435 1198 / Viðgelmir Lava Cave | Facebook

**2 CAVE VATNSHELLIR**  
Just park the car and take a walk down several stairs and suddenly you are standing inside a 8000 year old cave that was found only few years ago. The cave is very accessible and not to mention affordable! It is 200 meters long and the guided tour takes about 45 minutes. **Malarfir, Hellissandur (rural)** 665 2818 / vatnshellir.is

**3 LÁKI SAILING TOURS**  
There's few things in life that top a beautiful summer evening's sailing in the Breiðarfjörður fjord. Láki Tours offer such experiences presenting the incredible birdlife of the islands in the fjord, the opportunity to do a little sea-angling, and whale spotting. **Nesvegur 6, Grundarfjörður** 438 6893 / lakitours.is

**4 TRIPS WITH BOREA ADVENTURES**  
Borea Adventures offer popular sailboat trips of a few days' duration around the West Fjords while there fox-watching trips in the presence of the stunning nature, is an unforgettable experience for those that have always dreamt about sunlit nights under sail, breathing the refreshing sea air. **Aðalstræti 22b, Ísafjörður** 456 3322 / boreaadventures.com

**5 HORSEBACK RIDES**  
Why not travel the old way with a horseback trip around the historic places of the West Fjords. From short trips of four days to longer ones of eight-ten days spent in the magnificent landscape tracing the famous and infamous times and places recorded in the Sagas of Icelanders, in particular the Saga of Gísla Súrsson. A truly memorable experience.

**Torfnæs, Ísafjörður**  
895 4485 / sagnaslod.is

**6 KAYAKING WITH ÖGUR TRAVEL**  
Can you get any closer to the power of nature than cresting waves in a fjord in a kayak? Ögur Travel offers guided kayak trips in the historical region of the West Fjords. Paddle amongst seals, gigantic flocks of seabirds, and whales while their guides tell of chieftains, sorcerers and eccentric characters bringing them to life. **Ögur, Ísafjarðardjúp** 857 1840 / ogurtravel.com

**7 THE POOL IN HOFÓSÓ**  
A pool with two hot pots situated in the town of Hofós, one of North Iceland's oldest trading posts. The pool is set beside the seaside with breathtaking views over some of Skagafjörður's natural treasures. **Suðurbraut, Hofós / 455 6070** Sundlaugin á Hofósi | Facebook

**8 RIDE-N-BITE**  
If you are hungry for an Icelandic horse riding experience we recommend the "Ride-n-Bite" combo tour at Skjaldarvík. It starts with a 1.5 hour riding tour along the seashore and up into the hills, followed by a two-course meal at the guesthouse restaurant. A relaxing soak in the hot tub after the meal is essential. **Skjaldarvík, Akureyri (rural area)** 552 5200 / skjaldarvik.is

**9 AQUA SPA**  
Need a break? Or just want to treat your body for a change? The Spa offers many variations of massage and beauty treatments in a chic and modern atmosphere. Before treatment they offer a hot towel shoulder wrap, foot bath and herbal tea. On the roof there is a hot jacuzzi overlooking the magnificent view of the fjord! **Strandgata 14, Akureyri** 461 4445 / atakak.is/aquaspa

**10 ARCTIC SEA TOURS**  
Departing from Dalvík, close to Akureyri, Arctic Sea Tours go out of their way to make the whale watching experience a special one - 99% likelihood of sightings in 2011! You can also try sea angling as well as learn how to fillet your catch

before grilling it. Fresh, or what? **Dalvík (harbor)** 771 7600 / bataferdir.is

**11 BATHING IN LAKE MÝVATN**  
Natural hot pool bathing has been practiced at Lake Mývatn from the time of Settlement and is considered especially beneficial for one's health. Hot natural springs and steam baths to indulge oneself, or you can just float in total relaxation in the bathing lagoon. Check out the restaurant and enjoy a meal with spectacular views after your soak. **Reykjahlöð, Mývatn** 464 4411 / jardbodin.is

**12 SELÁRDALS LAUG**  
A small modest swimming pool beautifully located on the banks of the salmon-rich Selá river. The pool features hot tub, indoor showers and locker-rooms and is open 24 hours a day. There is something about overlooking one of the greatest salmon fishing spots money can buy from a warm swimming pool – and free of charge! **12 km north of Vopnafjörður** 473 1499 / vopnafjardarhreppur.is

**13 SEALWATCHING ON HORSEBACK**  
Húsey (see HandPicked – Sleep) is a coastal haven for nature lovers. 12 – 15% of all the Icelandic seals live in the area so it's pretty likely you will spot a seal or two. Daily departures at 10:00 and 17:00 pm with the trip taking two hours. **Húsey, Egilsstaðir (rural)** 471 3010 / 695 8823 / husey.de

**14 WORLD OF GLACIERS**  
The spot where the opposing forces of nature clash; the fiery geothermal heat and the ancient ice of the crawling glaciers. Leisurely pursuits on offer include experiencing the stillness and awe-inspiring beauty as you sail soundlessly upon the Hoffellsjökul glacial lagoon, or bathe yourself in a natural hot pool just like the Vikings did, enjoying the splendour of the landscape in the embrace of the Vatnajökul glacier. **Hoffell II, Höfn í Hornafirði (rural)** 478 1514 / 894 5614 / hoffell.com

**15 ICE LAGOON**  
Jökulsárlón is without doubt one of Iceland's most prized natural wonders. You simply have to take a Zodiac boat trip in the ethereal silence seemingly given off by the floating ice that calve off Europe's largest glacier, Vatnajökul. Hour-long trips are offered daily while it is also possible to book private excursions with a more personalised and tailored itinerary. **Uppsali 1, Höfn í Hornafirði (rural)** 860 9996 / icelagoon.com

**16 SELJAVALLA POOL**  
The highly photogenic Seljavallalaug pool has nestled in the shadow of the Eyjafjallajökul glacier since 1923, enjoying constant popularity, especially among tourists. The green and thick algae in the pool may put some off but it simply adds to the charm for others. The pool is a short distance from the hamlet of Seljavellir. **Laugarárgil, Austur-Eyjafjarðarsveit (rural)**

**17 THE "VIKING POOL"**  
At Leirubakki, in the shadow of the commanding Mt Hekla, is a small hot pool. A rock-constructed changing room stands beside. Soak and relax as you wonder at stunning mountain vistas under the mid-night sun or be amazed at the dance of the Northern Lights in winter. Romantic? We think so! **Leirubakki, Hella (rural)** 487 8700 / leirubakki.is

**18 RIBSAFARI SPEEDBOAT**  
Ribsafari in the Westmann Islands gives you the opportunity to enjoy the Islands in a new and exciting fashion. Choose between sailing out in the Safnes Peninsula where you can beach and grill or sailing out to Surtsey Island. Or take a trip to the small islands and visit some interesting caves. **Áshamar 48, Vestmannaeyjar** 661 1810 / ribsafari.is

**19 DOGSLEDDING**  
Only one hour drive from Reykjavik you have the opportunity to take a one of a kind dogsled tour. During the summer the tours are on dry-land but in winter on Langjökull or the highlands. You also get

the chance to stroke the dogs and take photos, even learning the correct way to handle Greenlandic sled dogs. **Hólmasel, Selfoss (rural)** 899 1791 / 774 2047 / dogsledding.is

**20 CYCLING ADVENTURES**  
Opus Adventures give you the opportunity of a variety of guided cycle tours ranging from short two-hour trips around the capital or longer five-six day adventures that take in many of the country's most well-known natural pearls. Known for great guides and good food! **Dvergólár 15, Selfoss** 892 2469 / opusadventures.is

**21 FONTANA**  
This newly renovated pool features a sauna built over a natural hot spring where the temperature fluctuates according to the whims of nature and you can hear it simmer under your feet! It's also possible to immerse yourself in three different pools with earth-warmed water of varying degrees heat. They call this kind of water around these parts "healthy bath water." **Hverabraut 1, Laugarvatn** 486 1400 / fontana.is

**22 HVERAGERÐI – THERMAL BATH**  
A favourite pool of many Icelanders, finding it romantic and relaxing on summer days while they marvel at the surrounding beauty of the blossoming plantlife. Built in a way that shields from sterner elements of Icelandic weather, there's also a children's pool, jacuzzi, and fantastic steam room built over a natural hot spring. **Laugarskarð, Hveragerði** 483 4113

**23 ICELAND ACTIVITIES**  
A small family-run company specialising in trips to the geothermal region of Hveragerði and surrounding areas. They offer informed walking and cycling trips, while there's nothing like taking a dip in the natural hot springs of the Reykjadalur valley. Their seaside walks are also unmissable. **Mánamörk 3-5, Hveragerði** 777 6263 / icelandactivities.is

**24 INSIDE THE VOLCANO**  
Going 120m (400 feet) inside a volcano in an open cable lift is something you might only do once in a life time. The colours and rock formations are out of this world and every geologist's dream. The world does indeed feel more remarkable having this unique experience! Inside this giant cave without a doubt gives you the impression you're inside of Mother Nature's womb. This truly is an unforgettable experience. The lamb soup afterwards adds a very nice Icelandic touch. **Þrihnjúkagígur** 863 6640 / insidethevolcano.com

**25 NATURAL POOL**  
The Hengilsvæði region has many natural treasures. It is, for example, a true wonder to bathe in the naturally warm waters of the Reykjadalur River, after a leisurely 3km walk from the car park at Rjúpnabrekkur on the outskirts of Hveragerði. Why? There are no changing facilities! **Reykjadalsá, Hengilsvæðið (rural)**

**26 HORSEBACK RIDE IN REYKJAVÍK**  
Reykjavik is known for its wild nightlife, but less known for the wild and volcanic landscape that immediately surrounds it. The Icelandic Horse rental, located only 15 minutes from downtown Reykjavik, offers a unique way to experience Reykjavik with riding tour combos such as Horses and Spa or Horses and Birds. But riding through Rauðhólar (The Red Hills) is our favourite. **Reykjavik (rural)** 434 7979 / theicelandichorse.is