BICYCLE SERVICES AROUND ICELAND

Cycling in Iceland

If you are planning an adventurous cycling trip, Iceland is unique in many ways. It is safe to travel here if you are properly prepared and you will find Icelanders both helpful and friendly. You can plan your own trip but there are also a few companies that specialize in guided bike tours.

The weather

Iceland's cool, oceanic climate is quite mild for its latitude, thanks to the Gulf stream. The summers are short and the best time to visit is late May to early September. The average daytime temperature around the coast during May to September is 10-12°C (50-55°F). Average daily sunshine in July and August is 5-6 hours and during the summer months the nights are bright, on clear days you have 24 hours of daylight and even the midnight sun near the Arctic Circle.

However, the weather is extremely changeable and unpredictable so you should always be prepared for the unexpected. You can encounter strong sudden winds and even snow in the middle of summer, even if you stick to the main road, so you should always follow the weather forecast and in all cases carry warm clothing with you. Try to keep your plans flexible so you can follow the wind instead of struggling against it. If you must go against the wind, you might consider cycling in the late evening and in the night (in June and July) as the wind usually calms down in the evening. Benefits of this will also be far less motor traffic on the busier roads and the wonders of experiencing sunset and sunrise, but of course less access to most shops and services.

You can get the weather forecast by telephone: +354 902 0600 or just by asking the locals, Icelanders follow the weather forecast almost religiously. At altitudes in the interior highlands the temperatures are of course lower. Check out the weather forecast at the Icelandic Meteorological Office **www.en.vedur.is** or **www.m.en.vedur.is/m** for mobile phones.

The roads

Another large portion of Iceland's road system is made up of gravel roads, especially those with less traffic. Those with some kind of asphalt can be found on the website of the Road Administration **www.vegagerdin.is/vegakerfi/skilting** where gray and red are asphalt, yellow gravel.

The main highway around Iceland, Route 1, circles Iceland in around 1400 kilometers. Once you get away from the South-West part the traffic becomes less but it is fast and the roads get narrower, especially once you get off Route 1. On the gravel roads you may encounter long stretches with potholes, "washboards" or loose sand but far less traffic.

Cyclists are allowed in all tunnels except the one under Hvalfjörður fjord. The Road Administration has a website **www.vegagerdin.is/english** with maps showing current road conditions including the interior highlands and weather conditions on certain mountain roads etc.

The interior highlands

The mountain roads across the interior highlands are usually closed until late May or even as late as July, depending on the road and the weather conditions in spring. The Road Administration has information on mountain roads and when they open in the summers at **www.vegagerdin.is**.

The highland roads are all rough gravel/dirt roads of various qualities from packed mud to washboards, loose gravel and even sand which may be impossible to bicycle when it has been dry for some period. Many rivers must be crossed on fords and can become dangerous in much rain and in case of glacier rivers, in much heat. You may therefore have to wait until late night or early morning to cross some glacier rivers during the summer. Mountain bikes with fat studded tires for good tracking and comfort and low gear ratios to help climbing steep hills are recommended.

Accommodation

Various huts can be found in the highlands, and can be found on most detailed maps. They may (quite likely) be full and need to be booked well in advance. In the lowlands, guesthouses and hotels can be found but accommodation is not guaranteed so a tent is recommended as an option.

In general travellers are allowed to put up their tents everywhere except in cultivated land, too close to residential buildings and especially protected areas. It is still a common courtesy to ask farmers for permission before camping on their land.

Food and drink

Food can only be purchased in towns and some other highway locations. You will therefore have to bring food for several days when you are crossing the highlands. As Iceland is sparsely populated there may be 100 to 200 km between shops even on the Ring road between Mývatn and Egilsstaðir and Höfn and Skaftafell.

Water can usually be accessed quite easily in the countryside from streams and rivers. However in sand and lava areas water needs to be carried. Never take water from areas where farms or fields are upriver. There you can visit the farms and get tap water. Water from glacier rivers should only be drunk in emergency and preferably filtered. Usually 1 to 2 liters of water carrying capacity is enough.

Based on information from The Icelandic Mountain Bike Club, visit their website for further info: www.fjallahjolafelagthorsins.is/index.php/english

Services in The Westfjords:

Vestarferðir
Aðalstræti 7 - Ísafjörður
Tel. 456 5711
westfjordsadventures.is
www.vestarferdir.is
Bicycle rental

Hjólaverkstæði Simba
Suðurgata 8 - Ísafjörður
Tel. 860 8037
bisurin@gmail.com
Bicycle repair and rental

Craftsport
Austurvegur 2 - Ísafjörður
Tel. 456 3710
craftsport@craft.is
www.craft.is
Bicycle shop and repairs

Hafnarbúðin
Suðurgata 8 - Ísafjörður
Tel. 456 3245
hafnarbud@simnet.is
Bicycle shop

Vélar- og bílaþjónusta Kristjáns
Hafnarstræti 14 - Þingeyri
Tel. 456 8331 - ebtaugeyri.is
netfang: ebtaugeyri@bil
Bicycle repair enthusiast

Simbahöllin
Fjarðargata 5 - Þingeyri
Tel. 869 6654
simbahollin@gmail.com
www.simbahollin.is
Bicycle rental

Services in West Iceland:

Guðmundur B. Ásgeirsson
Garðabraut 4 - Stykkishólmur
Tel. 438 1475, 867 9984
gbragi@simnet.is
Bicycle repair enthusiast

Ásu's Bicycle repair shop
Merkigerði 2 - Akranes
Tel. 431 1531
ass@simnet.is
www.cannondbad.com
Bicycle repair and reconditioning

Krokkar og hjól
Skógarbraut 17 - Akranes
Tel. 445 5200
krokkaroghjol@gmail.com
Bicycle shop and repairs

Services in The Capital Area:

Bicycle Company
Ánanaustum 7 - Reykjavík
Tel. 580 8500
info@bikecompany.is
www.bikecompany.is
Bicycle rental and bicycle tours

Reykjavik Bicycle Tours and Bicycle Rental
Ánanaustum 7 - Reykjavík
Tel. 694 8866
bike@icelandbike.com
www.reykjavikbiketours.is
Bicycle rental and bicycle tours

Borgarhjól
Hverfisgata 50 - Reykjavík
Tel. 551 6653
borgarhjol@simnet.is
www.borgarhjol.is
Bicycle rental, bicycle shop and repairs

Krio Hjól
Grandagarður 7 - Reykjavík
Tel. 534 0504
info@kriobicycles.com
www.kriobicycles.com
Bicycle shop and repairs

TRI
Suðurlandsbraut 32 - Reykjavík
Tel. 571 8711
info@tri.is - www.tri.is
Bicycle shop and repairs

Reiðhjólaverslunin Berlin
Snorrabraut 56a - Reykjavík
Tel. 552 7777, 696 2860
reiver@simnet.is
Bicycle shop and accessories

Ellingsen
Fiskislóð 1 - Reykjavík
Tel. 580 8500
ellingsen@ellingsen.is
www.ellingsen.is
Bicycle shop and repairs

Reiðmaðurinn/hjól
Skipholt 33 - Reykjavík
Tel. 534 6600
reidmadur@hjolaverslun.is
www.reidmadur.is
Bicycle shop with el-bikes and accessories

Hjólaspítalinn
Laugarnesvegur 57 - Reykjavík
Tel. 864 2736
hjolaspitalinn@hjolaspitalinn.is
www.hjolaspitalinn.is
Cycling promotion center

Örninn
Faxafen 8 - Reykjavík
Tel. 588 9890
orninn@sportex.is
www.sportex.is
Bicycle shop and repairs

Reiðhjól
Grensásvegur 10 - Reykjavík
Tel. 588 4567
reidhjol@reidhjol.is
www.reidhjol.is
Bicycle repair shop and el-bikes gear

Reiðhjólaverkstæði Ernis
Vagnhöfði 6 - Reykjavík
Tel. 671 0040
Bicycle repair shop

Everest
Skeifan 6 - Reykjavík
Tel. 533 4450
everest@simnet.is
www.everest.is
Bicycle shop and repairs

G.A.P. Hjólaborðin
Faxafen 7 - Reykjavík
Tel. 520 0200
gap@gap.is - www.gap.is
Bicycle shop and repairs

Markið
Ármúli 40 - Reykjavík
Tel. 517 4600
markid@markid.is
www.markid.is
Bicycle shop and repairs

Icebike adventures
Dalsmári/Borgarnesi 8
Mosfellsbær
Tel. 824 0322
info@icebikeadventures.com
www.icebikeadventures.com
Extreme mountain biking tours

Services in Reykjanes:

Útsport - Fönduríkur
Hafnargata 4
Reykjanesbær
Tel. 421 1130
Bicycle shop and repairs

Hagkaup Reykjanesbær
Fitjum - Reykjanesbær
Tel. 422 7700
njavin@hagkaup.is
Bicycles and accessories

Services in North Iceland:

Vélaverkstæði Hjartar Einkssonar
Búðarsel 1 - Hrannarbraut
Tel. 461 2514
vhea@simnet.is
Bicycle repair shop

Þorsteinn T. Broddason
Ráðhústorg 5 - Sauðárkrókur
Tel. 453 5971, 840 6450
steinkarm.is
Bicycle repair enthusiast

Sportver
Glerártorg - Akureyri
Tel. 461 1446
sportver@net.is
www.facebook.com/Sportver
Bicycle shop and repairs

Skíðaþjónustan
Hjalteyrargata 4b,
Akureyri
Tel. 462 1713
Bicycle shop and repairs

Íþróttir Alpamir
Glerártorg 32 - Akureyri
Tel. 461 2879
gautaja@simnet.is
www.alpamir.is
Bicycle shop and repairs

Víðir Einkssonar
Túngata 18 - Húsavík
Tel. 864 1579
raudhofd@gmail.com
Bicycle repair enthusiast

Hike and Bike
Reykjanesbraut - Mývatn
Tel. 690 4846
info@hikeandbike.is
www.hikeandbike.is
Bicycle rental and guided tours

Icelandic Adventures
Hafnarstræti 99-101, Akureyri
Tel: 660 1642
www.icelandicadventures.is
Bicycle rental

Vilhjálmur Vernharðsson
Fjallabyggð í Múlasýslur
Ca. 50 km East of Mývatn
Tel. 471 1858
fjallabyggd@fjallabyggd.is
www.fjallabyggd.is
Bicycle repair enthusiast

Services in East Iceland:

Stefán Viðar Sigtryggsson
Garði 1 - Egilsstaðir
Ca. 14 km west of Egilsstaðir
Tel. 663 8484
stefansigtryggsson.is
Bicycle repair enthusiast

Verslunin Skógar
Dynskógar 4 - Egilsstaðir
Tel. 471 1230
Bicycle shop and repairs

Íþróttir Alpamir
Kaupvangur 6 - Egilsstaðir
Tel. 471 2525
alpamir@simnet.is
www.alpamir.is
Bicycle shop and repairs

Þór Þorfinnsson
Hallormsstaður - Egilsstaðir
Ca. 14 km south of Egilsstaðir
Tel. 892 3535
thorsteinsson.is - www.skogur.is
Bicycle repair enthusiast

Bílar og vélar vélamiðja
Hafnarbryggð 14a - Vopnafjörður
Tel. 472 1333
bilavelar@simnet.is
Bicycle repairs

Iceland-Tour
Seyðisfjörður
http://www.iceland-tour.com/
Bicycle rental, summer only

Skíðaríkinn
Fjarðargata 1 - Seyðisfjörður
Tel. 860 8132, 472 1300
sameyna@sf.is
Bicycle repairs

Hjólaþjónusta Jóns Bjarnasonar
Miðvangur 9 - Neskaupstaður
Tel. 869 6858
jonmagnus@icelandcom.com
Bicycle repairs

Hjólaverkstæði
Miðvangur 11 - Neskaupstaður
sími 892 6878
siebbippa@gmail.com
Bicycle shop and repairs

Smáratúll
Miðvangur 8b - Djúpavogur
Tel. 894 8284, 831 9440
smaratuln@hotmail.com
www.smaratuln.is
Bicycle repairs

Bjarmalækur
Miðvangur 7 - Höfn
Tel. 616 1231
nitzia@simnet.is
www.bjarmalaekur.is
Bicycle repairs

Höfn Camping and Cottages
Hafnarbraut 52 - Höfn
Tel. 478 1606
campingsumarhus@simnet.is
www.campinghofn.is
Bicycle repair and rental

Services in South Iceland:

Bílaverkstæði Jóhanns
Austurmörk 10 - Hveragerði
Tel. 483 4299, 666 1060
jg.vellingur@simnet.is
Bicycle repair enthusiast

Iceland Activities
Austurmörk 3-5 - Hveragerði
Tel. 777 6262
info@icelandactivities.is
www.icelandactivities.is
Bicycle rental and guided tours

Bæjarborg
Austurvegur 10 - Vestmannaeyjar
Tel. 481 3135 - eskiver@simnet.is
Bicycle shop

Ejmundsson
Bárustígur 2 - Vestmannaeyjar
Tel. 482 3683 - eskisport@simnet.is
Bicycle rental

Hjólaber
Austurvegi 11 - Selfoss
Tel. 482 1389, 863 4197
hjolaberehf@gmail.com
Bicycle shop and repairs

Jötunn vélar
Austurvegi 69 - Selfoss
Tel. 480 0400
johannes@jotunn.is
www.jotunn.is
Bicycle shop and repairs

Ásbúðarlagar
Skólavegur 10-12
Vestmannaeyjum
Tel. 481 3701, 892 9053
asbudarlagar@simnet.is
Bicycle repair shop

Services in Reykjanes:

Íþróttaspítalinn
Auðbrekku 4 - Kópavogur
Tel. 587 5800, 892 2752
hannes@ishof.is
www.hjolaspitali.com
Bicycle repair shop

Hjólaland
Smiðjuvegur 9 - Kópavogur
Tel. 561 0304
hjolaland@simnet.is
www.hjoland.123.is
Bicycle shop and repairs

Hveller
Smiðjuvegur 30 - Kópavogur
Tel. 577 6400
hveller@hveller.com
www.hveller.is
Bicycle shop and repairs

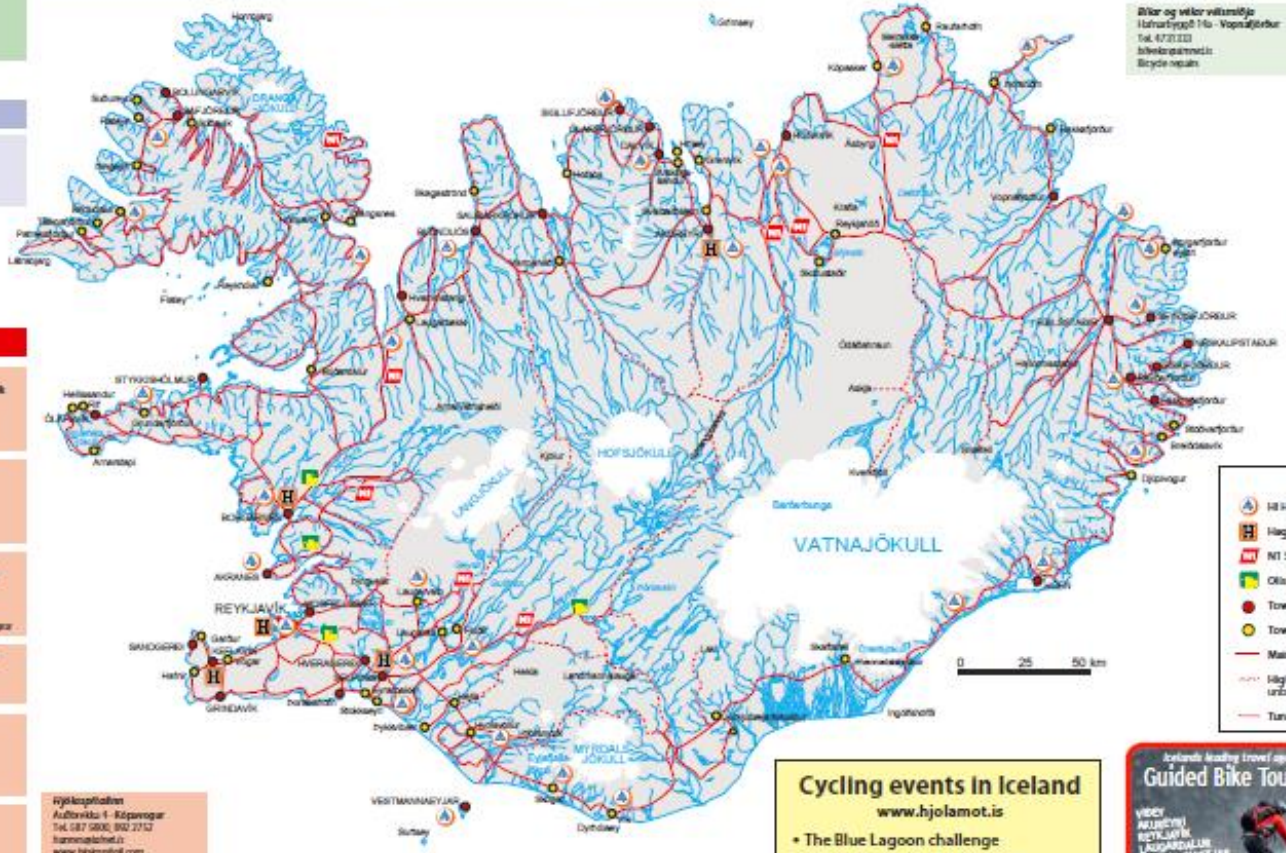
Útilif Sendiráðinu
Tel. 545 1500
utilif@utilif.is - www.utilif.is
Bicycle shop

Viðey- Skarfabakki pier
Skarfabakki 3 - Reykjavík
Tel. 553 5055
www.elay.com
Bicycle rental

JS Ljósasmiðjan
Skemmuvegur 34 - Kópavogur
Tel. 554 0663, 897 9066
valsvert@simnet.is
www.valsvert.is
Bicycle repair shop

Hjólaspretur
Dalshraun 13 - Hafnarfirði
Tel. 565 2292
hjolasprettur@hjolasprettur.is
www.hjolasprettur.is
Bicycle shop and repairs

Reykjavik Camp site
Sundlaugavegur 32 - Reykjavík
Tel. 568 6994
www.reykjavikcampsite.is
Bicycle rental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Vestmannaeyjar
Grímsey
Kópasker
Raufarhöfn
Þórshöfn
Bakkafjörður
Vopnafjörður
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Seyðisfjörður
Mjóifjörður
Neskaupstaður
Eskifjörður
Reyðarfjörður
Fáskrúðsfjörður
Stöðvarfjörður
Breiðdalsvík
Djúpivogur
Höfn
Hornafjörður
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Vík
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