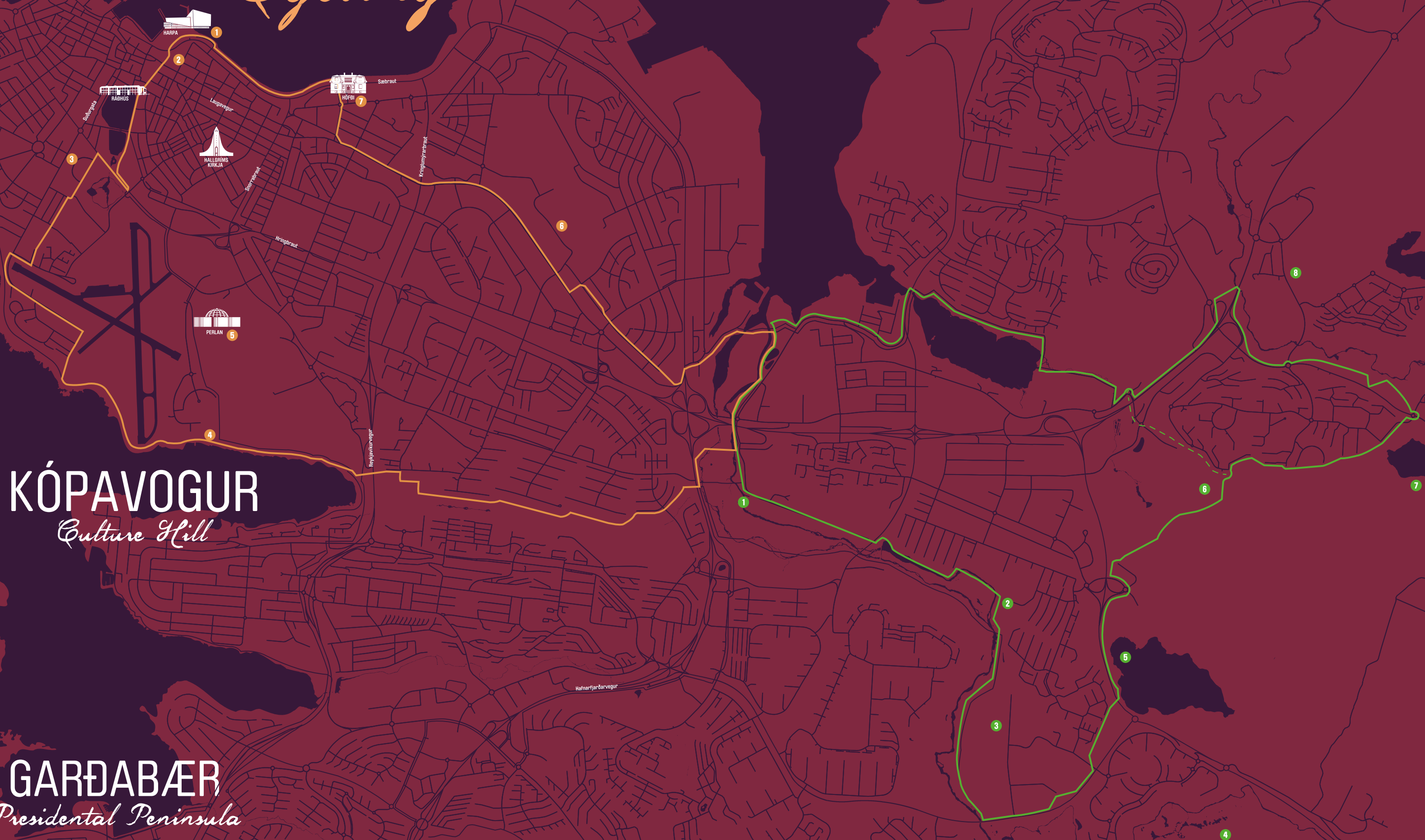


REYKJAVÍK

Cycling



KÓPAVOGUR

Culture Hill

GARÐABÆR

Presidential Peninsula

REYKJAVÍK

Cycling

CENTRE CIRCLE – 18 KM REYKJAVÍK

1. Harpa – house of culture and music
Harpa is the largest cultural house in Iceland and offers a varied selection of concerts and other cultural events. The artist Ólafur Eliasson designed the outside covering of the building.

2. City Centre – pedestrian and shopping streets
Here we meet the origins of Reykjavik with many shops, restaurants and museums. The main buildings include ministry offices and the House of Parliament.

3. The National Museum
The museum preserves the cultural heritage of the Icelandic people for 1,200 years. On display there are various objects and remains, some dating back to the settlement of the country.

4. Naughtólsvík – the thermal beach
A public swimming place on the beach with a hot pool and opportunities for sea bathing. One of the main landmarks is Reykjavik University.

5. Perlan / Öskjuhlíð
Water tanks, a part of the central heating system of Reykjavik, with a restaurant and a spectacular view of the Reykjavik district.

7. Reykjavik Zoo and Family Parks
An excellent collection of Icelandic farm animals and wild mammals in Iceland.

8. Höfði
The location for the 1986 summit meeting of presidents Ronald Reagan and Mikhail Gorbatsjov.

LEISURE CIRCLE – 18 KM REYKJAVÍK

1. Elliðaárdalur
One of the main outdoor recreational areas in Reykjavik, supposedly named after Elliði, a slave of Ingólfur Arnarson, the first settler in Iceland. Elliðaá river offers salmon fishing in the heart of Reykjavik.

2. Árbær Thermal Pool
A swimming pool, particularly nice for children, with a view over the city of Reykjavik.

3. Víðidalur
This is the main area for horseriders in Reykjavik. It includes stables for horses, horseback riding tracks, racing fields and one of the largest riding halls in Iceland.

4. Rauðhólar
Rauðhólar is a mass of pseudocraters – a phenomenon that is supposedly only to be found in Iceland and on the planet Mars.

5. Rauðavatn
A very shallow lake on the outskirts of Reykjavik. It often looks red in colour, because of the growth of the water plant alternate-flowered water-milford (Myriophyllum alterniflorum).

6. Grafarholt Golf Course
One of many golf courses in the Reykjavik area.

7. Reynisvatn Lake
Reynisvatn is very popular with families and fishers, as the lake is full of fish and it is very rare that anyone goes away from there empty-handed. The lake is ideal for children. The catch is mainly rainbow trout, but it fosters river trout and sea trout as well.

8. Úlfarsfell Mountain
Úlfarsfell is 296 m high and an ideal climb for people of all ages.