ICELAND INFO SHEET

PASSPORT AND VISA REGULATIONS
Iceland is an associate member of the Schengen Agreement, which exempts travelers from personal border controls between 22 EU countries. For information on passport and visa requirements as well as the Schengen area regulations, visit the website of the Icelandic Directorate of Immigration: www.utl.is/english

ARRIVAL IN ICELAND
Several shuttle services are operated between Reykjavík and Keflavík International Airport. Buses operate in connection with all arriving and departing flights, and seats are guaranteed. The bus departs Keflavík from directly outside the terminal building around 40 minutes after each flight arrival, and leaves the BSÍ Bus Terminal 2.5 hours before each flight departure. The drive between the airport and Reykjavík takes about 45 minutes. Several companies offer shuttles between the international airport and the city center, and most offer hotel pickup for a small extra fee. Some also offer a stop at the Blue Lagoon on the way.

LANGUAGE
Icelandic is the national language. English is the country’s official second language and is spoken widely. Danish is the official third language taught in schools in Iceland.

DRIVING IN ICELAND
Ring Road Nr. 1 around Iceland is 1,332 km (827 mi). The general speed limit is 50 km/h in urban areas, 80 km/h on gravel roads in rural areas, and 90 km/h on asphalt, rural roads. For more information, be sure to visit www.safetravel.is

All mountain roads and roads in the interior of Iceland have a loose gravel surface. The surface on the gravel roads is especially loose along the sides of the roads, so one should drive carefully. The mountain roads are quite narrow and are not made for speeding. The same goes for some bridges that allowing only one car to pass at a time. Information on road conditions, tel.: +522-1000, daily 8:00–16:00. www.road.is

RIGHT OF PUBLIC ACCESS
The Icelandic Nature Conservation Act allows free passage through the country as well as the right to dwell for legitimate purpose as long as the natural environment is treated with respect and the utmost care is taken to avoid damaging the country’s natural resources. For detailed information please visit the website of the Ministry for the Environment and Natural Resources

NATIONAL PARKS
There are three National Parks in Iceland, each with its own particular points of interest.

Pingvellir, is in a rift valley between the North Atlantic and Eurasian Plates. It is a site of historical and cultural as well as of geological importance, and is recognised as a UNESCO World Heritage site.

Snæfellsjökull National Park includes a volcano and glacier, and is steeped in mystery and romance; it is the only Park that reaches from the seashore to the mountaintops. Vatnajökull National Park is the largest national park in Europe, covering an area of 13,600 km². The park encompasses, among other areas, the Vatnajökull glacier,

Skaftafell, Jökulsárgljúfur, Lakagígar and Langisjór.

POST OFFICES
General hours are Mon–Fri 09:00–18:00. More on www.postur.is/en

BANKS
Opening hours are Mon–Fri, 9:00–16:00. 24-hour cash dispensers are found in cities and villages around the country. Look for the Hraðbanki sign.

All major credit and debit cards are accepted, especially by hotels, restaurants, shops and petrol stations in Iceland. You can also draw money with your credit card from cash points throughout the country. Traveller’s cheques are accepted at many hotels and tourist information centers. The major cards in Iceland are MasterCard and VISA.
Currency exchange: The Icelandic monetary unit is the króna (ISK). All Icelandic banks provide foreign exchange.

**MEDICAL ATTENTION**

Pharmacies are called “Apótek” and are open during normal business hours. Only a few are open at night. Medical Care can be obtained by visiting a Health Care Centre, called “Heilsugaeslustöð” in Icelandic, during opening hours. For information, call +354-585-1300 or see www.heilsugaeslan.is

Medical help: There is a medical centre or hospital in all major cities and towns in Iceland. The emergency phone number (24 hours) in Iceland is 112.

Health insurance: Citizens of EEA countries must bring their EHIC card (European Health Insurance Card), otherwise they will be charged in full. Non-EEA citizens are not covered by the EEA regulations and will be charged in full. For further information, contact the Icelandic Health Insurance. Tel.: +354-515-0100, Fax: +354-515-0051 Office hours: 10:00–15:00. www.sjukra.is

Vaccinations: Special vaccinations are not required to enter Iceland.

**SHOPPING**

Shops in Iceland are of international standard and carry a wide variety of merchandise. Local specialties include woolen knitwear (sweaters, hats and mittens, for example), ceramics, glassware and silver jewelry. General opening hours are 10–18. Saturdays 10/11–14/18.

**TAX FREE SHOPPING**

VAT in Iceland is 25.5% or 7% on special goods. To get a refund you must have a permanent address outside of Iceland. Minimum amount spent on a single receipt in order to be eligible for tax-free shopping is ISK 4.000. Goods must be exported within three months from date of purchase. Maximum refund is 15% of the retail price.

**CLIMATE AND CLOTHING**

Climate: Thanks to the Gulf Stream, Iceland enjoys a cool, temperate maritime climate; cool in summer and fairly mild in winter. However, the weather is very changeable and tourists should be prepared for the unexpected.

Weather/Clothing: For weather information in English, tel.: 902-0600. http://en.vedur.is. When travelling in Iceland you should bring along lightweight woolsens, a sweater or cardigan, a rainproof (weatherproof) coat and sturdy walking shoes. Travellers who are camping or heading into the interior will need warm underwear and socks, rubber boots and a warm sleeping bag.

**TEMPERATURE AVERAGES (CELIUS / FAHRENHEIT)**

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**MIDNIGHT SUN**

During summer, the nights are bright all over Iceland. In the month of June the sun never fully sets in the north. There are even special excursions to the island of Grímsey on the Arctic Circle where you can experience the midnight sun. Bear in mind, however, that the sun at midnight is not as warm as at midday, so bring along a sweater.

**NORTHERN LIGHTS**

The Northern lights, aurora borealis, are a spectacular sight, as bright coloured waves of light illuminate the night sky. The best time for viewing is generally between September and March, though there is no guarantee as they only appear under certain meteorological conditions, and in concurrence with a clear sky and cold temperatures.

**USEFUL PHONE NUMBERS:**

Emergency number: 112
Police: 444 1000
Medical assistance: 1770
Information: 118
Telegram: 1446

For further information, please visit VisitIceland.com, InspiredbyIceland.com, promoteiceland.com, or contact info@promoteiceland.com, or phone +354 511 4000.