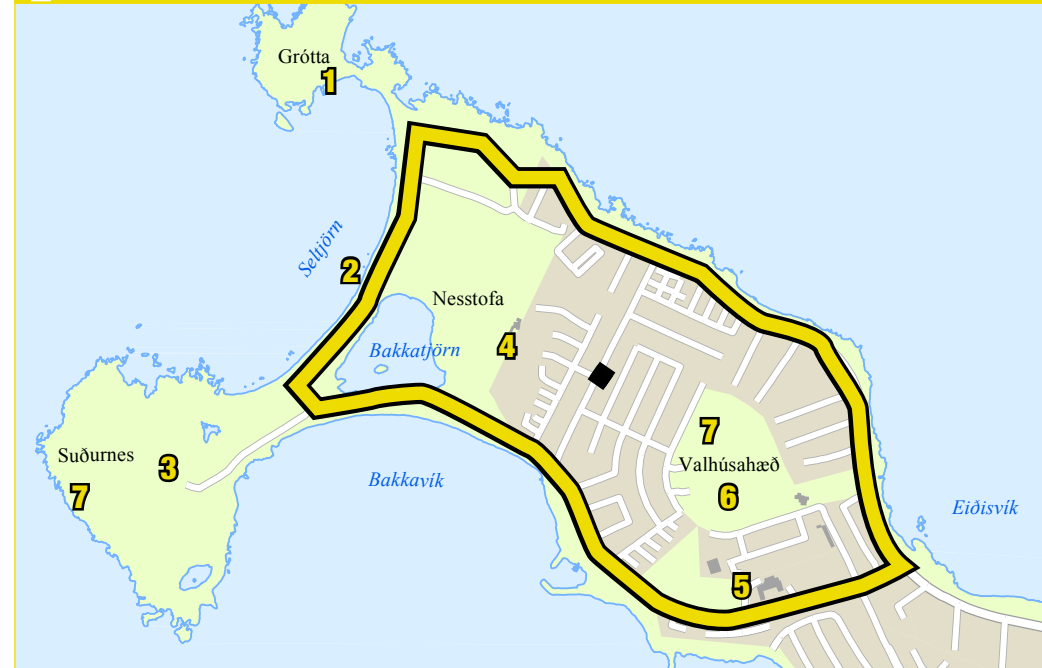


Lighthouse Circle - 5 km - Selthjarnarnes



- Birds** - The vicinity of the island of Gróttu is a popular recreational area. Gróttu is a nature reserve because of its birdlife (protected 1974) and not accessible to the public from 1st May to 15th July every year.
- Gróttu** - An island on the westernmost tip of Selthjarnarnes. A lighthouse was erected in Gróttu in 1897, but the present lighthouse was built in 1947.
- Selthjarnarnes Golf Course** - The only golf course in Reykjavík surrounded by the ocean.
- Nesstofa** - The first residence of the Icelandic Director of Public Health, made of stone in 1761-1767. An exhibition is open from mid-June to the end of August from 13:00-17:00 every day, but closed on Mondays.
- Selthjarnarnes Thermal Pool** - a saltwater pool, rich in minerals, having a pleasant effect on the skin and is believed to have healing powers. Less chlorine is used than in most other pools. Great view over the ocean and mountains.
- Valhúsaheð** - This hill was protected as a nature reserve in 1998. It has a rock face that dates back to the Ice Age. From the hill you get a great view over Faxaflói.
- WW2** - Monuments from the Second World War.

Centre Circle - 18 km - Reykjavík



- 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 Elíasson designed the outside covering of the building.
- City Centre - pedestrian and shopping streets** - Here we meet the origins of Reykjavík with many shops, restaurants and museums. The main buildings include ministry offices and the House of Parliament.
- 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.
- Nauthólsvík - 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 Reykjavík University.
- Perlan / Óskjuhlíð** - Water tanks, a part of the central heating system of Reykjavík, with a restaurant and a spectacular view of the Reykjavík district.
- A bridge for walkers and cyclists** - One of the many walkway bridges in Reykjavík that connect different parts of the town.
- Reykjavík Zoo and Family Park** - An excellent collection of Icelandic farm animals and wild mammals in Iceland.
- Höfði** - The location for the 1986 summit meeting of presidents Ronald Reagan and Mikhail Gorbachev.

Leisure Circle - 18 km - Reykjavík



- Elliðaárdalur** - One of the main outdoor recreational areas in Reykjavík, supposedly named after Elliði, a slave of Ingólfur Arnarson, the first settler in Iceland. Elliðaár river offers salmon fishing in the heart of Reykjavík.
- Árbær Thermal Pool** - A swimming pool, particularly nice for children, with a view over the city of Reykjavík.
- Viðidalur** - This is the main area for horse riders in Reykjavík. It includes stables for horses, horseback riding tracks, racing fields and one of the largest riding halls in Iceland.
- Rauðhólar** - Rauðhólar is a mass of pseudocraters - a phenomenon that is supposedly only to be found in Iceland and on the planet Mars.
- Rauðavatn** - A very shallow lake on the outskirts of Reykjavík. It often looks red in colour, because of the growth of the water plant *Alternanthera versicolor*.
- Grafarholt Golf Course** - One of many golf courses in the Reykjavík area.
- 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.
- Úlfarsfell Mountain** - Úlfarsfell is 296 m high and an ideal climb for people of all ages.

History Circle - 24 km - Garðabær



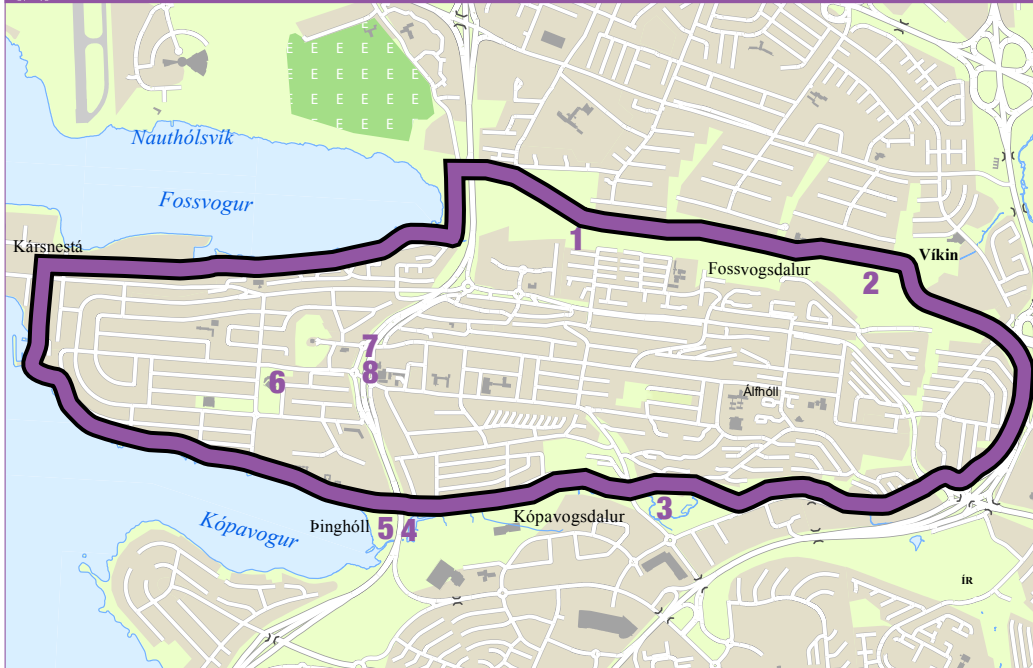
- The Wegener stone pillar** at Arnarneshæð was erected in 1930 by the German polar researcher, geophysicist and meteorologist Alfred Wegener (1880-1930).
- The Museum of Design and Applied Art** at Garðatorg 1 is situated in the centre of Garðabær. The museum specializes in the field of Icelandic design and applied art from 1900 to the present day. The museum is open daily from 12.00-17.00 (closed on Mondays).
- Hofsstaðir Archeological Park** at Kirkjulundur is a historic park with the remains of a Viking-Age longhouse. Open 24 hours, free entrance.
- An educational guideboard in **Bali** about the lavafeld Búrfellshraun. The lavafeld Búrfellshraun was created by volcanic eruptions about 7,200 years ago, the area of the lavafeld is about 18 km².
- Bessastaðir** is the presidential residence in Iceland. The history of Bessastaðir dates back to the times of the settlement in the 9th century (AD). The main building at Bessastaðir was built in 1761-1766. The church was built at the end of the 18th century.
- The area by the seaside at **Hlíð** in Álftanes is protected as a country park. The shore and the nearby sea area is exceptionally interesting for nature studies, such as birdwatching.
- The pond **Kasthúsatjörn** in Álftanes is a nature reserve with very rich birdlife and biosphere.
- Thermal pools**.

Elf Circle - 6 km - Hafnarfjörður



- Helliggerði** is a dwelling place for elves. By the fountain there is a large elf church. Information about the natural beings is available in the Elf Garden in Helliggerði. Open during the afternoon in summertime.
 - Siggubær** offers an exhibition about elves. Open during the weekend.
 - The lavafeld by **Viðistaðatún** is the home of many elves.
 - Big rocks close to **Hrafnista** are the homes of senior hidden people and elves. Many of them still row out to sea, carry their catch back and hang the fish up for drying in between their craggy homes.
 - Langeyri** and the gravel beaches - in ponds and on the foreshore you can often see beach dwarfs.
 - When passing on the **path** by the sea you can watch sea nymphs leaping and swimming around.
 - The Cliff (**Hamarinn**) is a large palace owned by the royal family of the hidden people.
 - In the brook (**Lækurinn**) there are beautiful shining water nymphs.
 - The **Church in Austurgata** (Frikirkjan við Austurgötu). In the large cliff on which the church stands there is an old people's home for hidden people and elves who are in need of help.
- Almost all lava rocks in the town are occupied by some kind of beings who guard nature. Small sheep and horses are often seen grazing in the vicinity of the elf homes. In the town we live together, human and natural beings, in peace and harmony.

Activity Circle - 11 km - Kópavogur



- A **Frisbee Golf Course** is in the beautiful valley of Fossvogsdalur, only a few minutes away from downtown Reykjavík.
- Yndisgarðurinn** and **Trjágarðurinn** are two parks next to one another in Fossvogsdalur Valley. A great collection of Icelandic trees, bushes and garden plants, plus fruit trees. The place has good facilities for grilling.
- Stairway to Heaven**. A staircase with 100 steps, popular among runners and other athletes. Close by there is a grilling facility in a beautiful environment.
- Kópavogstjörn** - It is ideal to stop by the pond and feed the ducks. A small sacrity stands close to the pond.
- Bingham** by Kópavogstún is an old parliamentary area. The mud flats below are a great place for birdwatching.
- Kópavogslaug** is a great destination for families, serious swimmers and those who want to associate with the locals. It has three thermal pools, three water slides, and seven hot tubs, including two massage tubs and a padding tub for the kids.
- Gerðarsafn** is a progressive museum with an emphasis on modern and contemporary art, located in the heart of Kópavogur. The museum is named after the sculptor Gerður Helgadóttir. Next to Gerðarsafn is a beautiful landmark church Kópavogskirkja.
- Natural History Museum** - Two themes are dominant at the Natural History Museum of Kópavogur, the fauna of Iceland with an emphasis on birds and mollusks, and the geology of Iceland with an emphasis on rocks and minerals.

Country Circle - 18 km - Mosfellsbær



- Mosfellsbær** - A spacious community with over 9,000 inhabitants. It is located on the outskirts of the capital area and offers unique possibilities for outdoor pleasures in a beautiful natural environment with mountains and waterfalls.
- Gjúfrasteinn** - A museum that accommodates the former home of Halldór Laxness who was awarded the Nobel Prize in 1955. The museum is open every day from 19.00 to 17.00. The entrance fee is 900 kr. for adults, free for children under the age of 18.
- Skammidalur** - Gravel road. Beautiful nature by vegetable gardens located in a valley between beautiful mountains. Those who make use of the vegetable gardens have erected potato sheds and huts in the valley.
- Varmá** - A beautiful river falling about 7 km through the urban area of Mosfellsbær and into the sea. Varmá is on the list of protected natural phenomena because of its natural and historical value, as the river was for a long time one of a few warm water sources in the country, on account of the hot water well springs in the area.
- Álafoskvos** - A former wool factory that has been replaced by an art colony with many art museums, shops and cafes. In the area you will also find the waterfall Álafoss which is protected as a nature reserve.
- Lágafellslaug** - A hot swimming pool with a play area for children, hot tubs and a sauna. The swimming pool is open 6.30-21.30 on weekdays and 8.00-19.00 during the weekend. Entrance fee 600 kr. for adults, 150 kr. for children, but free for children under 11 years of age.