

Behind the Scenes

SEND US YOUR FEEDBACK

We love to hear from travellers – your comments keep us on our toes and help make our books better. Our well-travelled team reads every word on what you loved or loathed about this book. Although we cannot reply individually to your submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

Visit lonelyplanet.com/contact to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit lonelyplanet.com/privacy.

OUR READERS

Many thanks to the travellers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:

Anna Brunner & Jessica Brooke, Bart Streefkerk, Cliff & Helen Elsey, Daniel Crouch, Elena Kagi, Eyþór Jónsson, Fiorella Taddeo, Gudrun Stefansdóttir, Helen Simpson, Ildiko Lorik, Janire Echevarri, John Gerrard, John Malone, Joshua Wood, Keela Shackell-Smith, Klavs Hendil, Linda Moore, Ling-Shao Chang, Lisa Romano, Lori Zoras, Marco Conti, Marianne Backman, Marlies Van Hoef, Martin Fettke, Matt Kurz, Melanie Zahnd, Peter Gordon, Peter Madsen, Peter Stern, Richard Owen, Ryan Nix, Sarah Britton, Sebastian Steel, Semir Jahic, Sonia Martinez, Steve Eldridge, Sylvia Perez, Terry Bedard, Victoria Courtney, Vidal de Freitas Mansano

WRITER THANKS

Carolyn Bain

I wish I had the space to thank every Icelander (and expat and fellow traveller) who, over the course of my visits, has helped me see more, understand more and enjoy more – from guesthouse owners and national park rangers to highland tour drivers. A heartfelt *takk fyrir* to so many people for great conversations, invaluable information and so many acts of kindness. Cheers to James Smart for my favourite gig, and bouquets to my superb project collaborator, Alexis Averbuck.

Alexis Averbuck

My work on Iceland was a labour of love supported by many. Big thanks to Heimir Hansson (Westfjords), Jón Björnsson (Hornstrandir), Dagný Jóhannsdóttir (Southwest), Kristján Guðmundsson (West), Ragnheiður Sýlvía Kjartansdóttir (Reykjavik and everywhere!), Einar Sæmundsen (Þingvellir) and Helga Garðarsdóttir (Laugavegurinn). Svava Guðjónsdóttir kept my statistics accurate. Edda and Páll made Húsafell so, so special! Carolyn was once again a brilliant, generous, astute collaborator. Respect to James for his great care. Rachel, Jenny, Oren and Timothy were amazing BOB-sters, making Icelandic escapades a family adventure. Ryan = peachy.

ACKNOWLEDGEMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification', *Hydrology and Earth System Sciences*, 11, 163344.

Cover photograph: Geothermal field, Kerlingarfjöll, Martin M303/Shutterstock ©

THIS BOOK

This 10th edition of Lonely Planet's *Iceland* guidebook was researched and written by Carolyn Bain and Alexis Averbeck. The previous edition was also written by Carolyn and Alexis. The 8th edition was written by Brandon Presser, Carolyn Bain and Fran Parnell.

This guidebook was produced by the following:

Destination Editor James Smart

Product Editor Tracy Whitmey

Senior Cartographer David Kemp

Book Designers Cam Ashley, Gwen Cotter

Assisting Editors Michelle Bennett, Bella Li, Anne Mulvaney, Kristin Odijk,

Charlotte Orr, Susan Paterson, Saralinda Turner

Cartographer James Leversha

Cover Researcher Naomi Parker

Thanks to Imogen Bannister, Dan Corbett, Gemma Graham, Jane Grisman, Paul Harding, Victoria Harrison, Andi Jones, Elizabeth Jones, Claire Naylor, Karyn Noble and Victoria Smith

Lonely Planet

Index

100 Crater Park 109

A

accommodation 23, 388-91,
392 *see also individual
locations*

activities 24, 38-47, *see also
individual activities*

Áfangar 98

air travel *see also* flight
tours

children's fares 391-2
to/from Iceland 400
within Iceland 401

Akrafjall 171

Akranes 171

Akureyri 242-57, **244**, **234**

accommodation 247-9

activities 243-5

drinking & nightlife 251

entertainment 251

festivals & events 247

food 249-50

shopping 256

sights 243

tourist information 256

tours 245-7

travel to/from 256-7

travel within 257

weather 392

Akureyri Art Museum 243

Akureyri Museum 243

Aldeyjarfoss 259

Aldeyjarfoss 344

Almannagjá 112

Alþingi 55

Alþingi Site 112-13

angelica 368

animals 21, 131, 366-8, *see*

also individual animals

Árbæjarlaug 67

Árbær Open Air Museum 66

architecture 23, 376

Arctic Fox Center 212, 213

Arctic foxes 39-40, 212,

213, **130**

Arctic Henge 281

area codes 397

Árnarhöll 65

Árnarstapi 191-2, **31**

Árnarvatnsheiði 180

Árnes 129

art galleries, *see* museums
& galleries

Ásbyrgi canyon 278-9

Ásgrímur Jónsson

Collection 65

ASÍ Art Museum 64

Askja 16, 348, 349, **156**

Askja route 346-9

Ásmundur Sveinsson

sculpture 105

ATMs 394

aurora borealis 9, 27, 73,

156-7, 323, **2**, **5**, **9**, **133**,

156-7

Aurora Reykjavík 59

Austurvöllur 55

B

Badstofa 191

Bakkagerði 295-7

Bárdarbunga 350

Bárdarlaug 191

beaches

Breiðavík 200

Djúpalón Beach 190

Hvallátur 200

Ingjaldsandur 205

Nauthólsvík Geothermal

Beach 67

Rauðasandur 200

Reynisfjara 155

Skarósvík 194

Sólheimasandur 154

beer 88, 332, 385

festivals 24

microbreweries 82, 86,
88, 242

ALPHABETICAL ORDER

The Icelandic letters Þ and Ö appear at the end of the
alphabet after the letter Z.

Berserkjhraun 185

Berufjörður 308-9

bicycle travel, *see* cycling

Bíldudalur 203-4

birds 40, 367

birdwatching

Borgarfjörður Eystri 295

Langanes 283

Látrabjarg Bird Cliffs 201

Stórhöfði 166

western Mývatn 267-8

Þúfubjarg bird cliffs 190

Bjarnarfjörður 219

Bjarnarhafnarfjall 186

Bjarnarhöfn Shark

Museum 185-6

Blue Lagoon 20, 101-5,

9, **159**

Blönduós 226

boat tours

Akureyri 247

Heimay 167

Hofsós 232

Reykjavík 68-70

Siglufjörður 233

Stykkishólmur 183

boat travel

to/from Iceland 400-1

within Iceland 402

boating 42

Bobby Fischer Center 126

Bolungarvík 211-12

books 352, 372-3

culture 377, 381

fauna 368

food 382, 384

geology 365

Borg á Mýrum 177-8

Borgarbyggð 171-81

Borgarfjörður Eystri 14,

295-7

Borgarfjörður Museum 175

Borgarnes 171-7, **174**

Bræðslan 26, 296

Brákin 175

Breiðafjörður 181

Breiðamerkurfjall 327

Breiðamerkursandur 327

Breiðavík (Snæfellsnes) 192

Breiðavík (Westfjords) 200

Breiðdalsvík 308

Breiðdalur 307-8

Brennisteinsalda 146

Brennugjá 112

Bridge Between Two

Continents 109

Brimurð 166

Brjánslækur 200

Brydebúð 161

Búðahraun 192-3

Búðardalur 194-5

budgeting 19, 385

Búðir (Fáskrúðsfjörður) 306

Búðir (Snæfellsnes) 192, **34**

Búðir (Þingvellir) 113

Búlandur 139

Búlandstindur 308

Búrfell 129-34

bus tours

Mývatn 262

Reykjavík 70-1

bus travel

accessible buses 398

children's fares 392

within Iceland 402-3, 407

business hours 395, 396

Bustarfell 283-4

Byggðasafnið Hvoll 240

C

cafes 13

camping 20, 391, 389, 392

car travel 403-7, *see also*

road trips

bringing a vehicle 403-4

driving licences 404

F roads 406

hire 405

insurance 405-6

internet resources 401

maps 394

petrol 404, 407

Map Pages **000**

Photo Pages **000**

car travel *continued*
 road conditions 406
 road rules 394, 406-7
 safety 396, 401, 404, 406
 spare parts 404-5
 cathedrals, *see* churches & cathedrals
 caves, *see also* ice caves
 Arnarstapi 192, 193
 Grjótagjá 265
 Hallmundarhraun 180
 Hellnar 191, 192
 Hljóðaklettur 279
 Höfði 266
 Lofthellir 266
 Sönghellir 193
 Tindastöll 230
 Vatnajökull National Park 276-7
 Viðgelmir 180
 caving 72
 cell phones 397
 children, travel with 391-2
 churches & cathedrals
 Akureyrarkirkja 243
 Cathedral (Hólar) 231
 Dómkirkja 56
 Hallgrímskirkja 59
 Húsvíkurkirkja 271
 Landskirkja 166
 Ólafsvíkurkirkja 188
 Reykholt Old Church 179
 Saurbæjarkirkja 171
 Stafkirkjan 164
 Stykkishólmskirkja 183
 Víkurkirkja 161
 Þingeyrar 226
 Þingvallakirkja 113
 climate 18, 24-7, 392
 coffee 83
 consulates 392
 credit cards 394, 395
 cultural centres
 Duushús 105
 Harpa 59
 Kaupvangur 283
 Nordic House 65
 culture 254-5, 352-3, 377-81
 Culture House (Húsvík) 271
 Culture House (Reykjavík) 64
 currency 395

customs regulations 392
 cycling 44, 67, 68, 401-2,
see also mountain biking

D

Dalir 193-5
 Dalir Heritage Museum 195
 Dalvík 240-1
 dangers, *see* safety
 design 23, 376
 Dettifoss 280, **32**
 Dimmuborgir 266
 disabilities, travellers with 398
 discount cards 397
 diving & snorkelling 44, 73, 113, 242, **45**
 Djúpalón Beach 190
 Djúpvogur 289, 309-10
 dog sledding 235, 262, **234**
 Dómkirkja 56
 Drangey 230
 Drangsnæs 218-19
 Draugasetrið 124-5
 Drekgil 348
 Drekkingsarhylur 112
 drinks 88, 384-5, *see also* beer
 language 409
 water 393
 driving, *see* car travel
 Duushús 105
 Dynjandi 204, **22**
 Dýrafjörður 205
 Dyrfjöll 294
 Dyrhólaey 154-5

E

east Iceland 50, 285-310, **286-7**
 accommodation 285
 Dagar Myrkurs 289
 food 285
 highlights 286-7
 road distances 285
 travel to/from 288
 travel within 288
 eastern Mývatn 265-6
 Eastfjords 295-307
 economics 362
 Eddas 137
 Egil's Saga 176
 Egilsstaðir 288-92, **290**
 Eiríksstaðir 194
 Einar Jónsson Museum 65
 Eldfell 166, 167

Eldfellshraun 166
 Eldgjá 139
 Eldheimar 164
 electricity 393
 electronica music 373
 elves 380
 embassies 392
 emergencies 19, 398, 409
 emigration 231-2
 energy 368-70
 environmental hazards 396-7
 environmental issues 353
 Erpsstaðir 195
 Esja 171
 Eskifjörður 303-4
 events, *see* festivals & events
 exchange rates 19
 Exploration Museum 271
 Eyjafjallajökull 253, 362, 364, **253**
 Eyjafjallajökull Visitor Centre 142
 Eyrarbakki 123-4
 Eyvindur of the Mountains 345

F

F roads 406
 Fagrifoss 318
 Fálki 194
 farmhouse accommodation 389-90
 Faroe Islands 70
 Fáskrúðsfjörður 306
 festivals & events 24-7
 Bræðslan 26, 296
 Folk Music Festival 233
 Herring Festival 233
 Rauðasandur Festival 201
 Reykjavík Arts Festival 374
 Þjóðhátíð 26, 167
 film locations 375
 films 352, 370, 375-6
 Fimmvörðuháls 14, 144, **15**
 Fischer, Bobby 126
 fishing
 Breiðdalur 307
 Flateyri 206
 Reykjavík 70
 Seyðisfjörður 299
 Fjaðrargljúfur 325
 Fjallabak Route 139
 Fjalla-Eyvindur 345
 Fjallsárlón 327, **13**
 Fláajökull 330, 331

Flatey 186
 Flateyri 206
 flight tours 73-4
 Akureyri 247
 Eyjafjallajökull 142
 highlands 339
 Mývatn 262
 Möðrudalur 270
 Reykjavík 73-4
 Skaftafell 321
 Fljótsdalsheiði 294
 Fljótshlíð 140-1
 Flóahreppur 125-6
 Flói Nature Reserve 123-4
 Flókalundur 197-200
 Flosagjá 112
 flowers 367-8
 Flúðir 119-20
 Flögufoss 307
 Fontana 114
 food 23, 80, 382-6
 language 409
 tours 383
 foxes, Arctic 39-40, 212, 213, **130**
 Freysnes 324
 Frostastaðavatn 146
 frostbite 393
 fumaroles 365-6
 fungi 367-8

G

Galleri Fold 64
 galleries, *see* museums & galleries
 Gamla Laugin 119
 gardens, *see* parks & gardens
 Garðskagi headland 108
 Garður 108
 gas stations 404, 407
 gay travellers 394
 genealogy 380-1
 genetic research 380-1
 geology 279, 364-6
 geothermal areas
 Bjarnarflag 268
 Hveragerði 120
 Hveravellir Nature Reserve 342
 Hverir 269
 geothermal energy 368-9
 geothermal pools 9, *see also* hot springs
 Árbæjarlaug 67
 Blue Lagoon 20, 101-5, **9, 159**
 Bjarnarfjörður 219
 Drangsnæs 219

- Fontana 114
Gamla Laugin 119
Grettislaug 230
Hveragerði 120
Hveravellir Nature Reserve 342
Laugafell 344
Laugardalslaug 67
Laugarvatn 114-15
Lýsuhólslaug 193
Mývatn Nature Baths 268
Nauthólsvík Geothermal Beach 67
Norðurfjörður 220
Reykjadalur 121
Reykjarfjarðarlaug 204
Reykjavík 67
Selfoss 126
Seljavallalaug 142
Suðureyri 206
Sundhöllin 67
Sundlaugin Hellu 136
Tálknafjörður 203
Tindastóll 230
Vesturbæjarlaug 67
Gerðarsafn Art Museum 98-9
Gerðuberg 193
geysers 365-6
Geysir 116-17, **29**
ghosts 380
Giantess 105
Gjáin 134
glacier walks 42, 72
glaciers & ice caps 366
Fláajökull 330, 331
Heinabergsjökull 330, 331
Hoffellsjökull 330, 331
Kverkjökull 349-50
Kvíárjökull 327
Langjökull 180
Mýrdalsjökull 154
Skaftafellsjökull 321
Snæfellsjökull 190
Sólheimajökull 154
Svínafellsjökull 324
Vatnajökull 329
Gljúfurárbúi 141
Gluggafoss 141
Glymur 171
Goðafoss 258-9
Goðaland 152
Golden Circle 48, 100, 111-20, **102-3**
golf 166, 245
Grænnavatn 110-11
great skuas 319
Greater Reykjavík 98-9
Greenland 73
Grímsey 260-1
Grímsvötn 322
Grindavík 109-10
Grjótágljá 265
Grundarfjörður 186-8
Guðrúnarlaug 195
Gullfoss 117
Gunnhver 109
- H**
Hafnaberg 109
Hafnarfjall 178
Hafnarfjörður 99
Hafnarhólmi 295
Hafrahvammagljúfur canyon 294
Háifoss 134
Hali 328
Hallgrímskirkja 59, **2**
Hallmundarhraun 180
Hallormsstaðaskógur 292-3
Harpa 59-64, **255**
Haukadalur 116
health 393
Heiðmörk Nature Reserve 66-7
Heimaey 163-9, **165, 16**
Heimaklettur 164
Heinabergsjökull 330, 331
heitur pottur, see hot-pots
Hekla 135, 253, **252**
Hekla Center 134
Helgafell (Heimaey) 166
Helgafell (Stykkishólmur) 185, 188
Hella 136-8
Helligsgerði 99
Helliðisheiði Geothermal Power Plant 121
Hellissandur 189
Hellnahellir 134
Hellnahraun 191
Hellnar 191
Hengifoss 293
Herðubreið 348
Herðubreiðarlindir 347-8
Herjólfssdalur 166
Herring Era Museum 233
Highlands National Park 347
highlands, the 50, 338-50, **340-1**
highlights 338, 340-1
history 345, 349
planning 338, 342
tours 339, 346-7
travel to/from 342
travel within 338, 342
hiking 21, 39
Akureyri 245
Borgarfjörður to Seyðisfjörður 296
Dettifoss to Ásbyrgi 278
Dyrfjöll 294
eastern Mývatn 266
Egilsstaðir 289
Eskifjörður 304
Fimmvörðuháls 14, 144, **15**
highlands, the 346
Hornstrandir 216
Hvannadalshnúkur 325-7
Ísafjörður 207
Kjölur 344
Landmannalaugar 146
Laugavegurinn 148-9, 151, **150**
northern Mývatn 268
safety 396-7, 404
Seyðisfjörður 299
Siglufjörður 233
Skaftafell 320-1
Snæfell 295
Vatnajökull National Park 331
western Mývatn 268
Þórmörk 152
history 22, 354-63
Danish rule 358
financial crisis 361-3
first national assembly 355-7
independence 359-60
Irish monks 354
Norwegian influence 358
Saga Age 357-8
Sturlung Age 357-8
US military presence 360
Vikings 354-5, 356
WWII 360
hitching 407
Hjálparfoss 129
Hjaltreyri 241
Hjarðarholt 195
Hliðarendi 141
Hljómskálagarður Park 57-8
HNL FÍ Health Clinic & Spa 122
Hof 326
Hoffellsjökull 330, 331
Hofsós 231-2, **12**
Hólar í Hjaltadalur 231
Hólaskjól 139
holidays 395-6
Hólmavík 218
Holuhraun 20, 348-9
Hornstrandir Peninsula 214-17, **215**
horse riding 42, 72, **43**
Árnes 129
Akureyri 246
Borgarnes 175
Breiðavík 192
Breiðdalur 307
Eyjafjallajökull 142
Gauksmýri 226
Geysir 116
Grindavík 109
Heimaey 167
Hólmavík 218
Húsavík 273
Hveragerði 122
Ísafjörður 208
Lýsuhóll 193
Neskaupstaður 305
Reykjavík 72
Varmahlíð 227
Þingvellir National Park 113
Þjórsárdalur 134-5
horses, see Icelandic horses
hot springs 365-6, **237**, see also geothermal pools
Gunnhver 109
Krauma 178
Landmannalaugar 146
Reykhlólar Sea Baths 197
Seltún 110
hot-pots 9, see also geothermal pools
Hrauneyjar 344-5
Hraunfossar 179
Hrífunes 316
Hríssey 251
Hrútafjörður 224
huldufólk 380
Húnaflói 224
Húsafell 179-80
Húsavík 270-6, **272**
Húsavík Whale Museum 270-1
Húsey 300
Húsió á Eyrrabakka 124
Hvalfjörður 171
Hvallatar 200
Hvammstangi 180, 224-5
Hvannadalshnúkur 325-6
Hveradalir 343
Hveragerði 120-3, **121**

Hveragerði Stone & Geology Exhibition 121
 Hveravellir Nature Reserve 342-3
 Hverfisgalleri 64
 Hverfjall 265
 Hvítá river 118
 Hvítarvatn 342
 Hvítserkur 225
 Hvolsvöllur 138-40
 hydroelectric power 368-9
 hypothermia 393
 Höfn 333-6, **334**
 Höfoi 266
 Hörðubreið lookout 139
 Höskuldsstaðir 195

I

Í 8 64
 ice caps, *see* glaciers & ice caps
 ice caves 235, **235, 252**
 Kverkfjöll 349-50
 Skaftafell 321-2, 323
 ice climbing 72
 Icelandic Airwaves 27
 Icelandic Emigration Center 231-2
 Icelandic Folk Music Centre 233
 Icelandic Folk & Outsider Art Museum 258
 Icelandic Goat Centre 179
 Icelandic Horse History Centre 231
 Icelandic Horse Park – Fákasel 123
 Icelandic horses 123, 231, 227, 367, **12, 159**, *see also* horse riding
 Icelandic language 408-10
 Icelandic Museum of Rock 'n' Roll 105
 Icelandic Phallological Museum 64
 Imagine Peace Tower 98
 immigration 398-9, 400
 Ingjaldsandur 205
 Ingólfshöfði 326-7
 insurance
 car 405-6
 health 393-4
 internet access 394
 internet resources 59
 accessible travel 398

tourist information 398
 transport 401
 Ísafjarðardjúp 212-17
 Ísafjörður 207-11, **208**
 islands
 Drangey 230
 Grimsey 260-1
 Hrísey 251
 Víðey 98
 Vigur 211
 itineraries 28-35, 237, **28, 30, 33, 34**

J

Jeep tours 37, 69, 71
 Askja route 346-7
 east Iceland 289
 Egilsstaðir 289
 Geysir 116
 highlands, the 342, 346-7
 Kjölur route 339
 Kverkfjöll route 349
 Lónsöræfi 337
 Mývatn 261
 Patreksfjörður 202
 Vatnajökull 329, 330
 Vík 161
 Þórmörk 152-3
 Jón Sigurðsson Memorial Museum 204
 Jónsson, Einar 65
 Jökuldalur 139
 Jökulsárgljúfur (Vatnajökull National Park – North) 276-80
 Jökulsárlón 11, 327-9, **2, 5, 10, 41**

K

Kaldidalur Corridor 180-1
 Kárahnjúkar dam 294
 Katla 253
 Katla Geopark 160
 kayaking 42-4
 Flateyri 206
 Seyðisfjörður 299
 Þórshöfn 282
 Keflavík 105-8, **106**
 Kelduhverfi 276
 Keldur 138
 Keríð 119
 Kerlingarfjöll 343
 Kervikurfjall 166
 Kirkjubæjarklaustur 314-17
 Kirkjufell 139, 186, **133**
 Kjölur route 339, 342-3
 Kleifarvatn 110

Kling & Bang 64
 Kolugljúfur 226
 Kópasker 281
 Kópavogur 98-9
 Krafla 269-70, **262**
 Krauma 178
 Krýsuvík 99
 Kverkfjöll 349-50
 Kverkfjöll route 349-50
 Kvíkan 109

L

Lagarfljót 292-4
 Lagarfljótsormur 292
 lagoons 21-2
 Lakagígir 317-18
 lakes
 Grænavatn 110-11
 Kleifarvatn 110
 Laugarvatn 114-16
 Mývatn 259-69, **262**
 Tjörninn 55
 Víti (Askja) 348, 349, **16**
 Víti (Krafla) 269
 Þingvallavatn 113
 Öskjuvatn 348, 349
 Laki 317-18
 Landlyst 164
 Landmannalaugar 146-8, **38**
 Landskirkja 166
 Langanes 283
 Langisjór 139
 Langjökull 180-1, **31**
 language 408-10
 Látrabjarg Peninsula 200-1
 Laugafell 344
 Laugar 195
 Laugar Spa 67
 Laugardalslaug 67
 Laugardalur 66
 Laugarvatn 114-16
 Laugavegurinn hike 148-9, 151, **150, 38**
 laundry 397
 lava caves, *see* caves
 lava fields
 Bárðarbunga 350
 Berserkjahraun 185
 Dimmuborgir 266
 Holuhraun 348-9
 Lakagígir 317-18
 Leirhnjúkur 269
 northern Mývatn 268
 LAVA – Iceland Volcano & Earthquake Center 138
 lava tubes 72
 Snæfellsjökull National Park 189-90

Vatnshellir 190
 Viðgelmir 180
 Laxness, Halldór 111, 373
 legal matters 391, 394
 Leifsbúð 194
 LGBTI travellers 90, 394
 Library of Water 181-3
 lighthouses
 Malarrif 190
 Reykjanesviti 109
 Listasafn Árnesinga 121
 literature 137, 371
 live music 374
 Ljósafoss Power Station 113
 Ljótjpollur 146
 Loftshellir 266
 Lómagnúpur 318-19
 Lóndrangar 190
 Lónsöræfi 337
lopapeysur 94, **255**
 Lysuhóll 193
 Lysuhólslaug 193
 Lögberg 112-13

M

Mælifell 163
 magazines 397
 Magni 253, **253**
 Malarrif 190
 maps 370, 394
 measures 397
 medical services 393
 Melrakkaey 187
 microbreweries 82, 86, 88, 242, *see also* beer
 midges 265
 midnight sun tours 246
 Minjasafn Egils Ólafssonar Museum 200
 Mjólfjörður 213, 302
 mobile phones 397
 Móði 253
 money 19, 394-5
 motorcycle travel 403-7, *see also* car travel, road trips
 mountain biking, *see also* cycling
 Kirkjubæjarklaustur 314
 Lakagígir 318
 museums & galleries, *see also* cultural centres
 Akureyri Art Museum 243
 Akureyri Museum 243
 Árbær Open Air Museum 66

Ásgrímur Jónsson
 Collection 65
 ASÍ Art Museum 64
 Bjarnarhöfn Shark
 Museum 185-6
 Borgarfjörður
 Museum 175
 Brydebúð 161
 Bustarfell 283-4
 Byggðasafnið Hvoll 240
 Culture House
 (Húsavík) 271
 Culture House
 (Reykjavík) 64
 Dalir Heritage
 Museum 195
 Duushús 105
 Einar Jónsson
 Museum 65
 Eldheimar 164
 Exploration Museum 271
 Frakkar á
 Íslandsmiðum 306
 Gallerí Fold 64
 Garður Folk Museum 108
 Gerðarsafn Art
 Museum 98-9
 Hafnarfjörður
 Museum 99
 Herring Era Museum 233
 Húsavík Whale
 Museum 270-1
 Húsið á Eyrarbakka 124
 Hveragerði Stone &
 Geology Exhibition 121
 Hverfisgallerí 64
 i8 64
 Icelandic Emigration
 Center 231-2
 Icelandic Folk Music
 Centre 233
 Icelandic Folk & Outsider
 Art Museum 258
 Icelandic Horse History
 Centre 231
 Icelandic Museum of
 Rock 'n' Roll 105
 Icelandic Phallogical
 Museum 64
 Íslenska
 Stríðsárasafnið 302
 Jón Sigurðsson Memorial
 Museum 204
 Kling & Bang 64
 Kvikan 109
 Landlyst 164
 Leifsbúð 194
 Library of Water 181-3
 Listasafn Árnesinga 121
 Minjasafn Egils Ólafssonar
 Museum 200

Museum of Icelandic
 Sorcery &
 Witchcraft 218
 National Gallery of
 Iceland 64-5
 National Museum 65
 Natural History
 Museum 212
 Natural History Museum
 of Kópavogur 99
 Nonnahús 243
 Nonsense Museum 206
 Norska Húsið 181
 NÝLO 64
 Old Blacksmith's
 Workshop 204
 Old Bookstore in
 Flateyri 206
 Ósvör Maritime
 Museum 211-12
 Pakkhúsið
 (Hafnarfjörður) 99
 Pakkhúsið (Ólafsvík) 188
 Reykjavík Art
 Museum 55
 Reykjavík Art Museum –
 Ásmundarsafn 66
 Reykjavík Art Museum –
 Kjarvalsstaðir 64
 Reykjavík Museum of
 Photography 55
 Saga Centre 186
 Saga Museum 59
 Sagnheimar
 Byggðasafn 164
 Selasetur Íslands 224
 Settlement Centre 171-5
 Settlement
 Exhibition 54-5
 Sigurgeir's Bird
 Museum 268
 Sigurjón Ólafsson
 Museum 66
 Sjómannagarður 189
 Sjöminjasafnið á
 Eyrarbakka 124
 Skógar Folk Museum 143
 Skriðuklaustur 293
 Skrimslasetur Icelandic
 Sea Monster Museum
 203
 Snorrastofa 178
 Sorcerer's Cottage 219
 Steinásafn Petru 306-7
 Steinsús 214
 Steypa 188
 Sudurnes Science &
 Learning Center 108
 Sögusetrið 138
 Veidísafnið 124
 Víkin Maritime
 Museum 59

Vikingaheimar 105
 Volcano Museum 181
 Westfjords Heritage
 Museum 207
 Whales of Iceland 59
 Wilderness Center 293
 Þórbergsetur 329-30
 music 373-4
 music festivals
 Bræðslan 26
 Eistnaflug 26
 Folk Music Festival 26
 Iceland Airways 27
 Reykjavík Jazz
 Festival 27
 Secret Solstice 25-6
 Skálholt Summer
 Concerts 26
 Mýrdalsjökull 154
 Mýrdalssandur 163
 Mývatn 259-69, **262**
 Möðrudalur 270

N
 Námafjall 269
 names, Icelandic 379, 399
 National Gallery of
 Iceland 64-5
 National Museum 65
 national parks &
 reserves 368
 Reykjanesfölkvangur
 National Park 110-11
 Snæfellsjökull National
 Park 189-91
 Vatnajökull National Park
 13, 276-80, 293, 319-
 24, 326, 331, **320, 13**
 Þingvellir National Park
 111-14, **132**
 Natural History
 Museum 212
 Natural History Museum of
 Kópavogur 99
 Nauthólsvík Geothermal
 Beach 67
 Neskaupstaður 304-6
 newspapers 397
 Nikulásargjá 112
 Njál's Saga 140
 Njarðvík 105-8, **106**
 Nonnahús 243
 Norðfjörður 304-6
 Nordic House 65
 Norðurfjörður 220
 Norðurnámur 146
 Norska Húsið 181
 north Iceland 49, 221-84,
222-3
 accommodation 221

food 221
 highlights 222-3
 itineraries 246
 road distances 221
 Northern Lights 9, 27, 73,
 156-7, 323, **2, 5, 9, 133,**
156-7
 northern Mývatn 268-9
 Núpsstaður 319
 Nýdalur 344
 NÝLO 64

O
 Oddi 137
 Ofanleitisshamar 166
 Ólafsfjörður 239-40
 Ólafsvík 188
 Ólafsvíkurkirkja 188
 Old Blacksmith's
 Workshop 204
 Old Harbour 58
 Old Reykjavík 54
 Omnom Chocolate 59
 opening hours 395, 396
 Orgelsmiðjan 125
 Ósvör Maritime
 Museum 211-12
 outdoor activities 38-47,
see also individual
activities

P
 painting 376
 Pakkhúsið
 (Hafnarfjörður) 99
 Pakkhúsið (Ólafsvík) 188
 Papey 310
 Paradishellir 98
 parks & gardens
 Austurvöllur 55
 Heiðmörk Nature
 Reserve 66-7
 Hljómskálagarður
 Park 57-8
 Höfði 266
 Lystigarðurinn 243
 Reykjavík Botanic
 Gardens 66
 Skróðgarður 271
 Skróður 205
 passports 398-9, 400
 Patreksfjörður 201-2
 Peningagjá 112
 Perlan 65-6
 petrol stations 404, 407
 phonecards 397
 planning, *see also*
individual regions
 budgeting 19, 385

planning *continued*
 calendar of events 24-7
 Iceland basics 18-19
 Iceland's regions 48-50
 internet resources 19
 itineraries 28-35, 237,
28, 30, 33, 34
 outdoor activities 38-47
 repeat visitors 20
 Ring Road travel 36
 tours 44-7
 travel seasons 18, 24-7
 poetry 371-2
 politics 353
 pop music 373-4
 population 353
 postal services 395
 Power Plant Earth 109
 pseudocraters 267
 public holidays 395-6
 puffs 16, 40, 295, 367, **17**,
35, 131

Q

quad biking 72-3, 109, 141

R

Ráðhús 55
 radio 397
 rafting, *see* white-water
 rafting
 Rauðanes 282
 Rauðasandur 200
 Rauðfeldsgjá 192
 Raufarhöfn 281-2
 Raufarhólshellir 121
 religion 353, 379-80
 reserves, *see* national
 parks & reserves
 restaurants 385-6
 Réttin 98
 Reyðarfjörður 302-3
 Reykhólar 197
 Reykholt (Golden
 Circle) 117-18
 Reykholt (Upper
 Borgarfjörður) 178-9
 Reykjadalur 121
 Reykjahlíð 263-5
 Reykjanes Peninsula 101-11
 Reykjanesbær 105-8
 Reykjanesfólkvangur
 National Park 110-11
 Reykjanesviti lighthouse 109

Reykjartfjörður 213, 219-20
 Reykjavík 48, 52-99, **53**,
56-7, 60-1, 8
 accommodation 52, 74-9
 activities 67
 courses 68
 day trips 69
 discount cards 65
 drinking 13, 86-9
 entertainment 89-90
 food 13, 52, 79-86
 highlights 53
 history 54
 information 94-5
 internet resources 59
 itineraries 54
 nightlife 13, 86-9
 orientation 94
 shopping 90-4
 sights 54-67
 tours 68-74
 transport 52
 travel to/from 95-6
 travel within 96-7
 weather 392

Reykjavík Art Museum 55

Reykjavík Art Museum –
 Ásmundarsafn 66

Reykjavík Art Museum –
 Kjarvalsstaðir 64

Reykjavík Arts Festival 374

Reykjavík Culture Night 26

Reykjavík Museum of
 Photography 55

Reykjavík Zoo & Family
 Park 66

Reynisdrangur 161

Reynisfjara 155

ride-sharing 407

Rif 188-9

Ring Road 11, 36-7, 307-
 10, **11**

road conditions 406

road trips 289

Golden Circle 112

Ring Road 11, 36-7,
 307-10, **11**

Öndverðarnes 194

rock music 373-4

Route 917 284

S

Sæheimar 164

safety 162, 396-7

car travel 396, 401,
 404, 406

frostbite 393

geological risks 396-7

hiking 396-7

hypothermia 393

trekking 404

Saga Centre 186

Saga Geopark 171

Saga Museum 59

sagas 371, 372

Egil's Saga 176

Njál's Saga 140

Sagnheimar

Byggðasafn 164

Salurinn 99

sandar, the 318-19

Sandfellsheiði 325

Sandgerði 108-9

Sauðárkrúkur 228-30

Saubæjarkirkja 171

Saxhóll Crater 190

scenic flights *see* flight
 tours

school holidays 396

scuba diving, *see* diving &
 snorkelling

sculpture 376

seals 41-5, 224, **41, 131**

Selasetur Islands 224

Selfoss 126-8, **127**

Seljalandsfoss 141, **159**

Seljavallalaug 142

Seltjarnarnes 66

Seltún 110

Settlement Centre 171-5

Settlement Exhibition 54-5

Seyðisfjörður 14, 297-301,
298, 14

shopping 409

Siglufjörður 233-9

Sigurgeir's Bird
 Museum 268

Sigurjón Ólafsson
 Museum 66

Silfra 113, **45**

Sjómannaгарður 189

Sjómínjasafnið á
 Eyrbakka 124

Skaftafell 319-24, **320**

accommodation 323

activities 320-1

food 323-4

tourist information 324

tours 321-3

travel to/from 324

weather 323

Skaftafellsheiði 321-4

Skaftafellsjökull 321

Skagafjörður 226-31

Skálanes 301-2

Skálholt 118-19

Skallagrímgarður 175

Skansinn 164

Skarðsvík 194

skating 67-8

Skeiðarársandur 319

skiing 235

Akureyri 243-5

Esikfjörður 304

Ólafsfjörður 239

Seyðisfjörður 299

Skarðsadal 233

Skógafoss 143, **234**

Skógar 143-6

Skógar Folk Museum 143

Skríðuklaustur 293-4

Skrímúslaseter Icelandic

Sea Monster

Museum 203

skuas, great 319

skyr 383, **255**

Skötufjörður 212

sleeping-bag
 accommodation 390

Slyppugill Valley 152

smoking 397

Snæfell 294-5

Snæfellsjökull 190, 253

Snæfellsjökull National

Park 189-91

Snæfellsnes Peninsula 12,

181-93, **182, 12, 35, 43**

Snæfjallaströnd 213-14

snorkelling, *see* diving &

snorkelling

Snorralaug 178

Snorrastofa 178

snowmobiling 42, 73, 190

snowshoeing 235

Sólheimajökull 154

Sólheimasandur 154

Sorcerer's Cottage 219

South Iceland visitor

centre 123

southeast Iceland 50, 311-

37, **312-13**

accommodation 311, 315

food 311

highlights 312-13

road distances 311

southern Mývatn 266-7

southwest Iceland 48, 100-

69, **101, 102-3**

accommodation 100

food 100

highlights 102-3

road distances 100

spas, *see* geothermal pools

Sprengisandur route 344-6

Stafafell 337

Stafkirkjan 164

Stafsnæs 166

Stakkabót 166
 Stakkholtsgjá Canyon 152
 Stapafell 193
 Steinarr, Steinn 214
 Steinhús 214
 Stekkjarkot 105
 Steypa 188
 Stokkseyri 124-5
 Stokksnes 337
 Stórkliif 164
 Stórihver 146
 Strandir 217-20
 Strokkur 116
 Stykkishólmirkirkja 183
 Stykkishólmur 181-5,
184, 32
 Stöng 134
 Stöðvarfjörður 306-7
 Súðavík 212
 Suðureyri 206-7
 Sudurnes Science &
 Learning Center 108
 Súgandiseyri 181
 Sun Voyager 65
 Sundhöllin 67
 super-Jeep tours, see Jeep
 tours
 Surtsey 168
 Surtshellir 180
 sustainable travel 80
 Svartifoss 320-1
 Sveinsson, Ásmundur 55,
 66, 105
 Svínafell 324-5
 Svínafellsjökull 324
 Svörtulofth bird cliffs 194
 swimming 42
 swimming pools 21-2, see
 also geothermal pools
 Akureyri 243
 Hofsós 232
 Systrafoss & Systravatn
 314
 Sögusetrið 138
 Sönghellir 193

T

Tálknafjörður 203
 taxes 395
 taxis 407
 Tectonic Plates 112
 Teigarhorn 308
 telephone services 397,
 399
 television 375-6, 379
 thermal pools, see
 geothermal pools
 time 397-8
 Tindastóll 230

Tindfjöll 141
 Tindfjöll Circle 152
 tipping 395
 Tjörnes Peninsula 276
 Tjörninn 55
 toilets 398
 tourism, effects of 352-3,
 370
 tourist information 398
 tours 44-7, see also boat
 tours, flight tours, Jeep
 tours, walking tours
 accessible tours 398
 caving 72
 children's fares 392
 food tours 383
 glacier walks 42, 72
 highlands, the 339,
 346-7, 350
 Hvannadalshnúkurl 325-7
 Lakagígur 318
 Reykjavík 68-74
 Skaffafell 321-3
 southeast Iceland 330
 Vatnajökull 328, 329
 traditional music 233, 374
 Trausthóltshólmi Private
 Island 129
 travel seasons 396
 travel to/from Iceland
 400-1, 409-10
 travel within Iceland 401-7,
 409-10
 travellers cheques 395
 trekking, see hiking
 Tröllakirkja 152
 Tröllaskagi 12, 231-42
 Tungustapi 195
 TV 375-6, 379
 TV locations 375

V

vacations 395-6
 Valahnúkur 109
 Valahnúkur Circle 152
 Varmahlíð 226-8
 Vatnajökull 253, **252**
 Vatnajökull beer 332
 Vatnajökull National Park
 13, 276-80, 293, 319-24,
 326, 331, **320, 13**
 Vatnsborg 194
 Vatshellir 190
 Vatnsnes Peninsula 225
 vegan travellers 386
 vegetarian travellers 386
 Veidísafnið 124
 Veidivötn 345-6
 Vestmannaeyjar 16, 163-9, **17**

Vesturbæjarlaug 67
 Vesturdalur 279-80
 Viðey 98
 Viðeyarstofa 98
 Viðgelmir – the Cave 180
 Vigur 211
 Vik 160-3, 392
 Víkin Maritime Museum 59
 Vikingaheimar 105
 Vikings 353, 356
 Víkurkirkja 161
 visas 398-9
 Víti (Askja) 348, 349, **16**
 Víti (Kattla) 269
 Volcano House 55
 Volcano Museum 181
 volcanoes 364-5
 Askja 16, 348, 349, **16**
 Bárðarbunga 350
 Eldfell 166, 167
 Grímsvötn 322
 Hekla 135, 253, **252**
 Helgafell 166
 Kattla 160
 Keríð 119
 Laki 317-18
 Saxhöll Crater 190
 Vatnsborg 194
 volunteering 213, 399
 Vopnafjörður 283-4

W

walking, see hiking
 walking tours
 East Iceland 289, 291
 Reykjavík 68
 water 393
 waterfalls 23
 Aldeyjarfoss 259
 Aldeyjarfoss 344
 Dettifoss 280, **32**
 Dynjandi 204, **22**
 Fagfirfoss 318
 Flógufoss 307
 Gljúfurárbúi 141
 Glymur 171
 Goðafoss 258-9
 Gullfoss 117
 Háifoss 134
 Hengifoss 293
 Hjálparfoss 129
 Hraunfossar 179
 Seljalandsfoss 141, **159**
 Skógafoss 143, **234**
 Svartifoss 320-1
 Systrafoss & Systravatn
 314
 Öxarfoss 112
 weather 18, 24-7, 392
 safety 393, 396
 weights 397
 west Iceland 49, 170-95,
172-3
 accommodation 170
 food 170
 highlights 172-3
 road distances 170
 western Mývatn 267-8
 Westfjords 11, 49, 196-220,
198-9
 accommodation 196
 food 196
 highlights 198-9
 road distances 196
 Westfjords Heritage
 Museum 207
 whale watching 131,
 194, **133**
 Akureyri 247
 Dalvík 240
 Hauganes 241
 Húsavík 271-3
 Reykjavík 68
 Öndverðarnes 194
 whales 16, 41-2, 59, 275,
130, see also whale
 watching
 Whales of Iceland 59
 whaling 369
 white-tailed eagles 197
 white-water rafting 42, 44
 Hvitárvatn 342
 Reykholt 117-18
 Varmahlíð 227
 wi-fi 394
 Wilderness Center 293
 wildlife 21, 131, 366-8, see
 also individual animals
 & birds
 wildlife watching 39-42, 131
 Dyrhólaey 154-5
 Grundarfjörður 187
 Hvammstangi 224
 Ytri-Tunga 193
 winter travel 240, 235
 women in Iceland 378
 work 399

Y

Ytri-Tunga 193

P

Pingeyrar 226
 Pingeyri 204-5
 Pingvallabær 113
 Pingvallakirkja 113

Þingvallavatn 113
 Þingvellir National Park
 111-14, **132**
 Þjóðhátíð 26, 167
 Þjóðveldisbærinn 134
 Þjórsárdalur

eastern 134-6
 western 128-34
 Þorlákshöfn 123
 Þórshöfn 282
 Þórsmörk 152-4, **43, 159**
 Þúfubjarg 190

Ö
 Ögur 213
 Öndverðarnes 194
 Önundarfjörður 205-6
 Öskjuleið (Askja
 Route) 346-9

Öskjuvatn 348, 349
 Öxará 112
 Öxarárfoss 112
 Öxnadalur 228

Konety Planet

lonely planet



lonely planet

South America on a shoestring

#1
best seller

lonely planet

LONELY PLANET **IN THE** WILD

Send your 'Lonely Planet in the Wild' photos to social@lonelyplanet.com
We share the best on our Facebook page every week!

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- S-Bahn/S-train/Subway station
- Taxi
- T-bane/Tunnelbana station
- Train station/Railway
- Tram
- Tube station
- U-Bahn/Underground station
- Other Transport

Note: Not all symbols displayed above appear on the maps in this book

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Carolyn Bain

A travel writer and editor for 16 years, Carolyn has lived, worked and studied in various corners of the globe, including London, Denmark, St Petersburg and Nantucket. She is regularly drawn north from her base in Melbourne, Australia, to cover diverse destinations for Lonely Planet, from dusty outback Australia to the luminous Greek islands, by way of Maine's lobster shacks and Slovenia's alpine lakes. The Nordic region stakes a large claim to her heart, with repeated

visits to Iceland and Denmark for work and pleasure. Carolyn writes about travel and food for a range of publishers; see carolynbain.com.au for more.



Alexis Averbeck

Alexis Averbeck was born in Oakland, CA, and earned a degree at Harvard University. She has travelled and lived all over the world, from Sri Lanka and India to Mexico, Europe and Antarctica. In more recent years she's been living in Hydra, Greece, and exploring her adopted homeland; travelling to France to sample oysters in Brittany and careen through hill-top villages in Provence; and adventuring along Iceland's surreal lava fields, sparkling fjords and glacier tongues.

A travel writer for over two decades, Alexis has lived in Antarctica for a year, crossed the Pacific by sailboat and written books on her journeys through Asia, Europe and the Americas. She also appears in videos and on television promoting travel and adventure, and is a painter – visit www.alexisaverbeck.com.

Published by Lonely Planet Global Limited

CRN 554153

10th edition – May 2017

ISBN 978 1 78657 471 8

© Lonely Planet 2017 Photographs © as indicated 2017

10 9 8 7 6 5 4 3 2 1

Printed in China

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: lonelyplanet.com/ip.

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'