



'Deb'stinations Highlights

ICELAND

Iceland is a breathtaking country where fire and ice co-exist beautifully. Its 10,000+ waterfalls are massive and truly a spectacle you need to see for yourself in person.

LANGUAGE

The official language of Iceland is Icelandic, but English is widely spoken throughout the country since it's taught as a second language in all schools. Icelandic is closely related to Norwegian and Faroese, with some Celtic influence.

SAFETY

Iceland has been continually ranked as the safest country in the world, which makes it a perfect destination for first-time travelers, backpackers, or solo female travelers.

CURRENCY & CASH

Icelandic Króna is the main currency. \$1 USD ~ 138 ISK (fluctuates daily; download a currency app). Be mindful that Iceland is one of the most expensive countries in the world, so you'll need to budget wisely if you're traveling alone.

I didn't withdraw or need any cash when I was in the country for a week. The country is driven by credit cards, encouraging you to pay with them wherever you go, which is extremely handy.

BEST TIME TO VISIT

The best time to visit Iceland is in the summer (mid-May – mid-August), when you have light for practically 24 hours daily. Spring (mid-March – mid-June) is also an ideal time to visit. Northern Lights season is late August – mid-April, as well as late September – late March.

Winter (November – March) is also beautiful, but keep in mind that roads will be icy, some hiking trails may be closed, and there is only 4-5 hours of daylight.

BEST FOOD

Snúður (Cinnamon-filled Bread)
Pönnukökur (Thin, Icelandic Crepe Pancakes)
Icelandic Lamb
Hangikjöt Sandwiches
Pylsa (Hot dogs - the cheapest things to eat)
Kjötsúpa (Lamb Soup)
Rúgbrauð (Dark Rye Bread from a hot spring)
Harðfiskur (Dried Fish)
Icelandic Ice Cream
Skyr (Yogurt-like substance, classified as cheese)
Kleinur (Twisted Donuts)
Hákarl (Fermented Shark)
Brennivín/Black Death (Traditional Spirit)
Plokkfiskur (Fish Stew)
Laufabrauð (Leaf Bread)



WORDS & PHRASES

Halló (Hah-loh): Hello
Bless: Goodbye
Góðan dag (go-han dah): Good morning
Gott kvöld (goht kvult): Good evening
Góða nótt (go-han not): Good night
Hvernig hefur þú það? (kver-nik her-wer thoo thahd?): How are you?
Vinsamlegas (vin-saam-leh-gast): Please
Takk fyrir (tak fi-rir): Thank you
Afsakið (av-sa-kith): Excuse me
Já (yaw): Yes
Nei (nay): No
Ég skil ekki (yeh skil eh-ki): I don't understand
Hvað kostar það? (kvadh kos-tar thadh?): How much does that cost?
Hvar er...? (kvar er...?): Where is...?
Vatn (vat-re): Water
Bjór (byor): Beer
Gæti ég fengið...? (gigh-ti ye fen-kidh...?): May I please have...?

English is spoken throughout the country, but it's nice to try and learn a few Icelandic phrases.

BEST HIKES

Skaftafell National Park and and Jokulsarlon Ice Lagoon
Glymur Waterfall
Þórsmörk Panorama
Mount Esja Trail
Hornstrandir Nature Reserve
The Fimmvorduhals Pass
Hvannadalshnukur
Snaefellsnes Penninsula
Latrabjarg Cliff
Seljalandfoss Trail
Snæfellsjökull Summit
Skógafoss Waterfall Trail
Thorsmörk Volcano Hike

