



ICOLD STUDY TOUR TO ICELAND

Practical Information

Hotel Reykjavik Grand:

<https://www.islandshotel.is/hotels-in-iceland/hotel-reykjavik-grand/>

Landhotel:

<https://landhotel.is/>

Taxi Companies:

Hreyfill

Tel: +354 588 5522

www.hreyfill.is

BSR

Tel: +354 561 0000

www.taxireykjavik.is

Borgarbilastöðin

Tel: +354 552 2440

www.borgarbilastodin.is

Airport Taxi

Tel: +354 520 1212

www.airporttaxi.is

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Tour Guide:

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A short overview of the Study Tour:

16th of June: Arriving in Iceland

09:50 Meet up at front desk, Hotel Gothia Towers

12:40 Flight OG971 Gothenburg-Reykjavik

13:45 Arrival to Iceland

14:30 Bus drive to Reykjavik, Grand Hotel

15:30 ISCOLD representative meet & greet

15:30 Afternoon coffee and refreshments at hotel

17th of June: Kárahnjúkar

07:45 Departure from Grand Hotel

08:30 Flight to Egilsstaðir

09:35 Bus drive to Kárahnjúkar

11:00 Coffee & presentation

11:30 Visit to Kárahnjúkar, Desjarár & Sauðárdals Dams

12:30 Packed lunch on-site

14:00 Drive to Snæfellsstofa Visitor Center

15:00 Snæfellsstofa Visitor Center

16:00 Drive back to Egilsstaðir

17:00 Dinner at Egilsstaðir.

19:30 Flight to Reykjavik

18th of June: Thjorsá Area

08:30 Leave the Grand Hotel

09:00 Visit to Hellisheiðarvirkjun, Geothermal Station.

10:00 Bus drive to Hotel Highland

11:30 Presentation at Hotel Highland

12:00 Lunch at Hotel Highland

13:00 Visit to Vatnsfell earthfill dam

14:00 Visit to Sigalda Dam & Sigaldagljúfur gorge

15:00 Scenic route- visiting dams & unique natural areas.

17:30 Arrive at Landhotel

19:00 Dinner at Landhotel

19th of June: Sog area & Þingvellir National Park

08:30 Bus drive from Landhotel to Ljósifoss Station

09:30 Coffee and presentation at Ljósifoss Station.

10:00 Walkabout and visit to the Sog area

12:00 Lunch at Hotel Grímsborgir.

13:30 Drive back to Reykjavik

15:30 Arrive in Reykjavik

Free time (meet up with the group at 20:00).

20:00 Dinner together in downtown Reykjavik.

Please make sure you have the appropriate clothing for the tour.

The weather in Iceland is unpredictable and can change within minutes (from warm and comfortable to wet and cold). The country is a tundra wilderness with some of the world's most unique and majestic landscapes. They can only be enjoyed if you have the right clothing.

You can expect temperatures between 5°C and 15 °C. We will be taking short walks on light gravel roads and we can expect some rain.

Warm clothes and waterproofs/water resistant clothing and good walking shoes are recommended.

You may also want to bring swimwear with you as we have many geothermal swimming pools in the Reykjavik area and you may want to book the Sky Lagoon on our final day.

We also recommend the following items:

Power bank
Reusable water bottle
European electrical adapter

And finally:

Iceland has 24 hour daylight during this period, so you might want to bring a **sleep mask**, just in case!

Credit cards can be used in most places in Iceland.

ISCOLD will supply all safety equipment for our on-site visits such as hard hats and vests.



What's so special about Iceland?

Icelandic energy companies are helping the world achieve a greener future with their expertise in renewable energy solutions. Iceland is a natural laboratory for green energy research & education.

"Today, all of Iceland's local electricity and district heating needs are from renewable hydroelectric and geothermal resources. By harnessing domestic energy resources, Iceland has dramatically increased its living standards and created tremendous opportunities for advancement in energy-related fields and for industries to produce goods more responsibly.

Worldwide, Iceland is synonymous with sustainability. Economically and socially, critical sectors such as the energy and fishing industries already emphasize sustainability and the responsible management of resources.

Energy from renewable resources has tremendous value in evolving economic circumstances. Iceland's natural and sustainable energy has attracted new foreign investments that did not exist 20 years ago. Moreover, Icelandic knowledge and experience in these fields have created new export value.

The demand for green solutions is increasing rapidly, and Icelandic companies have achieved remarkable technological results, including more circular thinking for fully utilizing raw materials and energy."

<https://www.islandsstofa.is>

"Iceland is one of the most sparsely populated countries in the world, with a population count of 385,248. The capital of Iceland is Reykjavik which is located at 64.1° N latitude, earning it the title of being the northernmost capital of the world.

Iceland is a relatively large island in the middle of the North-Atlantic Ocean, just south of the Arctic Circle, between 63.4°N and 66.5°N latitude. Iceland stretches over an area of 103,592 km² (39,997 sq. mi), which is similar to Hungary and Portugal, or the US states Kentucky and Virginia. It is the second-largest island of Europe, following Great Britain, and the 18th largest island globally. At its widest, Iceland measures approximately 500 km (305 miles) east to west and 300 km (185 miles) north to south.

The coastline of Iceland is 6,542,4 km (40,652,5 miles) long, and Iceland maintains a 200 nautical-miles exclusive economic zone, making the total economic area 751,345 km² (290,096 sq mi). In addition, numerous smaller islands are found all around the coast, some of which are inhabited."

<https://www.visiticeland.com>

"Iceland is one of Earth's most volcanically active areas. On average, Iceland experiences a volcanic event every four years. Since the end of the last ice age, about 10,000 years ago, a third of all lava that volcanos have produced on the Earth's surface has erupted in Iceland. The most significant lava flow in a single eruption on the planet during the Holocene is the great **Jórsá lava** around 8,600 years ago, estimated to be 26 km³.

It may sound like a contradiction, but volcanos produce glaciers.

Volcanism builds mountains that reach up to colder levels in the atmosphere that absorb moisture from the air, feeding the glaciers on top.

Heat radiating from the interiors of volcanos melts the ice from below, and when enough water has collected in depressions under the ice to lift the ice cap on top, it bursts out from under the glacier front and creates a flood or "jökulhlaup" on the outwash plain or "sandur" plain in front. Icelandic words for the phenomena are recognized as international terms."

<https://www.visiticeland.com>



Landsvirkjun is a public partnership owned by the Icelandic public.

Landsvirkjun owns all large dams in Iceland and is ISCOLD's sponsor for this study tour to Iceland.

Landsvirkjun generates electricity using renewable energy sources, including hydropower, geothermal energy, and wind power. We produce most of Iceland's electricity, which amounts to more than 70% of all electricity generated in the country, delivered to industries, the service sector, and homes. We operate fifteen hydropower stations, three geothermal power stations and two wind turbines for research purposes in five operating areas.

Taking care of nature is intrinsic to our role and reflects our commitment to climate action. Value creation and the pursuit of sustainability are the two guiding principles in everything we do.

Our role is to maximise the potential yield and value of the natural resources we have been entrusted with in a sustainable, responsible, and efficient manner.

We look forward to taking you on this unique adventure.

Best regards

Guðlaugur Thorarínsson

Team Leader at Landsvirkjun and President of the Icelandic Committee on Large Dams

<https://www.landsvirkjun.com/>

Hydropower accounts for almost 73% of electricity production in Iceland.

A vast highland plateau covers 40% of the country and almost 60% of Iceland's land mass is over 400 m a.s.l. Iceland's numerous rivers are relatively short with large heads and high run-off. These rivers can be up to 230 km in length with catchment areas of up to 8000 km² with a mean discharge of up to 400 m³ /s. The 20th century proved to be a pivotal period in Iceland's history as it went from being one of the poorest countries in Europe to one of its richest. One of the main contributing factors to this unprecedented shift in economic

status was the rapid development of the renewable energy industry. Iceland had historically relied on peat and the import of coal to produce energy. The country's isolated location made it difficult to secure reliable and economically feasible solutions to its energy needs. The transition to renewable energy began at the grass-roots level when local farmers discovered ways to utilise Iceland's ample natural resources to produce domestic heating and electricity. These developments eventually led to the construction of large-scale hydropower stations and later geothermal stations

not only to provide domestic electricity and heating but also to attract energy-intensive industry and foreign investment. Iceland is now at the forefront of the worldwide transition to renewable energy production as it produces 99.9% of its electricity using renewable sources, and energy use per capita is amongst the highest in the world. Iceland's energy profile is also significant as 82% of the primary energy supply is derived from renewable sources. The remaining 18% comes from imported fossil fuels for transportation and the fishing industry.



Short adventures in Reykjavík 1-2 hours

Sky Lagoon.

Immerse yourself in warmth at the Sky Lagoon oceanside geothermal lagoon, as the dramatic North Atlantic Ocean stretches out before you. Feel yourself relax and unwind as you take in the dazzling sunsets and moody skies. Customize your Sky Lagoon experience with one of our four packages. We highly recommend that you pre-book to secure your spot.

<https://www.skylagoon.com/>



Fly Over Iceland.

FlyOver Iceland utilizes state-of-the-art technology to give you the feeling of flight. You will hang suspended, feet dangling, before a 20-metre spherical screen while our film whisks you away on an exhilarating journey across Iceland.. <https://www.flyovericeland.com/>



Downtown Reykjavík.

Downtown Reykjavík has so much to offer. Visit this website to see the top 10 things to do in downtown:

<https://quidetoiceland.is/reykjavik-guide/top-10-things-to-do-in-reykjavik>



Longer Trips

There are literally hundreds of trips available in Iceland if you want to stay on after the study tour. Visit this website to plan your trip:

<https://www.visiticeland.com/>

