

Km Initial	Km End	Delta				
95275	102740	7465	Iceland KM	3796		
		24	Total KM	7675	7675	Total KM Bike
DATE		Day	Trip	km	hours	Notes
13/07/2018	Italy	3	Marlia - Como	338	3:45:00	Dalia Stanza a Como, 31 Piazza Alessandro Volta 22100 Como, +39 349 881 2519
14/07/2018		4	Como - Rothenburg ob der Tauber	509	5:30:00	Hotel Zum Breiterle, Rödergasse 30 91541 Rothenburg ob der Tauber, +49 9861 6730
15/07/2018		5	Rothenburg ob der Tauber - Hamburg	564	5:30:00	Hotel Mercedes/Centrum, Steindamm 51 St. Georg 20099 Hamburg, +49 40 2801218
16/07/2018		6	Hamburg - Aabenraa - Hirtshal	519	5:30:00	Herve' Aabenraa, Munchs Badehotel, Strandvejen 31, Tornby 9850 Hirtshals, +45 98 97 71 15
17/07/2018	Denmark	7	FERRY Hirtshals - Seydisfjörður		0:00:00	FERRY at 11:30
18/07/2018	Iceland	8	FERRY		46:00:00	FERRY
19/07/2018	Iceland	9	FERRY			FERRY Arrival at 08:30
19/07/2018	Iceland	9	Seydisfjörður - Hengifoss - Djupivogur	293	5:00:00	Emma: Tehusio Hostel Kaupvangur 17 Egilsstadir, Hengifoss Waterfall, From Road 933, 30min walk, 3rd highest waterfall in Iceland, 128 meters, beach of breiddalsvik. Camp in Berunus or Djupivogur
20/07/2018	Iceland	10	Djupivogur - Hofn - Jokulsarlon - Skaftafell - Kirkjubæjarklaustur	327	4:10:00	Hoefn.Landmark, Jokulsarlon Icebergs (visit inside), Skaftafell -Svartifoss waterfall (45min) and/or Skaftafellsjokull glacier (30min)
21/07/2018	Iceland	11	Kirkjubæjarklaustur - Vik - Skogafoss - Reykholt	254	3:30:00	(Fjaðrárgljúfur?) Vik & Reynisfjara & Dyrholaey, Reynisdragur from Reynisfjall Mountain (trail from Vik), Dyrholaey, DC-3 Planew Wreck (3.6km, 60min), Skogafoss & Museum (?)
22/07/2018	Iceland	12	Reykholt - Gullfoss - Geysir - Pingvellir - Reykjavik	164	2:50:00	Gullfoss, Strokkur & Geysir & little Geysir, UNESCO World Heritage Site, Canyon Trail to Oxararfoss
23/07/2018	Iceland	13	Reykjavik	0	0:00:00	Reykjavik: Hallgrimskirkja,Skólavörðustígur, Birdwatching Puffin (www.puffinexpress.is http://specialtours.is, departure: 8:00, 9:30, 11:00, 12:30, 14:00, 15:30, 17:00) ? Whale watching www.elding.is, 9:00 -17:00 every hour + 20:00) ?
24/07/2018	Iceland	14	Reykjavik - Borgarnes - Londrangar - Dritvik - Helissandur - Olafsvik	266	4:10:00	Londrangar - Dritvik beach (morning Blue Lagoon?). If possible, reach Stykkishólmur (65km)
25/07/2018	Iceland	15	Olafsvik - Stykkishólmur - Ferry Brjianslaekur - Raudisandur - Breidavik	192	6:00:00	Stykkishólmur Ferry to Brjianslaekur? www.seatours.is 9:00 - 11:30, 15:45 - 18:15, Raudisandur beach - Patreksfiordur: 65km + 127km + 3h. Camping Breidavik www.breidavik.is / hotel Latrabjarg www.latrabjarg.com on F615
26/07/2018	Iceland	16	Breidavik - Reykjarfjörður- Dynjandi - Pingeyri - Sudureyri - Bolungarvik	270	4:12:00	Reykjarfjörður (thermal swimming pool), Dynjandi, Pingeyri (Sandafell Mountain)
27/07/2018	Iceland	17	Bolungarvik - Hvammstangi	382	5:15:00	note: Krossness ? 96km one way
28/07/2018	Iceland	18	Hvammstangi - Blondous - Saudarkrokur - Siglufjodur - Akureyri	291	4:15:00	Kolugljúfur
29/07/2018	Iceland	19	Akureyri - Gulfoss - Fludir	321	4:45:00	F35 (Hveravellir pool ?)
30/07/2018	Iceland	20	Fludir - F26 - Godafoss - Laugar	333	5:30:00	F26, Fuel at Hrauneyjar (ca. 260km without fuel), Godafoss
31/07/2018	Iceland	21	Laugar - Lake Myvtan - Krafla - Vopnafjörður	316	4:45:00	Krafla, Dettifoss. HUSAVIK whalewatching? Possibly reach camp ground at Möðrudalur on F901
01/08/2018	Iceland	22	Vopnafjörður - Askja - Egilstadir	360	7:00:00	Askja, 68km + 96km + 198km, fule problem, maybe at Möðrudalur (campground) on F901
02/08/2018	Iceland	23	Egilstadir - FERRY Seydisfjörður - Hirtshals	27	0:30:00	FERRY at 10:30
03/08/2018	Iceland	24	FERRY		51:00:00	FERRY
04/08/2018	Iceland	25	FERRY			FERRY Arrival at 12:30
04/08/2018	Denmark	26	Hirtshals - Schleswig	397	3:50:00	
05/08/2018		27	Schleswig - Wuerzburg	635	6:10:00	
06/08/2018		28	Wuerzburg - Lodi	655	6:50:00	
07/08/2018		29	Lodi - Casa	262	3:00:00	

Were	What	Note	Link	Position
Aldeyjarfoss	Waterfall	On road F26	https://en.wikipedia.org/wiki/Aldeyjarfoss	N65° 21.984' W17° 20.162'
Arnarstapi	Town	Beach, Cliff, Gatklettur, Trkking hellar-Arnarstapi	https://en.wikipedia.org/wiki/Arnarstapi	N64° 46.003' W23° 37.684'
Artic Henge	Natural park	Monuments	http://icelandmag.visir.is/article/artctic-henge-a-magnificent-construction	N66° 27.723' W15° 57.779'
Asbyrgi	Natural park, Eyan		https://en.wikipedia.org/wiki/Asbyrgi	N66° 00.095' W16° 30.734'
Askja	Lake	The road to Askja goes from road 1 to road 901 and onto mountain road F905. Onward to F910 to Drekgil. On this route there are two fords to cross, usually small. From Drekgil goes mountain road F894 (8 km) to the car park at Vikraborgir. Another option is to go from road 1 to mountain road F88 via Herðubreiðarlindir to Drekgil. On this road ther are fords on the rivers Grafarlandsá and Lindá that need to be crossed. The fords can be difficult or even impassable for small jeeps. Visit also Herðubreið, Drekgil, F902 to Kverkfjöll	https://en.wikipedia.org/wiki/Askja	N65° 04.050' W16° 43.476'
Blonduos	Waterfall		https://it.wikipedia.org/wiki/Blónđuós	N65° 39.491' W20° 16.874'
Blue Lagoon	Thermal bath SPA	07:00-00:00, www.bluelagoon.com	http://www.bluelagoon.com	N63° 52.796' W22° 26.677'
Bolungarvík	Lighting Tower View, Skalavik beach	road 630,	https://en.wikipedia.org/wiki/Bolungarvík/Bolungarvík%3%ADk	N66° 08.954' W23° 13.078'
Breiðárfjörður	Bay	Road 590	https://en.wikipedia.org/wiki/Breiðárfjörður	N65° 11.041' W22° 26.292'
Dettifoss	Waterfall		https://en.wikipedia.org/wiki/Dettifoss	N65° 48.869' W16° 23.070'
Djúpidalur	Swimming Pool			N65° 34.847' W22° 17.071'
Drangsnæs	Swimming pool		http://www.westfjords.is/en/moya/ov/index/town/drangsnæs	N65° 41.318' W21° 26.577'
Dritvík	Beach	Djúpalónssandur	https://en.wikipedia.org/wiki/Djúpalónssandur	N64° 45.115' W23° 54.021'
Dynjandi	Waterfall	Also known as Fjallfoss	https://en.wikipedia.org/wiki/Dynjandi	N65° 44.208' W23° 12.525'
Dyrhólaey	Coastline	Vík & Reynisfjara & Dyrhólaey	https://en.wikipedia.org/wiki/Dyrhólaey	N63° 24.229' W19° 06.246'
Fagrifoss	Waterfall	From Road 206	https://en.wikipedia.org/wiki/Fagrifoss	N63° 52.307' W18° 14.707'
Fjaðrárgljúfur	Canyon	Road 206	https://en.wikipedia.org/wiki/Fjaðrárgljúfur	N63° 46.258' W18° 10.281'
Falki	Tower	Óndeverdanes		N64° 53.158' W24° 02.531'
Geysir	Geysir	Strokkur & Geysir & little Geysir	https://en.wikipedia.org/wiki/Geysir	N64° 18.830' W20° 17.971'
Glymur	Waterfall	Highest waterfall. From Road 47.	https://en.wikipedia.org/wiki/Glymur	N64° 23.412' W21° 15.188'
Godafoss	Waterfall		https://en.wikipedia.org/wiki/Godafoss	N65° 40.959' W17° 33.047'
Grettislaug	Pool, camp			N65° 52.842' W19° 44.253'
Grimsey	Island	From Darvik, http://www.landflutningar.is/saefari/	https://it.wikipedia.org/wiki/Gr%C3%ADmsey	
Gullfoss	Waterfall		https://en.wikipedia.org/wiki/Gullfoss	N64° 19.539' W20° 07.755'
Hafnarholmi	Birdwatching			N65° 32.507' W13° 45.268'
Heimaey	Island		https://en.wikipedia.org/wiki/Heimaey	N63° 26.676' W20° 16.410'
Hekla	Vulcano	From F225	https://en.wikipedia.org/wiki/Hekla	N63° 59.562' W19° 39.950'
Hengifoss	Waterfall	From Road 933, 30min walk, from parking lot, 3rd highest waterfall in Iceland, 128 meters	https://en.wikipedia.org/wiki/Hengifoss	N65° 05.618' W14° 53.279'
			http://www.hengifoss.is/en/home/hike-to-the-falls	
Hofn	Landmark	Stokness		N64° 14.471' W14° 58.046'
Hornstrandir	Trekking			
Husavík	Wale-Whatching	Nordur Sigling, http://www.northsailing.is/ Gentle Giants https://www.gentlegiants.is approx 4 hours	https://en.wikipedia.org/wiki/Husavík	N66° 02.599' W17° 20.462'
Hveravellir	Thermal bath SPA	From road F35		N64° 51.919' W19° 33.391'
Hvítserkur	Road 711, Ocean view		https://it.wikipedia.org/wiki/Hv%C3%ADtserkur	N65° 36.219' W20° 38.791'
Jökulsárlón	Icebergs Lagoon	Icebergs, visit inside	https://en.wikipedia.org/wiki/Jökulsárlón	N64° 02.884' W16° 10.799'
Kolugljúfur	canyon, road 715			N65° 19.952' W20° 34.234'
Krafla	Lake	From roand 863, Krafla, Leirhnjúkur, Stora-Viti,	https://it.wikipedia.org/wiki/Krafla	N65° 43.035' W16° 45.597'
Krossnes	Swimming pool	Krossneslaug, road 645, 643 from Drangsnæs, Djúpavík	http://hiticeland.com/places_and_photos_from_iceland/krossneslaug-krossnes-geothermal-pool	N66° 03.356' W21° 30.421'
Kverkfjöll	Ice cave	road F902, from Askja	https://en.wikipedia.org/wiki/Kverkfjöll	N64° 43.506' W16° 39.226'
Laki		From Road 206	https://en.wikipedia.org/wiki/Laki	N63° 52.307' W18° 14.707'
Landmannalaugar	Park	From F208, Trails 2 hour hike through the Laugahraun lava field to Mt. Brennisteinsalda	https://en.wikipedia.org/wiki/Landmannalaugar	N63° 59.767' W19° 03.571'
Látrabjarg	Bird watching	See also museum at Hnjotur, beach at Breidavík, beach of Hvallatur (camping), Raudisandur (from road 614)	https://en.wikipedia.org/wiki/Látrabjarg	N65° 30.140' W24° 31.789'
Laugavegur	Park	Trekking	https://en.wikipedia.org/wiki/Laugavegur	N63° 41.144' W19° 30.771'
Londrangar	Cliff		https://en.wikipedia.org/wiki/Londrangar	N64° 44.255' W23° 46.536'
Myvatn Lake	Lake	Visit Grjótagjá, round tour Route 1, and 848, Lofthellir cave, Dimmuborgir, Myvatn Nature Baths, Hverir, Krafla	https://en.wikipedia.org/wiki/Myvatn	N65° 38.369' W16° 54.119'
Pingvellir	Park	UNESCO World Heritage Site, Canyon Trails, Oxarafoss, (Nesjavellir)	http://en.wikipedia.org/wiki/Pingvellir http://www.thingvellir.is/	N64° 16.758' W21° 05.482'
Raudinupur		From Road 870		N66° 30.411' W16° 30.025'
Reykjartjörður	Swimming pool		http://guidetoiceland.is/connect-with-locals/regina/hot-pools-in-the-westfjords-of-iceland https://sundlaugar.is/?lang=en	N65° 37.390' W23° 28.201'
Reykjavík	City Center	Hallgrímskirkja,Skólavörðustígur,Birdwatching Puffin (www.puffinexpress.is http://specialtours.is , departure: 8:00, 9:30, 11:00, 12:30, 14:00, 15:30, 17:00, duration 1h), Whale watching www.elding.is , , 9:00 -17:00 every hour + 20:00) ?	https://en.wikipedia.org/wiki/Reykjavík%3%ADk	N64° 08.758' W21° 56.534'
Reynisfjara	Beach	Vík & Reynisfjara & Dyrhólaey	https://en.wikipedia.org/wiki/Reynisdrangar	N63° 24.241' W19° 02.867'
Road F26		Aldeyjarfoss, Benzine Hrauneyjar (south) - Godafoss (nord) (240km), check river crossing Nyidalur FI Mountain Hut (overnight), Hrauneyjar Guesthouse Hotel		
Road F35		Gullfoss, Hveravellir (thermal bad)		
Skafafell	National Park	Svartifoss (45min), Skafafellsjökull glacier (30min), Skafafellsheiði (ring 6h)	https://en.wikipedia.org/wiki/Skafafell	N64° 00.993' W16° 58.771'
Skogafoss	Waterfall		https://en.wikipedia.org/wiki/SkógafoSS	N63° 31.920' W19° 30.648'
Skogar	Museum	Close to Skogafoss	https://en.wikipedia.org/wiki/Skógar	N63° 31.560' W19° 29.479'
Snæfellsjökull	Volcano	Road 574, piste 570 from south	https://en.wikipedia.org/wiki/Snæfellsjökull	N64° 48.581' W23° 46.578'
Sólheimajökulsvegur	Iceberg			N63° 31.695' W19° 22.104'
Strokkur	Geysir	Strokkur & Geysir & little Geysir	https://en.wikipedia.org/wiki/Strokkur	N64° 18.765' W20° 18.044'
Surtshellir	Lava Cave		https://en.wikipedia.org/wiki/Surtshellir	N64° 46.888' W20° 43.424'
Vík í Mýrdal	Coastline	Vík & Reynisfjara & Dyrhólaey, Reynisdragar from Reynisfjall Mountain (trail from Vík)	https://en.wikipedia.org/wiki/Vík%3%ADk_%3%AD_Mýrdal	N63° 24.959' W19° 00.392'
Pingeyri	round trip on Road 622 not feasible			

Description	Value		Trip Preparation	Bike Preparation	Trip	Others
Dictionaries	€ 0.00		€ 359.66	€ 295.00	€ 1877.55	€ 3261.78
Mobile phone	€ 105.66	100 units/72 min	6%	5%	32%	56%
Maps	€ 100.00					
First Aid	€ 61.78					
Expedition Food						
Health Insurance Umberto	€ 77.00					
Health Insurance Maria Pia	€ 77.00					
Bike Road Assistance	€ 40.00					
Tire change	€ 50.00					
Bike service	€ 205.00					
Train	€ 0.00					
Ferry	€ 1877.55					
EURO	€ 0.00					
Credit Card Expenses	€ 3000.00	€ 1500.00	€ 1500.00			
Hotel						
Others						
Cash Umberto	€ 100.00					
Cash Maria Pia	€ 100.00					
TOTALE	€ 5793.99					

	Euro	ISK Iceland Krona
Italy	1.00	142
Iceland	0.70	100
	7.04	1000
	70.42	10000

Bike	260
Passenger	60
Driver	90
Bag Passenger	8.5
Bag Driver	6.5
Tent	3.8
Tend Accessories	5
Topcase content	5
Panier left	7
Panier right	7
tube front	2
tube tools tools	1.5
tankbag	4

Topcase	5.2
Panier	7
Panier frame	3

TOTAL 460.3

FRONT-REAR Compression Offset 3

FRONT-REAR Rebound Offset 0

Spring Rate

Load

55Nmm

150Nmm

	FRONT				REAR			
	Preload	HS	LS	R	Preload	HS	LS	R
Driver	7	10	10	8	7	8	8	8
Driver + Passenger	7	9	9	8	3	7	7	7
Driver + Passenger + LIGHT Loading								
Driver + Passenger + HEAVY Loading	14	14	14	9	13	11	11	9
Driver + Passenger + HEAVY Loading	"+4"	16	16	13	55	16	16	13
Driver + Passenger + FAIR Loading	=	11	11	9	34	12	12	9
Driver + Passenger + HEAVY Loading	"+1"	14	14	9	30	11	11	9
Driver + Passenger + HEAVY Loading	"+2"	14	14	9	30	11	11	9

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Touratech

Marocco

2015

Corsica camping

2015

Alps

2017

Iceland

2018

Country	Address	email
Iceland	Ambasciata d'Italia in Norvegia, competente anche per l'Islanda: Inkognitogata 7 – 0244 Oslo. Tel.: (0047) 23 08 49 00 / Fax (00 47) 22 44 34 36 Cell. d'emergenza (nell'orario di chiusura della Sede) 0047 92 42 42 70 (fiono alle 22) dopo le 22: Ministero degli Affari Esteri al numero (+39) 06 3691 2790.	ambasciata.oslo@esteri.it consolato.oslo@esteri.it
Iceland	Consolato Generale Onorario in Hafnarfjordur Sede: Skulagata 26, 101 Reykjavik Indirizzo postale: POB 16 – 121 Reykjavik Tel.: (+354) 562 40 42 Priv.: (+354) 551 02 57 Cell.: (+354) 89 71 413	consolato@simnet.is
FIB soccorso stradale	+354 5 112 112	
Krokur Soccorso	+354 522 4600	krokur@krokur.net
ICE-SAR	+354 5705900	
GlobalAlliance	+39 02 26609283 (emergenza)	info@allianz-assistance.it
smyril line	+298345900	booking@smyrilline.com
Emergency	112	
Icelandic Road and Coastal Administration	+354-522-1100	

Web Site**note**

[http://www.amboslo.esteri.it/Ambasciat
a_Oslo](http://www.amboslo.esteri.it/Ambasciat_a_Oslo) lunedì al venerdì dalle ore 9.30 alle ore 16.30.

[http://www.amboslo.esteri.it/Ambasciat
a_Oslo/Menu/Ambasciata/La_rete_cons
olare/](http://www.amboslo.esteri.it/Ambasciat_a_Oslo/Menu/Ambasciata/La_rete_consolare/)

<http://www.fib.is/is/english>
<http://krokur.net/pages/2880-english>

<https://www.allianz-assistance.it>
www.smyrilline.com

Icelandic Association for Search and Rescue
polizza 9170575
Booking reeference: 36138762

Country

Agency

Embassy Addresses

Note

Viaggiare Sicuri

Validita'