

# The South & The Glaciers in 72 Hours

*A Local's Guide to the Golden Circle, South Coast & Jökulsárlón*

This 3-day journey takes you from the historic Golden Circle to the sparkling ice diamonds of the East. We focus on "Slow Travel"—giving you time to breathe, soak, and see the hidden corners that day-trippers miss.

Local Rule #1: Start by 08:00 AM. Beating the tour buses by just 30 minutes changes the entire experience.

Local Rule #2: Stay flexible. The weather is the boss. If it's raining at one waterfall, it might be sunny at the next.

## Day 1: The Golden Circle & Secret Soaks

Route: Reykjavík – Þingvellir – Geysir – Gullfoss – Secret Lagoon – Hella/Skógar

Driving time: Approx. 3 hours.

08:00 | Departure: Head to Þingvellir National Park. Walk the rift between the American and Eurasian tectonic plates.

11:00 | The Classics: Witness the eruption of Strokkur geyser and the power of Gullfoss waterfall.

13:00 | Greenhouse Lunch: Eat at Friðheimar Tomato Farm (Book weeks in advance!). Try the tomato soup and their unique tomato beer.

15:00 | The Oldest Pool: Soak in the Secret Lagoon (Gamla Laugin) in Flúðir. It's natural, steam-filled, and authentic.

18:00 | Check-in: Head south.

Recommended Stay: Hótel Skálakot (Luxury farm) or The Garage (Cozy apartments near waterfalls).

## **Day 2: Waterfalls, Canyons & Black Sands**

Route: Seljalandsfoss – Skógafoss – Vík – Fjaðrárgljúfur – Kirkjubæjarklaustur

Driving time: Approx. 2.5 hours.

08:30 | The Hidden Falls: Visit Seljalandsfoss and walk 5 minutes to find Gljúfrabúi, tucked inside a hidden canyon.

10:30 | Skógar Views: See Skógafoss. Hike the stairs for a view of the coastline.

13:00 | Lunch in Vík: Eat at Smiðjan Brugghús (best burgers) or grab a coffee at Skool Beans (the yellow school bus).

15:00 | The Ancient Canyon: Visit Fjaðrárgljúfur, a deep green canyon that feels like a fantasy movie.

17:00 | Reach the East: Head towards your overnight stay near the glaciers.

Recommended Stay: Fosshótel Glacier Lagoon or Hali Country Hotel (closest to the lagoon).

## **Day 3: The Crown Jewels & The Long Drive Back**

Route: Jökulsárlón – Diamond Beach – Vík – Reykjavík

Driving time: Approx. 5-6 hours total (long drive back).

08:30 | Ice & Diamonds: Visit Jökulsárlón Glacier Lagoon. Watch massive icebergs float toward the sea. Walk across the road to Diamond Beach, where ice chunks sit like crystals on the black sand.

11:00 | Glacier Views: Stop at Svínafellsjökull for a close-up view of the jagged blue glacier tongue.

13:30 | Lunch in Kirkjubæjarklaustur: Stop at Systrakaffi for local trout or a quick pizza.

15:30 | The Yoda Cave: On your way back, stop at Hjörleifshöfði near Vík. Find the "Yoda Cave" for one last mystical photo.

19:00 | Arrival in Reykjavík: Finish your journey with a celebratory dinner in the capital.

## **Local Secrets for This Route**

*Safety First: At Reynisfjara (Black Sand Beach), never turn your back on the waves. "Sneaker waves" are real and dangerous.*

*Fuel Up: Between Vík and Jökulsárlón, gas stations are rare. Always fill up in Vík.*

*The Best Snack: Buy "Pylsur" (Icelandic hot dogs) at any gas station for the ultimate local road trip fuel.*

*Stay Connected: Use the [Safetravel.is](https://www.safetravel.is) app to monitor road conditions, especially in the winter or shoulder seasons.*