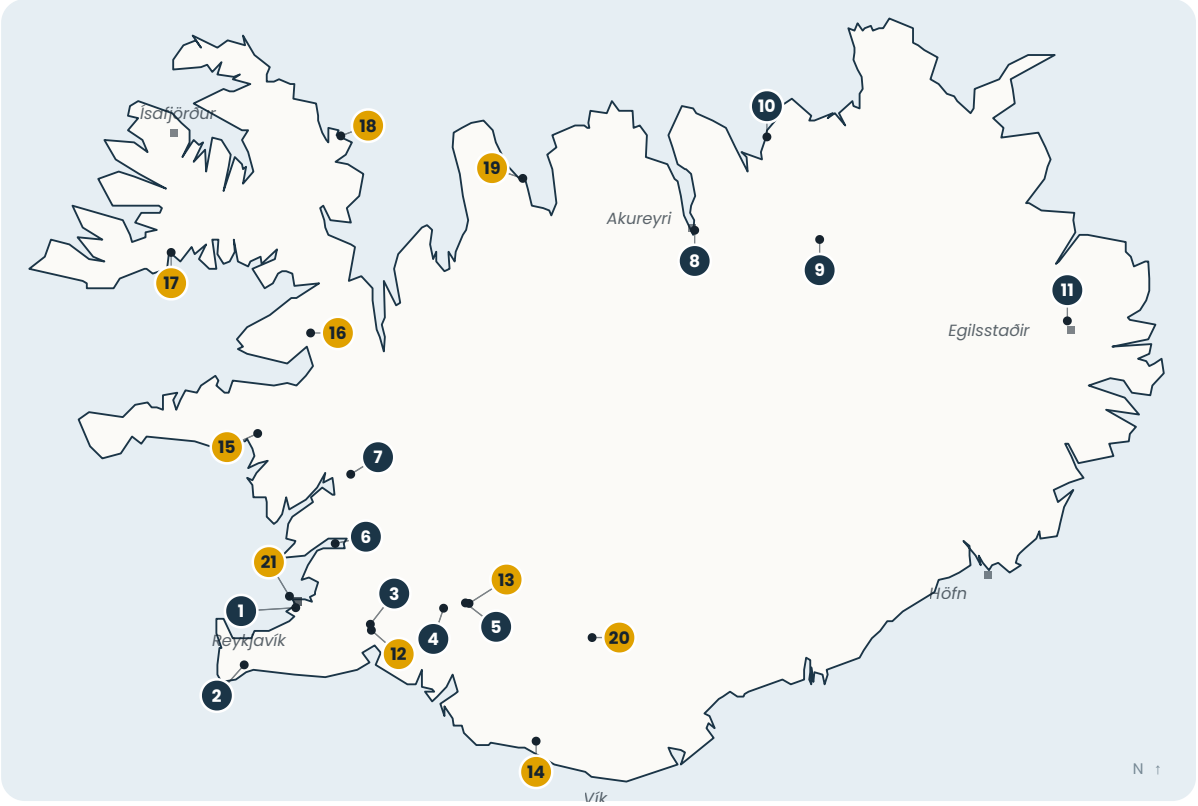
A LOCAL'S MAP · ICELAND TRAVEL GUIDE

Iceland's best hot springs

21 places to soak, from famous lagoons to tiny pools in the wild, picked by a local travel agency in Iceland. Tap any name or number for directions, prices and our full guide.



Lagoons & spas: changing rooms, towels, book a time slot **Natural springs & local pools**: simple, often free

Lagoons & spas

Comfortable, warm all year, book ahead

1. **Sky Lagoon** REYKJAVÍK AREA
   Oceanfront lagoon on the edge of the city, perfect on your first or last day.
2. **Blue Lagoon** REYKJANES
   The famous milky-blue spa near the airport. Book well ahead.
3. **Reykjaböð Hot Springs** HVERAGERÐI
   Brand-new lagoon and bathhouse about 35 minutes from Reykjavík.
4. **Laugarás Lagoon** GOLDEN CIRCLE
   Riverside geothermal spa right on the Golden Circle route.
5. **Secret Lagoon** FLÚÐIR
   Iceland's oldest pool, steaming natural water in Flúðir.
6. **Hvammsvík** HVALFJÖRÐUR
   Hot pools at the edge of the sea, under an hour from Reykjavík.
7. **Krauma** WEST ICELAND
   Spa fed by Deildartunguhver, Europe's most powerful hot spring.
8. **Forest Lagoon** AKUREYRI
   Infinity pools in the woods just outside Akureyri.
9. **Mývatn Nature Baths** NORTH ICELAND
   The north's answer to the Blue Lagoon, quieter and wilder.
10. **GeoSea** HÚSAVÍK
    Sea baths on the cliffs above Skjálfandi bay, great after whale watching.
11. **Vök Baths** EAST ICELAND
    Floating pools on a lake near Egilsstaðir.

Natural springs & local pools

Wilder and quieter: bring a towel

12. **Reykjadalur** HVERAGERÐI
    Hike into the Steam Valley and bathe in a warm river. Free.
13. **Hrunalaug** NEAR FLÚÐIR
    Three small stone pools on a farm. Respect the owners' rules.
14. **Seljavallalaug** SOUTH COAST
    Pool built into a hillside in 1923, a short walk from the road.
15. **Landbrotalaug** SNÆFELLSNES
    A tiny natural pool for two or three people in a lava field.
16. **Guðrúnarlaug** WEST ICELAND
    Round, stone-lined pool in the Dalir valleys.
17. **Hellulaug** WESTFJORDS
    Natural pool right by the sea, steps from the car park.
18. **Krossneslaug** WESTFJORDS
    Pool and hot tub on a pebble beach at the end of the road.
19. **Grettislaug** NORTH ICELAND
    Two pools by the shore of Skagafjörður fjord.
20. **Landmannalaugar** HIGHLANDS
    Warm river among colourful mountains. Summer only (highland roads).
21. **Kvika Foot Bath** REYKJAVÍK AREA
    Small free foot bath in a rock by the sea, lovely at sunset.

BEFORE YOU GO

How to bathe like a local

- **Shower first, without your swimsuit.** It is the rule at every pool and lagoon in Iceland, and staff will ask you to.
- **Book lagoons ahead.** Most work with time slots, and the popular hours sell out, especially at weekends and in summer.
- **Wild springs have no facilities.** Bring a towel, a warm hat, flip-flops and a bag for wet clothes. Change quickly; the wind is the cold part.
- **Check the water before you get in.** Temperatures change with the weather and the season. Never bathe in water that is signposted as too hot.
- **Leave no trace.** Stay on paths, don't step on mossy ground, and take everything home with you.
- **Many springs are on private land.** Follow the signs, use the donation box if there is one, and be quiet: people live nearby.
- **Highland springs are summer-only.** Roads to places like Landmannalaugar usually open in early summer and need a 4x4 or a tour.
- **Go early or late.** The light is softer, the pools are quieter, and in winter you might soak under the Northern Lights.

Which one fits your trip?

Only a day or two in Reykjavík
Sky Lagoon (1), Kvika Foot Bath (21), or the Blue Lagoon (2) on the way to or from the airport.

Driving the South Coast
Reykjaböð (3) or the Reykjadalur hike (12) near Hveragerði, and Seljavallalaug (14) near Skógar.

Looking for adventure
Reykjadalur (12), Landmannalaugar (20) in summer, and the Westfjords pools (17, 18).

On a Golden Circle day
Laugarás Lagoon (4), the Secret Lagoon (5) or Hrunalaug (13).

Up north
Mývatn Nature Baths (9), Forest Lagoon (8) by Akureyri and GeoSea (10) in Húsavík.

Travelling in winter
Lagoons with changing rooms are the comfortable choice. Go after dark for a chance of Northern Lights.

THE EASY WAY

Let us take you there

We are a family-run, local travel agency in Iceland, and our guides were born and raised here. These tours include the soak, the driving and the sightseeing in one booking:

- Reykjaböð Hot Springs with transfer from Reykjavík
- South Coast Wonders with Reykjaböð Hot Springs
- Horse Riding & Reykjaböð Hot Springs
- Golden Circle and Laugarás Lagoon Tour
- Private Golden Circle Tour with Reykjaböð
- Private South Coast Tour with Reykjaböð
- Private Golden Circle & Laugarás Lagoon Tour

See all hot spring tours →

Questions? info@icelandtravelguide.is. A real person in Iceland answers.