

Welcome To
**HOTEL
ELDHESTAR**



Table of Contents

02-03	Welcome Words From Hróðmar Bjarnason
04	Useful information for your stay
05	Environmental policy
06-09	Quick reference guide
10-11	Earthquake
12	Fire
13-14	Activities
15-16	Sightseeing
17-18	Nearby Restaurants

VELKOMINN

Kæru gestir,

Fyrir hönd alls starfsfólks Hótel Eldhesta vil ég bjóða þig hjartanlega velkomin(n). Við vonum að þú njóttir dvalarinnar hjá okkur.

Hótel Eldhestar er litið notalegt sveitahótel, hentugt fyrir alla sem vilja upplifa slökun, kyrrð og afþreyingu í fallegu umhverfi. Hótelíð er einnig tilvalinn fundarstaður, friðsæll og andrúmsloftið er kjörið fyrir þá sem þurfa næði til að einbeita sér og fá nýjar hugmyndir, en vilja hvílast um leið. Hótel Eldhestar var fyrsta hótelið á Íslandi sem hlaut Svansvottun Norræna umhverfismerkisins. Svansvottunin tryggir að Hótelíð uppfylli hæstu gæðakröfur hvað varðar umhverfis- og heilbrigðismál.

Auk áherslna okkar á umhverfismál, þá er það okkur sérstök ánægja að upplýsa um þau fjögur þemu sem tengjast hótelinu.

- Saga íslenska hestsins
- Hengilsvæðið
- Hesturinn í íslendingasögnum
- Álfar, vættir og tröll í þjóðtrúnni

Frekari upplýsingar um þessar áherslur okkar má sjá á veggjum hótelsins.

Við á Hótel Eldhestum bjóðum upp á margþætta þjónustu í tengslum við dvöl þín hér hjá okkur. Í möppunni finnur þú allar helstu upplýsingar um þjónustuna og annað sem tengist hótelinu. Ef þið þurfið frekari upplýsingar eða eru með einhverjar séróskir þá er bara að hafa samband við afgangsluna (07:00-22:00).

Með von um ánægjulega dvöl.

Hróðmar Bjarnason

Hróðmar Bjarnason

VELKOMINN

Dear Guest,

On behalf of all employees at Hotel Eldhestar, I offer you a warm welcome. We hope you enjoy your stay with us.

Hotel Eldhestar is a small, cozy country hotel suitable for all who want to experience relaxation, tranquillity, and recreation in a beautiful environment. The hotel is also an ideal meeting place and offers a peaceful atmosphere ideal for those who need privacy for concentration, creativity, and for a wonderful nights' rest.

Hotel Eldhestar was the first hotel in Iceland that earned the Nordic Swan Ecolabel certification. The Swan certification ensures that the Hotel meets highest quality standards in terms of environment and health.

As-well-as our focus on the environment, it is our pleasure to inform you about the four themes in the various corridors of the property.

1. The history of the Icelandic horse
2. The beautiful volcano Hengill area
3. Horses in the Icelandic sagas
4. Folklore and myths[E11]

Hotel Eldhestar offers multiple services to make your stay with us as comfortable as possible and in this folder, you will find all the basic information and services to make your stay with us comfortable. If you need more information or have any special requests, please ask the reception (07:00-22:00)

With best wishes for a relaxing stay,

Hróðmar Bjarnason



USEFUL INFORMATION FOR YOUR STAY

To make your stay with us as comfortable and safe as possible, we would be grateful if you could take a few minutes to read this information folder.

RECEPTION

Opening hours: 07:00 - 22:00 daily
 Check-in 15:00
 Check-out 11:00

RESTAURANT

Breakfast

Opening hours: 07:00 - 10:00 daily

Lunch

Opening hours: 11:30 - 13:00 upon request

You are welcome to reserve a table for lunch at the reception one day in advance, or when you come for breakfast.

Dinner

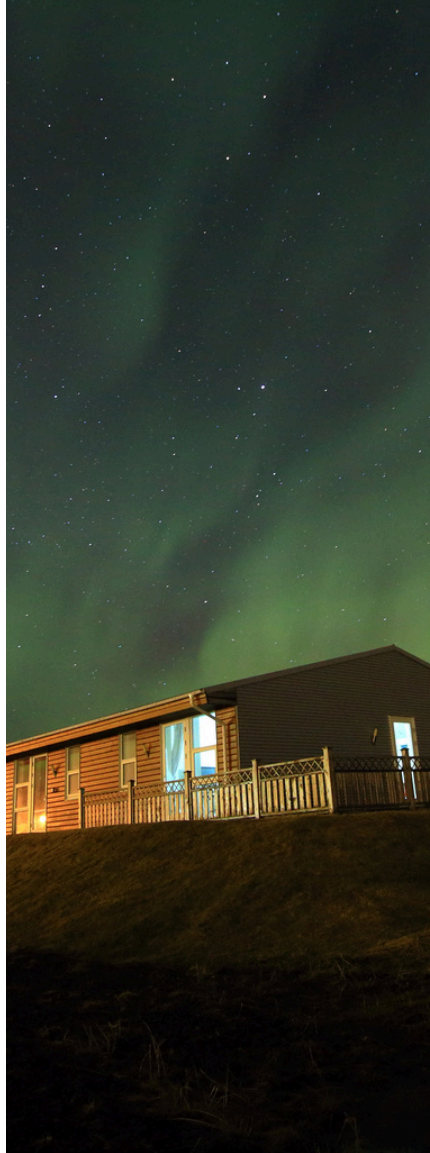
Opening hours: 18:00 - 20:30 daily*

During this time, we serve our "Menu of the Day" together with a vegetarian option. Please contact reception for pricing and reserve a table.

*During the winter season, opening hours can vary, please ask the reception for precision.

Diet

If you have special dietary needs (such as peanut allergy, gluten or lactose intolerance etc.) and will be eating in our restaurant, please inform reception as soon as possible.



BAR

Opening hours: until 23:00 daily

Happy Hour: 17:00 - 18:00 daily

We offer all cocktails for a 50% discount

ENVIRONMENTAL POLICY

Hotel Eldhestar was the first lodging in Iceland to receive the Nordic Swan Ecolabel. We follow the guidelines of the Swan for both the building process as well as the daily operations at our hotel.

The Nordic Swan Ecolabel was established in 1989 by the Nordic Council of Ministers with the purpose of providing an environmental labeling scheme that would contribute to sustainable consumption.

Our procedures at the Hotel are as follows:

- We are working towards the economic use of resources such as water and electricity.
- We are working on reducing our contribution of substances that damage the environment.
- We select environmentally friendly products and furniture in all possible areas.
- We motivate and make demands on our suppliers regarding environmentally friendly products and delivery.
- We encourage our guests and make it easy for them to help us reduce environmental impact.
- We keep our guests, suppliers, staff, and owners informed about our environmental efforts.
- We prevent environmental problems and set a good example in complying with environmental legislation.
- We work towards reducing our food waste and encourage our guests to participate.
- Please observe the procedures for bathing; you will find a sign in the bathroom for your assistance.
- Please help us separate the waste. The waste bag by your desk has four different compartments, and you will find instructions on it where to put the various kinds of waste.



QUICK REFERENCE GUIDE

01	Bank	Arion Banki (ATM) Sunnumörk 3, 810 Hveragerði 444-7000
02	Batteries	Please leave used batteries at the reception.
03	Breakfast	Served from 07:00-10:00 daily
04	Changing Room	We request that you do not take your used riding clothes to your room. We provide a changing room that is located in the hotel basement with access from the parking lot in front of the hotel. Please also see hotel diagram in this booklet or ask at reception.
05	Children's bed	Available upon request. Please ask at the reception desk.
06	Conference room	We have a conference room; please contact reception for details if you wish to book this room. Amenities <ul style="list-style-type: none">• High-speed Internet access• LCD projector & projection screen• Whiteboard with markers• Coffee, tea & cookies upon request (additional charge)

07	Electricity	To turn on, you must place your key card into the key holder beside the entrance door.
08	Extras	Please come to reception for any of the following: <ul style="list-style-type: none">• Hair dryer• Converters and adapters• Feminine hygiene products (additional charge)• Toothbrush & toothpaste (additional charge)• Sewing kit• Shoe polishing kit• Luggage room access• Safe in the reception
09	Garden Doors	To lock the door to the garden, please pull the handle up, then turn the lock.
10	Hot Tubs	Opening hours: 16:00 – 22:00 daily (please see hotel diagram in this booklet) <ol style="list-style-type: none">1. Please shower before entering the Hot Tub! Additionally, to the shower in your room, there are showers downstairs right beside the door that leads out to the hot tubs.2. Caution! It is forbidden to consume alcoholic drinks in and around the hot tubs.3. Please note that the hot tubs are not under supervision of Eldhestar's staff, therefore their use is at your own risk and children are to always be supervised by an adult. If you are the first one to jump in the hot tub, please lift the lid and make sure you hook it on the wooden wall.

! Please note that during winter, snowstorms or heavy snowfall may prevent us from maintaining the hot tubs properly.

- | | | |
|----|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11 | Ice machine | We have an ice machine in the hotel corridor near room 110. Please see hotel diagram in this booklet. |
| 12 | Internet | All rooms are equipped with free Wi-Fi. To access the internet, choose Eldhestar-Hotspot on the Wi-Fi list of your device. No password is required. |
| 13 | Medical aid | <p>Non-emergency: please contact reception
Emergency: call 112 and also inform reception if possible</p> <p>Hospital & Emergency Room
Heilbrigðisstofnun Suðurlands
Árvegur, 800 Selfoss
(+354) 432-2000</p> <p>Hospital & Emergency Room
Landspítali Fossvogur,
Áland 6, 108 Reykjavík
(+354) 543-1000</p> <p>Dentist – emergency
Tannlæknavaktin
Skiopholt 33, 105 Reykjavík
Opening hours: 08:00-22:00
(+354) 426-8000</p> |
| 14 | Post Office | <p>Póstbox (Next to Bónus)
Sunnumörk 2, 810 Hveragerði</p> <p>Stamps can be purchased at post offices
* Postcards and letters with postage already applied can be mailed from our reception.</p> |

- | | | |
|----|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 15 | Smoking | Please note that we are non-smoking hotel and a cleaning fine of 15,000 ISK will be charged if smoke is detected in the room. Please make sure you CLOSE the terrace door while smoking outside. |
| 16 | Souvenir Shop | We offer Eldhestar branded t-shirts and outerwear, postcards and books in the reception area. |
| 17 | Taxi | Taxi Ölfus
(+354) 783-7722 |
| 18 | Television | To turn the TV on you must place your key card into the key holder beside the entrance door for electricity. After that you use the TV remote to operate the device. |

EARTHQUAKE

RESPONSE AND EVACUATION PLAN FOR GUESTS AT HÓTEL ELDHESTAR

How to stay as safe as possible during an earthquake ? Be aware that some earthquakes are actually foreshocks and a larger earthquake might occur. Minimize your movements to a few steps to a nearby safe place and if you are indoors, stay there until the shaking has stopped and you are sure exiting is safe.

IF INDOORS

- DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture and HOLD ON until the shaking stops. If there is no table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.
- Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.
- Stay inside until the shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.
- Be aware that the electricity may go out or fire alarms may turn on.

FOR ESCAPE ROUTES, PLEASE REFER TO THE DIAGRAM ON THE BACK OF THE INTERIOR DOOR LEADING FROM YOUR ROOM INTO THE MAIN HALLWAY.

EARTHQUAKE

IF OUTDOORS

- Stay there.
- Move away from buildings, streetlights, and utility wires.
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls.

IF IN A MOVING VEHICLE

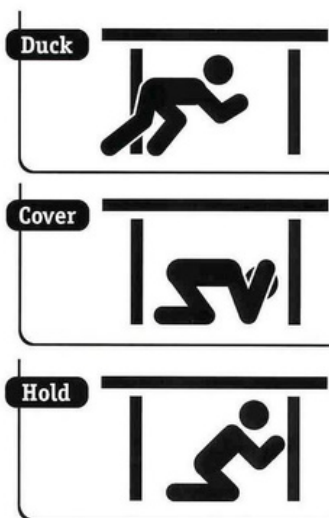
- Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.
- Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

IF TRAPPED UNDER DEBRIS

- Do not light a match.
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

AFTER AN EARTHQUAKE, YOU SHOULD:

- Wear shoes (if debris is on the floor).
- Do not use an open flame if there is danger of a fire starting.
- Leave your room calmly after an earthquake. Many accidents occur when people run out in panic through debris after an earthquake.
- Go to the meeting point by the flagpole in front of the Hotel and meet up with an Eldhestar staffmember and wait for further instructions.
- Dress appropriately for the weather conditions if you leave the building.
- Never touch damaged electrical poles.



FIRE

RESPONSE AND EVACUATION PLAN FOR GUESTS AT HÓTEL ELDHESTAR

IN CASE A FIRE STARTS IN YOUR ROOM

- Leave the room immediately and do not try to pack or take anything with you.
- Inform the reception about the fire and await further instructions.

IN CASE THE FIRE ALARM BELL RINGS OR SMOKE IS DETECTED:

- Stay calm
- Leave your room through the terrace door or a window and go to the meeting point in the cafeteria at the stable, where at least one of our staff members will wait for you
- Report your name and the name of the room you were staying in. This is very important to ensure that all guests are present.
- Await further instructions

REMEMBER:

- Fire spreads rapidly
- Fire produces thick black smoke that is difficult to see through and can cause suffocation
- The freshest air will always be near the floor
- Move quickly but do not run
- Be decisive and stick to your decisions

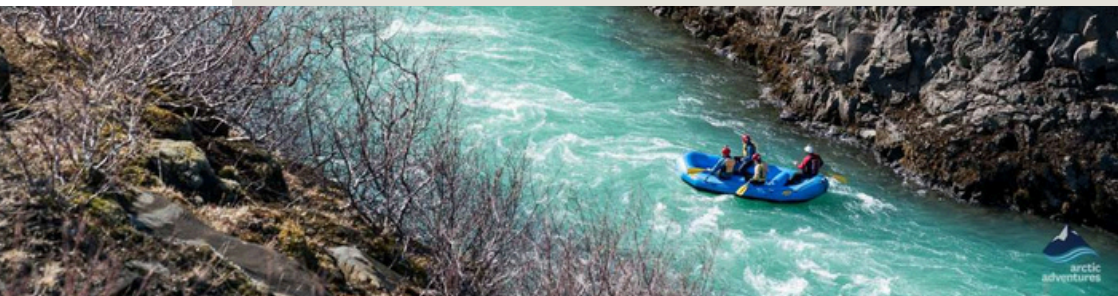
FOR ESCAPE ROUTES, PLEASE REFER TO THE DIAGRAM ON THE BACK OF THE INTERIOR DOOR LEADING FROM THE ROOM INTO THE MAIN HALLWAY.

ACTIVITIES

- 01 Horse riding Book a riding tour through the beautiful area around Eldhestar and Hveragerði. You can make a booking at hotel reception or from our website.
As hotel guest, you benefit from a 10% discount using the promo code HEH10 while booking online.
Website : www.eldhestar.is
- 02 Hiking The beautiful hiking area around and near the Volcano Hengill is easy to reach from the village of Hveragerði that is just five minutes by car. Ask at reception for map and tips.
- 03 Mega Zipline Iceland's longest zipline at the feet of Reykjadalur Valley.
Minimum 60 kg
Open daily all year, reservation needed.
Website : www.megazipline.is
- 04 Swimming Laugarskarð Swimming Pool in Hveragerði is a big, heated outdoor pool which is great in summer or winter. Besides the big pool there are two hot tubs and a steam room.
Opening hours: Mon.-Fri. 06:45-20:30
 Sat. & Sun. 10:00-17:30



- 05 Iceland
 Activities
- If you like to bike, hike or surf.
They offer a great selection of daytrips and bike rental.
Located in Hveragerði
Website: www.icelandactivities.is
- 06 Arctic Rafting
- For rafting and kayak adventures – On the glacier river. This is a great adventure for daredevils.
Opening hours: daily from April 15 – September 15, reservation needed
Website: www.arcticrafting.com
- 07 Kayakerðir
 Stokkseyri
- For kayak tours – In the summer it is possible to rent a kayak in the near village of Stokkseyri and paddle a lake or river near the ocean
Opening hours: daily from May 1st – September 30th, reservation needed
Website: www.kajak.is
- 08 The Lava
 Tunnel
- Raufarhólshellir lava tube cave is one of the better known lava caves in Iceland and accessible all year round. The length of the tube is estimated to be 1360 meters and 10 meters high.
Opening hours: daily, all year round, tours have fixed departure time, reservation needed.
Website : www.thelavatunnel.is



SIGHTSEEING

Hveragerði Geothermal Park



Area in Hveragerði with boiling mud pools. It is possible to boil an egg on the rocks. Entrance fee ISK 400 per person.

Opening Hours (summertime): Mon - Fri 10:00-18:00

 Sat & Sun. 12:00-16:00

Opening Hours (wintertime): Mon - Fri 09:00-16:30

Reykjadalur

The "Valley of smoke" is a beautiful hiking area just outside the village of Hveragerði. It takes around 1 - 1.5 hours to hike up from the parking lot, but then your reward is a bath in a natural hot river. No changing room. We recommend crampons in the winter. Free to visit. Parking fee.



Geysir



Easy to reach by car in approximately 50 minutes. Hot spring area which you must visit when you are in Iceland. Ask at reception for directions or map. Free to visit.

Gullfoss



One of the most beautiful waterfalls in Iceland, approximately 10 km further then Geysir. Ask at reception for directions or map. Free to visit.

Pingvellir

National park, famous for being the place where the first parliament was founded in the whole world. Also known for the transatlantic gap, growing bigger each year. Ask at reception for directions or map. Free to visit.



Kerið



A volcanic crater lake located in the Grímsnes area in south Iceland, approximately a 30-minute drive from Eldhestar. It is elliptic in shape, 270 m long, 170 m wide, and 55 m deep. The pond in it is 7-10 m deep, depending on the ground water level of the area. Entrance fee ISK 400 per person to guarantee the maintenance of the site.

Krýsuvík

Situated on the Reykjanes peninsula and approximately a 1-hour drive from Eldhestar. It is in the south of Reykjanes in the middle of the fissure zone on the Mid-Atlantic Ridge which traverses Iceland diagonally from the south-west to the north-east of the island. Krýsuvík is one of Iceland's high temperature areas. This becomes visible through the sulfur springs and hot springs at Seltún and another similar area nearby. Free to visit.



NEARBY RESTAURANTS

HVERAGERÐI

Ölverk Pizza &
Brewery

Wood fired pizza & fine craft beer locally produced.
Opening hours: 11:30-21:00 daily

Restaurant
Varmá

A la Carte Restaurant opened in June 2013, serves Icelandic food cooked over geothermal heat with a nice view over the Varmá river.
Opening hours: 17:30-22:00 daily

Matkráin

Scandinavian cuisine with various vegetarian options in a cozy atmosphere.
Opening hours: Wed.-Sun. 11:00-22:00

Mathöll
Suðurlands

Food hall with burgers, noodles, tacos, fish & chips and chicken sandwiches. Modern souvenir & coffee shop in the hotel lobby.
Opening hours: 11:30-21:30 daily

SELFOSS

Krisp

Generous comfort food such as burgers, steamed buns, grilled meat and salads.
Opening hours: Mon.-Fri. 11:30-21:00
Sat.-Sun. 12:00-21:00

Kaffi Krús	Charming little restaurant located in an old building next to the shopping center. One the menu: pasta, salad, burgers, meat, fish, pizza and home baked cake for the sweet tooth. Opening hours: 11:00-21:00 daily
Messinn	Seafood restaurant, excellent fish pans perfect for sharing. Opening hours: Mon-Thur. 11:30-21:00 Fri.-Sat. 11:30-22:00 Sun. 17:00-21:00
Pylsuvagninn	Drive-through next to the impressive river Ölfusá to have a taste of the authentic Icelandic hot dogs. Opening hours: Sun.-Thurs. 09:30-21:00 Fri.-Sat. 09:30-22:00
The Old Dairy	Foodhall with 8 restaurants and 2 bars, in the building of the first dairy factory in Iceland built in 1929. Opening hours: Sun.-Thurs. 11:30-21:00 Fri.-Sat. 11:30-21:30
Tryggvaskáli	Very nice a la carte Restaurant in the oldest building in Selfoss, situated on Ölfusá river banks. Quality food with good price. Opening hours: Mon.-Thurs. 16:00-21:00 Fri. 16:00-22:00 Sat. 11:30-22:00 Sun. 11:30-21:00

USEFUL WEBSITES

Information about South Iceland:	www.south.is
Information about Road Conditions:	www.road.is
Information about Weather and Aurora:	www.weather.is
Information about Safe Travel:	www.safetravel.is



WE APPRECIATE YOUR FEEDBACK!



PLEASE HELP US SERVE YOU BETTER
BY LEAVING A FEEDBACK ON TRIP
ADVISOR OR FILLING UP THE SURVEY
MONKEY.

