

Flúðir

Southern Region · Iceland

TRAVEL GUIDE

Tripomatic



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Overview

Flúðir is a small farming village in southern Iceland. It is on the Golden Circle route. The area is warm from geothermal heat and has greenhouses and farms.

It is a quiet base for Gullfoss and the nearby hot springs.

When to visit

The village can be visited all year. Summer has long evenings. Winter is dark and cold, and a chance of northern lights makes it popular for stays. Roads can be icy.

Road conditions (Vegagerðin)

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for sightseeing	0° / 5° Feels like -7°	-4° / -13°	20 rainy days · Dry air
February	Poor Poor for sightseeing	1° / 6° Feels like -7°	-4° / -13°	19 rainy days · Dry air
March	Poor Poor for sightseeing	2° / 6° Feels like -5°	-3° / -12°	20 rainy days · Dry air
April	Poor Poor for sightseeing	5° / 9° Feels like -1°	0° / -8°	18 rainy days · Dry air
May	Poor Poor for cycling	8° / 13° Feels like 3°	3° / -2°	17 rainy days · Dry air
June	Fair Fair for hiking	12° / 16° Feels like 8°	6° / 2°	17 rainy days · Dry air
July	Fair Fair for hiking	14° / 18° Feels like 11°	8° / 5°	18 rainy days · Dry air
August	Fair Fair for hiking	13° / 17° Feels like 10°	7° / 4°	18 rainy days · Dry air
September	Poor Poor for hiking	10° / 14° Feels like 5°	5° / 0°	20 rainy days · Dry air
October	Poor Poor for sightseeing	5° / 10° Feels like 0°	1° / -5°	19 rainy days · Dry air
November	Poor Poor for sightseeing	2° / 7° Feels like -5°	-2° / -10°	18 rainy days · Dry air
December	Poor Poor for sightseeing	0° / 6° Feels like -7°	-4° / -13°	20 rainy days · Dry air

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- The Secret Lagoon is one of the oldest swimming pools in Iceland. It is a natural hot pool with a small geyser nearby.
- Hot springs and small pools are scattered around the area. Respect signs and private land.
- Farms and greenhouses nearby serve local produce, including tomatoes and mushrooms.
- The Hvítá river valley has walks and views.

Flúðir – Plan Your Trip

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Getting there

- **By car**: Flúðir is about 1.5 hours from Reykjavík.
- **Nearby**: Gullfoss is about 30 minutes north. Þingvellir and Laugarvatn are on the same Golden Circle route.
- **Municipality**: The village is in Hrunamannahreppur.

Country facts

Quick practical facts for Iceland at a glance:

CURRENCY

ISK kr

EMERGENCY

112

ELECTRICITY



Type C / Type F
230 V · 50 Hz

LANGUAGES

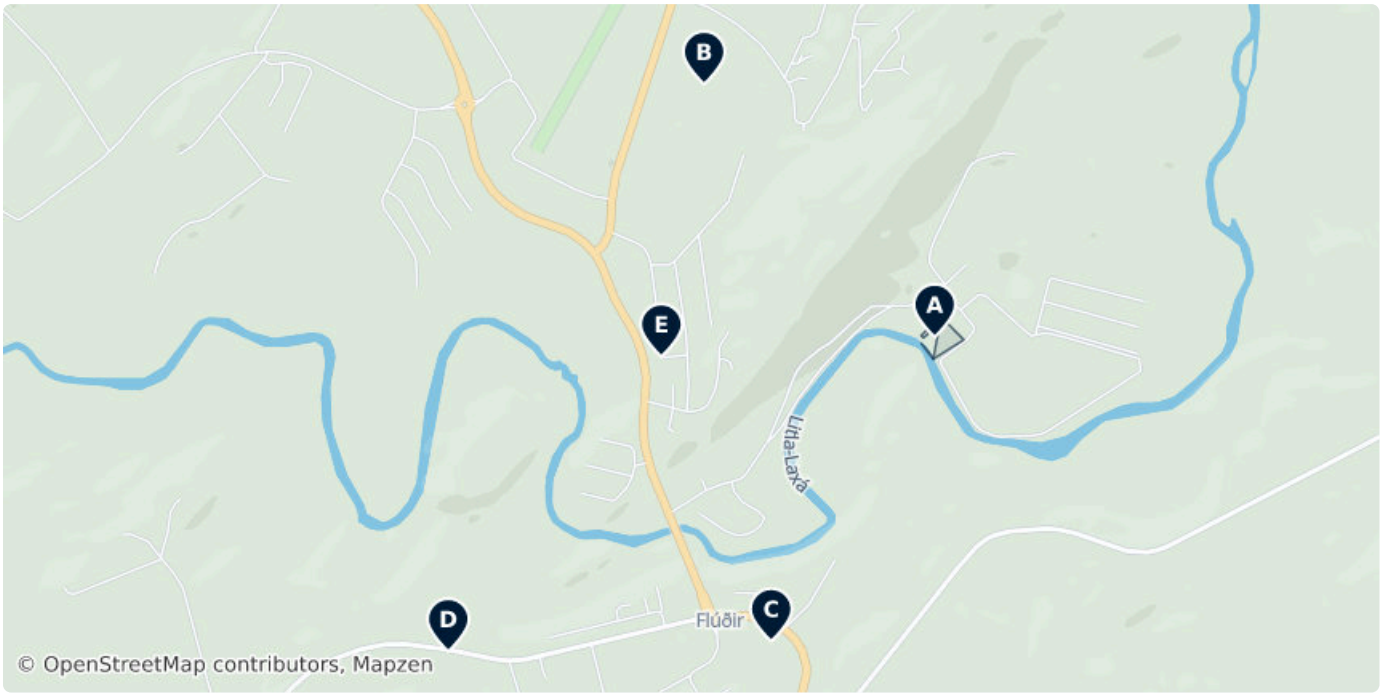
Icelandic

TAP WATER

Safe to drink

Fludir Essentials

Flúðir is a geothermally active village centered around the Secret Lagoon, Iceland's oldest natural swimming pool dating back to 1891. The area utilizes underground heat for extensive greenhouse farming, which supplies the village's unique culinary scene. Visitors can sample mushroom-based dishes at Farmers Bistro, authentic Ethiopian cuisine at Minilik, or purchase fresh produce from self-service vegetable stands. This collection highlights the intersection of historic bathing culture and sustainable, greenhouse-to-table dining.





A Secret Lagoon

Natural geothermal hot spring pool featuring warm, sulfur-rich waters and outdoor baths with historic significance.

Hvammsvegur, 845 Flúðir, IS (64.13729, -20.30939)

Oct 01-May 31 Mo–Su	11:00–20:00
Jun 01-Sep 30 Mo–Su	10:00–22:00

secretlagoon.is, +354 555 3351

B Farmers Bistro

Restaurant specializing in dishes made from mushrooms and bell peppers grown in the adjacent Flúðasveppir greenhouses. Known for its signature mushroom soup buffet.

Garðastígur, 845 Fludir, Iceland (64.14321, -20.32178)

Mo–Su	12:00–16:00

farmersbistro.is, +354-519-0808

C Minilik

Family-run restaurant serving authentic Ethiopian cuisine, including traditional injera bread and spicy stews. The facility is wheelchair accessible.

10 Akurgerði, Flúðir 845, Iceland (64.13017, -20.31817)

minilik.is, +354 8469798

D Grænmetisstandur

Self-service shop offering fresh, locally grown vegetables harvested from the village's geothermal greenhouses.

(64.12993, -20.33552)



E Sindri Bakari Café

Local bakery and cafe serving a selection of sandwiches, pastries, and coffee in a non-smoking environment.

(64.13683, -20.32407)

Mo	09:00–17:00
Tu	Closed
We–Su	09:00–17:00

DATA SOURCES

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