

Seltjarnarnes

Reykjavík · Iceland

TRAVEL GUIDE

Tripomatic



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Overview

Seltjarnarnes is a small town on the western tip of the Reykjavík peninsula. It is part of the capital area and is only a short ride from the city centre.

The town has a long coastline, bird life and a lighthouse. It is a good place for a walk or a cycle ride.

When to visit

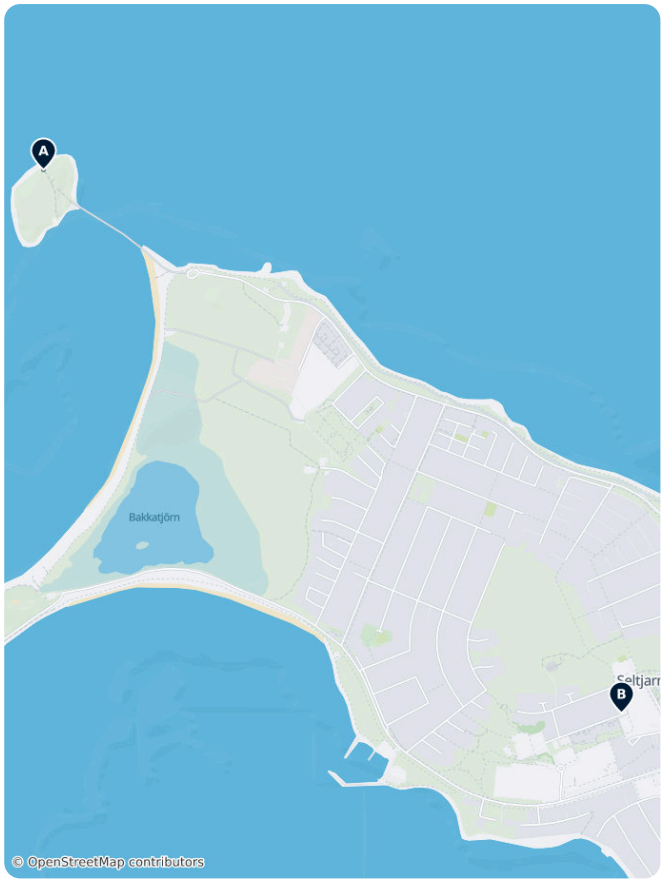
The town can be visited all year. Summer has long evenings. Winter is dark and windy, but the dark sky and little light make the coast a good place to look for northern lights. See SafeTravel Iceland for weather alerts.

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

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights

- A Grótta lighthouse stands on a small island at the tip of the peninsula. It can be reached on foot at low tide. The island is closed to visitors in the nesting season, from May to mid July.
- B Seltjarnarnes has a coastal path with views of the bay and Mount Esja.
- Nesstofa is an 18th-century house that holds a medical museum.
- The shore has many birds, including terns and eiders.



Seltjarnarnes – Plan Your Trip
Turn the places from this guide into a real itinerary, with smart routing, time estimates, and everything you need for a perfect trip.
3M+ downloads · **4.6 stars** · **15 years of trip planning**
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Getting there

- **By bus**: City buses run from central Reykjavík. See Strætó.
- **By bike**: A coastal path links the town with the city centre.
- **Nearby**: The island Viðey and Kópavogur are also in the capital area.

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

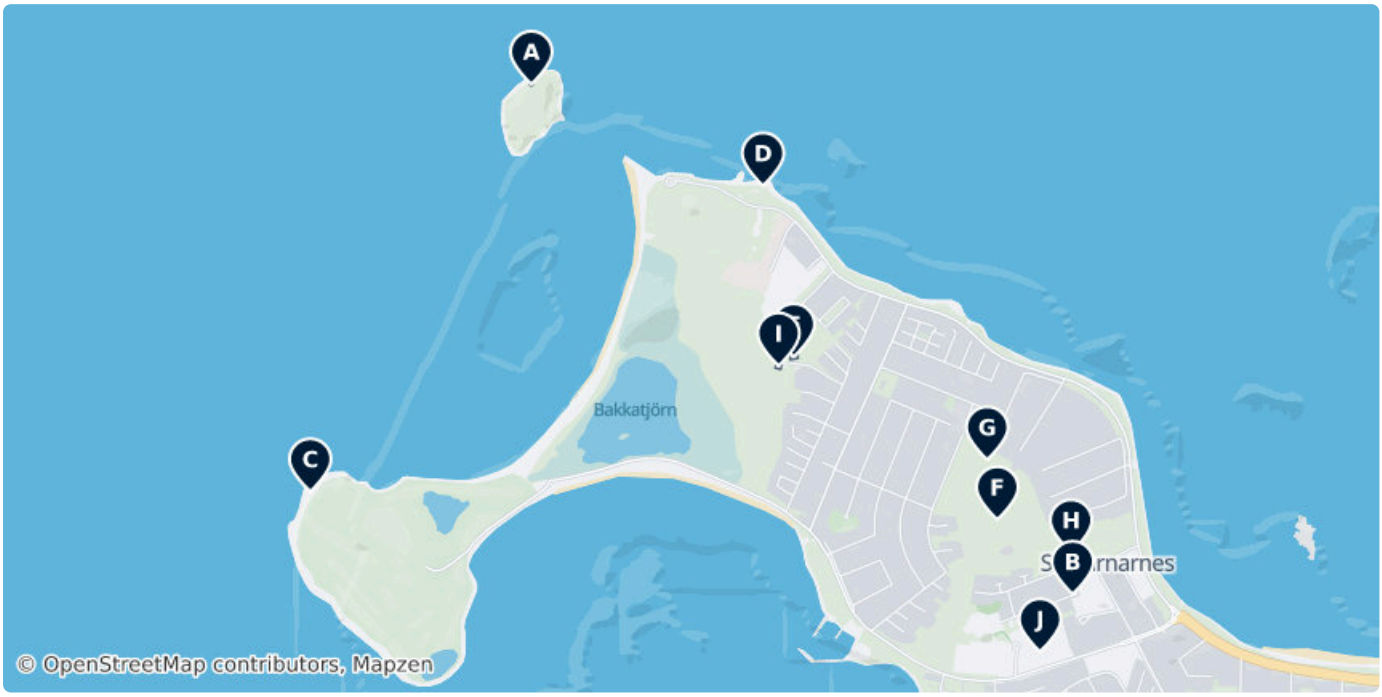
Icelandic

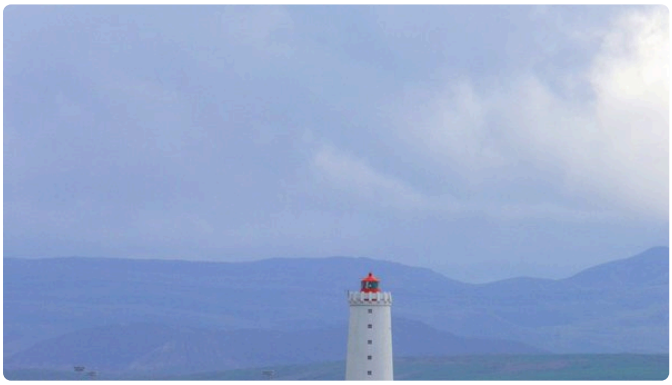
TAP WATER

Safe to drink

Seltjarnarnesbær Essentials

Seltjarnarnesbær occupies the westernmost tip of the Reykjavik peninsula, offering a blend of coastal nature and medical history. The area is defined by the Grótta nature reserve, where a tidal island hosts a historic lighthouse and a diverse bird sanctuary. Visitors can explore Nesstofa, the 18th-century residence of Iceland's first Surgeon General, or use the Kvika geothermal footbath overlooking Faxaflói Bay. The town's elevated points, such as Valhúsahæð, provide clear vantage points for viewing the Snæfellsnes Peninsula and the Northern Lights.





A Grótta Lighthouse

Historic lighthouse situated on a tidal island accessible only during low tide. The surrounding nature reserve is a significant nesting ground for arctic terns and other seabirds during the summer months.

Gróttuviti, Norðurströnd, Seltjarnarnes 170, Iceland (64.16500, -22.02195)

visitreykjavik.is/service/island-grotta-and-grotta-lighthouse



B Seltjarnarnes

Seltjarnarnes is a town in the Capital Region of Iceland. The municipality is located on a peninsula, bordered only by Reykjavík to the east.

4 Skólabraut, Seltjarnarnes 170, Iceland (64.15189, -21.98999)

seltjarnarnes.is

C Ljóskastarahús

A former searchlight station dating back to World War II, used as part of the coastal defense system to monitor the surrounding waters.

Iceland (64.15452, -22.03501)

D Kvika

A small, man-made geothermal footbath carved into stone by artist Ólöf Nordal. It offers views of the Atlantic Ocean and the Snæfellsjökull glacier.

Norðurströnd, 170, Iceland (64.16239, -22.00828)

E Pharmacy Museum

Housed in the historic Nesstofa building, this museum displays 18th-century medical tools, pharmaceutical equipment, and the history of medicine in Iceland.

Safnatröð 3, 170 Seltjarnarnes (64.15799, -22.00646)

lfi.is/um-lyfjafraedisafnid

F Valhúsahæð

One of the highest points in Seltjarnarnes, offering panoramic views of the Reykjavik coastline, the Esja mountain range, and the Snæfellsnes Peninsula.

(64.15380, -21.99444)



G Camp Grótta

Remains of historical structures and coastal defenses dating back to the mid-20th century.

31 Vesturströnd, Seltjarnarnes 170, Iceland (64.15534, -21.99504)

H Seltjarnarneskirkja

A modern Lutheran church designed by architect Hörður Björnsson and consecrated in 1989, featuring a distinctive minimalist interior.

(64.15295, -21.99010)

I Lækningaminjasafn Íslands

The Medical History Museum of Iceland, focusing on the development of healthcare and the medical profession through the centuries.

(64.15776, -22.00736)

J Seltjarnarneslaug

A public sports center and swimming complex featuring geothermal pools, hot tubs, and a steam bath, utilizing mineral-rich water from local boreholes.

2 Suðurströnd, Seltjarnarnes 170, Iceland (64.15041, -21.99192)

DATA SOURCES

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