

SNORKELLING IN SILFRA FISSURE

YOUR GUIDE TO SNORKELLING IN THE MAGICAL VISIBILITY
WONDERLAND

Silfra fissure is one of the most amazing places one can visit in the world. Diving or Snorkelling through the crystal clear glacial water is an experience like no other as Silfra fissure is actually the only place in the world where you can go diving or Snorkelling in between the tectonic plates. The visibility is so great it almost feels like you are flying. But before you take the plunge, there are a few things we want you to know.

SNORKELLING

The experience of Snorkelling in Silfra is otherworldly and probably the most exciting adventure you will do in Iceland. It does not require any certification or previous snorkelling experience; the only requirements are that you can swim independently and are in good physical shape.

“Lazy current”

Running through the fissure is a slow beautiful glacial water current. For the first half of the snorkelling experience, you will float along in the same direction as the current. For the second half, you might have to swim against this slight current, this is not challenging, but does require that you are able to swim.

Age limit for Snorkelling

The minimum age for snorkelling in Silfra is 12 years and minors under the age of 18 need to be in the company of a guardian. Although there is no upper age limit elderly people in bad physical shape are advised against joining the tour.



MORE INFORMATION ABOUT SNORKELLING IN SILFRA

Snorkelling in Silfra is a beautiful experience that we would love to share with you. However, it is important that you are aware of a few facts about the adventure you are planning on taking.

This is why we would kindly like to ask you to read thoroughly this section and evaluate if you accept the following.

Snorkelling in the Silfra fissure involves a moderate level of exercise.

Participants wear a tight and constricting full body suit. The suit is heavy and may make walking difficult.

Because of the geographical layout of Silfra, participants must walk in full gear about 150 meters to the entry point and later 350 meters from the exit stairs back to where the tour started.

The dry suit has seals on the neck and wrists that stop water from getting in, a very good thing when entering glacial water but these need to be quite tight and if you are claustrophobic this might be a little uncomfortable.

The time spent Snorkelling is about 30-45 minutes and the water temperature is 2° Celsius so it's best to eat and drink before the tour starts.

Participants wear a neoprene hood and semi-dry neoprene gloves. Although you might have realized, since this is a Snorkelling tour, we still want to mention that your face, hair and hands will get wet during this activity.

There is a slight current in Silfra and participants must be comfortable swimming against it during the last part of the tour.

Participants use a snorkel to breathe throughout the activity. This is a breathing tube with one end in the water and the other in the air.

Outside temperatures in Iceland can be quite cold. This country is not named Iceland for no reason. Note that you will spend up to 3 hours outside. Dress accordingly and make sure you have warm thermals, winter coat, hat and gloves during the winter..

There are no locker rooms at Silfra. Please do not bring any valuable items that you don't need for the tour.



SNORKELLING SILFRA MEDICAL STATEMENT

To be read and signed by each participant.

Please answer YES or NO to the following questions about your past and present medical history.

Section 1: Do any of the following apply to you?

A **YES** in this section means that unfortunately we cannot take you on our Snorkelling tour. This is for your own safety!

- Any kind of heart or blood vessel disease?
- Heart attack?
- Angina, heart surgery, or blood vessel surgery?
- Are you pregnant?
- Any form of lung disease?
- Pneumothorax (collapsed lung), other chest disease or chest surgery? (Excluding a pneumothorax following trauma to the chest that is fully recovered – see section 2)
- Epilepsy, seizures, convulsions or take medications to prevent them?

Section 2: Do any of the following apply to you? A **YES** in this section means that you need to get medical clearance from a doctor in order to participate in the tour. The required medical approval you can find on the second page.

- High blood pressure or taking medication to control blood pressure?
- Often suffer from sever dizziness, fainting or unconscious spells?
- Cancer or cancer treatment within the last 2 years?
- Severe Head injury with loss of consciousness and with lasting effect in the last 2 years?
- Currently taking prescription medication(s) that might affect your ability to participate?
- Ongoing complications due to Covid-19 or were hospitalized for Covid-19
- High cholesterol
- Any heart condition or history of heart disease in the immediate family
- Pneumothorax (collapsed lung) due to trauma (e.g., vehicle accident)
- Other condition that will affect my physical or mental ability to participate safely
- Asthma
- Reduced mobility – assistance required
- Diabetes – insulin dependent diabetics must make sure that their BG is stable or rising and

must give their guide a form of liquid glucose to take with them in the water.

PHYSICIAN APPROVAL

For Snorkelling Silfra Tours in Iceland

Participant Name _____

Dear Physician,

The above patient of yours wishes to participate in a Snorkelling tour with Arctic Adventures in Iceland but has answered YES to the question _____ in Section 2 on the preceding page. Your assessment of the individual's fitness for the tour is therefore required.

Please note that there have been serious medical incidents in Silfra involving participants in the risk groups identified in Section 1 and Section 2 on the preceding page.

Snorkelling in Silfra includes the following:

- Participants wear a tight and constricting full body suit. The suit is heavy and may make walking difficult.
- Participants must walk in full gear about 150 meters to the entry point and later 350 meters from the exit stairs back to where the tour started.
- The suit has seals on the neck and wrists that stop water from getting in. These can be tight and sometimes an additional rubber strap needs to be worn around the neck.
- In-water duration is 30-40 minutes and the water temperature is 2° Celsius.
- The heads and hands of participants are exposed to the 2° Celsius water through a mitigating material. Part of the face is not covered by the hood and will therefore be in direct contact with the water.
- There is a slight current in Silfra and participants must be able to swim against it during the last part of the tour.
- Whenever entering the water there is a small chance of the suit leaking. In this case 2° Celsius water will enter the suit and the water will be in direct contact with the thermal under layers and skin.
- Participants use a snorkel to breathe throughout the activity. This is a breathing tube with one end in the water and the other in the air.
- Participants change in our tour vans in potentially wet, windy, and cold weather conditions. In winter, outside temperatures in Iceland may be far below the freezing point.

Physician's Impression

I find no medical conditions that I consider incompatible with the activity described above.

I am unable to recommend this individual for the activity described above.

Remarks _____

Physician's Signature _____ Date ____ / ____ / ____

Physician Name _____

Clinic/Hospital _____

Address _____

Phone _____ Email _____

EQUIPMENT

When snorkelling in Silfra you will be wearing 3 layers of clothing to protect you from the 2 degrees C glacial water. Instruction video on how to dress, [click here](#). Most of the equipment is provided by us. You need to bring the items closest to your body, the base layer.

Layer 1 - You bring this

Thin thermals in wool, fleece, or synthetic.

Warm socks in wool, fleece, or neoprene.

(Cotton not recommended)



Layer 1: Base Layer

Layer 2 - Provided by us

Under suit

Material: Fleece

Manufacturer: Waterproof, Northern Diver



Layer 2: Under suit

Layer 3 - Provided by us

Dry suit

Material: Neoprene

Manufacturer: Waterproof, Northern Diver



Layer 3: Dry suit

Additional equipment - All provided by us

When Snorkelling you will also be needing some extra equipment, hood and gloves to keep your head and hands a little bit warmer in the cold water, a mask, snorkel and fins. These items are all provided by us.



1. Hood and Gloves

Manufacturer: Waterproof or O'Three

Material: Neoprene

2. Mask and snorkel

Variety of manufacturers and models. Kindly note you cannot wear glasses under the mask. Contact lenses work fine.

3. Fins

Manufacturer: Poseidon, Apeks, Mares

Material: Rubber or plastic for Snorkelling.

AVAILABLE DRY SUIT SIZES

Women Snorkelling

- 150 cm – Max weight 75 kg
- 155 cm – Max weight 80 kg
- 160 cm – Max weight 85 kg
- 165 cm – Max weight 90 kg
- 170 cm – Max weight 95 kg
- 175 cm – Max weight 100 kg
- 180-200 cm – Max weight 110 kg

Men Snorkelling

- 150 cm – Max weight 75 kg
- 155 cm – Max weight 80 kg
- 160 cm – Max weight 85 kg
- 165 cm – Max weight 90 kg
- 170 cm – Max weight 100 kg
- 175 cm – Max weight 110 kg
- 180-200 cm – Max weight 120 kg



MEETING POINT

Directions to the meeting location

The meeting location for your tour is at Silfra Car Park. Type “**Thingvellir Parking P5**” (*GPS coordinates 64.255825, -21.123666*) into google maps, and it will give you directions to where you can park your car, which is the 2nd car park 400m further along the road to where you will be Snorkelling from. Please allow one hour if driving from Reykjavik. Once parked at Thingvellir parking P5, you will need to buy a ticket to display on your dashboard, which costs 500 ISK (you can pay at the machine with a credit or debit card).

To meet your guide

Walk 400m back along the road until you reach the car park with all the snorkel and dive vans, and look for your guide. There are other companies at the site so make sure you go to the right one and show your voucher. We are looking forward to meet you!

When to be there

Please be ready in the car park to meet your guide **15 MINUTES before** your tour is due to begin.

Duration

A Snorkelling tour takes about 3 hours on location.

WHAT TO BRING

For Diving and Snorkelling

Thermal base layer in wool, fleece or synthetic material
Warm socks in wool, fleece or neoprene

A spare set of clothes and socks for after the activity in case you get wet
A towel (remember your hair, face and hands will get wet)

Outdoor clothing suitable for the current weather conditions
Voucher

If necessary, a doctor's letter (Unsure if you need one? Please read the "[Medical Conditions?](#)" section)



**WE ARE LOOKING FORWARD TO SHOW
YOU SILFRA -THE FANTASTIC FISSURE!**