



arctic adventures

DIVING IN SILFRA FISSURE

YOUR GUIDE TO DIVING IN THE MAGICAL VISIBILITY WONDERLAND

Silfra fissure is one of the most amazing places one can visit in the world. Diving or snorkeling through the crystal clear glacial water is literally an experience like no other as Silfra fissure is actually the only place in the world where you can go diving or snorkeling in between the tectonic plates and 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.

DIVING

Diving in Silfra fissure is one for the bucket list! Located in a UNESCO heritage site Silfra fissure is a true natural wonder and the fissure has been attracting divers from all over the world since discovered. The visibility is over 100 meters which provides you with an underwater experience without comparison. The water in Silfra is 2 degrees Celsius and originates in Langjökull glacier about 50 km away. The water has slowly been filtering through underground lava for about 100 years before reaching the fissure and it this one of the reasons for the unbelievable clarity of the water.

All dives at Silfra are performed in a dry suit due to the cold temperature of the water, documented training and experience in cold water dry suit diving are requirements. We also believe that meeting these requirements are necessary in order to enjoy this extraordinary adventure to the fullest.

Dry suit experience

For diving in the Silfra fissure, you need to have previous experience in dry suit diving. Your dive guide will ask to see your **Dry suit certification card, or a logbook showing that you have completed a minimum of 10 previous dry suit dives** (signed by a dive professional).

You need to have dived in a dry suit within the last 2 years to ensure that your skills are up to date and so you enjoy the dive.

The notorious “Silfra walk”

The Silfra fissure is located in the pristine and sensitive Þingvellir national park and we are not allowed to drive straight up to the fissure’s water in order to preserve and protect the beautiful surroundings and unique nature.

Due to this all divers are required to walk about 150 meters to the entry point, and about 400 meters back from the exit point. This walk is done in full equipment and as a dry suit diver, you already know that a full set of dry suit diving equipment is not a light thing! If you are doing 2 dives, you will do this walk twice.

Age limit for diving

The minimum age for diving in Silfra 18 years old and elderly people in bad physical shape are advised against joining the tour (Participants 60+ needs a doctors note to join).

Feeling unsure?

If you feel very nervous about your abilities regarding diving in Silfra, we strongly recommend our Silfra snorkeling tour. The snorkeling is 100% a fantastic experience and no place better for snorkeling than the visibility wonderland of Silfra fissure.



MORE INFORMATION ABOUT DIVING IN SILFRA

Diving in Silfra is a beautiful experience that we would love to share with you. However, it is important that you are aware of and accept a few facts about the adventure you are about to embark upon.

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

- ⊕ Diving in the Silfra fissure involves a moderate level of exercise.
- ⊕ Because of the geographical layout of Silfra, participants must walk in full gear about 150 meters to the entry point and later 400 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 good thing when diving in glacial water. These need to be quite tight and if you are claustrophobic this might be a bit uncomfortable.
- ⊕ Participants wear a neoprene hood and neoprene gloves. This means that the heads and hands are exposed to the water.
- ⊕ You might have already realized but we would still like to note that your face, hair and hands will get wet during this activity.
- ⊕ Outside temperatures in Iceland can be quite cold. We didn't name it Iceland for no reason. Note that you will spend up to 5 hours outside on a diving tour. Dress accordingly and make sure you have warm thermals, winter coat, hat and gloves during the winter.
- ⊕ Participants cannot wear any types of jewelry in the water, as sharp items can break the dry suit.
- ⊕ There are no locker rooms at Silfra. Please do not bring any valuable items that you don't need for the tour.



MEDICAL CONDITIONS?

You **are not allowed** to dive or snorkel in Silfra if you have or have had any of the following conditions:

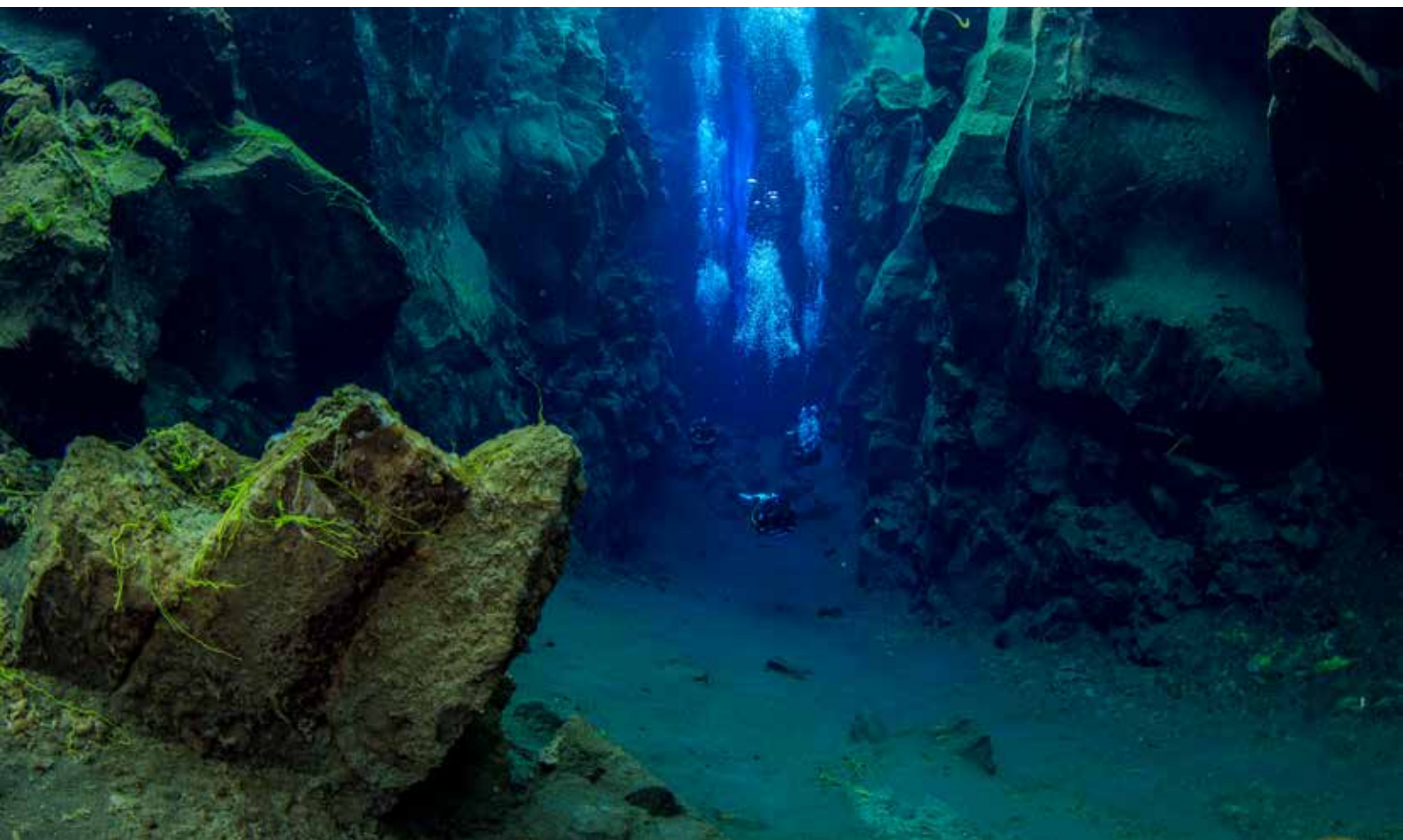
- Inability to perform moderate exercise (swimming 500m and walking 600m)
- Current or previous heart disease, heart surgery or heart attack
- Current lung disease
- Previous pneumothorax (collapsed lung), chest disease or chest surgery
- Head injury with loss of consciousness during recent years
- Thrombocytopenia or other blood disorders
- Colostomy or ileostomy
- Epilepsy or conditions resulting in sudden unconsciousness
- Obesity

If you have any of the following conditions, you are allowed to dive or snorkel Silfra if you can **provide a doctor's letter before the tour**:

- Higher or lower blood pressure than normal
- Type 1 diabetes
- Asthma (mild to severe)

Note:

- Pregnant women are not allowed to dive or snorkel in Silfra.



EQUIPMENT DIVING AND SNORKELING

When Diving 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 (No Cotton!)

Warm socks in wool, fleece or neoprene



Layer 1: Base Layer

Layer 2 - Provided by us

Under suit

Material: Nylon Taslan

Manufacturer: Waterproof, Santi



Layer 2: Under suit

Layer 3 - Provided by us

Dry suit

Material: Neoprene

Manufacturer: Waterproof or O'Three



Layer 3: Dry suit

Available Dry Suit Sizes

Following are our available dry suit sizes, on location our guides will help you find a suiting one.

Women Diving

155 cm – Max weight 70 kg

160 cm – Max weight 75 kg

165 cm – Max weight 80 kg

170 cm – Max weight 85 kg

175 cm – Max weight 90 kg

180-200 cm – Max weight 100 kg

Men Diving

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

Diving equipment - All provided by us

When Diving will be needing specified equipment such as cold water regulators, BCD's, weight harnesses, and tanks. All these items are provided by us. However, you are welcome to bring and use your own equipment, as long as your equipment is suitable for cold water diving.



1. Cold water Regulators

Manufacturer: Apeks and Dive Rite

Information: Specified for cold water diving

2. BCD

Manufacturer: AP diving and Tusa



3. Weight harness

Information: Our guides will help you find the right weight for you

4. Tanks

Information: 12 liter tanks

Material: Steel

Additional equipment - All provided by us

When Diving 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, and fins. These items are all provided by us.



1. Hood and Gloves

Manufacturer: Waterproof or O'Three

Material: Neoprene

2. Mask

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 for Diving, Rubber or plastic for snorkeling.

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 diving 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 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

The tour takes about 5 hours on location.

PICK UP

We only serve the **pick-up locations** specified in our **pick-up list**. Due to traffic restrictions, we are not allowed to pick up from hotels in the city center, or from private Air BnBs. Please contact us to find out your closest pick up point if your accommodation is not on our pick-up list.

If pick up time is for example 09.00, it means that we are arriving to the first pick up location at that time. **Kindly note it can take us up to 30 minutes to complete all pick-ups.** Pick up time at 09.00, means that we will pick you up between 09.00-09.30.

Duration

The tour takes around 7 hours including transport from Reykjavik



WHAT TO BRING

For Diving and Snorkeling

- Thermal base layer in wool, fleece or synthetic material, No cotton!
- 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)

- Proof of Open water and Dry Suit certification, or Open Water certification and a logbook showing that you have completed a minimum of 10 logged dry suit dives from within the last 2 years. The logbook needs to be in English so your dive guide can read it.



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