

WFR & WFR – Recert in Iceland

Planning to come to Iceland to do your WFR or Re-cert? We are happy to have you!

You will find both courses here: <http://www.mountainguides.is/mountaineering-courses/>

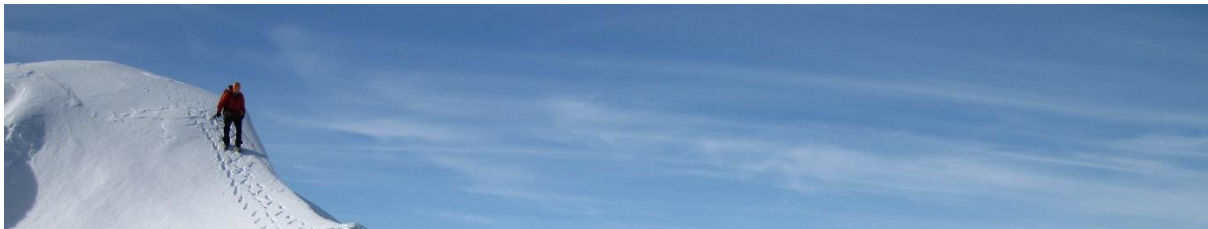
Accommodation:

Sorry, we are not able to include accommodation on this course, but we can do the following:

- Provide a list of places that might be of interest, see below.
- Offer a platform to connect those wanting to share AirBnB type accommodation. The platform is [here](#).
- Provide free transport from the downtown of Reykjavík to the course location at Malarhöfði 6 - Reykjavík. Just let us know where you are staying. This is only available for those coming from abroad specifically to do the course.

Food:

We do not provide food, some of the guesthouses suggested will have access to kitchen and there is a small kitchen and refrigerator at the course location. Reykjavík also has plenty of restaurants of all standards in walking distance both from any accommodation in the downtown as well as from the course location.



Flights and arrival / departure:

The course starts at 08:45 on the first day, so you will need to be in Iceland the day before in most cases. For the WFR it is possible to fly out late afternoon of the last day (but not recommended). On the Recert flying out on the last day is not possible.

There are a few bus companies that go from the airport that will take you to and from most hotels and guesthouses in Reykjavík.

Fly bus: <https://www.re.is/flybus/>

Airport direct: <https://airportdirect.is/>

Gray line: <https://airportexpress.is/#/book>

Before you book your flights, it is worth noting that the courses are not confirmed to run until they are market as confirmed on our homepage. You should still book the course you want – as without you booking we will not be able to confirm. If we need to cancel this will be done in with a notice and with a full refund. Policies on cancelations and refund can be seen in our [Terms of payment](#). We need to confirm the course with NOLS about 50 days before proposed start - giving you plenty of time to sort out flight bookings.

Language & certification:

This is a NOLS course in every way, Icelandic Mountain Guides only provide the logistics for the course but the course is a NOLS WFR / WFR-Recert and is **taught in English** by English speaking and mostly American instructors. All documentation and certification is issued by NOLS. <https://www.nols.edu/en/courses/wilderness-medicine/>

List of Accommodation in the downtown:

Kex Hostel, very hip and cool with a little bar/restaurant in the building. Rooms range from private to dormitory. <http://www.kexhostel.is/>

Hlemmur Square, same idea as Kex – with a sausage restaurant in house. <http://hlemmursquare.com/> there is a kitchen you can use in the hostel part.

Aurora guesthouse, they have rooms and apartments. The apartments would be a good option for larger groups and they have a kitchen. <http://www.aurorahouse.is/>

Guesthouse Sunna, similar to Aurora and actually next doors to them. <http://www.sunna.is/>

Snorri Guesthouse, nice quiet place – no kitchen access. <http://www.guesthousesreykjavik.com/>

Reykjavik downtown hostel, eco-friendly hostel with rooms, dorms, self-catering kitchen, common rooms and free WiFi. <https://www.hostel.is/hostels/reykjavik-downtown-hi-hostel>

AirBnB – there is plenty in Reykjavik and would most likely be a good option with access to a kitchen etc.

Bus-hostel, not totally downtown but on the way. We see a lot of people choosing to stay there lately. <https://www.bushostelreykjavik.com/>

For course in spring camping would also be an option at the youth hostel: <http://www.hostel.is/> / <http://www.reykjavikcampsite.is/>

There is plenty of other accommodation available in all standards; easy to find online.

Schedule WFR:

Most days instructions run from 09:00 – 18:00.

Day #3 has an evening lecture from approx. 19:00 – 22:00

Day #6 is a day off. Change to read up or explore Iceland.

Day #8 has an evening rescue scenario from approx. 19:00 – 23:00

Day #10 is the final day of the course.

Schedule WFR-Re-cert:

All days from 09.00 – 18:00 (first day starts at 08:45).



**About us:**

Icelandic Mountain Guides (IMG) are a leading company in adventure tourism in Iceland. We run a WFR and a WFR-Recert about two times a year – mostly for our own staff. The courses are open to anyone – but most of the students come from IMG and other adventure tourism companies in Iceland.

In 2020 we have run about 15 full WFR courses and a few Recertification courses – all in good cooperation with NOLS USA that send us exceptional instructors.

We take great pride in making sure that the course is run as well as possible, providing all the needed equipment, a great indoors facility and access to green areas for scenarios training outside.

Other stuff to do in Iceland:

Iceland has plenty of stuff to do before and after your WFR course. If you would like to link your trip with one of our tours, we are happy to give you a 20% discount on any day tours and 10% on most multi day tours.

Winter courses, Jan / Feb are good to connect to Ice Climbing or northern light hunting. The spring courses in April / May would be fitting for mountaineering and peak bagging, expeditions, ski-touring and ski-mountaineering. We are happy to provide information and inspiration as well as the guiding service if needed.



Preparation for the course:

No preparation is required before the WFR course and the books taught will be handed out on day 1. Students are expected to be outdoorsy people and should bring outdoor clothing and equipment (see info sheet up on booking). For the WFR-Recert you are advised to read up on your materials – *it starts out with an exam*. The latest information about the courses is available on the [NOLS Wild Med](#) home page.



Re-certification:

Please read the [guidelines for Recertification from NOLS](#). Not that it is your own responsibility to provide documentation showing that your WFR is indeed valid or with in a grace period (NOLS only) when you start your Recertification. Not also that different countries and companies follow slightly different standards in minor things. Your recertification is with NOLS and based on the standards taught and practised by NOLS.

For any further information please contact ivar@mountainguides.is / tel: +354 5224981

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