



IS IT SAFE?

Reykjavik

SOLO TRAVELER SAFETY GUIDE

SAFETY GUIDE SERIES

Overall Safety Assessment

RATING: Very Safe — consistently ranked among the safest capitals in the world; the primary risk is weather, not people.

Reykjavik, and Iceland as a whole, has held the #1 spot on the Global Peace Index for over a decade. Violent crime affecting tourists is rare, pickpocketing is uncommon, and street scams are close to nonexistent. Solo travelers — including solo women — are consistently among the most comfortable visitor groups in Reykjavik; the city is routinely cited as one of the best in the world for women traveling alone, with genuinely rare street harassment.

The real safety conversation in Reykjavik is about weather and natural conditions, not crime. Conditions can shift fast — the Icelandic saying “if you don't like the weather, wait five minutes” is not a joke. Icy pavements in winter cause more visitor injuries than any criminal risk in the city.

RATING SCALE

★★★★ = Very safe ★★★ = Safe ★★ = Use awareness ★ = Avoid at night ◻ = Avoid

NEIGHBOURHOOD SAFETY

Neighbourhood Safety at a Glance

AREA	RATING	NOTES
101 Reykjavik (downtown core)	★★★★	Very safe day and night; walkable and well-lit.
Skólavörðustígur / Laugavegur	★★★★	Busy, tourist-friendly, safe at all hours.
Old Harbor	★★★★	Safe, active area; standard bag awareness in busier tourist season.
Öskjuhlíð / Perlan area	★★★★	Safe, quiet, hillside — walkable or short bus/taxi ride.
Nightlife zone (weekend late night)	★★★★	Very safe overall; main advice is to avoid the immediate bar-crowd crush right at closing time, which can get boisterous but is not dangerous.
Icy pavements (winter, citywide)	—	The top actual safety concern in Reykjavik; wear grippy, waterproof boots November–March.

COMMON SCAMS & RISKS

Common Scams & Risks

Weather, not crime, is the primary hazard:

Register hiking or driving plans on safetravel.is before heading outside the city; download the SafeTravel and 112 Iceland apps; check vedur.is (Icelandic Meteorological Office) before any outdoor plans — forecasts are reliable but conditions shift quickly.

Icy pavements (winter):

The most common cause of visitor injury in Reykjavik. Wear boots with real grip, not fashion boots, November through March.

Petty theft:

Rare, but not zero — standard bag awareness in the busiest summer tourist crowds (Laugavegur, the harbor) is still sensible, even if the actual risk is low by any international comparison.

Alcohol-related late-night behavior:

The primary “avoid” advice locals give solo travelers is to steer clear of the immediate crush right around bar closing time on weekends — not dangerous, but can be loud and chaotic. Bars themselves are safe.

HEALTH & MEDICAL

Health & Medical

Landspítali University Hospital (main public hospital, 24/7 ER)

Fossvogur, 108 Reykjavík. Tel: +354 543 1000 (or +354 525 1700). This is the primary emergency room for visitors in Reykjavik.

Non-urgent medical advice line (Læknavaktin)

Tel: 1770 (5pm–8am weekdays, 24 hours weekends) for phone consultation with a nurse on non-emergency issues.

Insurance note

European Health Insurance Card (EHIC/GHIC) is accepted for EU/EEA citizens presenting a passport.

Non-EU/EEA visitors are responsible for the full cost of treatment (typically far lower than U.S. equivalents) — travel insurance is strongly recommended.

Pharmacies (Apótek)

Widely available; Lyfja on Laugavegi 16 is centrally located.

SOLO WOMEN TRAVELERS

Solo Women Travelers

Reykjavik is consistently cited as one of the best cities in the world for solo women travelers. Iceland ranks as the world's most gender-equal country, and that translates directly into daily experience — street harassment is genuinely rare, and walking alone at night in downtown Reykjavik carries very little of the low-level unease common in many other capitals. Normal travel awareness still applies, but visitors regularly comment on the specific absence of catcalling or persistent unwanted attention that they've encountered elsewhere. The local guidance most often given to solo women is simply to avoid the immediate bar-crowd crush at very late hours on weekends — a crowd-management note, not a safety warning.

EMERGENCY CONTACTS

Emergency Contacts

SERVICE	CONTACT
Emergency (Police / Ambulance / Fire)	112
Non-urgent medical advice (Læknavaktin)	1770
Landspítali University Hospital (24/7 ER)	+354 543 1000
SafeTravel (hiking/driving plan registration)	safetravel.is
Weather (Icelandic Met Office)	vedur.is