

# Frisbee-golf (a.k.a. Folf or Disc-golf)

## Activity information

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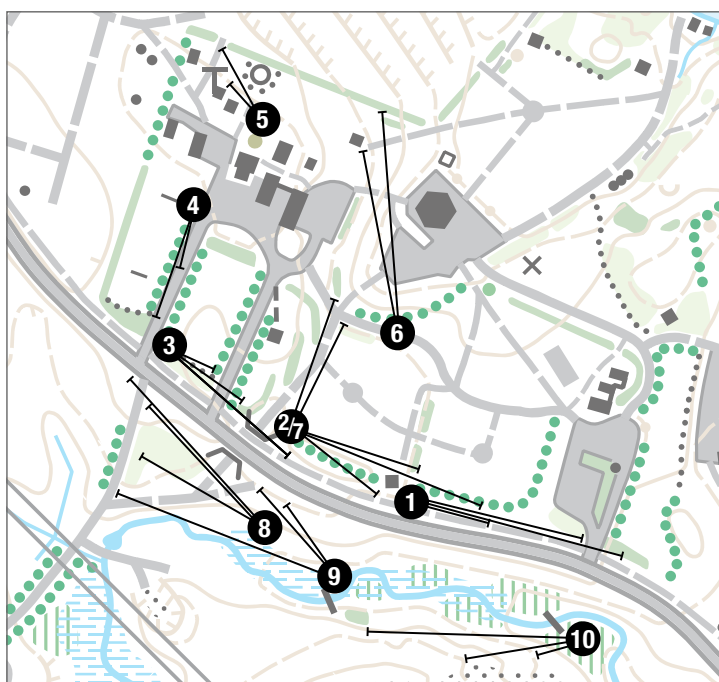


### Program: Earth

Program section "Earth" focuses on hiking, biking and other bipedal adventures.



Frisbee-golf is quite similar to regular golf, but uses frisbee discs instead of clubs and balls, and is suitable for the whole family. Úlfjótsvatn has a 10 hole folf-course you can use free of charge, with your own discs. You can also rent disc-sets (with score card and rules) at the Service Center.



#### The activity is ...

- ... Free. But frisbee-discs and ball can be rented at the center
- ... Available from May to August
- ... Available from September to April
- ... Run at the center
- ... Run by guests (self-guided)
- ... Child-friendly and suitable for young participants

#### About the activity:

Frisbee-golf is played much like a regular golf, except it uses frisbee discs instead of clubs and balls.

It is a fun activity for individuals or small teams.

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