Welcome to Iceland! We hope you are lucky enough to see some of the amazing whales, dolphins and porpoises who make their home in these waters. If you are on a cruise, or take a whale watching trip, look out for fabulous minke, fin, blue and sperm whales and their smaller cousins: orcas, pilot whales, white-beaked dolphins and harbour porpoises.

Sadly, both fin and minke whales are targeted by Icelandic whalers and their meat is widely available in supermarkets, restaurants and aboard cruise ships. You may see whale meat on restaurant menus and in buffets or barbeques, but be alert that the meat may also appear unlabelled in dishes identified as ‘traditional’, ‘local specialities’ or ‘A Taste of Iceland’.

Most of the meat on sale is minke whale, but tourists are also targeted to sample gimmicky fin whale products such as ‘whale beer’ or pickled whale blubber at the midwinter festival of Thorrablot (Porrablót).

Please don’t eat whale meat or be tempted to sample any product containing whale, as this encourages further whaling, and avoid any venues where these are served. If that’s not possible, politely tell the venue that you would prefer that they didn’t offer whale products.
All large whale species are protected from being killed for commercial purposes under a global ban. However, Iceland continues to hunt fin and minke whales under a much-disputed ‘reservation’ to this ban.

Contrary to popular belief, eating whale meat is neither traditional nor popular in Iceland. In reality, minke whales are harpooned largely to meet tourist demand.

Whaling boats frequently operate close to whale watching areas: a whale enjoyed by watchers one morning may be targeted by whalers that afternoon. Minke whaling is wasteful, with much of the carcass discarded.

Most of the fin whale meat is exported to Japan, despite declining demand. Previous shipments have ended up tinned as curry, or luxury dog food.

YOU CAN MAKE A DIFFERENCE! Please support Iceland’s whale watch industry and avoid venues selling whale products. Look out for ‘whale friendly’ restaurants - for a current list, please visit http://icewhale.is/whale-friendly-restaurants/