



# June 29 Fisherman Stage One

→ Race Week Guide



# FISHERMAN

The first stage of the Arna Westfjords Way Challenge is sponsored by **Fisherman** – a local Westfjords seafood company that has worked for two decades to help visitors to Iceland experience fish through tourism in the Westfjords.

Tourists began buying fish from the company, which has now led Fisherman to produce a wide range of fish-related products for retail and restaurant markets around the world.

The procedure is based on old Icelandic traditions, customs and experience. Most of the staff are raised in fishing villages in the Westfjords, where the history of fish production spans several hundred years. Experience and knowledge of fish is therefore built into the society and culture of the company.

# Fisherman Stage One

## June 29, Ísafjörður to Hotel Laugarhóll

**255 km [158 mi] 2,286 m [7,500 ft]. 11% unpaved.**

The first stage starts in on June 29 in Ísafjörður and ends at Hotel Laugarhóll near Drangsnæs. Day 1 takes you through the long meandering fjords, where you will switch from headwind to tailwind countless times throughout the day. You'll have the option to fuel up on the world's best waffles and soak in road-side hot pots.



# Fisherman Stage One

## June 29, Ísafjörður to Hotel Laugarhóll

**Stage 1 begins at the main square of Ísafjörður, called Silfurtorg (just 1.3 kilometers from the race hotel).** What was once used for drying out the catch of the day will now be a vibrant town center full of bicyclists.

- Breakfast will be available at Hotel Edda Ísafjörður starting at 6am and is included for all riders. Note this is located 1.3km from the start line at Silfurtorg
  - **Please note that anyone not registered as a racer or volunteer will need to purchase their breakfast.** The cost for each person is 2.500 isk and payment should be made to the accommodation.
- The Reiðhjólaverzlunin Berlin bag transport bag will be parked near the start. Drop off your one bag here.
  - The bag should be the size of a small backpack or duffel and there are no restrictions to what can be transported. We recommend carrying your favorite riding gels and snacks as sports nutrition is limited on the course.
- The official start of the race is at 7am and there will be a mass rollout from Silfurtorg.
- Timing for Stage 1 begins as you exit Silfurtorg and turn left between Hamraborg and Nettó.
- You are allowed to start the first stage as early as 5am, but Cultural Connections are timed for a 7am departure and may not be open yet if you arrive earlier in the morning so plan accordingly.



# Fisherman Stage One

## Cultural Connections

**Flags will be placed at the point where it is required to exit the race course to reach the Cultural Connection.**

- The Cultural Connection itself may require riding off the race course, but you should take your timestamped-selfie photo when you are exiting and entering the race course at the Cultural Connection flag.
- It is also recommended to take a photo at the Cultural Connection if it is not possible to include it with the flag photos to prove you went to the Cultural Connection.
- If you plan to visit the donation based hot pots, please plan on carrying cash to donate. There is no suggested donation amount but anything between 100 and 1.000 isk is reasonable.

**Each Stage is broken down below with Cultural Connection descriptions and information.**



# CC 1 Arctic Fox Center Kilometer 21 [Mile 13]

The Arctic Fox Centre is a non-profit research and exhibition center, focusing on the arctic fox (*Vulpes lagopus*) - the only native terrestrial mammal in Iceland. If you do not want to leave seeing an arctic fox to chance, be sure to stop by.

## Type

Museum

## Hours

Opening at 8am for the race

## Price

1,000 ISK per person (special price for WFWC participants)

## Directions

Take a right at the CC flag and go uphill until you see the museum on the right.

## Sponsored By

Borea Adventures



# CC 2 Litlibær

## Kilometer 72.9 [Mile 45.3]

# Berlin

**Litlibær** is a small turf house in Skötufjörður which was built in 1895 by two families. The walls on each side are built of natural stones but front and back made with timber and roof covered with turf. The two families lived together in it till 1917 and at one point 20 people lived there at the same time. It continued to be inhabited till 1969, but in 1999, the National Museum acquired the house. They renovated it inside and out, and it is now one of 38 houses in the organization's possession. Today Litlibær is the perfect stop for a coffee and waffles which come with your choice of blueberry or rhubarb jam.

### Type

Coffee + Waffle House

### Hours

Opening at 9am for the race

### Price

Waffle + coffee/tea/cocoa  
– 1,200 kr

### Directions

Right off the road, just up the hill to the right from the CC flag.

### Sponsored By

Reiðhjólaverzlunin Berlin



# CC 3 Heydalur

## Kilometer 133.7 [Mile 83.1]

The old barn at [Heydalur](#) has been reconstructed as a hall with a restaurant where meals are prepared and served with local ingredients. Come to taste the mushrooms and the blueberries from the valley, the lamb meat from the next farm, the smoked puffin, the trout from our fish pond, and the salmon from Heydal's river (at the end of the summer). Kobbi, the talking parrot, will be there to entertain you. You can also stop by their greenhouse pool and outdoor hot tubs!

### Type

Restaurant, Hotel and pool

### Hours

Lunch is served from 12:00 to 14:30 (may stay open till 15:00 if dot watching indicates)

### Price

Lunch price varies (1,300 kr - 3,700 kr)

### Directions

Take a right at the CC flag and go all the way until you see the premises on the left (approx. 1.8 kilometers).



# CC 4 Hörgshliðarlaug

## Kilometer 140.5 [Mile 87.3]



This manmade hot pool is about 0.8m deep, 2m long and 40°C down by the sea. It is filled with natural geothermal water and is a perfect place for a mid-ride dip to recharge. The pool is a perfect temperature for soaking, and taking in the fjord and mountain views.

### Type

Hot pot

### Hours

Always open

### Price

Donations accepted (cash only)

### Directions

Just off to the left of the road, you can't miss it!

### Sponsored By

Kubbur



# SALTVERK

## CC 5 Reykjanes Kilometer 160.9 [Mile 100]

The geothermal area of Reykjanes is home to the largest hot tub in Iceland, just outside Hotel Reykjanes. but all that geothermal energy also powers Saltverk – a local salt production company that uses a 17th century method of producing sea salt! Since geothermal energy is the sole energy source used, during the whole process they leave zero carbon footprint on the environment. Stop by for a tour, sample some salt, lunch at Reykjanes Hotel and take a soak in the pool!

### Type

Hot pot, restaurant,  
Saltverk

### Hours

Always open

### Price

Varies

### Sponsored By

[Saltverk](#)

### Directions

Take a left at the CC flag. You will see the hotel and Saltverk is behind the hotel.



# Fisherman Stage One Finish

## Hotel Laugarhóll [Km 255 km /Mile 158]

Timing ends as you enter the driveway of Hotel Laugarhóll.

Campers and hotel guests can all check in and pay at the front desk, and you are welcome to bring bikes into the gym hall (just off the main entrance) to do any maintenance, or if you'd like to store them indoors overnight. Depending on the weather, a bike stand will be available on the back patio or inside the gym. Unbroken recovery tablets will be available to start the recharging process.

Riders can relax at the end of the day in the pool, hot pot, lounge and cozy cafe where dinner will be served from 7pm until 10pm. After 10, food will be set aside for any riders that arrive late.

## Dinner Menu

The dinner menu (free with rider registration) is subject to change, but will most likely be: Homemade garlic-bread; Vegan soup made from scratch; healthy pasta dish and crunchy salad; vegan lasagna with meat and rice on the side.

Please note that anyone not registered as a racer or volunteer will need to purchase their dinner. The cost for each person is 3.900 isk and payment should be made to the accommodation.

