



Westfjords Way  
**Challenge**



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→ **ITT Rules**

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## 2022 ITT Rules

The 2022 ITT season is open as of June 26, 2022 and closes on September 15, 2022. The opening of the route is announced on social media each year when Breiððalsheidi is open.

### General ITT Rules:

- Media coverage is allowed and encouraged but no more than 3 people may be in the media team.
- Riders must register for the ITT at [www.cyclingwestfjords.com](http://www.cyclingwestfjords.com).
- Riders must do the entire route as laid out in the [official GPX file](#). Upon finishing the route must be sent to Cycling Westfjords for confirmation. Any avoided passes, tunnels used or other variations will not be considered an ITT.
- Riders must jump into the harbor in Ísafjörður to successfully complete their ride. The official route and timing ends once you reach the end point of the route (not when you jump in the harbor), but the jump solidifies your ITT attempt.
- Each rider must have a tracking device, SPOT, GARMIN or otherwise and have live tracking THE ENTIRE TIME. Tracking must be shared publicly and with Cycling Westfjords.
- Riders must record and show evidence of riding the route on a GPS tracking app such as Komoot.
- Riders must abide by Leave No Trace principles.
- Riders are required to purchase carbon offsets for their travel to the Westfjords if flying and will be asked to submit proof before their official entry. If you're booking your flight through Icelandair, you can use their [carbon calculator](#) for your flight and pay directly on their site so your offsets go directly to forests in Iceland in cooperation with the Icelandic Carbon Fund, [Kolviður](#). Other carbon offset programs may be accepted at the discretion of the race directors.
- Riders may do the route clockwise or counter clockwise.
- Riders may do the Drangsnes circle clockwise or counter clockwise.
- Riders must be fully unsupported utilizing only publicly accessible resupplies and other available resources open to any other rider on route.
- Riders may call ahead and plan hotel reservations, AirBnB and other accommodations but having a restaurant stay open late, deliver food or otherwise is prohibited.





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### Westfjords Way Challenge style:

Riders must take a time-stamped selfie (phone is fine) in front of a GPS locatable photo with time stamp at nine key locations along the route to provide further evidence of completion.

*The key locations are:*

1. Silfurtorg. Kilometer 0 (66.072779, -23.119390), What was once used for drying out the catch of the day will now be your starting point
2. Huldafolk rock formation. Kilometer 81.9 (65.908644, -22.854857). An ode to Icelandic folklore.
3. Pottarnir á Drangsnesi. Kilometer 235. (65.688228, -21.448198). A hot pot with a view.
4. Klofningsskarð. Kilometer 476 (65.204177, -22.496297). The point where Fellsströnd meets Skarðsströnd
5. Kleifaheiði. Kilometer 698 (65.525614, -23.737043). The keeper of the mountain pass.
6. Dynjandi. Kilometer 801 (65.736434, -23.208834). A trip around the Westfjords is not complete without experiencing Dynjandi.
7. Svalvogar. Kilometer 842 (65.809868, -23.775584). Between two rocks, the point of no return.
8. Breiðalsheiði. Kilometer 917 (66.033118, -23.296214). The mountain pass that was used until the tunnel was completed in 1996.
9. Ísafjörður harbor. Kilometer 927 (66.070288, -23.125926). The finish.

