ARCTICFISH DDDDDDDBBBB SPECIAL

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Official Race Guide

PROSONDO BY



The Midnight Special is presented by Arctic Fish.

Based here in the Westfjords, <u>Arctic Fish</u> is dedicated to sustainable aquaculture. With a mission "To Feed the World," they work to bring the world responsibly farmed fish with the clean taste of Iceland's pristine waters. All fish farming and production takes place entirely in the Westfjords using green energy. Riders will pass their headquarters right along the race route in Tálknafjörður, and can look forward to enjoying fresh fish at the race.

ARCTIC FISH MIDNIGHT SPECIAL STAGE 4 OVERVIEW

Patreksfjörður to Ísafjörður 211 km [132 mi] 3,871 m [12,700 ft]. 65% unpaved

The Arctic Fish Midnight Special is a brand-new race for 2023. Riders from around the world will join the rest of the Arna Westfjords Way Challenge for the final stage beginning at midnight on July 2 for an incredible day of riding under the arctic sun. This one-day race traverses the best gravel roads and mountain passes the Westfjords have to offer, along with stops at thunderous waterfalls, scenic hot pots and cozy cafes where you'll fuel up on coffee and waffles.

On July 1, Arctic Fish Midnight Special riders will join up with riders of the Arna WFWC for a group BBQ and the Stage 4 midnight rollout. We will all end the day together in Ísafjörður for a combined finisher's party.

Cultural Connections

Cultural Connections are what set our races apart. Just like the Arna WFWC, all riders will be required to stop at a minimum of two Cultural Connections to successfully complete the race.

Cultural Connections for the Arctic Fish Midnight special are some of the best of the Westfjords, and we encourage you to take time and stop at all of them since your race time is paused for the entire time you decide to enjoy them!

RACESCHEDULE



July 1 2:30 pm - 4:00 pm

Riders arrive in Patreksfjörður. Bikes can be set up at the Arna WFWC Adventure Day basecamp, and riders can explore or enjoy the pool nearby.



July 14:00 pm

All riders are invited to the group lunch at FLAK (Icelandic fish-fry with vegan options)

July 2 12:00 am

Group rollout from Patreksfjörður with Arna WFWC participants

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July 2 9:00 pm

Awards presented at the Finisher's Party in Ísafjörður

Arriving in Iceland

Upon landing in Keflavik, depart to your scheduled transportation. If you are flying to Ísafjörður, take the Flybus or Strætó to the Reykjavik airport. Flybus departs after every arriving flight and are easy to locate once exiting the airport.

Transport from Ísafjörður to Patreksfjörður

We have hired a bus to transport riders from Ísafjörður to Patreksfjörður on the morning of July 1. The bus will leave <u>the Fjord Hub</u> at 9am and will arrive around 12pm to the Adventure Day Basecamp in Patreksfjörður. There are 20 spots available and bike transportation is included. The bus can be booked by going to <u>corsa.is</u> -> top right My Page -> click Arctic Fish Midnight Special event -> then go to the shop, and you'll see it at the bottom.

Accommodations

If you are planning to arrive in Patreksfjörður on Friday night, we recommend booking an accommodation through our Corsa race page. This can be accessed by going to <u>corsa.is</u> - > top right My Page -> click Arctic Fish Midnight Special event -> then go to the shop and you'll see the available options.

Fish BBQ in Patreksfjörður

We will have a fish BBQ (with vegan options) at FLAK for all participants of the Arna WFWC and Arctic Fish Midnight Special participants. The BBQ will start around 4pm and we encourage everyone to plan to attend.

After the BBQ, you are welcome to hang out at the Patreksfjörður community center where there is enough space for everyone, and light snacks available throughout the day. Or if you're up for it, take a tour with <u>Westfjords Adventures</u>. They are offering 20% off all tours. Just let them know you are part of the race!

GPS Trackers

GPS tracking will be handled by the Follow My Challenge app. Download the app on your smartphone ahead of the race and be sure to carry an external battery to charge your phone during the race. Tracking will show your location on a live map where friends, family, and race directors can track your progress. If you are bringing your own GPS tracker (Garmin InReach or SPOT tracker), <u>please fill out this survey</u> with your device information.

ARCTIC FISH SPECIAL

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Patreksfjörður Adventure Day

The Race begins in Patreksfjörður, a picturesque village in the Southern Westfjords. Arna WFWC riders will be enjoying an Adventure + Rest day, and you are welcome to join by setting up bikes at the Adventure Day Basecamp, heading to the pool, or taking a day trip to explore nearby points of interest. A light breakfast will also be served at the Basecamp on July 1 for those who have already arrived. A bus option will be provided from Ísafjörður to Patreksfjörður on the morning of July 1 to arrive before lunch. Bike transport is included. You may add the bus option when registering.

FLAK Lunch

Join the Arana WFWC riders for an authentic Icelandic fish-fry (with vegan options available) at FLAK. This is one of the best meals of race week, so you won't want to miss it!



Midnight Group Start

Head back to Basecamp around 22:00 to get bikes ready and bring up the excitement for the Start of the Arctic Fish Midnight Special. We'll host a storytelling event to share about your favorite adventures, and then head outside for the massive group rollout straight up the first of many mountain passes for the day.

The Icelandic Sea Monster Museum

The race begins with the pass from Patreksfjörður to Tálknafjörður (wave hello to the Arctic Fish headquarters), and then straight into the next pass which drops you in Bíldudalur. Riders will arrive sometime between 1:30-3:00 and be greeted with an early-morning waffle party at the Sea Monster Museum. Fuel up on breakfast, then roam the exhibit to experience the local legends and mystery! This is the perfect stop before the day's first stretch of gravel which follows the inside of the next fjord and passes some of the best stops of the day. Coffee and waffles included in registration (limit 2 servings).



Foss Waterfall

CULTURAL Connection

Foss Waterfall greets you at the bottom of the fjord after warming up on some flat gravel. Slow down to fill up water and listen for the music coming from the abandoned car nearby – a curious and quirky installation set up by the local landowner.

Note: Not a Cultural Connection

A-Frame Sheep Shack

A bit further down the road, you'll immediately recognize this Instagramfamous sheep shack. Stop for a photo, and venture inside to explore a seasonal art exhibit. Note: Not a Cultural Connection.



CULTURAL CONNECTION

Dynjandisheiði mountain pass

The longest mountain pass of the day traverses fields of lakes and incredible views of the fjords far beneath. Rolling hills at the top seem never ending before the epic descent that follows the massive river feeding the Dynjandi waterfall. Note: Not a Cultural Connection.

Reykjafjarðarlaug Hot Pot

Next up, right off the road you'll find a perfect spot for a mid-ride dip before ascending the next mountain pass. Choose from the natural hot spring, or manmade pool featuring a hot and cold side. The hot-pot is donation based and the race recommends donating up to 1.000 isk (cash only).

Dynjandi waterfall

Finish your descent and turn into Dynjandi, the thunderous pearl of the Westfjords. No trip to the Westfjords is complete without a stop here. Take a moment to walk up and enjoy the mist before getting back on the bike for even more gravel.

Hrafnseyri

CULTURAL

CONNECTION

Step back in history in this Settlement Era town, known as the birthplace of Jón Sigurðsson, the father of Iceland's push for independence from Denmark. To add to the historic ambience of the village, rest and refuel in a cafe inside a traditional turf-roofed building. This is the perfect opportunity to fuel up on a light snack (offered by the race), before taking on the famous Svalvogar road!





Breiðdalsheiði

The final climb + descent, and location of the infamous snow-bridge. We save the best (and toughest) for last with the highest and chunkiest mountain pass of the race. Push up the gravel road to the final peak, where you may just have to hike-a-bike across the final bit of snowcovered road. Finally, enjoy your last descent of the day, with Ísafjörður in the distance and the finisher's party within reach. Finish strong at Silfurtorg (town center) and celebrate your day. Note: Not a Cultural Connection

Finisher's party

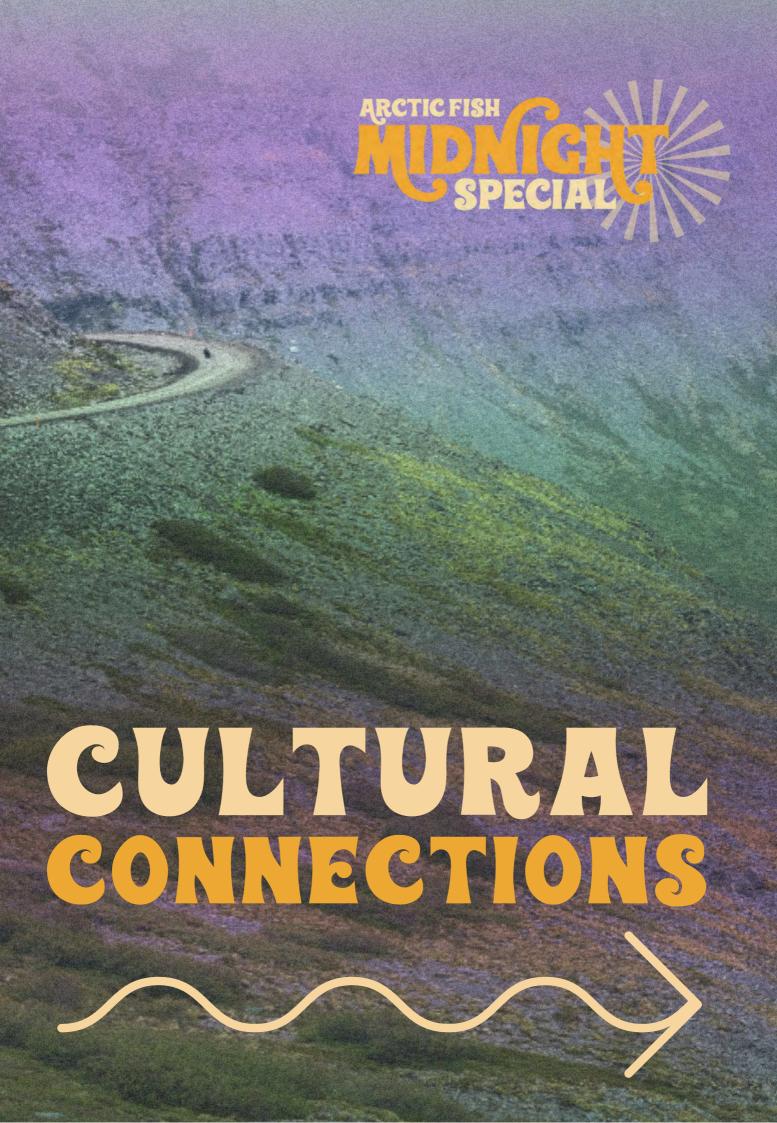
The finisher's party will be at Hotel Ísafjörður, right on the town square. Your first drink is free, and we will spend the evening welcoming riders, announcing winners and sharing stories from an incredible day (and week, for those that raced the full Arna WFWC). The awards ceremony will begin at 21:00.





Pier Jump in Ísafjörður

After all of the celebrations and awards have been made, solidify your ride the Westfjords way! Jump into the fjord at Ísafjörður pier along with Arna WFWC riders.



CC 1 The Icelandic Sea Monster Museum Kilometer 27.7 [Mile 17.2]

The race begins with the pass from Patreksfjörður to Tálknafjörður (wave hello to the Arctic Fish headquarters), and then straight into the next pass which drops you in Bíldudalur. Riders will arrive sometime between 1:30-3:00 and be greeted with an early-morning waffle party at the Sea Monster Museum. Fuel up on breakfast, then roam the exhibit to experience the local legends and mystery! This is the perfect stop before the day's first stretch of gravel which follows the inside of the next fjord and passes some of the best stops of the day. Coffee and waffles included in registration (limit 2 servings).

Type Restaurant + Museum

Price

Museum entrance, coffee and two waffles included in race entry

Hours

Open until 3:30am or until the last rider passes

Directions

Continue straight as you see the CC flag (instead of turning right to stay on course). Bike through town, and you will find the museum on your right, marked by flags.

FOOD INCLUDED IN RACE FEE

CC 2 Reykjafjarðarlaug Hot Pot Kilometer 46.0 [Mile 28.6]

Right off the road you'll find a perfect spot for a mid-ride dip before ascending the next mountain pass. Choose from the natural hot spring, or manmade pool featuring a hot and cold side. There is also a changing area next to the pool.

Type Hot Pot Hours

Always open

Price

Donations accepted (cash only). Anything between 100 and 1.000 isk is reasonable.

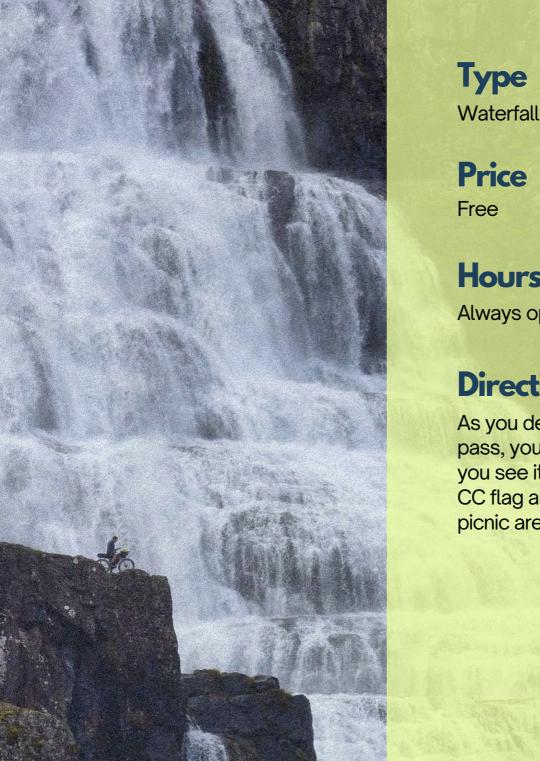
Directions

Just off to your right, you won't miss it!



CC 3 Dynjandi waterfall Kilometer 85.1 [Mile 52.9]

Simply enthralling; The Westfjords' favorite front-page model for decades, and is never short of breathtaking. Finish your descent and turn into Dynjandi, the thunderous pearl of the Westfjords. No trip to the Westfjords is complete without a stop here. Take a moment to walk up and enjoy the mist before getting back on the bike for even more gravel.



Waterfall

Hours Always open

Directions

As you descend down the pass, you'll hear it before you see it - turn left at the CC flag and ride into the picnic area.

CC 4 Hrafnseyri Kilometer 107 [Mile 66]

Step back in history in this Settlement Era town, known as the birthplace of Jón Sigurðsson, the father of Iceland's push for independence from Denmark. To add to the historic ambience of the village, rest and refuel in a cafe inside a traditional turf-roofed building. This is the perfect opportunity to fuel up on fish soup (offered by the race with vegan option, with coffee and pastries available for purchase), before taking on the famous Svalvogar road!

Type Restaurant + Museum

Price

Fish soup included with registration (vegan option available). Coffee and pastries available for purchase. Hours

Race food served 04:45 - 10:30. Normal hours begin at 11:00

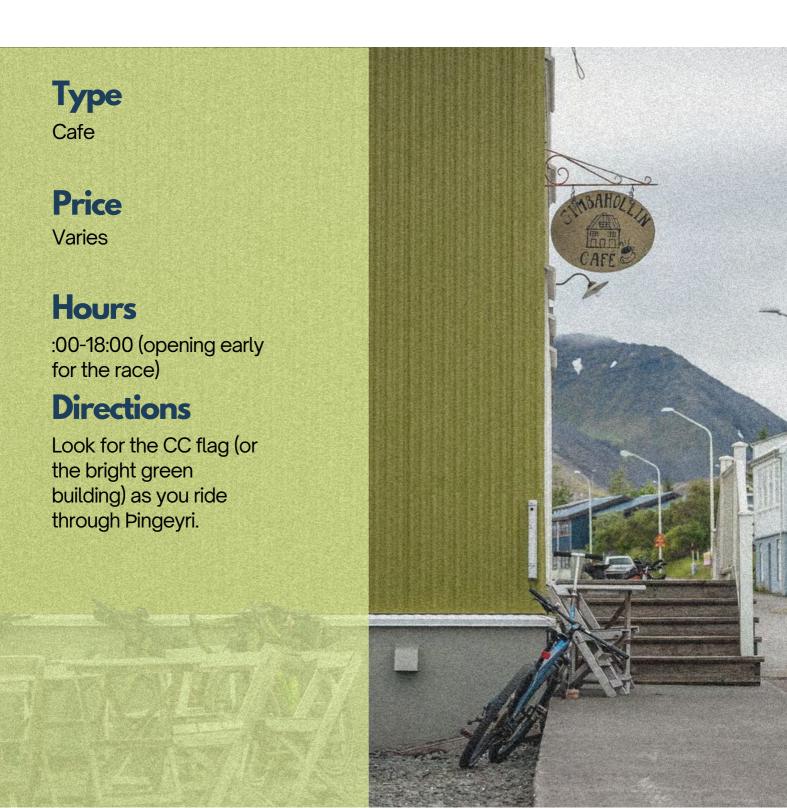
Directions

Turn right at the CC flag and follow the road until you see the museum and turn-roofed buildings. Aprox. 1 km. off course



CC 5 Simbahöllin cafe Kilometer 158 [Mile 98]

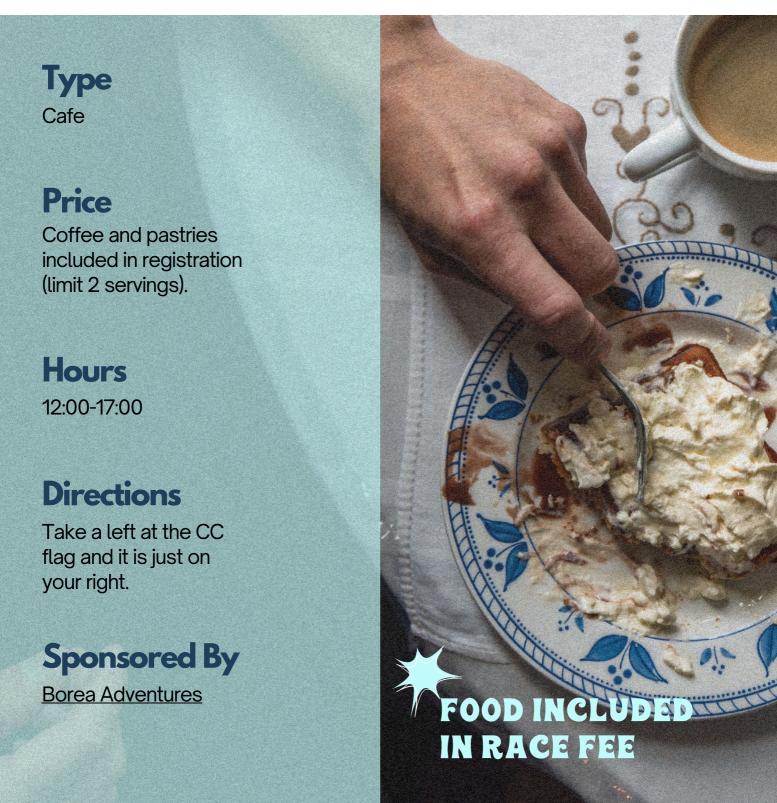
Simbahöllin is a cozy, old-style coffeehouse at the edge of the world. They are located in an old grocery store from 1915, which was restored and converted into a coffeehouse. Most of the original shop interior is still intact today. Stop by for coffee and tea, as well as home-made cakes and soups. Their Belgian waffle with homemade rhubarb jam and cream is legendary!



CC 6 Kaffi Sól Kilometer 192 [Mile 119]



One more small pass and a view breathtaking views later, the race is almost complete with only one mountain pass left to traverse. Fuel up for the last climb at Kaffi Sól, a family-run coffee house that will treat you to authentic Westfjords hospitality. Coffee and pastries included in registration (limit 2 servings).



Race Finish İsafjörður [Km 211/Mile 132)]

Timing for Stage 4 finishes as you cross the finish line back where we started in Silfurtorg, town center. Navigate to your accommodation for the night or to the Fjord Hub to pick up your bike bag.



The finishers party will be held where we started the week, at Hotel Isafjörður. After you've jumped into the fjord (not required but highly encouraged) and dried off, meet us at the hotel to congratulate the winners and celebrate the week with drinks and food!

Your first beer is on us!

Note: Dinner on the final night is not covered by the race, but the hotel is prepared for many hungry cyclists.



CC 7 Finisher's Jump in Ísafjörður Kilometer 211 [Mile 132]

Solidify your ride the Westfjords way! After we've warmed up and rested at the Finisher's Party, we will all head out to the pier and Jump into the fjord together to end race week on a high note!

Type Cultural immersion

Price Free

Hours Always open

Directions

After the Finisher's party we will head to the docks (behind the harbor of sailboats) for a group jump to finish the week!



What Else? Exporing Isafjörður

Once the race is finished, if you have a day or two to explore Ísafjörður, we highly recommend the following:

- Treat yourself to a fish feast at <u>Tjöruhúsið</u> (call for reservations at least a few days in advance).
- Take a short and scenic hike up Naustahvilft (<u>Troll's Seat</u>) for a bird's eye view of Ísafjörður.
- Learn about the maritime history and culture of Ísafjörður at the <u>Westfjords</u> <u>Heritage Museum</u>.
- Walk or bike the <u>old road</u> to Bolungarvík lighthouse and <u>Ósvör Maritime</u> <u>Museum</u>.
- Book an adventure with Borea! Borea Adventures offers a wide selection of experiences in the wild nature of the Westfjords, from single day wildlife trips to multi-day excursions to Hornstrandir. Call in advance to book.

