

ARCTIC FISH
MIDNIGHT
SPECIAL



GET READY
FOR THE FINAL STAGE.

→ 2024 Race Handbook



PRESENTED BY



The Stage Four Midnight Special is presented by Arctic Fish.

Based here in the Westfjords, Arctic Fish 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.



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Updated as of September 2024

All registered riders are responsible for reading and respecting all rules and regulations listed in this document.

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RACE OVERVIEW

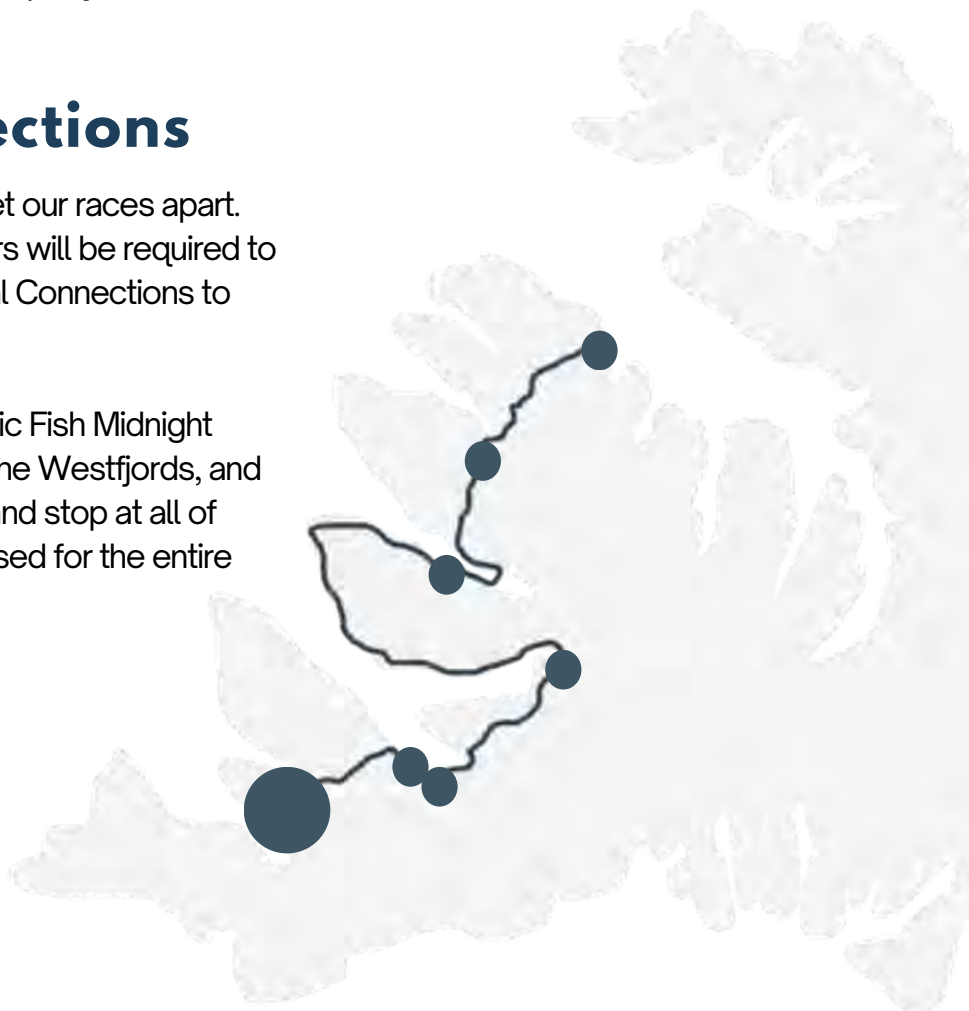
The Arctic Fish Midnight Special invites 100 riders from around the world to join the rest of the Arna Westfjords Way Challenge for the final stage beginning at midnight on July 28 for an incredible day of riding under the arctic sun. This one-day race will traverse the best gravel roads and mountain 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.

The full route is 211 km [131 mi] with 3,871 m [12,700 ft] of elevation gain. The roads are 65% unpaved, and they traverse some of the most dramatic scenery in the Westfjords. The winner will be decided based on the fastest overall time excluding time spent at Cultural Connections. Arctic Fish Midnight Special riders will join the Arna Westfjords Way Challenge Stage Four group rollout from Patreksfjörður at midnight, and end the day 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!



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RACE
HIGHLIGHTS





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 Arna 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! **A bus option will be provided from Ísafjörður to Patreksfjörður on July 27 to arrive before the fish fry.**



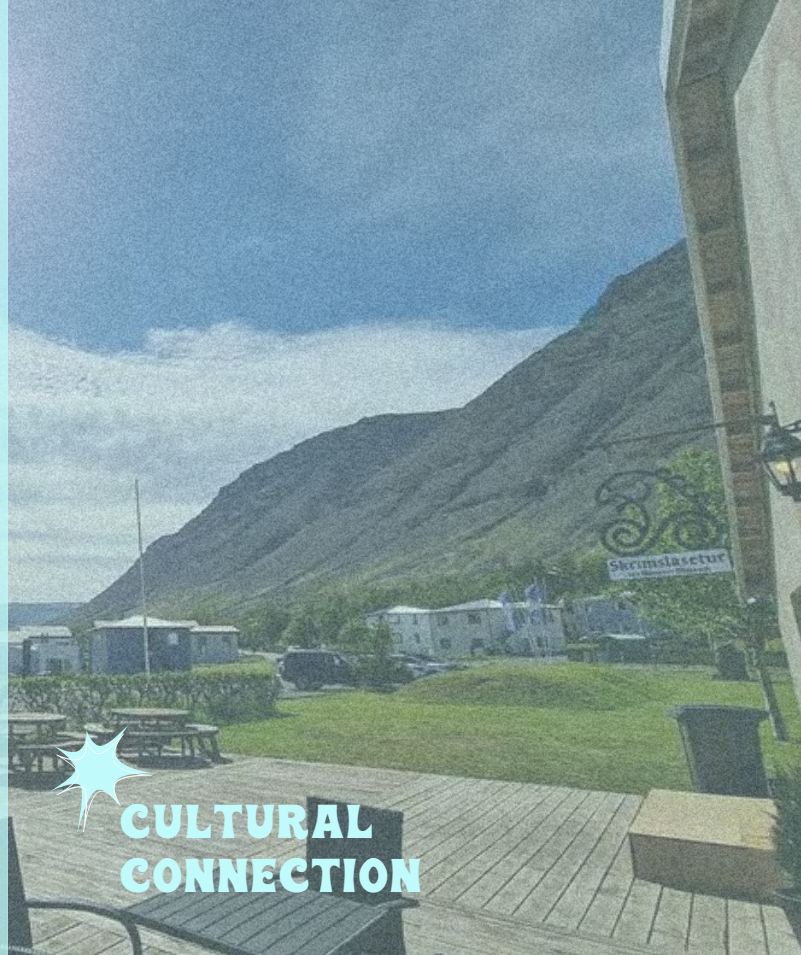
Midnight Group Start

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).



CULTURAL CONNECTION



Foss Waterfall

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.

A-Frame Sheep Shack

A bit further down the road, you'll immediately recognize this Instagram-famous sheep shack. Stop for a photo, and venture inside to explore a seasonal art exhibit.





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).

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.



CULTURAL CONNECTION

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, and enjoy a light snack provided by the race before getting back on the bike for even more gravel.

Hrafnseyri

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!



CULTURAL CONNECTION

Svalvogar

Ask anyone who has ridden the Westfjords Way and they will tell you this is the most beautiful road in the world they've ever ridden. Svalvogar is a gravel road cut straight into the side of the cliff by a determined local farmer. At high tide, part of the road is swallowed by the sea, and you'll be riding right at the water's edge. Prepare for numerous river crossings (knee-deep) and some technical portions where the road turns beach full of large, loose stones. As you navigate around the remote peninsula, you will eventually make your way back to civilization where a warm coffee and meal await you.



**CULTURAL
CONNECTION**

Simbahöllin cafe

While still in Svalvogar awe, take a moment of much deserved rest for coffee and waffles or soup at Simbahöllin cafe – a cozy, old-style coffeehouse located in a converted 1915 grocery store.

Kaffi Sól

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).



**CULTURAL
CONNECTION**



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 snow-covered 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.

Finisher's party

Finish strong in front of Edinborgahusið, the local cultural house and restaurant, and head inside to celebrate your day. Dinner included!

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).



Pier Jump in Ísafjörður

After all of the celebrations and awards have been made, solidify your ride the Westfjords way!

We will gather together on jump into the fjord at Ísafjörður pier on Monday morning along with the Arna WFWC riders.

ARCTIC FISH
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A graphic of radiating lines forming a sunburst or starburst shape, positioned to the right of the 'MIDNIGHT' text.

**SOME THINGS
YOU SHOULD
KNOW**

A white graphic consisting of a wavy line that ends in a right-pointing arrowhead.

Here are a few things you should know when you're planning to race the Arctic Fish Midnight Special.

- **The race is partially supported.** Coffee and Waffles are provided at the noted cafes, but there are no aid stations and all riders should be experienced and responsible backcountry travelers.
- **The race will transport one 30-liter bag per rider.** There are no restrictions on what you can carry in this bag, but there is a strict 30-liter limit for riders.
- **You are responsible for transporting all luggage from Patreksfjörður to Ísafjörður.** The race will not transport bags. If traveling on the race bus, luggage and bike boxes may be left at the local bike shop in Ísafjörður (included).
- **Weather in the Westfjords is extremely unpredictable.** Be prepared for the possibility of high winds and rain.
- **All riders will be required to use their phones for GPS tracking.** You may also choose to bring your own device (SPOT and Garmin InReach). Details on how to setup the tracking will be sent before the event. It is recommended to carry a battery charger to make sure your phone lasts through the event.
- **Services are limited.** There will be a mobile bike station available in Patreksfjörður for the start of the race, and the Fjord Hub in Ísafjörður will likely be open if you need anything.
- **Transportation options in the Westfjords are extremely limited.** Excluding emergencies, if for any reason you disqualify or decide not to finish the race, you will be responsible for coordinating your own transport back to Ísafjörður. If you need to forfeit, the race will organize a pick-up vehicle that will be available and the rider will be charged 128 ISK per kilometer traveled for pickup. Note that pickups are not possible on Svalvogar and the rider must reach an accessible location for normal vehicles.

Getting here:

The Arctic Fish Midnight Special race begins in Patreksfjörður, a picturesque and remote village in the Southern Westfjords. There are a few ways you might choose to get here:

- **Driving from Reykjavik takes about 5 hours.** You might also choose to drive to Ísafjörður first to explore the rest of the Westfjords, and then take the two and a half hour drive to Patreksfjörður. However, this route doubles back along much of the race route, so we recommend driving to Patreksfjörður first if you are not already familiar with the route, and want to be surprised by the views.
- **Flights from Reykjavik to Ísafjörður run twice daily.** Once in Ísafjörður, you may choose to take the race bus or rent a car or work out a car-share in the Discord chat. The race bus has a capacity of 20 people and includes bike transportation. If there is more demand for the bus, the race directors will search for an option that accommodates more.



RACE SCHEDULE



July 27 12:00-16:00

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 27 16:00 pm

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



July 28 00:00

Group rollout from Patreksfjörður with Arna WFWC participants



July 28 TIME TBD

Awards presented at the Finisher's Party in Isafjörður

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COURSE
& TIMING



Course & Timing

Riders must show evidence of their ride.

All riders must record and show proof of their ride on a tracking app such as Komoot. Live GPS tracking will be available for the race through an online website. Riders should plan to bring or rent a capable GPS tracking device (see required equipment for more info). Information for personal GPS trackers will be requested one month prior to the race.

The race Komoot file is available on the main race webpage.

The final course (including all resupply points and Cultural Connection points) will be published one month prior to the race.

Time Calculation:

Only your ride time spent outside Cultural Connections is counted for race results. You will ride with a tracker provided by the race, and pass through gates when entering and exiting Cultural Connections. Time spent past the gates will be deducted from your total stage time. In the event that your tracker runs out of battery, you will be required to take a time-stamped selfie when entering and exiting the CC so you can manually submit your time to the race directors. Times must be submitted in-person to race directors at the end of the stage.

All riders will be in contact with the race staff via Discord.

If you are in an emergency situation, call 112. If you are in a non-life threatening situation, contact race staff via Discord. If you need to forfeit, the race will organize a pick-up vehicle that will be available and the rider will be charged 128 ISK per kilometer traveled for pickup. Note that pickups are not possible on Svalvogar and the rider must reach an accessible location for normal vehicles.

Cultural Connection stops may NOT be used for going to additional places outside the intent of the Cultural Connection.

While some Cultural Connections do offer food and resupply opportunities, further resupply by going to somewhere else within your Cultural Connection time is not allowed and will result in disqualification from the race.

When riders are stopped at Cultural connections, the time may be used for bike repairs/maintenance, but it is strongly recommended to visit and experience the intended destination.

Drafting is allowed if consent is given by the draftee.

A rider who intends to draft must ride alongside the person and verbally ask permission to draft or signal that you would like to draft via a thumbs up. If the rider gives consent verbally or via thumbs up, drafting is allowed. If you do not want to be drafted off of at all, you may consider installing a "No Drafting" sign or sticker on your bike. Drafting without consent may be protested to the race committee and will result in risk of disqualification.

No 3rd party support or assisted resupply.

In the spirit of self-reliance, riders must carry their own food, drinks and equipment. With the exception of the race-provided meals, all resupplies must come from commercially available locations along the route. Personal resupplies may not be placed on the course in advance of the race. All resupplies must be from commercially available services or provided to everyone equally from the race. There are no aid stations and all riders should be experienced and responsible backcountry travelers.

Results, Prizes & Challenges

The top 3 winners from each rider category will receive trophies or medals. The results for the full field will also be announced. Additional special awards may also be announced at the race expo. Race Directors have the final determination on protest. Komoot, and other tracking apps are not considered official timing and will only be used to confirm completion of the course, not official time. Additional challenges to results must be submitted within 5 days of the event via email to cyclingwestfjords@gmail.com. Event organizers have the full and final decision on any disputes.

Additional Rules

- Course markings are not available. Riders are responsible for navigating and riding the entire route.
- Course cutting is prohibited and will result in disqualification.
- Riders causing harm or damage to other participants due to reckless behavior will be disqualified.



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MIDNIGHT SPECIAL



**ENTRY FEES,
INCLUSIONS
& RULES** 

Race Entry

The 2024 race entry fees are as follows:

- 29.500 ISK - Early bird pricing from October 25 till November 1
- 34.500 ISK after November 1
- The race bus costs an additional 11.500 ISK

The entry fee includes:

- Entrance to the race
- Bag and bike box storage at the Fjord Hub in Ísafjörður
- Entrance to the Adventure Day Basecamp
- Lunch at FLAK
- GPS tracking (device rental not included)
- Coffee + Waffles at the Icelandic Sea Monster Museum (limit 2 servings)
- Light snacks at Hrafnseyri
- Coffee + Pastries at Kaffi Sól (limit 2 servings)
- Entrance, first beer, and dinner at the finisher's party

Rider's responsibility:

- Travel, cycling insurance, accommodation and all other food expenses
- Ensuring you have the correct gear to be safe and successful. View the required gear and recommended packing list [here](#).

Registration Rules

- Minimum age to participate is 18 years old. You must be 18 by race day.
- You are responsible for navigating and riding the entire course on your own.
- Cycling insurance is mandatory and proof of purchase must be shown at race check-in. Specifically, your policy must cover your personal liability and medical expenses while traveling abroad, with the primary activity being biking. To learn more about cycling insurance, click [here](#).
- Riders must plan to dress appropriately for the conditions at all times and carry enough equipment to cope with unexpected stops/mechanicals. **See recommended equipment** for clothing recommendations.
- Riders agree that social media content posted in relation to the ride can be re-used by Cycling Westfjords.
- Must agree to any COVID requirements set forth by the Icelandic government.
- Registration fees are non-refundable.
- If you are unable to attend, you can defer your registration for up to one year. To defer, you must do so via email to the race staff by the end of the day on June 25, 2024. After that, no deferrals will be allowed and riders forfeit their registration.
- You may request a transfer of registration to another individual by writing to the race directors.
- You will be required to sign a personal liability waiver and will take full responsibility for your own safety.

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A sunburst graphic with multiple rays emanating from a central point, positioned behind the word 'MIDNIGHT'.

EQUIPMENT

Required Equipment

Riders are subject to inspection and have to prove that the mandatory equipment is carried. Failing to carry the required equipment may result in disqualification.

Required equipment includes:

- A capable bike for the event [recommended to have a bike that can fit a minimum of 40mm tires]
 - The same bike must be ridden from start to finish
 - The bike is required to be in good working order
 - Event organizers reserve the right to reject bikes which are deemed unsafe
- Helmet [must be worn at all times]
- Emergency bivy, [there are very few places to seek shelter in the Westfjords in case of emergency]
- Lights and reflective gear (tail light required to be mounted and on at all times, headlight required but does not have to be on or mounted)
- Cell phone with working data connection in Iceland or personal hotspot, to be used for GPS tracking of participant with the Follow My Challenge app
- A map of the course/stages on a GPS enabled device
- Basic "first aid kit" which includes bandages, common medicines, and antiseptic products
- Tools and spare parts:
 - A spare tube, tube patch set, and tires levers
 - Hand pump or CO2 cartridges [note CO2 cartridges can be purchased from the Fjord Hub in Ísafjörður since these cannot be flown with]
 - Multi-tool with allen keys, common screwdrivers, chain tool and/or separate chain tool
 - Chain power-link/master-link
- At least 1.4 liters [48 ounces] carrying capacity of water

Recommended Clothing

The weather in Iceland is considerably unpredictable so it is best to be prepared for all situations. Our fingers are crossed for the most perfect weather window we have ever seen, but we won't know the true forecast until a few days before the race. It is recommended to come prepared for four situations with the recommended considerations for each category. You can get creative with overlapped situations between the conditions such as a thin waterproof glove that can go over your lighter gloves.

	Dry	Wet and/or Windy
Warm (7°C to 14°C)	<ul style="list-style-type: none">• Short sleeve shirt/jersey• Vest or insulating mid layer such as wool• Arm warmers/long sleeves• Gloves (lighter)• Wool socks	<ul style="list-style-type: none">• Short sleeve shirt/jersey• Vest or insulating mid layer such as wool• Arm warmers/long sleeves• Waterproof rain jacket• Waterproof pants• Waterproof shoe covers• Waterproof gloves• Wool socks• Helmet cover
Cold (2°C to 7°C)	<ul style="list-style-type: none">• Short/long sleeve shirt/jersey• Vest or insulating mid layer such as wool• Arm warmers/long sleeves• Leg warmers/leggings• Jacket• Shoe covers• Gloves (thicker)• Wool socks• Thin beanie/hat/ear covers	<ul style="list-style-type: none">• Short/long sleeve shirt/jersey• Vest or insulating mid layer such as wool• Arm warmers/long sleeves• Leg warmers/leggings• Waterproof rain jacket• Waterproof pants• Waterproof shoe covers• Waterproof gloves (thicker)• Wool socks• Thin beanie/hat/ear covers• Helmet cover

Recommended Clothing

After Riding Considerations

After a long day in the saddle, there's really nothing better than climbing into your favorite pair of sweatpants. Here are some additional clothing considerations when you're off the bike.

- Walking shoes (could be your biking shoes if they are capable)
- Your favorite pair of sweatpants or leggings
- Warm base layer (wool)
- Puffy/insulated jacket
- Warm beanie/hat
- Thick wool socks
- Towel/toiletries

Camping Considerations

It gets windy in Iceland so it's best to come prepared. If you are tent camping, always check the wind direction when setting up your tent and orientate it in the most wind-capable direction. A regular three-season tent should be sufficient if you are careful. There have been situations when riders had to reorient their tent in the middle of the night if the wind shifts. An appropriate sleeping pad is recommended and a three-season sleeping bag (rated for near freezing temperatures).

Recommended Equipment

Bike Tools/Parts

- Deraillieur hanger [in-case of damage on flight or course]
- Common bolts and screws for your bike
- Extra brake-pads
- Extra spokes (at least one front wheel, rear drive side, and rear non-drive side)

Other Considerations

- Eye mask, ear plugs and melatonin to help with sleeping under 24 hour daylight
- River crossing shoes/sandals
- Portable charger for mobile phone/GPS devices

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ACCOMMODATIONS

Accommodations

Accommodations can be booked through the registration portal when it opens on October 25 at 2pm GMT. There are two steps to registration and you will be able to confirm your ticket before accessing accommodation. It is likely that accommodation will sell out quickly but it is recommended to check back to the store regularly as some may become available again. If cancellations are made closer to the race day, race staff will communicate what will become available in advance of it being sold in the store.

Keep in mind that one night reservations must check-out by 11am (if arriving on Friday), and the race does not start till midnight. You may choose to reserve two nights at your accommodation so you can have a place to relax, or you can always head to the Adventure Day basecamp, where you are welcome to hang out for the day. A group lunch will be served at FLAK on Saturday at 1pm.

Accommodations in Patreksfjörður will be limited due to the Arna WFWC but there is adequate camping space. Consider planning to arrive Saturday morning with the bus or through your own transportation. The Adventure Day Basecamp can be used throughout the day on Saturday for lounging and relaxing.

To access the store:

- Sign into your Corsa account
- Go to My Page
- Find the Arctic Fish Midnight Special event, and you will find the link to the store on the left-hand side.

Since accommodations are limited, room sharing is highly encouraged. Additional accommodations may become available, and we will communicate any updates via the Discord channel. It is also recommended to coordinate payment with other riders in advance of the race and Cycling Westfjords is not responsible for room sharing arrangements made or payment of room-shares. If you are the owner of a reservation, you may cancel your reservation without penalty until May 15, 2023.

Options if you don't see available accommodation:

- Book your own accommodation outside of reserved race hotels (keeping in mind you still need to arrive at the start line at midnight).
- If you are traveling with a partner or someone who wants to explore the Westfjords in a car during the day, you can book a campervan rental and sleep there. **Note that you cannot accept outside support from anyone outside of race-provided meals and what you can buy on-route.*

ARCTIC FISH

MIDNIGHT SPECIAL

A stylized sunburst graphic with multiple rays emanating from a central point, positioned behind the 'MIDNIGHT' text.

**ENVIRONMENTAL
IMPACT** 

A graphic consisting of a white wavy line that starts under the word 'IMPACT' and ends in an arrowhead pointing to the right.

Environmental Impact

When we decided to plan a bike race in the most remote corner of Iceland, we knew we would need to weigh the environmental costs. The Westfjords are a fragile place ecologically, and simply getting here comes at a cost.

As bikepackers, leave-no-trace ethics are second nature. But we also know that we create an environmental impact whenever we travel to the places we ride. Our aim is to make the Arna WFWC as sustainable as possible, keeping in mind that Iceland is an island and air travel is a necessity to sustain the tourism economy that these remote villages rely on.

In this spirit, the race will donate 2,000 ISK for each participant that flies to the race. The donation will go directly to the Iceland Carbon Fund, Kolviður, which works to plant forests around the country. More info can be found on Icelandair's [website](#).

Environmental Rules

Leave no Trace

The Westfjords are a fragile ecosystem and riders must agree to abide by “Leave No Trace” principles when riding/camping/exploring in the region. This means staying on the course the entire time, not walking off/riding off designated trails, and collecting all your waste.

Litter will not be accepted by the race and any rider found littering will be disqualified. This includes any part of a nutrition wrapper - yes, even the energy gel top as you rip it off with your teeth. If you drop something, turn around and pick it up. There is a zero tolerance rule for any kind of littering. Violations will be dealt with at the race director's discretion and may result in disqualification from the race. Review the Leave No Trace principles [here](#)!

Beware of nests

In the summer, many species of sea birds nest near the roads. When off the bike, be careful where you step! And watch out for the Arctic Terns, which can be particularly territorial and commonly dive-bomb people and animals when near their nesting grounds.

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RIDER 
RESPONSIBILITY

Rider Responsibility

All racers should be aware of the remote nature of the race and be confident in their own abilities as well as understand their responsibilities. There are no aid stations, no support vehicles, and riders will only be assisted in the event of an emergency. In the event that a rider chooses not to continue on, arranging transport will be their responsibility.

Riders acknowledge they are riding on open roads and must know and observe all local traffic laws. Ultimately, it's up to each individual to complete the route to the best of their ability while respecting the rules of the event.

Rider Responsibility Agreement

- I agree to abide by all race rules and regulations set forth in this document.
- I am aware of the remote nature of the race and am confident in my ability to ride the route in the timeframe set by the race.
- I acknowledge I will be riding on open roads and am responsible for knowing and observing all local traffic laws.
- I understand I am responsible for my own research of the route and local conditions so I can be best prepared to complete the race safely.
- I understand the self-supported nature of the race, and that I will only be assisted in the event of an emergency.

Race Disclaimer

Each participant by accepting registration takes responsibility for all risks associated with the event and for their own equipment, and arranges their own insurance, Cycling Westfjords (Cycling Westfjords ehf.), Cycling Westfjords organizers, staff, volunteers and sponsors cannot be held accountable for any accident, loss or injury while participating in the event. The organizers reserve the right to make changes at any point to the event route, itinerary and rules to ensure the safety of the participants in the event. Cycling Westfjords reserves the right to make exceptions to the rules and proceedings under specific circumstances. Any exceptions or changes to the rules will be made public.

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