



Westfjords Way Challenge



**Four stages.
Five days.
More than just a race.**

→ **2024 Race Handbook**

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

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Updated as of September 2024



Race Overview

The Westfjords Way Challenge ultra-endurance stage race is the first of its kind. It's more than a race to the finish – it's about a meaningful interaction with people and place. You'll be pushing your limits, but not without taking in some of the endless opportunities to learn about and interact with Icelandic culture. Between your long days in the saddle, you will visit museums, meet locals who run traditional sheep farms and take part in Icelandic traditions like hot pot soaking and sea swimming.

The full route is 956 km [594 miles] and each stage ranges from 211 to 255 km [130 to 160 miles]. The winner will be decided based on the fastest overall time excluding time spent at Cultural Connections. Each stage will have a group rollout, but it's up to you how long you spend at each stop, as long as you're ready to ride the next stage.

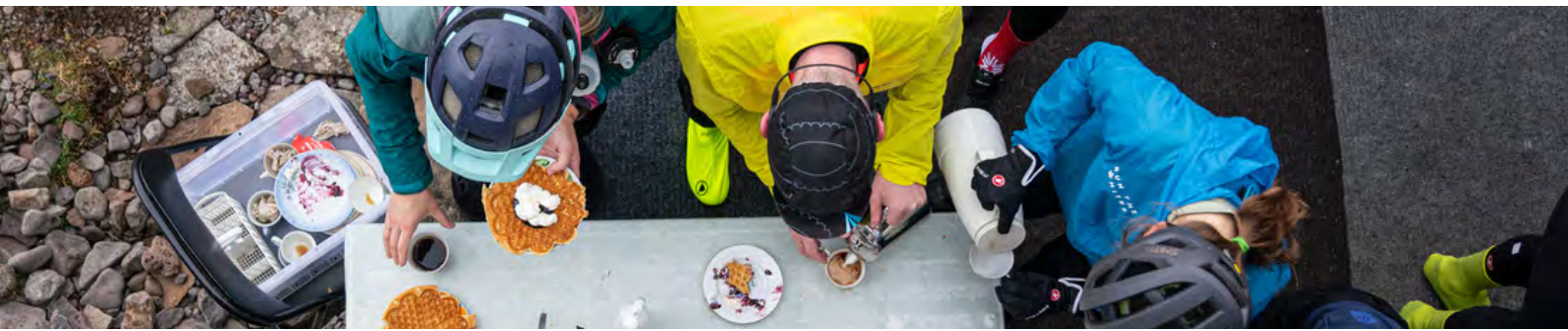
Cultural Connections

Cultural Connections are what set the Arna WFWC apart from all other races. In order to successfully finish each stage, **riders will be required to stop at a minimum of two Cultural Connections per stage.**

Cultural Connections range from museums to hot pots and are predetermined by the race. They are intended to encourage you to stop and take in the culture of the Westfjords. These are checkpoints where ride time is paused – you will pass through a gate and your time spent at the stop will be deducted from your overall stage time. There are at least four Cultural Connection options per stage and all of them can be viewed on the stage breakdown pages below. Riders may visit more than two Cultural Connections per stage if they desire and this time will also be deducted from the race time.

The Cultural Connections are intended for you to enjoy the location. While it is possible to use Cultural Connections for necessary activities like bike repairs, we strongly encourage you to experience the destination as it is intended.

New for 2024: If you do not reach a cultural stop by the specified cut-off time, time spent there can not be deducted from your total race time. The cut-off times are generous and generally coincide with the cultural connection closing time. Opening and closing times will be communicated closer to race week through a race week guide.



Some Things You Should Know

Here are a few things you should know when you're planning to race the WFWC.

- **The race is partially supported.** Meals are provided at the end of each stage, 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. Additionally, we will transport a bag containing a sleep system [limited to tent, sleeping bag, sleeping bag, and/or pillow] for riders that decide to camp.
- **Weather in the Westfjords is extremely unpredictable.** Be prepared for high winds both on the road and overnight if tent camping. For your safety, you will be required to carry a personal GPS device which doubles as a personal SOS for emergencies. See [required equipment](#) for more information. Personal GPS devices may be rented through our registration store and must be returned to the race. You are responsible for returning your device to the race directors if you do not complete the race.
- **Services are limited.** [The Fjord Hub](#) in Ísafjörður is the only bike shop on route with bike specific parts. We will have a mobile bike station available at the end of each stage that includes a bike stand and basic tools. Otherwise, there are generally no options for servicing your bike between stage start and end points.
- **The Arctic Fish Midnight Special [Stage 4] features Svalvogar** – a 48km/ 30mi section of gravel/doubletrack/hike-a-bike that was built by a local farmer. The race will inform riders of tide timetables for the Midnight Special. If bad weather is in the forecast for the final stage, we will communicate with all riders about a re-route option.
- **Transportation options in the Westfjords are extremely limited.** The race accommodations are in remote locations, and if for any reason you disqualify or decide not to continue on to the next stage, you will be responsible for coordinating your own transport to the next stage or back to Ísafjörður. Depending on bus schedules, this may mean waiting multiple days for a bus, arranging a private ride, or hitchhiking.





July 23 — July 28 2024

Race Schedule

- | | |
|----------------|--|
| July 23 | Race Expo
The Fjord Hub |
| July 24 | Stage 1
Ísafjörður to Hotel Laugarhóll |
| July 25 | Stage 2
Hotel Laugarhóll to Vogur Country Lodge |
| July 26 | Stage 3
Vogur Country Lodge to Patreksfjörður |
| July 27 | Adventure Day
Explore at your own pace before the midnight start |
| July 28 | Arctic Fish Midnight Special + Finish party
Patreksfjörður to Ísafjörður |

Stage Breakdowns



Stage 1

254 km [158 mi] 2,331 m [7,650 ft]. 11% unpaved

The first stage starts on Wednesday, July 24 at 7am 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 tail wind 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.

Ending the day

Stage 1 ends at **Hotel Laugarhóll**. This is in a remote part of the Westfjords, and the hotel/campsite is the main accommodation option in the area. Riders can relax at the end of the day in the pool, hot pot, lounge and cozy cafe where dinner will be served until 10pm. After 10, food will be set aside for any riders that arrive later. Breakfast will be provided in the morning starting at 6am before starting Stage 2 at 7:30am. Riders will be disqualified if they do not depart by 8am.

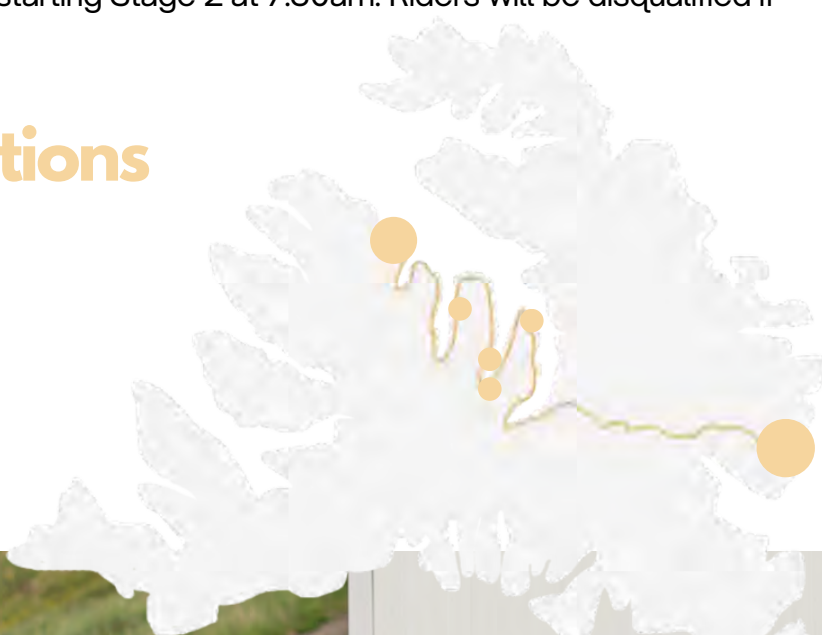
Cultural Connections

Litlibær

Heydalur

Hörgshlíðarlaug

Reykjanes



Stage 2

243km [151 mi] 2,339 m [7,675 ft]. 30% unpaved

Stage 2 starts on Thursday, July 25 at Hotel Laugarhóll and ends at **Vogur Country Lodge** in Fellströnd. The gravel and the elevation gain both pick up with this long tour of the eastern coast of the Westfjords before heading into the West Iceland region. The route seamlessly switches between gravel and tarmac as you travel in and out of the fjords.

Ending the day

The day ends at Vogur Country Lodge. The hotel is the main accommodation option in the area. Like the previous day, dinner will be available at the hotel restaurant until 10 pm. There will also be food set aside for any riders that arrive later. Breakfast will be provided in the morning starting at 6am before starting Stage 3 at 7:30am. Riders will be disqualified if they do not depart by 8am.

Cultural Connections

Museum of Icelandic Sorcery and Witchcraft

Sheep farming museum

Borðeyri Village

Leif Eiriksson Center

Holar Farm



Stage 3

246 km [153 mi] 2,789 m [9,150 ft]. 30% unpaved

Stage 3 starts Friday, July 26 at Vogur Country Lodge and ends in **Patreksfjörður**. This day is the true test for ultra-endurance riding – there are no food resupply points between Kroksfjarðarnes [28 km (17 mi)] and Flókalundur [160 km (100 mi)]. The riding is remote, but you'll wind through some of the Westfjords most beautiful landscapes, taking on lots of short punchy climbs before climbing a large mountain pass and dropping into Patreksfjörður.

Ending the day

The day ends in Patreksfjörður – the biggest village in the southern Westfjords with a population of around 660. Here, you can unwind from the day in an outdoor swimming pool with a view of the fjord, or the nearby natural hot pots.

Everyone will finish at the community center and a self-service dinner will be provided before heading to their own accommodations for the night. Like the previous days, dinner will be served until 10 pm, and food will be set aside for any riders arriving later. Accommodation for this night can be at your choice of the local hotels or campground.

Cultural Connections

Króksfjarðarnes Handverk Store

Flókalundur hot pot

Birkimelur hot pot

Barðastrandarsandur beach



Adventure Day

On Saturday July 27, take a rest and explore at your own pace. We will be based in **Patreksfjörður** at the community center, and from there you can book an excursion to famous Westfjords landmarks Látrabjarg or Rauðisandur, or take a long nap!

The start for the Arctic Fish Midnight Special [Stage Four] is at midnight July 28, so plan accordingly!

- Due to the midnight start, no additional accommodations are planned for this night, but the community center will be open to everyone from Friday evening until the start of the Arctic Fish Midnight Special and there is plenty of space to stretch out or make bike adjustments.
- Light snacks will also be served at the community center on Adventure Day.
- You may also consider booking two nights at your accommodation if you want to sleep past the checkout time.

Recommended Visits

Látrabjarg puffin cliffs

Rauðisandur red sand beach

Garðar BA 64 shipwreck

Pollurinn hot pot in Tálknafjörður



Arctic Fish Midnight Special

[Stage Four]

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

The final stage starts in Patreksfjörður at midnight on Sunday July 28, and ends in Ísafjörður. This will be the most challenging day yet, traversing four mountain passes, several river crossings and **Svalvogar** (the famous low-tide road). You will ride through some of the most dramatic scenery in the Westfjords including Dynjandi, the thunderous waterfall that is the pearl of the Westfjords.

100 new riders will also join for the midnight start to ride the final stage in this year's first Arctic Fish Midnight Special race, and join in the celebration at the finisher's party. **This race is a great option for people who want to join in the adventure of race week without committing to the full route.**

Ending the day

The Arctic Fish Midnight Special ends back in Ísafjörður in front of Edinborgahúsið, the local cultural house and restaurant, to celebrate with drinks and an award ceremony. Dinner is provided starting at 7pm. The party will go on until 1am, followed by an after party at The Fjord Hub.

The next morning, Monday July 29, a ceremonial pier jump into the fjord will be held at 10am in front of the Fjord Hub.

Cultural Connections

Icelandic Sea Monster Museum

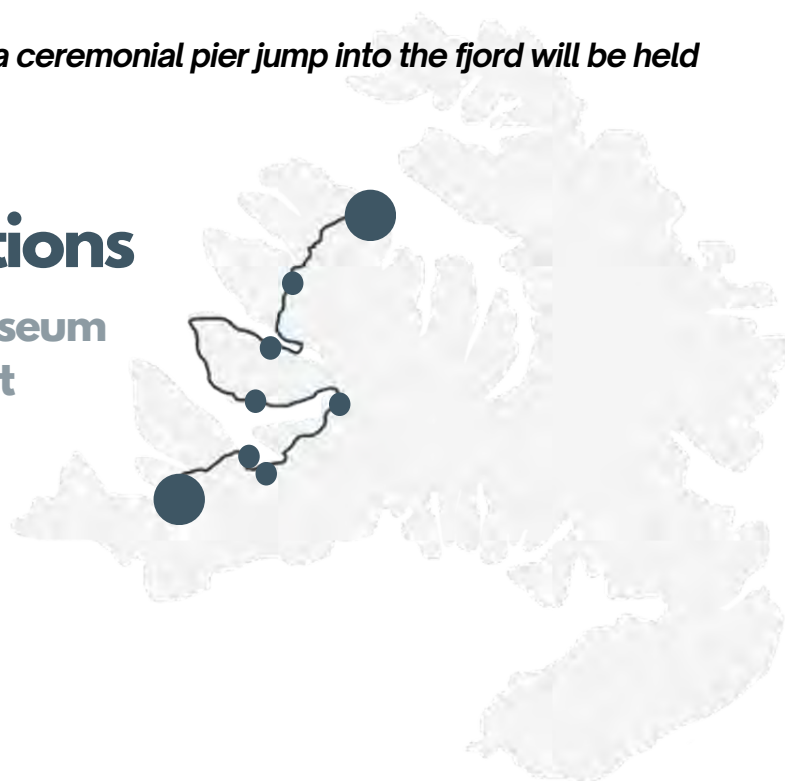
Reykjafjarðarlaug hot pot

Dynjandi waterfall

Hrafnseyri

Simbahöllin cafe

Kaffi Sól





Accommodations

Accommodations

Accommodations can be booked through the registration portal starting when registration opens on October 11 at 14:00 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.

Options if you don't see available accommodation:

- Message fellow riders in the Discord channel to arrange room shares.
- Book your own accommodation outside of reserved race hotels (keeping in mind you still need to arrive at the race hotel to finish your stage time and start the next stage).
- 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 at the end of each stage. **You cannot accept outside support from anyone outside of race-provided meals and what you can buy on-route*





Course and Timing



Course and 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.

Komoot files of each stage are 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 is counted for race results. You will ride with a time 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. Times will be updated after each stage and standings will be communicated to participants.

Stages begin according to the schedule

The race schedule has been designed so that Cultural Connections and food resupply points are open when riders pass, so to keep on schedule everyone needs to begin early in the day. There are no cutoff points for each stage, but riders must start each stage according to the following schedule or they will be disqualified:

- Stage 1: Departs at 7:00am. No early or late departures allowed.
- Stage 2: Departs at 7:30am. You will be disqualified if you do not start the stage by 8am.
- Stage 3: Departs at 7:30am. You will be disqualified if you do not start the stage by 8am.
- Arctic Fish Midnight Special [Stage 4]: Departs at midnight. No early or late departures allowed.

All riders will be in contact with the race staff via Discord. If you are unable to complete a stage in time, you will need to get in touch with race staff to communicate your ETA and/or new plan. The race anticipates all riders will complete each stage by midnight. If you need to forfeit the race or are in an emergency situation, staff will be available to arrange a pick up and the rider will be charged 128 isk per kilometer traveled for pickup.

Course and Timing

Cultural Connection stops may NOT be used for going to additional places outside the Cultural Connection time gate. While some Cultural Connections do offer food and resupply opportunities, further resupply by going around the Cultural Connection time gate 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 encourage to visit 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. The race will transport one 30 liter bag per rider, plus sleep systems to reduce the carrying responsibilities of those who choose to camp.

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.

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.



Course and Timing

Results and Challenges

- Official timing will be calculated each day and updated standings will be communicated when available, which is anticipated by the following morning.
- The finishers in each category will be posted before the awards ceremony and there will be a three hour protest period before they are considered final. If riders finish after the awards ceremony, their final time will be communicated through the official results. The 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.

Prizes

The top 3 winners from each 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.

Disputes

Event organizers have the full and final decision on any disputes.



In Case of Disqualification

If you disqualify or decide not to continue on to the next stage, you are responsible for your own transport on- or off-course and back to Ísafjörður. Note that transport can be difficult as buses do not run every day, and not all buses carry bikes. We also welcome and encourage you to continue on at your own pace – you will still have access to what is included in the race entry if you are able to keep up with the race whether that is through the official race course or an alternative route.

It is most important to note that once you are off the race schedule, you will be entirely responsible for:

1. Researching and booking transport if you choose not to continue riding
2. Knowing and respecting the opening hours of restaurants and other resupply points

Public bus availability from the end of each stage are listed below.

They do not run every day, and their schedules are not released until summer. For reference, the 2022 summer schedule is available [here](#).

If a bus cannot be arranged, race staff can help arrange a private pick up at the expense of the rider. Ultimately, nothing is guaranteed and riders should be prepared to be flexible in the case they need to arrange any kind of transport.

- **Stage One:** Ride to Holmavik and take a bus back to Ísafjörður on July 24. Note that you must contact Stræto to confirm there is space for your bike
- **Stage Two:** Ride to Holmavik and take a bus back to Ísafjörður on July 25. Note that you must contact Stræto to confirm there is space for your bike .
- **Stage Three:** After Stage 3, riders who do not wish to continue on Stage 4 may get transported back to Ísafjörður via the race provided Arctic Fish Midnight Special bus that brings participants from Ísafjörður to Patreksfjörður and returns to Ísafjörður. The price for the bus will be communicated later and can be booked up until it departs in the afternoon of Saturday July 27.





Registration



Registration

Our goal is to host an event that is :

1. **Representative of our local culture and people.** In order to ensure Icelandic residents have an equal opportunity to ride and represent the country in the Arna WFWC, 40 registration spots will be reserved for Icelandic residents.
2. **A welcoming and inclusive event.** We want to help lower barriers to entry for those who are often excluded by the cycling and outdoor recreation communities. Guided by this value, 50% of the race field will be reserved for women, and an additional 10 registration slots are reserved for BIPOC (Black, Indigenous, and/or People of Color) athletes. Additionally, travel and registration fees will be awarded based on a lottery system for two BIPOC athletes. Information about the application process will be communicated on our website and social media.

Open Registration

Open registration for all categories starts on October 11 at 14:00 GMT. This registration will remain open until it is sold out.

Category restrictions close January 11

On January 11, the remaining spots will become available to the general public. There will be no waitlist, so everyone will have the same opportunity to register for any spots that are still available at this time.

Race registration is capped at 110 riders.

- 40 Icelandic (20 men, 20 women/ Non-binary)
- 10 BIPOC (5 men, 5 women/ Non-binary)
- 60 General (30 men, 30 women/ Non-binary)

**We use the term women in the broadest definition to include cis, trans, or any women-identifying persons.*

** These categories are for registration purposes only. A rider survey will be conducted to determine the preferred competition format of the registered riders.*



Race Entry Fees + Inclusions

The 2024 race entry fee is **107.500 ISK** [**~750€**].

The entry fee includes:

- Entrance to the race
- Entrance to the race expo
- Entrance to the finisher's party which includes dinner and your first drink
- Optional group shakeout ride to the Arna factory in Bolungarvik on July 22
- GPS tracking (device rental not included)
- Transport of one 30 liter bag plus a sleep system if you choose to camp.
- Breakfast, dinner, snacks and waffles as detailed (only 2 servings per rider allowed for each inclusion.
- Bike box storage at The Fjord Hub

Stage 1

- Breakfast at the race hotel in Ísafjörður
- Coffee + waffles at Litlibær
- Dinner at Hótel Laugarhóll

Stage 2

- Breakfast at Hótel Laugarhóll
- Dinner at Vogur Country Lodge

Stage 3

- Breakfast at Vogur Country Lodge
- Dinner at the Patreksfjörður community center

Adventure Day

- Authentic Icelandic fish fry lunch at FLAK
- Light snacks at the community center

Arctic Fish Midnight Special

- Coffee + waffles at the Icelandic Sea Monster Museum
- Light snacks at Hrafnseyri
- Coffee + waffles at Kaffi Sol
- Dinner and first drink at 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](#).
- Transportation off-route should you disqualify or decide not to continue on to the next stage



Registration Rules

- Minimum age to participate is 18 years old. You must have turned 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 the race expo. 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 once to the immediately following 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.

Additional Rules

- You must ride the same bike from start to finish (including aero bars if used).
- No ride-altering tire changes are allowed.
- If you do not reach a cultural stop by the specified cut-off time, time spent there can not be deducted from your total race time. The cut-off times are generous and generally coincide with the cultural connection closing time. Opening and closing times will be communicated closer to race week through a race week guide.
- Transport of one 30 liter bag plus a sleep system if you choose to camp. Transport bags are only accessible at the beginning and end of each stage. No gear drops or exchanges are allowed during a Stage.





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 (including aero bars if used).
 - No ride-altering tire changes are allowed.
 - 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)
- Personal GPS device for navigation, SOS and dotwatcher location updates.
 - These are also known as ‘personal locator beacons’ (PLB) or ‘satellite messengers.’ The devices connect to satellite networks and can be used to send out an SOS with your location in the case of an emergency. You can choose to buy a device or rent one from the race. If you are interested in buying, [this article](#) offers some recommendations.
- Cell phone with working data connection in Iceland or personal hotspot
- 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, tubeless repair kit 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
- Leggings and/or pants
- 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

- Derailleur 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)
- Spoke tool
- Extra gear shifter cable if mechanical shifting
- Extra battery/batteries or charger if electronic shifting

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



Environmental Impact



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, an average distance traveled per rider has been calculated and added into the registration price. This means that 2,000 ISK of each registration fee 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

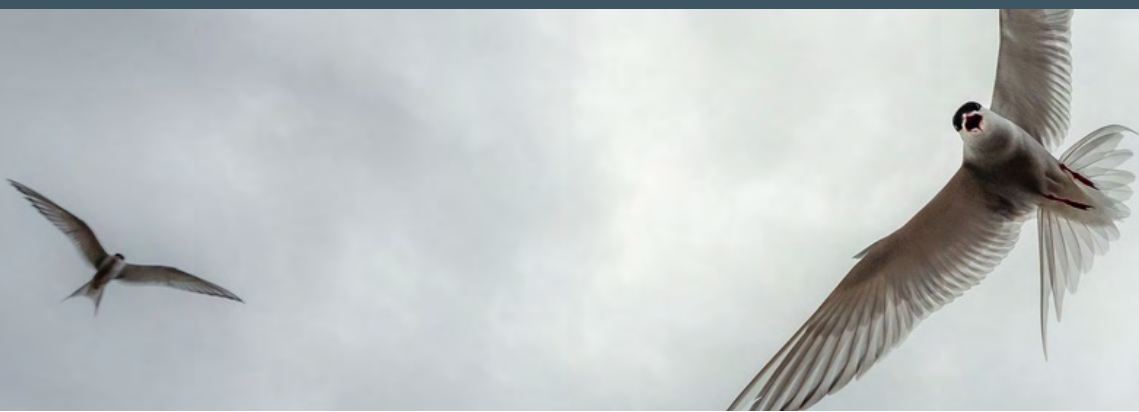
Leave no Trace

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.





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. The Westfjords Way is a relatively straightforward route with a mix of gravel and asphalt surfaces, but there can be long distances between services (up to 130km [80 miles] in some instances).

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.



COVID Precautions

The race will abide by all requirements set forth by the Icelandic government regarding travel to Iceland, as well as any testing requirements upon entry. The race reserves the right to modify the event due to any complications caused by COVID-19. Riders will be notified accordingly of any changes in these circumstances.



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.



Westfjords Way Challenge

**The #Westfjords are
waiting.
Are you coming?**