



# Westfjords Way Challenge

**July 26**  
**Stage Three**

→ **Race Week Guide**

# Stage Three

July 26, Vogur Country Lodge to Patreksfjörður

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

Stage 3 starts July 26 at Vogar Country Lodge and ends in Patreksfjörður. Today you'll wind through some of the Westfjords most beautiful landscape while enjoying local farms and hot pots. This day features some short punchy climbs before climbing a large mountain pass and dropping into Patreksfjörður.

## Cultural Connections

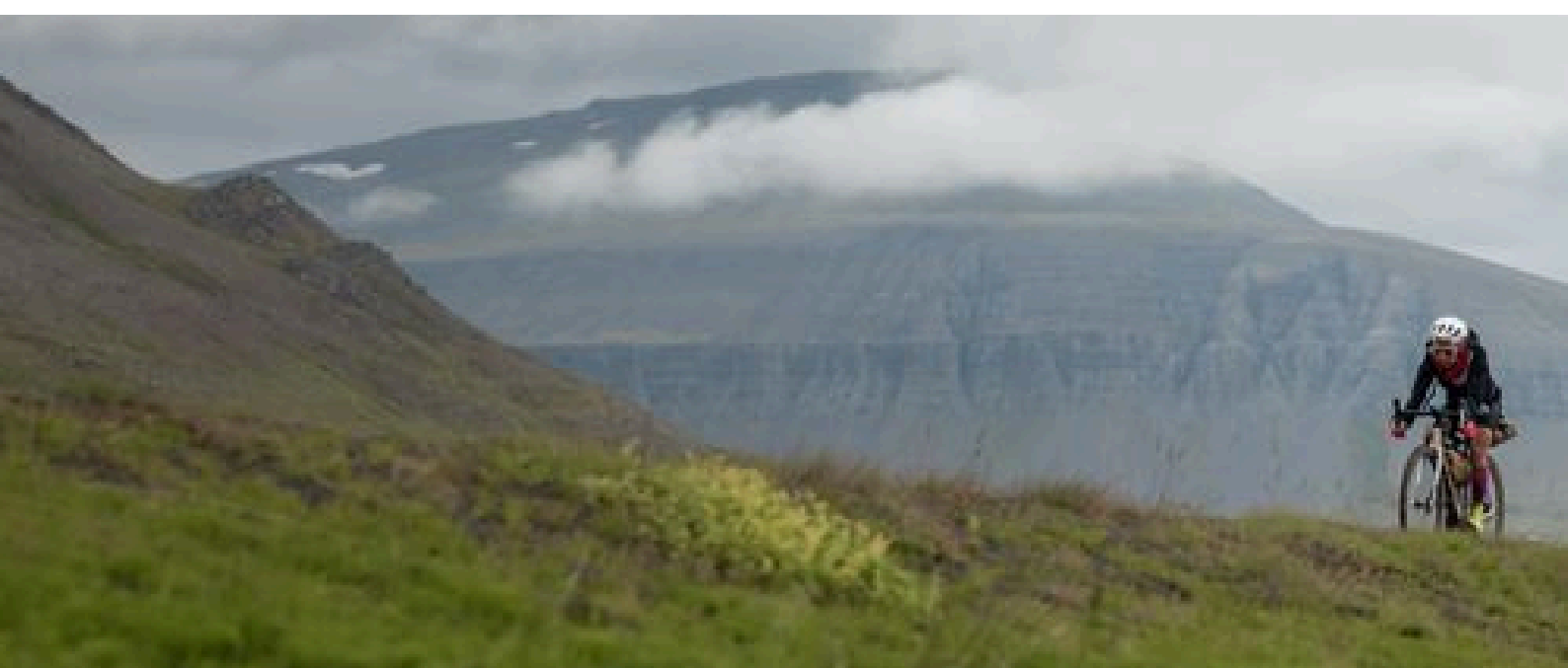
Króksfjarðarnes Handverk Store  
Flókalundur Restaurant + hot pot  
Birkimelur hot pot  
Barðastrandarsandur beach



# Stage Three

## July 26, Vogur Country Lodge to Patreksfjörður

- Stage 3 begins with breakfast at Vogur Country Lodge. Breakfast will be available from 6am to 7:30 am and will include oatmeal, a selection of meat, cheeses, and bread, Collab Hydro and Arna lactose-free and vegan products.
  - **Please note that anyone not registered as a racer or volunteer will need to purchase their meal ahead of time through the Corsa store.** The cost for each person is 2.600 isk and must be paid online in advance.
- The Reiðhjólaverzlunin Berlin bag transport bag will be parked near the start. Drop off your bag + sleep system here.
- Timing for Stage 3 begins as you turn onto the main road from the Vogur Country Lodge driveway. **Group roll out is at 7:30 am following a short group debrief. You will be disqualified if you do not leave by 8 am.**
- Options for food are limited on this remote stretch of coast. **It is your responsibility to arrive during opening hours at CCs.** Take a note out of Chris's playbook and strap a pizza to-go onto your rear rack if you don't have enough rations for the rest of the day.
- 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.





# Westfjords Way Challenge



## Stage Three Cultural Connections



# CC Króksfjarðarnes Handverk Store Kilometer 55 [Mile 34]

Handverksfélagið is a little store of handmade gift products of wool, glass, and more beautiful things from a group of 20 local artists. A better selection is hard to find anywhere else in Iceland!

Handverksfélagið will welcome you with coffee, pastries, and a cozy atmosphere. **Since this is the best place to buy a lopapeysa (the traditional Icelandic hand knitted sweaters), you are welcome to purchase one and leave it with the cashier. We will pick up rider purchases and deliver them at the end of the race!**

## Type

Store / Restaurant

## Price

Varies

## Hours

9:00-18:00 (opening early for the race). Vegan soup and a selection of pastries and coffee



## Directions

Turn right up the road at the flag and find the store on the left hand side of the road.



# CC Flókalundur

## Kilometer 186.7 [Mile 116]

Iceland owes its name to Hrafna-Flóki or Raven-Floki. After a long navigation from Norway, he took land here in Vatnsfjörður fjord (Flókalundur). As a navigational aid, he brought some ravens along, which he let loose at sea, directing him to land (hence the nickname). In the spring, Flóki hiked to a nearby mountain top. When he saw the surrounding fjords full of ice, he announced that this cold and inhospitable place should be called Iceland. There is a hotel at Flókalundur (built in 1966) with a restaurant and gas-station. A natural hot pot can also be found a few kilometers past the hotel down by the sea. There are no facilities at the hot pot, but there are restrooms available inside the hotel.

### Type

Hot pot / Restaurant

### Price

Hot pot is free,  
varying price for food;  
1,500 - 3,500 isk

### Directions

The CC flag will be at the hotel on the right side of the race course.

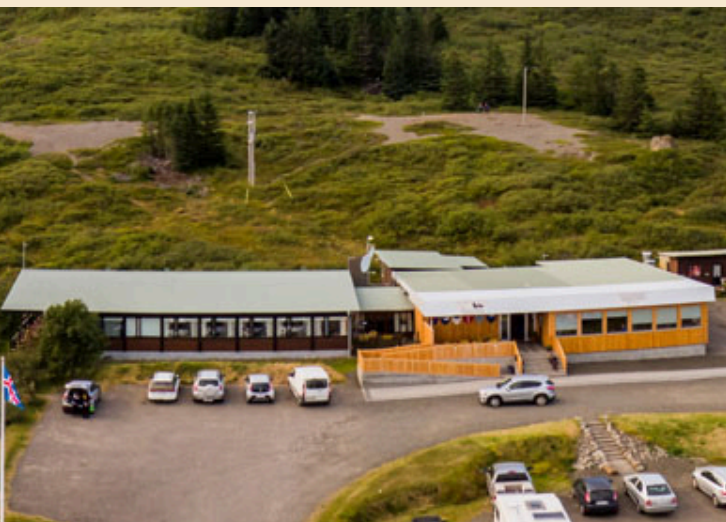
### Hours

Hot pot always open.  
Lunch 11:30-14:00. Dinner 18:30-21:00.  
Shop open 14:00-18:00



**Reminder: Options for food are limited on this remote stretch of coast. Flókalundur is the main stop for a full meal, and it is your responsibility to arrive during opening hours.**

**Phone number: 4562011**



# CC Birkimelur hot pot

## Kilometer 207.6 [Mile 129]

These two geothermal pools near the Birkimelur Settlement were built by the local youth association in 1948. One is a more “natural” looking hot tub, and the other is a concrete swimming pool which was reconstructed several years ago. If the sky is clear you might be able to catch a glimpse of Snæfellsjökull Glacier which is located in Snæfellsnes Peninsula on the other side of the fjord.

### Type

Hot pot

### Price

A small fee accepted via card. Donations accepted

### Hours

Always open

### Directions

Right off the road to your left, keep an eye out for the parking lot and shower building.



# CC 14 Barðastrandarsandur beach

## Kilometer 220.5 [Mile 137]

Barðastrandarsandur makes for a perfect nature rest stop. Take a few minutes to walk on the sand and surf backed by towering mountains at this beautiful southern Westfjords beach.

### Type

Beach

### Hours

Always open

### Price

Free

### Directions

Turn left down the gravel road at the CC flag.





# Stage Three Finish

## Patreksfjörður [Km 246 /Mile 153]

Timing for Stage 3 stops as you pass the N1 sign just as you enter town. From there, navigate to your hotel or the campground is just up the hill to the right. The Community Hall is located at the campground.

After you settle into your accommodation, head to the community center! Dinner will be served all night long and will be a soup, bread and other light snacks.

**Please note that anyone not registered as a racer or volunteer will need to purchase their meal ahead of time through the Corsa store.** The cost for each person is 3,000 isk and must be paid online in advance.

After dinner if you are still hungry or thirsty, [Vestur Resaurant](#) is right across from the community center and is **open until 9:00. The kitchen closes at 8:30, so be sure to order ahead if needed.** Their phone number is 456-1515.

You adventure day begins now, so be sure to get a good night's sleep and make plans for the off-day before Stage 4's midnight start!



# 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. The most up-to-date information can be found [here](#). Strætó, the bus operator, can be reached at 540 2700.

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 Friday, July 26. 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 Friday, July 26. Note that you must contact Stræto to confirm there is space for your bike .**
- **Stage Three: Bus from Patreksfjörður to Ísafjörður. Note that you must contact Westfjords Adventures to confirm there is space for your bike.**

