



Westfjords Way Challenge

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



2025 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.

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.

Teams - NEW

New in for 2025 is a team option for the race. Then max 12 teams of four can do the race together, exchanging rider in the cultural connection while the rest of the team drives between them.

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 2025: Some cultural connections now have expiration time so if you do not leave a cc stop by the specified expiration time, time spent there can not be deducted from your total race time. The expiration 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, the bag can be bigger but only contain 30L. Additionally, we will transport a bag containing a sleep system (limited to tent, mattress, 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 camping. For your safety, you will be required to carry a personal GPS device. See [required equipment](#) for more information. Personal GPS devices are provided by the race 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. Bike stand, pump and basic tools will be on end of each stage. 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. 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.





June 23 — June 28 2025

Race Schedule

- June 23** **Race Expo**
Dokkan
- June 24** **Stage 1**
Ísafjörður to Hotel Laugarhóll
- June 25** **Stage 2**
Hotel Laugarhóll to Vogur Country Lodge
- June 26** **Stage 3**
Vogur Country Lodge to Patreksfjörður
- June 27** **Adventure Day**
Explore at your own pace before the midnight start
- June 28** **Arctic Fish Midnight Special + Finish party**
Patreksfjörður to Ísafjörður - Edinborg Bistro

Stage Breakdowns



Stage 1

255 km [158 mi] 2,049m [6,722ft]. 11% unpaved

Breakfast will be served at 6am in hotel Torfnæs on June 24, the Tuesday morning before the first stage starts 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 and teams will be disqualified if they do not depart by 8am.

Cultural Connections

Litlibær

Heydalur

Hörgshlíðarlaug

Reykjanes



Stage 2

243km [152 mi] 2,735 m [8,973 ft], 30% unpaved

Stage 2 starts on Wednesday, June 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 and teams 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 - Expires at 9pm](#)

[Holar Farm](#)



Stage 3

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

Stage 3 starts Thursday, June 26 at Vogur Country Lodge and ends in **Patreksfjörður**. This day is the true test for ultra-endurance riding – there are no cultural connections between Króksfjarðarnes [28 km (17 mi)] and Flókalundur [160 km (100 mi)]. The riding is remote, but there is one more restaurant on the way, Bjarkalundur, but it is not a cultural stop. 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, we set up the race base center in the community center where the finish line of the stage is. There you will have Icelandic meatsoup full of good energy (meatless for vegans) before heading to your accommodation for the night.

Like the previous days, dinner will be served until midnight, 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 and are all for two nights, since the race doesn't start till midnight Saturday.

Cultural Connections

Króksfjarðarnes Handverk Store

Flókalundur hot pot - Expires at 10pm

Birkimelur hot pot - Expires at 10.30

Barðastrandarsandur beach - Expires at 11pm



Adventure Day

On Friday June 27, take a rest and explore at your own pace. Breakfast will be available in the race-center from 9 am, selfservice. This day is perfect for tending to your bike, visiting the swimmingpool, resting and relaxing. If you are feeling more adventurous you can prebook excorsion with Westfjords Adventures to Látrabjarg the birdcliff or Selárdalur art place.

At 5pm we will serve Plokkfiskur (Icelandic fish stue) from Tjöruhúsið and Rúgbrauð (rue bread) from Gamla Bakaríð.

The expo for Arctic Fish Midnight Special is at 8pm-11 pm, but one can register for just that last leg. Also, pm those who have DNF'd on those first three stages can enter the Arctic Fish Midnight Special as second chance.

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

Recommended Visits

Látrabjarg puffin cliffs

Rauðisandur red sand beach

Garðar BA 64 shipwreck

Pollurinn hot pot in Tálknafjörður

Patreksfjörður swimmingpool



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 Saturday June 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.

Up to 100 new riders will also join for the midnight start to ride the final stage, Arctic Fish Midnight Special race, and join in the celebration at the finisher's party. Those who have DNF'd on those first three stages can also reregister for the Arctic Fish Midnight Special as a second chance for a small fee.

Ending the day

The Arctic Fish Midnight Special stage 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 1 am.

Cultural Connections

Icelandic Sea Monster Museum
Reykjafjarðarlaug hot pot
Dynjandi waterfall
Hrafnseyri
Simbahöllin cafe - expires at 6pm
Kaffi Sól





Accommodations



Accommodations

Race accommodations will be handled by **Cycling Westfjords** through *Tímataka* page. When you register for the race you can book the accommodations too. You can also use your registration number later to access your booking and add accommodations later.

Accommodations are limited and must be **paid in full** when reserved. Room sharing is highly encouraged and we recommend purchasing a room and coordinating room-share with other riders through our social medias. It is also recommended to co-ordinate 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 and be refunded until May 15 2025.





Rules



Riders responsibility

Riders are responsible for navigating and riding the correct route. If you take a wrong turn you must go back and take the correct route or be disqualified. Course markings are not available. Course cutting is prohibited and will result in disqualification. This does though not apply to Dynjandisheiði on stage 4 since that one is under construction and correct gpx file for it not available yet.

Riders are responsible for **tracking their route** via Strava, Kamoot or other similar apps. The race provides you with a tracker, but this is for backup if the tracker fails in anyway. If you choose to use your personal GPS tracker we need the information for it two weeks prior to the race.

Only your ride time between **Cultural connections** 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. Riders are responsible for listening for **beeps** when passing through the gates. If there is no beep there should at least be a **blink** on the yellow box on the side of the road. If you see no response contact race director or staff.

The time between solo riders first and last crossing at each Cultural connection is deducted.

Time deduction for teams is calculated by the time when the last team member enters a cultural connection and the first one leaves.

At end of day the times will be updated after each stage and standings will be communicated to participants. Riders are responsible for checking if your Cultural connection time has been uploaded correctly and let us know if you think it's not.

In the spirit of self-reliance, solo 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.

There are no aid stations and all riders should be experienced and responsible backcountry travelers.

Stages begin according to the schedule

There are no cutoff times for the first three stages, but riders must start each stage according to the following schedule or they will be disqualified:

- Stage 1: Departs at 7:00am. (Timing starts 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. (Timing starts at midnight) **Cutoff is at 3.00am on Sunday.**

All riders will be in contact with the race staff via Discord. If you are unable to complete a stage, you will need to get in touch with race staff to communicate your ETA and/or new plan. 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 150 isk per kilometer traveled for pickup.

Teams - rules

- 4 members in each team (not all of them have to ride)
- One bike per person and need to keep it unchanged through all the stages
- One car per team
- Can only swap a cyclist on cultural connections
- Team members are not allowed to interact physically by any means with their rider between cultural connections.
- Can set up their plan in anyway they like. (One can ride a whole stage or just between two cultural connections, go out more than once or whatever. Don't care.)
- Teams can carry whatever they wish in their car, but they cannot assist or feed their rider on track between Cultural connections. They cannot assist other riders with tools or any other way. If a team is caught trying to go around that rule, they may be disqualified or get penalty determined by race director.
- Drivers are not allowed to be a bother or cause trouble for other participants or other drivers in any way!
- In a case of a rider not being able to finish between cultural connections, team is allowed to swap bike/rider or both but than the one taken out is out of the race and the team continues with one less member.
- Other than that, the same rules apply as for the solo riders.



Solo - rules

- Timing starts at the time of the group start each morning. You have 30 minutes to cross the start line on stage two and three, after that they are disqualified.
- When you cross the line in a cultural connection timing stops until you cross it again. In case you cross it several times the time between the first and the last crossing is withdrawn from the total time. (Opposite for the teams)
- You must stop in at least two cultural connections each day. There is no minimum time stay there and you can use the stop as you please.
- If time expires at a cultural connection before you arrive and or leave time stopped there will not be deducted.
- Solo riders must carry their own tools and spare parts
- Drafting is allowed. We encourage drafting. Stay in a group if you can and help out as you can with breaking the wind.
- No 3rd party support is allowed. If family members or friends are traveling with the race you are not allowed to accept any kind of assistance from them unless you have DNF'd
- 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, tools or anything else 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.
- Komoot, and other tracking apps are not considered official timing and will only be used to confirm completion of the course, not official time.
- Riders causing harm or damage to other participants whether on purpose or 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 one 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 organizers 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.

Rewards

The top 3 winners from each category will receive trophies or medals. The results for the full field will also be published. 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 the opening hours of restaurants and other resupply points.

Possibilities from the end of each stage are listed below.

Take a bus Strætó, They do not run every day, and their schedules are not released until summer but will be found [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.

Hitchhike to Ísafjörður, get a rental car and meet us again in our next stop.

Make friends with someones family/friends who are traveling with the race and get lift with them between places.....

Ride shortest options between the stagestops





More than
just a race.



More than
just a race.



Registration



Race Entry Fees + Inclusions

The 2025 race solo entry fee is 112,000 ISK (~730€ or 800\$), and fee for team members 107,000 ISK (~695€ or 770\$)

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 (including device, one per team)
- Transport of one 30 liter bag plus a sleep system if you choose to camp.
- Breakfast, dinner, snacks and waffles as detailed (2 servings per rider allowed for each inclusion).
- We serve vegans and other dietary restrictions.

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

- Breakfast at the community center
- Authentic Icelandic Plokkfiskur from Tjöruhúsið + rúgbrauð
- Light snacks at the community center all day

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 May 25, 2025. 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 connection 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, but usable when needed, as in fog or heavy rain or if one dnfs and needs to ride the tunnels.
- Personal GPS device for navigation.
 - You can choose to buy a device or rent one from the race. Our trackers are Queclink GSM trackers, about 95grams. Because they are GSM trackers, they roam across available cell networks to transmit and receive data, using GPS to determine their location to within 2.5m 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. We have had few cases of hypothermia in the past.

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. We encourage you to donate to the local forest [Skógræktarfélag Ísafjarðar](#).

But sustainability is about more than nature, it's also about community and our biggest impact with the community is on the road. Be respectful and you will be treated respectfully. When you hear a car coming try to move to single line. Give cars the space you wish them to give you, so don't ride close to the middle line of the road.

Team cars should not be blocking the roads or causing any annoyance. If you need to stop on the way find a parkinglot or good spot off the road.

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

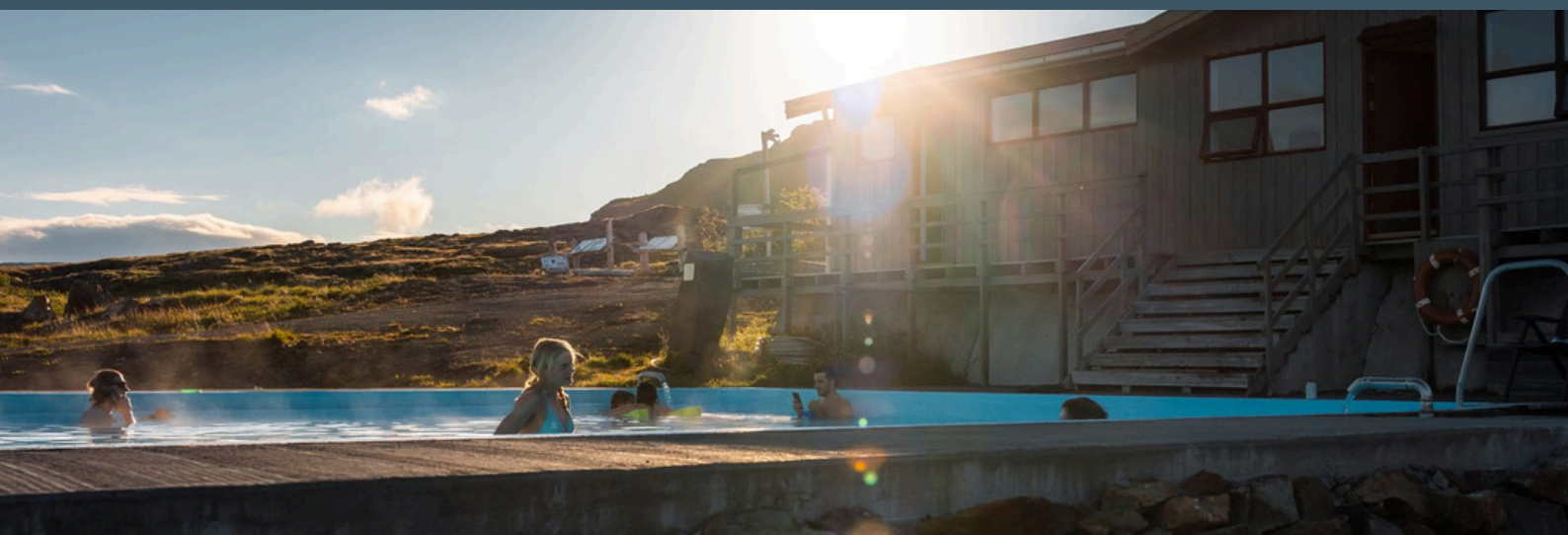
All racers should be aware of the remote nature of the race and be confident in their own abilities as well as understand their responsibilities. There are no aid stations, no support vehicles, and riders will only be assisted in the event of an emergency. In the event that a rider chooses not to continue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

If you feel any symptoms of any kind of flue please be respectful of other riders health and keep your distance. With the strain of the raice the immune system is week so any flue goes fast around if given chance and can ruin the raice for them.



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?**