



Westfjords Way Challenge

July 3
Stage Three

→ **Race Week Guide**

Stage Three

**July 26, Vogur Country Lodge to
Patreksfjörður**

238 km [153 mi] 2,570 m [8,432 ft]. 28% unpaved

Stage 3 starts July 26 at Vogur 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

Vogur Country Lodge to Patreksfjörður

- Stage 3 begins with breakfast at Vogur Country Lodge. Breakfast will be available from 6 am to 7:30 am and will include oatmeal, a selection of meat, cheeses, and bread, Ölgerðin drinks 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 at the hotel.** The cost for each person is 2.800 isk.
- The Reiðhjólaverzlunin Berlin bag transport van will be parked near the start. Drop off your bag and 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, waffles, sandwiches, 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). Soup, waffles, sandwiches 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 Gufudalur Farm

Kilometer 97 [Mile 60]

Gufudalur in Barðaströnd is a peaceful, remote valley in Iceland's Westfjords. Surrounded by mountains and sea, it offers stunning views, rich birdlife, and a deep sense of calm. The farmers on the property will be offering homemade vegan rhubarb soup and bread made from local ingredients in the old hay barn, creating a warm and welcoming atmosphere.

Gufudalskirkja Church, built in 1908 by Iceland's first architect Rögnvaldur Ólafsson, will also be open — a rare chance to see this beautifully preserved rural church, full of traditional craftsmanship and historical charm.

Type

Farm + soup and bread



Hours

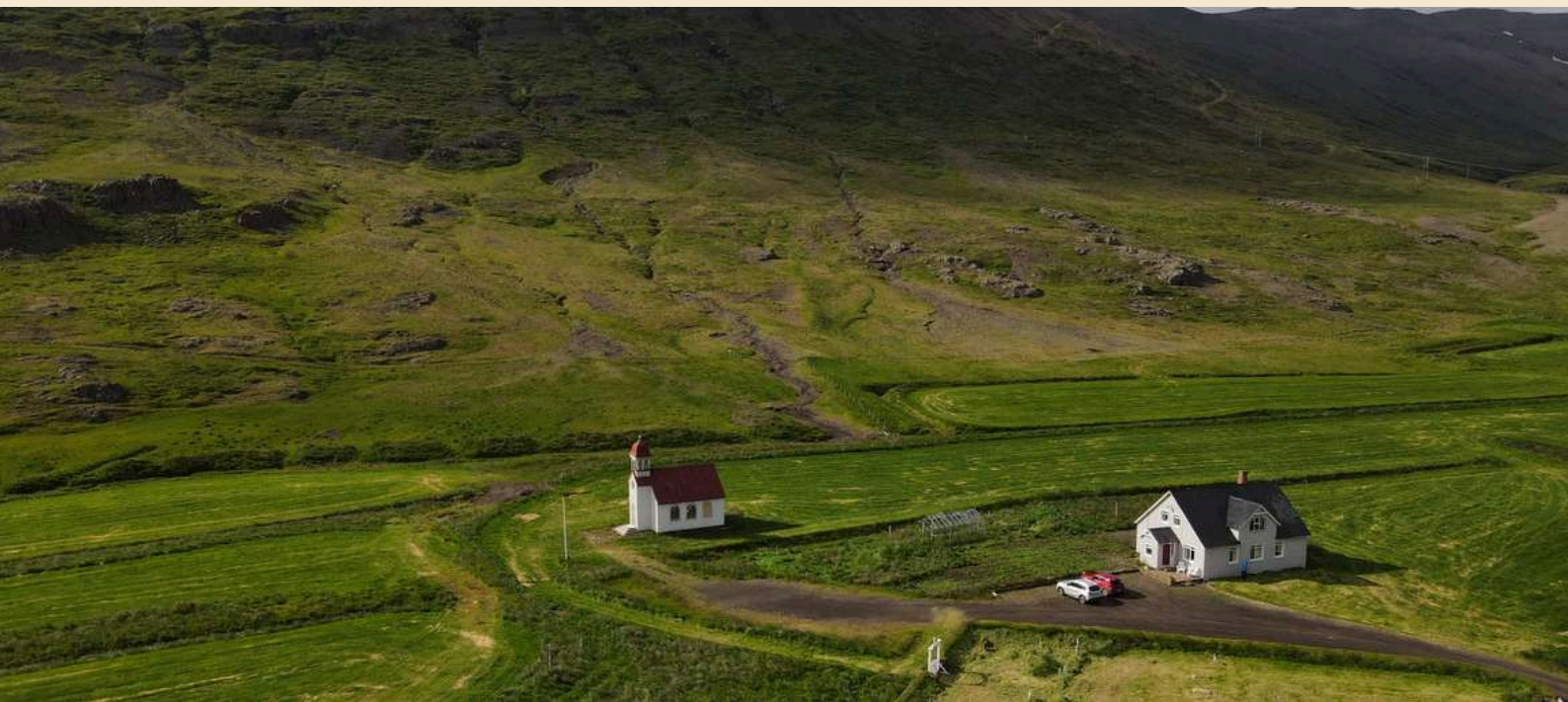
Open in the afternoon

Price

Free

Directions

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



CC Flókalundur

Kilometer 178 [Mile 111]

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.

Directions

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

Hours

Hot pot always open.
Restaurant open 12:00-21:00



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 or call ahead.

Phone number: +354 456 2011



CC Birkimelur hot pot

Kilometer 199 [Mile 124]

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

Hours

Always open

Price

A small fee accepted via card. Donations accepted.

Directions

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



CC 14 Barðastrandarsandur Beach Kilometer 211 [Mile 131]

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 238 /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 that 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 Hall! Dinner will be served all night long and will be a vegan soup, bread and other light snacks.

Please note that anyone not registered as a racer or volunteer will need to purchase their meal at The Community Hall. The cost for each person is 3,000 isk.

After dinner if you are still hungry or thirsty, [Vestur Resaurant](#) is right across from The Community Hall and is **open until 21:00. The kitchen closes at 20:30, so be sure to order ahead if needed. Their phone number is +354 456 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 +354 540 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 Hólmavík and take a bus back to Ísafjörður.
- Note that you must contact Strætó to confirm there is space for your bike.
- **Stage Two:** Ride to Hólmavík and take a bus back to Ísafjörður.
- Note that you must contact Strætó to confirm there is space for your bike .
- **Stage Three:** Bus from Patreksfjörður to Ísafjörður.
- Note that you must contact Westfjords Adventures (+354 456 5006) to confirm there is space for your bike.

