

Gangardy Forthannalstage.

July 5 - Race Guide

Midnight Special Stage Four

July 5, Patreksfjörður to Ísafjörður

211 km [132 mi] 4,040 m [13,254 ft]. 57% unpaved

The final stage starts in Patreksfjörður and ends in Ísafjörður. This will be the most challenging day yet, traversing four mountain passes, several river crossings and <u>Svalvogar</u> (a rocky gravel road cut into the side of a cliff). 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.

Cultural Connections

Reykjafjarðarlaug Hot Pot Dynjandi Waterfall Hrafnseyri Simbahöllin Café Kaffi Sól

Midnight Special Stage Four July 5. Patreksfiörður to Ísafiörður

- The Midnight Special Stage 4 begins with a **group rollout at midnight from the Patreksfjörður community center.**
- The Reiðhjólaverzlunin Berlin bag transport van will be parked near the start. Drop off your bag and sleep system here.
- Timing for this stage starts at midnight.
- There will be a light, informal breakfast at The Community Hall.
 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 2.500 isk.
- The day's first food stop is at Reykjafjarðarlaug Pool where we will have a Grainly Foods party! Food and coffee are included in the race fee.
- The next stop for food is Hrafnseyri, where we will be serving a complimentary soup to all riders. Then, there are two more café options (Simbahöllin and Kaffi Sól) as you finish out 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.



CC Reykjafjarðarlaug Hot Pot Kilometer 46.0 [Mile 28.6]

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. There is also a changing area next to the pool. We will be serving Grainly Foods and coffee.

Type Hot Pot

Price

Donations accepted (cash only). Anything between 100 and 1.000 isk is reasonable. Hours Always open

GRINLA FOODS

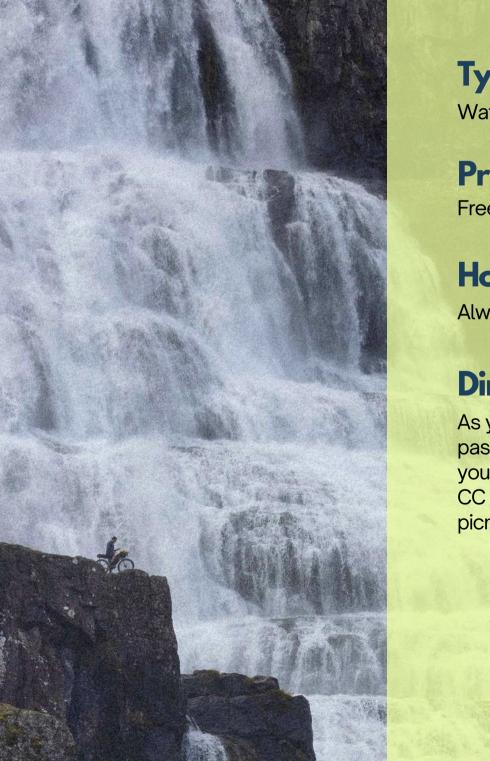
Directions

Just off to your right, you won't miss it!



CC Dynjandi Waterfall Kilometer 85.1 [Mile 52.9]

Simply enthralling; The Westfjords' favorite front-page model for decades, and is never short of breathtaking. 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 before getting back on the bike for even more gravel.



Type Waterfall

Price Free

Hours Always open

Directions

As you descend down the pass, you'll hear it before you see it – turn left at the CC flag and ride into the picnic area.

CC Hrafnseyri Kilometer 107 [Mile 66]

Step back in history in this Settlement Era place, 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 café inside a traditional turf-roofed building. This is the perfect opportunity to fuel up on fish soup (offered by the race with vegan option, with coffee and pastries available for purchase), before taking on the famous Svalvogar road!

Type Restaurant /Museum

Price

Fish soup included with registration (vegan option available). Coffee and pastries available for purchase. Grainly vegan meal served for vegans.

Hours

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Race food served 04:45 - 10:30. Normal hours begin at 11:00

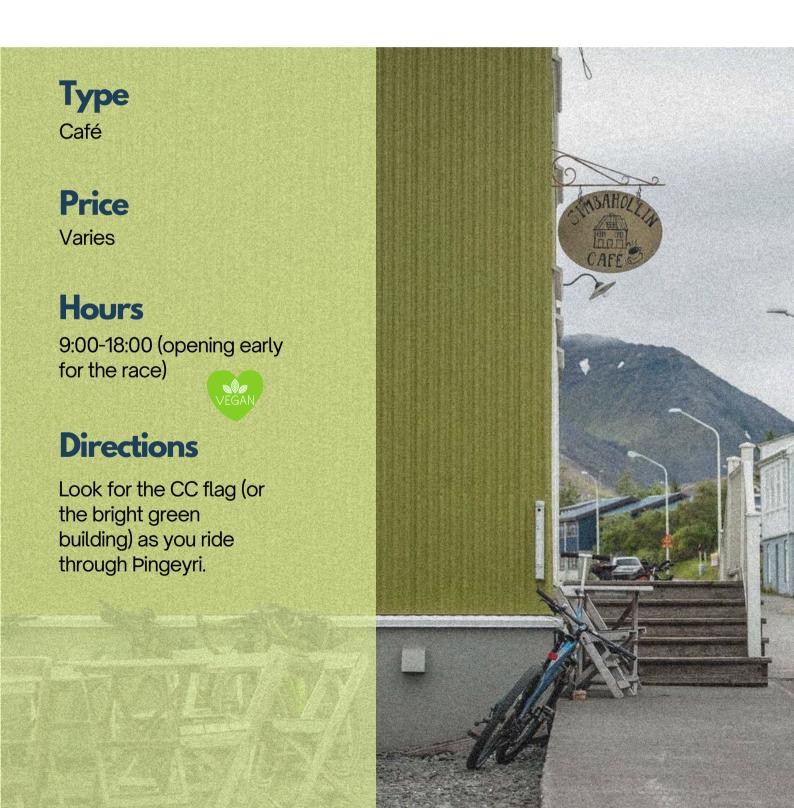
Directions

Turn right at the CC flag and follow the road until you see the museum and turf-roofed buildings. Aprox. 1 km off course.



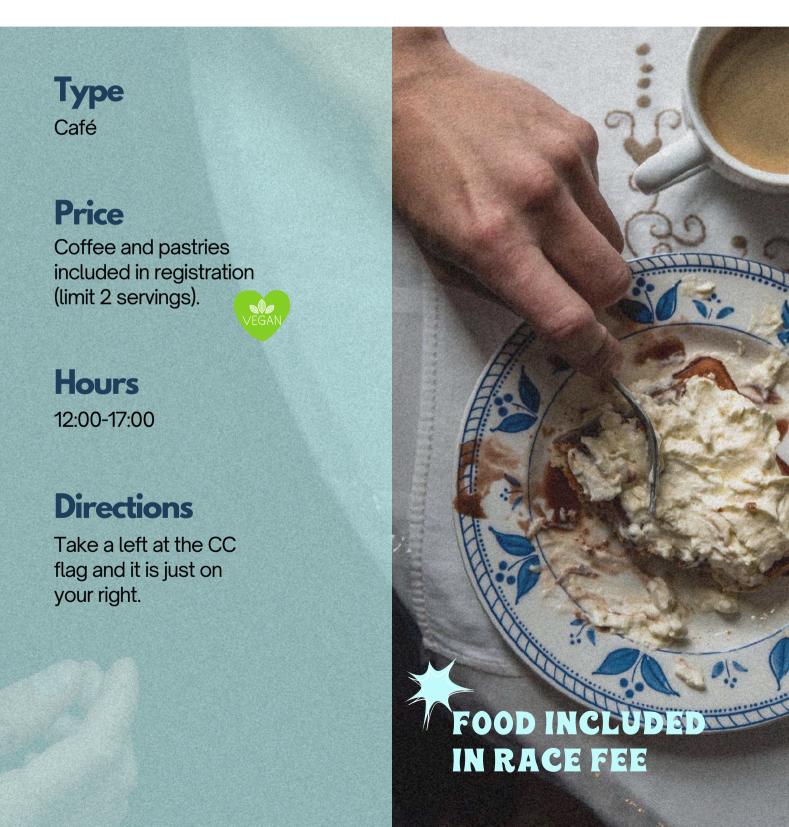
CC Simbahöllin Café Kilometer 158 [Mile 98]

Simbahöllin is a cozy, old-style coffeehouse at the edge of the world. They are located in an old grocery store from 1915, which was restored and converted into a coffeehouse. Most of the original shop interior is still intact today. Stop by for coffee and tea, as well as home-made cakes and soups. Their Belgian waffle with homemade rhubarb jam and cream is legendary!



CC Kaffi Sól Kilometer 192 [Mile 119]

One more small pass and a few 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).



Race Finish İsafjörður [Km 211/Mile 132)]

Timing for Stage 4 finishes as you cross the finish line in front of Dokkan, the local brewery, where we will all be for the finishers party.



The finishers' party will be held at Dokkan Brewery. Meet us there to congratulate the winners and celebrate the week with drinks and food! The awards will be presented at 21:00.

Dinner and your first beer is on us!



Finisher's Jump in Ísafjörður

Solidify your ride the Westfjords way! The morning after the finishers' party, we will have a group pier jump at 10:00 am leaving from The Fjord Hub. We will jump into the fjord together to end the race week on a high note!





What Else? Exporing Isafjörður

Once the race is finished, if you have a day or two to explore Ísafjörður, we highly recommend the following:

- Treat yourself to a fish feast at <u>Tjöruhúsið</u> (call for reservations at least a few days in advance).
- Take a short and scenic hike up Naustahvilft (<u>Troll's Seat</u>) for a bird's eye view of Ísafjörður.
- Learn about the maritime history and culture of Ísafjörður at the <u>Westfjords</u> <u>Heritage Museum</u>.
- Walk or bike the <u>old road</u> to Bolungarvík lighthouse and <u>Ósvör Maritime</u> <u>Museum</u>.
- See all that the Westfjords offers here.

