

ICEFJORD MIDNIGHT MARATHON & HALF MARATHON

01 June 2024



Climate in June: between 6 and 7°C (43 - 45°F) on average

Arctic Summer; this means constant daylight. The sun does not set from late May to Late July but this does not mean warmth. North of the Arctic you can expect the day to be cold. Although known as a dry month June averages 7 days of rain so there is a small chance of rain. It takes place in Ilulissat, Greenland, where the UNESCO-accredited Ilulissat. Runners will enjoy the magic of the midnight sun as they race over rocks and roads, against the colourful backdrop of Ilulissat and the Icefjord's towering icebergs.

Route Description:

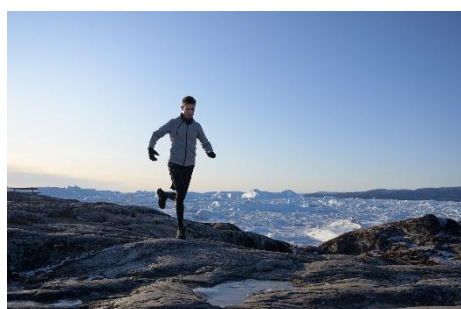
The Icefjord Midnight Marathon route will start and finish just outside of the historic Hotel Hvide Falk. Both marathon and half-marathoners will run the same route, but the marathon runners get the pleasure of enjoying the views twice!

There are virtually no flat sections on the run – instead, the course constantly fluctuates between mild ups and downs (generally not more than a few meters at a time). From Hotel Hvide Falk, you will follow the road for approximately 4 km through town. After climbing a wooden staircase, you then are on the 'yellow track,' which you will follow for approx. 3 km over hilly, rocky terrain. While the dazzling view of the icy fjord can be quite distracting, don't forget to look where you place your feet!

Once you reach the old heliport, the yellow track turns into the 'blue track', and you'll follow a wooden path into the official UNESCO World Heritage site. The wooden path only lasts for about 1 km, and then you are running on trails again. After another 2.5 km of trail, you'll reach Holms Bakke, and turn left onto the 'red track.' You'll follow the red track back up to the old heliport, and then turn right to continue back into town. The course will be well-marked by race officials, and each track is additionally permanently marked with paint circles of their respective colors.

Back in town, you'll follow along the road and take a tour of the eastern side of Ilulissat before running 4 km up to the airport. From this point, you'll traverse the same path back to Ilulissat. For the half-marathoners, it's just a hop, skip, and a jump until you are back at Hotel Hvide Falk and you can take some well-deserved relaxation.

The marathon begins at 21h00 and the half-marathon begins at 22h30.



5-day package:

| Approx. Price Per Person | Room type | Double / Twin | Single |
|--------------------------|-----------|---------------|----------|
| Hotel Hvide Falk | Standard | R 59 395 | R 66 795 |
| Hotel Hvide Falk | Bayview | R 63 645 | R 72 645 |
| Hotel Hvide Falk | Apartment | R 64 495 | R 70 495 |
| Hotel Icefjord | Standard | R 71 045 | R 84 895 |

If you choose a shared a room when booking, you will be paired with another traveller of the same gender.

If you prefer to have your own room, choose single room. A single supplement will apply.

INCLUDES:

- Round-trip flight from/to Copenhagen - Kangerlussuaq
- Domestic transfers from/to Kangerlussuaq - Ilulissat

- 4 nights accommodation in Ilulissat
- Meals as stated in the itinerary (includes celebration dinner, Greenlandic buffet, pasta dinner, etc.)
- Icefjord by Boat Tour
- Guided Ilulissat City Walk
- Guided Sermermiut Hike

EXCLUDES;

- Flights to/from Copenhagen
- Accommodation in Copenhagen
- Race entry
- Optional excursions/extension
- Travel and health insurance
- Meals not stated in the itinerary
- Beverages
- Personal expenses
- Anything not mentioned under 'Inclusions'

Race Entry:

Extra cost

Marathon or Half-Marathon:

Approx. price R 6 360

Race entry includes:

- English-speaking race officials
- English-speaking medical team from Denmark and Greenland
- Timing and results
- Medal
- Exclusive Icefjord Midnight Marathon T-shirt
- Manned water and supply stations along the route

Itinerary

⇒ Day 1, 30 May 2024: Copenhagen – Kangerlussuaq – Ilulissat (Town Walk)

All participants will meet at Copenhagen Airport Terminal 2. The flight to Greenland departs in the morning and Air Greenland does not cooperate with other airlines, meaning you must claim your luggage at Copenhagen Airport, clear customs, and check in again for the flight to Greenland. As check-in closes one hour before departure, you therefore strongly recommend that you do not book a same-day connection, but instead arrive in Copenhagen one or more days in advance.

A 4.5-hour flight will bring you to Kangerlussuaq, where you arrive in the morning at 10h40 local time (GMT –3 hours).

Here, you will transfer to a domestic flight to Ilulissat. Due to the smaller size of domestic carriers and limited seat availability, the group will be divided into several flights. All flights will have landed by late afternoon, and will check into the hotels in Ilulissat.

After you have settled in, you are invited to join them for a tour of Ilulissat. You will walk around town with a local guide who will explain the history and highlight places of cultural significance. The walking tour is an excellent opportunity to get your first glimpse of the fascinating culture in Ilulissat, and your guide will be happy to answer any questions you might have.

In the evening, all participants will meet to enjoy a Greenlandic buffet.

If you still have some energy left at the end of the day, you can join an evening kayak excursion among hundreds of icebergs.

Meals: Plane meal and dinner

⇒ Day 2, 31 May 2024: Icefjord Boating, Sermermiut Hike, and Race Briefing

Shake off the travel stiffness with a light hike through one of the region's most acclaimed areas. You will hike to the Sermermiut Valley, which has been designated a UNESCO World Heritage Site due to its exceptionally beautiful nature and unique importance to glaciological science. The hike is a must-do activity in the region and will take approx. 2 kilometres. From there, you will enter the UNESCO area on a wooden path toward the famous ruins. Sermermiut is an ancient settlement that has been home to many different Inuit people for more than 4,000 years. You continue through the old settlement to Nakkaavik, a cliff whose name means 'the place to fall.' From here, you are treated to a breathtaking view of the Kangia, the famous Ilulissat Icefjord with its many massive icebergs. In the afternoon and the evening, you have the chance to experience the Icefjord by boat. You will embark on a boat trip with experienced guides who will give you information as you wind our way through the icy giants. No matter the weather, the icebergs make an impressive sight - they shimmer and shine with the sun, while clouds highlight the extraordinary blue colours hidden in the ice. The experience is much more exciting in small boats, so they will be using their 12-participant boats, which means there will be departure times before and after dinner. In the evening, all participants will meet to enjoy a pasta dinner and get the race briefing. You can also ask race officials any questions you might have. Tonight, you will also have the possibility to join an evening kayak excursion.

Meals: Breakfast and dinner

⇒ Day 3, 1 June 2024: Race night

You have the morning and afternoon to sleep, explore, and prepare yourself for the night to come.

The marathon begins at 21h00, and the half-marathon will begin at 22h30 - all races will be done by 04h00 at the latest.

This Saturday you also have our optional excursion: Meet the Sled Dogs

Meals: Breakfast

⇒ Day 4, 2 June 2024: Ilulissat Day – Optional Excursions & Celebration Dinner

Today is a justified relaxation and recovery day. Most will likely sleep the morning away. You may also use the day to explore on your own or join one of the optional excursions. On this day they will run a sail excursion to the Oqaatsut, a tiny, authentic



settlement 20 kilometers north of Ilulissat. Otherwise, you also offer a day trip by boat to the immense Egi Glacier. It is also possible to join our Kayak among Icebergs Excursion after breakfast. In the evening, all participants will gather for the celebration dinner.

Meals: Breakfast and dinner

⇒ Day 5, 3 June 2024: Farewell Greenland

Sadly, it is time to say farewell to Ilulissat. You will fly first to Kangerlussuaq in the morning. Once in Kangerlussuaq, you will board a flight back to Copenhagen that will arrive around 20h15.

Guests are responsible for their own flights home from Copenhagen. Keep in mind that you will need time to collect your bags and check in for your new flights, and thus you don't recommend booking flights within three hours of arrival. Given the late time of the arrival, we strongly recommend booking a night in a hotel in Copenhagen and flying out the next day.

Meals: Breakfast and plane meal

Flights

between South Africa and Copenhagen are extra. Availability and prices change often and you will check all options and advise when you receive your booking request.

Insurance

is not included in the package but adequate cover is essential for travel and recommended by the race organisers. You can arrange a comprehensive Travel Insurance policy for you. Terms and Conditions are available on request.

Passport/Visa

You need a full valid passport with at least 3 months (ideally 6 months) validity beyond this trip and 2 blank visa pages. South African passport holders require a visa for most destinations abroad, including Greenland and Denmark. Travellers need to apply directly to the visa centre and at their own expense. Refer to www.vfsglobal-denmark.com/SouthAfrica <https://www.nyidanmark.dk/en-us/coming-to-dk/visa/the-faroe-islands-and-greenland.htm>

Denmark represents Iceland, Faroe Islands and Greenland visa matters: The Schengen visa and special Greenland validation must be applied at the Danish Embassy. Wording in the comments section on the visa: "Valid for the Faroe Islands" or "Valid for Greenland". Advice and assistance with these requirements is available on request however they can only be a guideline. Sure Travelways/Penthouse Travel Sporting Tours cannot be held responsible if travellers obtain incorrect information and do not have the correct personal documents to travel. All other nationalities need to please check their requirements.

Disclaimer

Please note that all decisions made by the race officials and or medical team are final and not up for discussion. Albatros Adventure Marathons reserve the right to change the itinerary and/or running course without further notice in the event of extreme weather. This also includes the decision to cut the course short.

By signing up for this event you agree to the Terms & Conditions of Albatros Adventure Marathons <https://icefjord-midnight-marathon.com/>

I want to book. What do I do next?

Places are limited. **IF YOU WISH TO MAKE A BOOKING, PLEASE SCAN THE BOOKING FORM and the last PAGE OF Travelways (Pty) Ltd STANDARD TERMS & CONDITIONS TO US TOGETHER WITH PASSPORT COPIES.** Upon receipt of these documents (subject to availability), we will send banking details and a request for an initial 30% non-refundable deposit per person to secure. Once documents and deposit are received, we will request the package, and subject to availability you send confirmation. The balance of monies will be calculated and due no later than 1 March 2024.

Airline tickets must be paid in full the same day of booking to secure booking and airfare. Travel Insurance should also be paid at the same time as the first tour deposit.

Payment

All prices are per person. At the time of calculating travel package costs, you take a projected exchange rate; base it on current government and supplier charges and fees. Therefore, all prices quoted are estimates, subject to change, and will be confirmed shortly before balance payments are due on 1 March 2024 and adjusted at that stage if necessary. Any advertising is done with information provided at that time by the suppliers and the suppliers can alter schedules and facilities at any time. Terms & Conditions apply as per the booking form and the supplier's terms & conditions. Credit Card payments are not accepted for this tour package. EFT only, please.

For reservations, please contact
Travelways Pty Ltd, t/a **PENTHOUSE TRAVEL SPORTING TOURS**
Pope House, Unit 2, Chenoweth Street, Durbanville, South Africa
Tel: (021) 976 8110
Email: info@runningtours.co.za Website: www.runningtours.co.za



IMPORTANT- You ask that you carefully and fully read Travelways (Pty) Ltd Standard Terms and Conditions, booking documentation and correspondence thoroughly before booking. Should you have any questions please contact us.

© Copyright of Travelways (Pty) Ltd t/a Penthouse Travel Sporting Tours 9 October 2023