

# Polar Circle Marathon

42km or 21km or the Polar Bear Challenge (both)

28/29 October 2023

## The coolest marathon on earth

Ice as far as the eye beholds. Impossibly beautiful, blue skies. Incredibly fresh air. Musk oxen and arctic foxes on the stark landscape of the arctic tundra. Yes, we are in one of the most remote corners of the world: Greenland. Feel the soft crunch of snow beneath your shoes while running through the arctic desert and over the Greenland Ice Sheet as you immerse yourself in rare and exceptional natural beauty... what more could we ask for? This is a rare opportunity to visit one of the most remote corners of the world while daring to take part in an extremely challenging running event.

The time limit for the half-marathon is 4 hours and the full marathon is 7 hours. Last-minute change to the start times may occur. Take on the challenge of running both Saturday's marathon and Sunday's half marathon! Finish both races within the time limits and receive the Polar Bear medal in addition to the half marathon and marathon medals. Pre-registration to the Polar Bear Challenge is required to receive the Polar Bear medal.



### POLAR CIRCLE ESTIMATED PRICES - ALL PRICES ARE PER PERSON 5-DAY PACKAGE BASIC PACKAGE (26 – 30 October 2023)

Approx. Prices Per Person	Double share	Single	Triple share*
Old Camp - Ulo Wing	R 41 705	R 45 410	
Old Camp - Qajak & Tuukkaq wings:	R 43 605	R 47 310	
Polar Lodge	R 45 505	R 51 110	
Hotel Kangerlussuaq	R 49 305	R 56 810	R 47 405

\*Participants who choose the Quad share option will be eligible to be placed in a family room with up to 3 other participants of the same gender. The discount will not be deducted at the time of booking, but when the race is fully booked and the rooming situation is known.

#### INCLUDES;

- Roundtrip flights Copenhagen-Kangerlussuaq with Air Greenland
- English-speaking tour leader
- 4 nights at chosen accommodation
- Meals according to itinerary
- Route inspection on the ice sheet

#### EXCLUDES;

- Passport and Visas
- International flights to/from Copenhagen
- Race entry
- Beverages
- Meals not stated in the itinerary
- Personal expenses
- Cancellation insurance due to illness or injury prior to departure
- Travel insurance (The race organisers strongly recommend you take out sufficient insurance)
- Accommodation in Copenhagen
- Additional tours and excursions
- Anything else not listed under 'Inclusions'

#### Optional extension / Extra night in Copenhagen

Approx. Prices Per Person	Double share	Single
Hotel Hebron Copenhagen	R 1 900	R 3 135

**RACE ENTRY (Purchased in conjunction with land arrangements);**

<b>Marathon or half-marathon</b>	R 5 700
<b>Polar Bear Challenge</b>	R 7 600

**INCLUDES;**

- English-speaking race officials
- Medical team
- Time keeping
- Transport to the starting point
- Manned drink stations including safety equipment
- Start number and medal
- Exclusive Polar Circle Marathon 2023 running T-shirt
- 

**ITINERARY****⇒ Day 1 – Wednesday 25 October 2023: Optional (advisable) Pre-Tour Day in Copenhagen**

On 26 October, the tour package officially begins. However, as our flight to Greenland leaves early in the morning, we strongly advise against booking same day connections. This means you should plan to arrive in Copenhagen one or more nights in advance. Pre-nights can be booked at the Best Western Hotel Hebron located in Copenhagen's city center. Hotel Hebron is less than a 5-minute walk from Copenhagen Central Station, which, in turn, is only a 15-minute train ride from the airport.

On Wednesday 25 October, we offer participants the opportunity to book a running sightseeing tour through the beautiful city of Copenhagen. The local running guide will take you on an 8km tour through the historical streets, and you'll stop at the most famous and interesting sights. Please see Package Add-ons for more details.

In the evening, all Polar Circle Marathon participants - runners and spectators alike - are invited for a free, informal dinner at the Albatros Travel headquarters. Tapas will be served in their canteen, where you can meet and mingle with other participants and browse exclusive offers on running clothes from our partner, Craft. If you're missing anything suitable for Greenland, this is an excellent chance to stock up. You'll also receive your race pack, which contains your start number, race shirt, and more.

Any participants that do not make it to the dinner will receive their race packs at the airport on the morning of 26 October.

*Meals: Dinner*

**⇒ Day 2 – Thursday 26 October 2023: Copenhagen - Kangerlussuaq: Optional Excursions**

All participants will meet at Copenhagen Airport Terminal 2.

A 4.5 hour flight will bring you to Kangerlussuaq where you arrive in the morning, local time (GMT –3 hours). Approximately 500 people make up the permanent population of this township, which was established by the American army during the Second World War and handed over to the Government of Greenland in 1992.

Upon your arrival, you'll check in at Polar Lodge, Old Camp, or Hotel Kangerlussuaq. The tour leaders will give a brief welcome at each place before the optional excursions will run. For those who haven't booked an excursion it is possible to follow the tour leader on a hike to Mount Hassel or simply explore the area on your own. The guided walk up to Mount Hassel is a 2-3 hour hike that follows the ridge eastwards towards the inland ice. The higher you go the more beautiful it gets and, weather permitting, you will have a fantastic panoramic view from the fjord to the inland ice. If there is too much snow/ice the tour leaders will try to find an alternative route at a lower level.

In the evening dinner is served at Restaurant Roklubben.

*Meals: Flight meal, lunch at your respective accommodation, and dinner.*

**⇒ Day 3 – Friday 27 October 2023: Route Inspection**

Today all participants will depart for the route inspection in the morning to get an idea of the challenge it is to run on the ice.

Non-runners will also participate in the tour and can use the day as a sightseeing trip to the Greenland Ice Sheet.

The inspection tour heads 35 km east of the airport to Point 660, where participants will walk the marked route on the ice sheet.

Remember that this will be a cold walk-in freezing temperature - a warm winter jacket, ski pants or similar, hiking or winter boots, hat and gloves are essential. Runners may want to bring their running shoes to test running in the conditions, but it is advisable to bring other, warmer footwear too.

We will drive in large all-terrain vehicles, which will take you along Watson River through the fantastic landscape that varies from lakes, fertile moor and dense scrub to large stretches of dunes and rock devoid of vegetation.

The road from Kangerlussuaq to the ice sheet was originally built by German carmaker, Volkswagen, who had a testing center on the ice. The testing center is now closed and the road is under the supervision of Sisimiut Municipality. The condition of the road is therefore not as good as it used to be, but is more like an adventure marathon route. The access to the ice sheet has also declined over the years, partly because of lesser maintenance and partly because of the retreat of the ice sheet over the past years.

Finally, we arrive at the edge of the ice sheet at Point 660 where we park the vehicles and walk onto the ice cap itself. It is a great experience to feel the massive cold air from the ice, taste the pure crystal clear air and listen to the deafening silence. You'll suddenly realize that Greenland is in a category by itself.

In the late afternoon, there will be an information meeting about Ilulissat for participants who have booked the extension to Ilulissat. Later on, all runners will gather at Hotel Kangerlussuaq for the race briefing, where the race officials and medical team will give the final information about the marathon and half marathon races.

If you wish to change distance\* or make late registration for the Polar Bear Challenge this is also the time to do it. It is **not** possible to make late registration to the Polar Bear Challenge after the marathon race on Saturday.

Bear Challenge is due to availability and on a first come, first serve basis.

After the race briefing a pasta dinner will be served at Hotel Kangerlussuaq.

*Meals: Breakfast, sandwich lunch, and dinner*

#### ⇒ Day 4 – Saturday 28 October 2023: Marathon Race Day

At 7:00 in the morning, marathon and Polar Bear Challenge runners will drive in all-terrain vehicles to the starting point near the ice sheet. The marathon is scheduled to start at 8:30 and has a time limit of 7 hours. More information about the race can be found on the race info section.

The marathon finish line will be located in front of Polar Lodge. From here, runners staying at Polar Lodge and Hotel Kangerlussuaq can walk to their rooms while a bus will take runners staying at Old Camp to their rooms.

The runners will be offered water and refreshments at stations posted along the route. In the finish area, a BBQ lunch will be served for all participants (including specators) between 12:00 and 15:30.

Half-marathon runners and non-runners can spend the day exploring the area on their own, but are also encouraged to cheer on the runners at the finish line. It is not possible to go to the start line to cheer the runners off, as the all-terrain vehicles are in full use. In the evening, a semi-pasta dinner is served at Hotel Kangerlussuaq.

*Meals: Breakfast, BBQ lunch, and dinner*

#### ⇒ Day 5 – Sunday 29 October 2023: Half-Marathon Race Day

At 7:00 in the morning, half-marathon and Polar Bear Challenge runners will drive to the starting point near the inland ice, once again using all-terrain vehicles to get there. The half-marathon is scheduled to start at 8:30 and has a time limit of 4 hours. More information about the race can be found on the race info section.

At the finish line, the all-terrain vehicles will be waiting to take all runners back to Kangerlussuaq as they fill up. The last vehicle departs when the last runner has finished. The runners will be offered water and refreshments at stations posted along the route. In the finish area, a light lunch will be provided.

Full marathon runners and non-runners can spend the day going on an optional tour or exploring the area on their own. It is not possible to go to the route and finish line and cheer, as the all-terrain vehicles are in full use for the half-marathon.

In the evening, we will celebrate the completion of the Polar Circle Marathon & Half-Marathon with a festive Greenlandic dinner in Roklubben. The awards ceremony for the top three finishers in each category will also take place before the party kicks off under a (hopefully) northern lights lit night sky.

*Meals: Breakfast and dinner (also light lunch for half-marathon/Polar Bear Challenge runners)*

#### ⇒ Day 6 – Monday 30 October 2023: Farewell Greenland or Hello Ilulissat

After breakfast, we will check out and travel back to Copenhagen or onwards to Ilulissat if you book the extension tour.

The flight to Copenhagen leaves just before noon so we have a final opportunity to enjoy a short stroll or jog around Kangerlussuaq.

We arrive in Copenhagen in the evening (CET). Once again, please note that we do not recommend same day connections from Copenhagen due to the late arrival from Greenland and the fact that luggage can't be checked in all the way. Again it is possible to book post nights at Hotel Hebron in the city centre.

*Meals: Breakfast and flight meal*

#### ARRIVAL INFORMATION

The 5-day tour starts in Copenhagen, Denmark. All participants will meet at Terminal 2 in Copenhagen Airport. The flight to Greenland departs early 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 we therefore strongly recommend that you do not book a same day connection, but instead arrive in Copenhagen one or more days in advance. Pre-package nights can be booked in Copenhagen.

On return to Copenhagen the arrival is in the evening.



#### OPTIONAL EXCURSIONS

##### ⇒ Tundra Safari and Kangerlussuaq Sightseeing (26 Oct, 28 Oct) – R 1 330

3.5 hours tour in Kangerlussuaq. You will embark on a road trip to meet the great Greenlandic nature. with visits to the harbour and the sled dog kennel. (Sled tour not available in October). If you're lucky you may see the majestic musk ox too.

##### ⇒ Russell Glacier (26 Oct, 29 Oct) – R 1 805

4 hours tour to the majestic Russell Glacier

##### ⇒ Northern Lights (27 Oct) – R 855

A 2 hours excursion to a secluded spot to gaze at the spectacular light show in the sky

##### ⇒ Running Copenhagen Special Tour (25 Oct) – R 855

On this 1.5 hour easy running tour (+/- 8 km) your guide will show and tell you about the best of Copenhagen. This tour is for Polar Circle Marathon participants only and is a good way to meet up with fellow travellers before arriving in Greenland



## OPTIONAL EXTENSION PACKAGE ILULISSAT 30 October – 2 November

Approx. Prices Per Person	Double share	Single
Hotel Hvide Falk - Standard room	R 22 705	R 26 505
Hotel Hvide Falk - Bayview room	R 24 605	R 29 355

What makes Greenland a truly unique destination is the combination of wild nature and the Inuit culture that has adapted to it through generations. It is along the coast the people of Greenland live and it is in the towns and settlements that we find the "real" Greenland. Small colourful houses cling to mountainsides, culture and architecture are both enriched and limited by nature, and if you take just a few steps outside the town you'll find yourself almost completely isolated, surrounded by one of the world's last and largest wildernesses. With any luck, we'll be treated to a display of the amazing northern lights on one or more evenings. Ilulissat is the third largest town in Greenland with just under 5000 residents, and offers a variety of tour possibilities. If we are lucky with the weather, there might be snow enough for the dog sleds to operate. Otherwise, a helicopter or small plane flight over the Ilulissat Icefjord is a stunning experience. These extra excursions can be booked upon arrival to Ilulissat. Please note all optional tours are permitted by weather and/or number of participants and therefore cannot be guaranteed in advance.

### ⇒ Day 1 – 30 October 2023: Kangerlussuaq to Ilulissat

We'll check in for Air Greenland's flight to Ilulissat. Upon arrival and transfer to the town, we check in at Hotel Hvide Falk. The hotel is situated at the waterfront with an impressive view over the Disco Bay where stray icebergs from the Icefjord, located just south of town, float by the windows. Restaurants, museums, shops and the harbour are all within walking distance.

The town of Ilulissat is picturesque, lively, and inviting. By Greenlandic standards it offers many cultural sights that - apart from the birthplace and museum of arctic explorer Knud Rasmussen - include a hunting and fishing museum and a fine collection of paintings of Emanuel A. Petersen. Since Ilulissat was founded more than 250 years ago, it has steadily grown and is today Greenland's third largest city with more than 4000 inhabitants. Our tour leader will guide us on a walking tour through the town, showing us iconic sights such as the Zion Church and the fish market, and giving us an overall introduction to the town and all the possible activities to be done in the area.

*Meals: Breakfast*

### ⇒ Day 2 – 31 Oct 2023: Ilulissat and the Icefjord

Ilulissat is rightfully called the Capital of Icebergs. South of the city, the enormous Icefjord cuts its way through the landscape. It starts 32km further inland, where the huge Sermeq Kujalleq Glacier is calving icebergs with a speed of 25 meters per day. It is responsible for the production of 10% of all of Greenland's icebergs, making it the most productive glacier outside of Antarctica. These icebergs float down the fjord and out into Disco Bay, where the icy giants linger.

Its importance to glacial science and the stunning natural settings have put the Icefjord on UNESCO's World Heritage list. After breakfast, we will walk to the harbour and embark on a 2½ hours boat trip on the Icefjord where we will get an up close and personal view of the impressive "floating mountains." This is a good chance to get some stunning photos and an experience you will never forget. Remember warm clothes! The afternoon is free to shop, or walk to one of the nearby hilltops overlooking the Icefjord. Alternatively, you can go on some of the optional excursions if weather permits.

*Meals: Breakfast*

### ⇒ Day 3 – 1 Nov 2023: Ilulissat

This morning, after breakfast at your hotel, we will go for a walk to the Sermermiut Valley. The hike is a must-do activity in the region and will take us approximately 2 kilometers south of Ilulissat, beginning at the old heliport. From there, we enter the UNESCO-area on a wooden path toward the famous ruins of Sermermiut. Sermermiut is an ancient settlement that has been home to many different Inuit people for more than 4000 years. The stone ruins of old turf houses are scattered on various hilltops that we will be able to see as we walk. We continue through the old settlement to Nakkaavik, a cliff whose name means 'the place to fall.' You can ask your guide about the origin of this haunted name. From here, we are treated to a breathtaking view of the Kangia, another name for the famous Ilulissat Icefjord with its many massive icebergs.

The rest of the day is at your own leisure, and you have the opportunity to book one of the optional tours (weather permitting).

*Meals: Breakfast*

### Day 4 – 2 Nov 2023: Ilulissat - Kangerlussuaq - Copenhagen

In the morning, we will head to the airport and take a domestic flight to Kangerlussuaq. From there, we board a flight to Copenhagen, where we will arrive in the evening (CET). Due to connection times, we do not recommend booking a same day flight home. Post-nights can be booked at the Hebron Hotel in central Copenhagen.

*Meals: Breakfast and a flight meal*



## Travel Insurance

Polar Circle Marathon organisers insist that you are adequately covered. We can arrange a comprehensive travel insurance policy for you. The premium is dependent on the number of days. Terms and conditions apply. More details 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. Travellers need to apply directly to the visa centre and at their own expense. Refer to <https://visa.vfsglobal.com/zaf/en/dnk/>  
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 cancel or 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://polar-circle-marathon.com/>

## How to book

Places are limited. **IF YOU WISH TO MAKE A BOOKING PLEASE COMPLETE AND SCAN THE BOOKING FORM, ENTRY FORM, and LAST PAGE OF STANDARD T&C'S 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 25% non-refundable deposit per person to secure. Balance of monies will then be calculated and due before 28th July 2023. Airline tickets are extra must be paid in full to secure.

## Important

Prices are approx. because at the time of calculating travel package costs we 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 calculated in July 2023. Terms & Conditions apply as per Booking Form and Standard Business Terms & Conditions.

## Flights

Please note flights are extra. If you would like us to arrange your flights please advise and we will advise current airline costs and the options available. Airline tickets must be paid in full to secure.

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](mailto:info@runningtours.co.za) Website: [www.runningtours.co.za](http://www.runningtours.co.za)



**IMPORTANT**- We 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 18 January 2023