

Polar Circle Marathon

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

26/27 October 2024

The coolest marathon on earth

There is ice as far as the eye as the eye can see and impossibly beautiful, blue skies and incredibly fresh air. Musk oxen and arctic foxes roam 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 changes 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.



POLAR CIRCLE ESTIMATED PRICES - ALL PRICES ARE PER PERSON 5-DAY PACKAGE BASIC PACKAGE (23 – 28 October 2024)

Approx. Prices Per Person	Double share	Single	Quadruple share*
Old Camp - Ulo Wing	R 48 695	R 53 995	
Old Camp - Qajak & Tuukkaq wings:	R 50 795	R 56 095	
Polar Lodge	R 52 895	R 61 295	
Hotel Kangerlussuaq	R 59 295	R 71 895	R 57 145

*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 the itinerary
- Route inspection on the ice sheet

EXCLUDES;

- Passport and Visas
- International flights to/from Copenhagen
- Race entry – extra
- Beverages
- Meals not stated in the itinerary
- Personal expenses
- 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 2 350	R 3 850

RACE ENTRY (Purchased in conjunction with land arrangements);

Marathon or half-marathon	R 7 450
Polar Bear Challenge	R 9 550

INCLUDES;

- English-speaking race officials
- Medical team
- Timekeeping
- Transport to the starting point
- Manned drink stations including safety equipment
- Start number and medal
- Exclusive Polar Circle Marathon 2024 running T-shirt

ITINERARY

⇒ Day 1 – Wednesday 23 October 2024: Optional (advisable) Pre-Tour Day in Copenhagen

The tour package officially begins on 24 October. However, as the 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 23 October, we offer participants the opportunity to book a running sightseeing tour through the beautiful city of Copenhagen. A 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 their 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 who do not make it to the dinner will receive their race packs at the airport on the morning of 24 October.

Meals: Dinner

⇒ Day 2 – Thursday 24 October 2024: Copenhagen - Kangerlussuaq: Optional Excursions

All participants will meet at Copenhagen Airport Terminal 2.

A 4.5-hour flight will bring you to Kangerlussuaq. 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 the Polar Lodge, Old Camp, or Hotel Kangerlussuaq. The tour leaders will give a brief welcome at each place before the optional excursions 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 25 October 2024: Route Inspection

Today all participants will depart for the route inspection in the morning to get an idea of the challenge that is 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.

You 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 the 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, you will arrive at the edge of the ice sheet at Point 660 where the vehicles will park and you will walk onto the ice cap itself. It is a great experience to feel the massively cold air from the ice 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 an extension to Ilulissat.



Later, 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.

*Both full and half marathons are limited to 150 runners each, so a change of distance and registration for the Polar 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 26 October 2024: Marathon Race Day

At 07h00 in the morning, the 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 08h30 and has a time limit of 7 hours.

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 spectators) between 12h00 and 15h30.

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 27 October 2024: Half-Marathon Race Day

At 07h00 in the morning, the 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 08h30 and has a time limit of 4 hours.

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 28 October 2024: Farewell Greenland or Hello Ilulissat

After breakfast, you 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.

You will arrive in Copenhagen in the evening. 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.

The Copenhagen return arrives in the evening.



Travel Insurance

Polar Circle Marathon organisers insist that you are adequately covered. We can arrange a comprehensive travel insurance policy for you.

The premium for up to 8 days is R695 for each adult (aged up to 69 years).

The premium for up to 14 days is R1280 for each adult (aged up to 69 years).

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. 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. The wording in the comments section on the visa: "Valid for the Faroe Islands" or "Valid for Greenland". Advice and assistance with these requirements are 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 reserves 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, 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 you banking details and a request for an initial 30% non-refundable deposit per person to secure your reservation. The balance of monies will then be calculated and due before 21st July 2024. Airline tickets are extra and must be paid in full to secure an airline ticket.

Important

Prices are approximate because at the time of calculating the travel package costs, we use a projected exchange rate and base it on current government and supplier charges and fees. Therefore, all prices quoted are estimates, subject to change, and will be finalised in July 2024. Terms & Conditions apply as per the Booking Form and Standard Business Terms & Conditions Sheet.

Flights

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

For reservations, please contact
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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.
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