

## COURSE DESCRIPTION DYNAFIT HARDANGERJØKULEN ULTRA

Dynafit Hardangerjøkulen Ultra is a 95 K race that will take your breath away. Start and finish are at the Liseth Pensjonat & Hyttetun right by the Vøringsfossen waterfall in Eidfjord. The trail takes you around one of Norway's most beautiful glaciers, Hardangerjøkulen.

There is no/poor cell phone coverage along the trail and there are long distances between check points. The check points are; Finse 38 km, Krækkja 62 km and Kjeldebu 75 km.

The route follows the Norwegian Trekking Association's route network all the way, except the last section towards the finish, where the trail will be marked with marking bands. There won't be any form of markings along the trail (km, intersection etc.). The trail runs in mountain terrain, some simple and other very technical demanding sections. Some parts of the trail can also be covered in snow. Be aware that the terrain is demanding and in high altitude.

There are three check points along the trail, Finse after 38 km, Krækkja after 62 km and Kjeldebu after 77 km. In addition there will be crew in Rembesdal, crew and food station at Finse, crew and food station at Krækkja and crew and food station at Kjeldebu.

We highly recommend that all athletes take a careful look at the entire route on detailed maps before participating in the race.

GPX tracks are available for download at <https://xtremeidfjord.no/hardangerjokulen-ultra/map/>

### Start-Finse - distance 38 km

The first part runs in technically demanding terrain and is perhaps the most demanding part of the entire course with a lot of altitudes to conquer. You run on nice paths, on rugged paths, on rocks and in rubble. Here you get absolutely everything you could want from mountain terrain.

A lot of times when you head down from Ishaugsredet towards Skytjedalsvatnet you can run into fog, you'll also cross paths with the Hardangervidda Marathon trail at the Svinatjørnane, don't follow this by mistake! After this there is a steep climb up Storhaugen and you'll follow the edges of the mountainside down towards Simadal. The trail takes a turn at Torkjelshøgda and winds down to the Rembesdals dam, the trail can be difficult to spot. Following the dam, the trail continues on a construction road a few hundred meters, before re-entering the path towards Rembesdalssetersti kryss. Here there is also a trail crossing towards Hallingskeid, make sure not to run in the wrong direction.

When passing the crew at Rembesdalsseter be sure to fill the water bottles, now a longer portion waits without the possibility of filling water. The trail rounds the lake (DO NOT descend towards Rembesdalsseter) and continues up through rubble and further up a tough climb up on the rocks to the top of the Lureggane. After this you'll enter some nice paths. There are snow-covered areas in the trail and pay particular attention to the edges of any snow blades as the edges can easily break.

After the suspension bridge over Ustekveikje you'll pass a few cabins, before crossing over the old railway track towards Finse - here you'll enter the Rallarvegen, and you'll follow this the last kilometers towards Finse, and the checkpoint at Finsehytta.

The trail will take you around the Hardangerjøkulen glacier and you'll be able to get a panoramic view of the Hardangerfjord. The trail is very demanding so stay focused.

### Finse-Krækkja - distance 24 km

There is a steady climb from Finse and towards Krækkja in the first section. The terrain is rocky and somewhat hilly. The trail starts from Finsehytta along the Rallarvegen a few hundred meters, before continuing on to a path across the threshold dam on the east side of Finsevatnet. As soon as you are over, take the path to the left towards Krækkja. By Hansebufloten the trail divides, here it is

important to follow the marking towards Krækkja and NOT towards Kjeldebu. The last part along the waterfront of the Drageidfjord is somewhat less rocky before Krækkja suddenly appears behind a hill at the end of the lake.

### **Krækkja-Kjeldebu - distance 15 km**

From Krækkja to Kjeldebu there is a nice running slope in gentle downhill. This is by far the easiest and shortest leg. The trail starts at the same trail you arrived from, but you'll take a quick left and follow the markings towards Kjeldebu. The trail divides after the bridge between the Drageidfjord and Storekrækkja, it's important that you follow the path to the right towards Kjeldebu (the left goes to Halne and the national road), and further up Olavbuhæja. As soon as you get to the top, it is mostly gentle downhill through the whole Kjeldedalen valley with on nice trail that is easy to run. The checkpoint Kjeldebu is not the DNT cabin itself, but is located on the north side of the fishing pond.

### **Kjeldebu - finish - distance 18 km**

The last part of the trail is ahead of you. It is farther to the finish than you think. Maybe the darkness will come upon you and you have to use the headlamp. The trail follows the slope down the Kjeldo waterway. You cross the river Leiro before starting a steep and tough climb up Storaberget. Here you'll shortly be in the tree line again. The ascent descends after the steepest section up Storaberget and the trail winds inward along the main drag until you arrive at Hallingspranget. Here are several path crossings, but you should follow the signs towards Liseth. When you pass the Gryteskaret you will come down into the marked trail towards the finish.