



HARDANGERJØKULEN ULTRA



RACE MANUAL 2023

Before you register, you must read and understand this document before standing at the start line of Dynafit Hardangerjøkulen Ultra. It is crucial that you are aware of what the race requires both in preparation and throughout the race. The route is not marked, and you must navigate yourself and are completely dependent on being able to navigate according to GPS.

Xtremeidfjord complies with national and local guidelines concerning Covid-19 and expects that all participants act accordingly at the race.



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1. FEES

Participation fees for Dynafit Hardangerjøkulen Ultra 95k 2023 are set to NOK 1.600 until 31st January and increased to NOK 1.995 after February 1st.

The registration is open until June 30st

Participation fees include:

- Participating in an amazing ultra-race in untouched nature in Hardangervidda
- Winforce sports drinks and light snacks in check points/food stations
- Dynafit socks
- Finisher shirt
- Electronic stopwatch with tracker under the race
- Warm soup after finish.

Its possible to leave clothes you don't need during the race at start point Liseth Pensjonat & Hyttetun.

2. RULES FOR CANCELLATION

Participation fees will not be refunded, unless the athletes can present a valid medical certificate (a physiotherapist's certificate is not valid). An amount of NOK 150 is deducted from the entry fee to cover administrative costs.

Participation fees will not be refunded for athletes in covid19 quarantine.

After July 1st the entry fee will not be refunded, for any reason. It's not possible to transfer the entry fee to later years.

3. CANCELLATION

If the race must be cancelled due to Covid-19, participation fee will be reimbursed without administrative costs.

4. RESERVE TRAIL

If the weather conditions make it impossible to use the main trail, the reserve trail will be used.

5. REGISTRATION/PRE-RACE MEETING

Registration will be at Eidfjord Samfunnshus, next to Lægreid school in Eidfjord, Friday 8th of July from 6 - 8 pm.



Bring the backpack you'll using during the race with all its contents to registration. The backpack will be inspected to verify that it contains the minimum equipment/clothing requirements. We will also check your GPS file on your handheld device.

It's possible for us to bring a backpack/bag to Finse for you, this must be checked in on Friday night, and you'll not have access to it before you arrive in Finse. The bag must be marked with your start number before handing it in. Be aware that the bag may not return to Liseth before 8 pm due to limited transport options from Finse.

Minimum requirements equipment:

- Wind bag/Jervenduk/rescue foil
- GPS with added trail, you'll find this at Xtremeidfjord.no. Makes clear that there must be a hand-held GPS and that the route **MUST** be entered before you attend registration. GPS on at watch is not sufficient. Each participant must have their **own** GPS, even if they run together with someone else. All GPS checked in connection with the bag check.
- 4 spare batteries for the GPS
- Headlight with extra batteries if they are not rechargeable. Power bank or extra battery for rechargeable headlamp.
- Map and compass (map "Hardangerjøkulen" Norway series kartbutikken.no)
- Wool underwear (top and bottom)
- Hat
- Gloves
- Wind- and waterproof jacket and pants
- Food
- Fully charged cell phone

Pre-race meeting:

The pre-race meeting will be held at Eidfjord Samfunnshus on Friday July 8th 8.30 pm, after registration. We'll review trail and safety. We'll open for questions.

6. THE START AT LISETH PENSJONAT & HYTTETUN

Liseth Pensjonat & Hyttetun is the hub for the event. This is where you show up. There is no transport to/from the start at Liseth from/to the center of Eidfjord.

The start is on Saturday July 8th precisely at 7 am. Trackers will be handed out before start, calculate plenty of time so you can pick up your tracker before start. See enclosed maps of the start and finish area. There is limited space for parking at Liseth, so you must calculate to park a bit away from start/finish area. It's possible to stay overnight at the Liseth Pensjonat & Hyttetun. Link to booking: [Liseth Pensjonat & Hyttetun](#).



HARDANGERJØKULEN U L T R A



7. COURSE DESCRIPTION

The complete distance of Dynafit Hardangerjökulen Ultra is 95 km.

There is to 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 77km.

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. All participants must have a GPS for navigation. A GPS watch or telephone is not good enough. There won't be any form of marking 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 long distances in between cabins, and the weather changes quickly at the Hardangervidda. It's important that your backpack contains all you need in case you'll be stuck in the mountains for several hours if anything should occur. There will be crew in Rembesdal, crew and a food station at Finse, crew and a food station at Krækkja, and crew and food station in Kjeldebu. Participants may be taken out of the race along the entire route by crew or health care professionals, if they consider that it's not justifiable for you to continue.

We strongly recommend that all athletes take a careful look at the entire route on detailed maps before signing up for the race.



The GPX route can be downloaded here: [Xtremeidfjord](#)

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.

When passing the crew in Rembesdalsseter, be sure to fill the water bottles, now a longer portion waits without of filling water. The trail rounds the lake (DO NOT descend towards Rembesdalsseter) and continues up through rubble and further up and 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.

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 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 toward 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 marking towards Kjeldebu. The checkpoint Kjeldebu is not the DNT cabin itself but is located on the north side of the fishing pond.

Kjeldebu – finish line - 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 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.

Checkpoints

It is important that everyone enter the cabin at Finse, Krækkja and Kjeldebu as these are checkpoints. It's also important that a clear message is giving if you decide to withdraw from the race.

HARDANGERJØKULEN **U L T R A**



Picture 1 Food station at Krækkja

Food stations:

Finse 38 km – tomato soup with meat and bread, nuts, bananas, water and sports drinks delivered by Winforce.

Krækkja 62 km – tomato soup, sandwiches, bananas, water and sports drinks delivered by Winforce.

Kjeldebu 75 km – nuts, bananas, instant soup, water and sports drinks delivered by Winforce.

Liseth 95 km – coca cola and vegetable soup with meat.

It's a good idea to refill water bottles wherever possible, because there may be long distances between possibilities to fill water.

8. CUT-OFF TIME

Cut-off time at Finse:

All athletes must check in at checkpoint Finse before 3:30 pm and everyone must leave Finse food station by 3:45 pm and pass a medical check to continue the race.

Note that if you withdraw from the race at Finse you **MUST** wait until the next train departs, and you might have to wait for quite a while.



Cut-off time Krækkja:

All athletes must check in at checkpoint Krækkja before 9 pm and everyone must leave Krækkja food station by 9:15 pm and pass a medical check to continue the race.

If you break the race at Krækkja you must go to the main road which is about 6 km away. After Krækkja there are longer distance to get back to the road and there's is no form of transportation out of the course.

9. RULES

The rules are minimum requirements. It is also expected that every athlete uses common sense and respects the mountains. The rules could be changed due to weather conditions. We trust that you'll use common sense and act if you see that other athletes are in need of help.

Age limit

The age limit of Dynafit Hardangerjøkulen ultra is set to 18 years.

Mandatory equipment

All athletes must have the required equipment in the backpack for the race. Random checks will be performed before the start Saturday morning, and if any equipment is missing it means you cannot start.

GPS-route

The course is un-marked. The route with GPS waypoint must be downloaded here: [Xtremeidfjord](#) and must be installed on your GPS unit before registration. GPS watches or GPS on cell phones are not accepted. The route must be followed all the way. Please study the trail before starting.

Tracker

The tracker must be fixed so that the antenna has a clear view of the sky and is carried during the entire race. The tracker is an important safety device for the organizer, but it's also fun for family and friends to follow the athlete online during the race. If the tracker is lost, it's athlete's responsibility to replace the tracker. The price for replacing the tracker is NOK 500.

General rules

- Self-declaration forms shall be signed and delivered when you register in Eidfjord. (Please bring a printed, signed copy)
- You are not allowed to throw garbage underway. Please bring the trash to check point's and/or to the finish line. Throwing garbage in the nature could cause disqualification.



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- The event organizer could stop the race due to security reasons.
- Weather conditions or other security reasons could cause the event organizer to hold back participants from leaving check points. participants in Dynafit Hardangerjøkulen ultra must be aware that the race could be stopped at any point due to weather conditions stopping the race from continuing.
- In the event of an emergency, it's everyone's duty to help.
- It is possible to have a support person follow you along from Krækkja or Kjeldebu to the finish line, but this person has the same requirements to be able to manage by themselves in the mountains without help. No form for transportation will be arranged by the organizers.

Breaking the rules

Punishment/elimination can be given by breaking the rules, unsportly behaviour or if an athlete puts them self or others in unnecessary danger. Punishments could be given by event organizer, adding time or even cause disqualification.

Athletes who choose to break the race must get out of the mountains on their own, unless they're injured or become ill, then the event organizer will organise the transport.



Picture 3 Åsmund Aarsand løp 2021

10. ACCOMMODATION

The start is at Liseth Pensjonat & Hyttetun and they have rooms and cabins for rent, booking: [Liseth Pensjonat & Hyttetun](#).

Otherwise, you can contact other places for accommodation in Eidfjord. It's a good idea to book as soon as possible as the race is in the high season for the tourism industry in Eidfjord. You'll find an overview of accommodation at [Destinasjon Eidfjord](#).



11. FINISHER PRIZE

Everyone who completes the race will receive a finisher shirt delivered by Dynafit after finishing at Liseth Pensjonat & Hyttetun.

12. RESERVE TRAIL

The race starts from Liseth Pensjonat and Hyttetun and follows the road to a path alongside the river Isdølo. The athletes run between the cabins at Gryteskarsete before starting the ascent towards Grytehorga.

The athletes follow the trail down towards the top of the ski slope 2 km from Grytehorga, before turning off and heading up towards the top of Grønenuten. After Grønenuten, there is a trail junction, further following a DNT path towards Kjeldebu. Here, the athletes run past a trail junction at Hallingspranget, and after approx. 15 minutes they climb into a steep descent down to Lake Sysenvatnet. Then over a bridge by the river Leiro before it goes up again from Lake Sysenvatnet along the river Kjeldo. Just before Kjeldebu, the trail crosses a bridge. The athletes pass Kjeldebu at approx. 22 km.

The trail continues the DNT-marked trail, up Kjeldedal and over Olavsbohæa down to the tourist cabin Krækkja. There is a nice path up Kjeldedalen. Just before the bridge over the outskirts of Drageidfjorden, there is a new trail junction, and here you will cross the bridge in the direction of Krækkja. From Krækkja to Fagerheim mountain cabin, a trail follows the trail on the north side of lake Storekrækkja.

Out of Fagerheim mountain cabin, the athletes pass 42 km, and down a path to the main road: Rv. 7. The trail follows alongside the road and over a bridge and passes a boathouse shortly afterwards. On the trail again, the athletes follow the south side of lake Storekrækkja. At the end of the lake, they once again come to a trail junction at the end of Drageidfjorden. This time heading in direction of Halne.

The athletes meet some hilly terrain through Halnebotnane, before seeing Rv. 7 again. The trail goes straight down to the main road, without stopping by Halne fjellstova. The trail is DNT-marked, so the direction is obvious. The junction will be manned.

The path is now heading towards Bjoreidalen, in gentle and wavy terrain. At the end of the Loftstovedalen at approx. 60 km, the athletes have a beautiful view over the valley Bjoreidalen, which spreads through the landscape. A nice descent to Bjoreidalshytta, crossing over the road and onto the trail. Then follow along a river to a farm area called Nybu. It is important to note that one should not cross the river. The trail winds up the north side towards Nybunuten. It is a short uphill climb before looking over to the cabins at Dyranut.

At Dyranut, the athletes will cross the main road again. It will be guards that help them across the road. There is no DNT-marked trail to Kjeldebu, and this part is just under 10 km of mainly gentle descent.

After Kjeldebu, the athletes run on the same trail as at the start of the race to the finish.



13. SELF-DECLARATION

The self-declaration is to be delivered when checking in, in Eidfjord. Please print the document and bring a signed copy to the registration.

By signing this document, I am aware of and agree to the following:

- I am aware of the risks and dangers of participating in the race
- I am aware that the event could last longer than anticipated
- I am aware that the event could be changed or cancelled if it is not safe to go through with it and it will not be refunded
- I confirm that I am well in shape
- I am aware of what to do in case of an emergency
- The event organizer could disqualify me at any point in the trail if they see fit
- Participation is on participants own risk
- The event organizer could publish photos of participants without permission
- The trail is not marked. I can navigate around the plateau with a GPS.
- I accept helping other in case of an emergency
- I can put in waypoints/routes to a GPS, and use a GPS without help in the mountains
- I am aware of what to do in case of sudden change of weather in the mountains

Place _____ Date _____

Participants name (Capital letters)

Participants name (Capital letters)

Name of emergency contact (Capital letters)

Phone number of emergency contact including country code: _____