

Polar Circle Marathon 2017 5-day package

[Day 1 Thursday 26 October: Copenhagen - Kangerlussuaq. Route inspection and excursions.](#)

All participants will meet at Copenhagen Airport Terminal 2.

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-nights can be booked in Copenhagen at Grand Hotel located in the city centre, less than a 5 minute walk from Copenhagen Central Station, which again is only a 15 minutes train ride from the airport.

A 5hr flight will bring us to Kangerlussuaq where we arrive in the morning, local time (GMT –3 hours). 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, is approximately 500 people.

Upon our arrival we check in at Polar Lodge, Old Camp or Hotel Kangerlussuaq. The tour leaders will give a brief welcome before participants staying at Hotel Kangerlussuaq depart for the route inspection.

Participants staying at Polar Lodge and Old Camp can go on one of the optional excursions (see details further down) that will be offered today, 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 we go the more beautiful it gets and, weather permitting, we will have a fantastic panoramic view from the fjord to the inland ice. If there is too much snow the tour leaders will try to find an alternative route at a lower level.

The route inspection is heading 35km east of the airport to Point 660 from where participants will walk the marked route on the ice cap. Remember that this will be a cold walk in freezing temperatures and a warm winter jacket, hiking or winter boots, hat and gloves are essential. The route inspection is also an opportunity for participants who are not running to take part in the excursion to the ice cap. We drive in large all-terrain vehicles, which will take us along Watson River through the fantastic landscape varying from lakes, fertile moor and dense scrub to large stretches of dunes and rock devoid of vegetation.

The road from Kangerlussuaq to the ice cap was originally built by German carmaker Volkswagen who had a testing center on the ice and needed easy access from the harbour in Kangerlussuaq to the extreme conditions on the ice cap. The testing center, however, is now closed and the road is now under the supervision of Sisimiut Municipality. The condition of the road is therefore not as good as it has been, but more like an adventure marathon route. The access to the ice cap has also declined over the years, partly because of lesser maintenance and partly because of the retraction of the ice cap over the past years.

Finally we arrive at the edge of the ice cap at Point 660 where we park the vehicles and walk on to 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 suddenly realise that Greenland is in a category by itself.

In the evening dinner is served at Hotel Kangerlussuaq.

A meal onboard the flight, a sandwich lunch, and dinner are included today.

[Day 2 Friday 27 October: Route inspection and Kangerlussuaq excursions](#)

Today, participants staying at Polar Lodge and Old Camp will depart for the route inspection in the morning.

Participants staying at Hotel Kangerlussuaq can go on one of the optional tours offered, follow the tour leader on a hike to Mount Hassel or simply explore the area on their own.

In the late afternoon an information meeting about Ilulissat will take place for participants who have booked the extension to Ilulissat. Following this meeting all runners 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 each limited to 150 runners, so 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 is served at Hotel Kangerlussuaq.

Breakfast, sandwich lunch, and pasta dinner are included today.

[Day 3 Saturday 28 October: Marathon race day](#)

At 7:30 in the morning marathon and Polar Bear Challenge runners drive to the starting point near the inland ice, once again using all-terrain vehicles to get there. The marathon is scheduled to start at 9:00 and have 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 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 restaurant Roklubben.

Breakfast, BBQ lunch, and semi-pasta dinner are included this day.

[Day 4 Sunday 29 October: Half marathon race day](#)

At 7:30 in the morning half marathon and Polar Bear Challenge runners 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 9:00 and have 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 explore 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. Awards ceremony for the top three finishers in each category will also take place before the party under an (hopefully) northern lights lit night sky sets off.

Breakfast, and celebration dinner are included this day. In addition participants running the half marathon this day have a post-race meal included.

[Day 5 Monday 30 October: Farewell Greenland](#)

After breakfast and check out we travel back to Copenhagen. The flight leaves just before noon so we have a final opportunity to enjoy a last 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 Grand hotel in the city centre.

Breakfast and a meal onboard the flight is included this day.

EXTENSION

Ilulissat extension – 4 days/3 nights

Ilulissat is one of Greenland's most picturesque towns and the best place to see one of nature's true wonders – the Ice fjord.

What makes Greenland a truly unique destination is the combination of wild nature and the inuit culture adapted to it through hundreds of 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 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 biggest wildernesses. Ilulissat offers a variety of tour possibilities. If we are lucky with the weather there might be snow enough for the dog sledges to operate otherwise a helicopter flight over the Ice fjord 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 Monday 30 October: Kangerlussuaq to Ilulissat](#)

We check in for Air Greenland's flight to Ilulissat in the morning. After arrival and transfer to the town we check in at Hotel Hvide Falk. The hotel is situated at the waterfront of the world famous Ice fjord with an impressive view over the Disko Bay. Restaurants, museums, shops and the harbour are all within walking distance. Ilulissat is situated in the heart of the famed Disko Bay, an area of great natural beauty. The town itself is picturesque, lively and inviting. By Greenland 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 the fine collection of paintings of Emanuel A. Petersen. Since the foundation of Ilulissat more than 250 years ago, it has grown steadily and is today Greenland's third largest city with more than 4000 inhabitants. The main occupation is fishing. Our tour leader will guide us on a walking tour, giving us an overall introduction to the town and the possibilities we have in the area. Breakfast is included.

[Day 2 Tuesday 31 October: Ilulissat and the Icefjord](#)

Ilulissat is rightfully called the capital of icebergs. In the Disko Bay the gigantic icebergs linger. South of the city the enormous Ice fjord cuts its way through the country. It starts 32 kilometres further inland, where the huge Sermeq Kujalleq Glacier, with a front more than 5 kilometres wide and several hundred meters high, is calving icebergs with a speed of 25 metres per day, equivalent to 20 million tons of ice or more than 10% of all icebergs in Greenland. This makes the glacier the most productive outside Antarctica. These facts and the stunning setting have put the Ice fjord on UNESCO's World Heritage list. After breakfast we walk to the harbour and embark for a 2½ hours boat trip on the Ice fjord where we will see the spectacular icebergs. We will get really close to the impressive “floating mountains” and see their true greatness. 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 Ice fjord or go on some of the optional excursions if available. Breakfast is included.

[Day 3 Wednesday 01 November: Ilulissat](#)

We will go for a walk down to the Sermermiut Valley, approximately 2 kilometres south of Ilulissat. Sermermiut means “The People by the Ice”, and the place has been inhabited from 1400 BC to 1737. In 1727 when the first Danish commercial expedition arrived at the Ice fjord and discovered Sermermiut, some 250 people were living there. From the valley and the small bay, we walk along the fjord and up onto the hills with a grand view of the Ice fjord. The rest of the day is at your own leisure with the opportunity to book one of the optional tours. Breakfast is included.

[Day 4 Thursday 02 November: Ilulissat - Kangerlussuaq – Copenhagen](#)

We go by bus to the airport in the morning and fly via Kangerlussuaq to Copenhagen. Arrival in the evening (CET). Breakfast and a meal onboard the flight is included.

IMPORTANT INFORMATION

Disclaimer

Albatros Adventure Marathons reserve the right to change the itinerary and/or running course without further notice in the event of extreme weather.

By signing up for this event you agree to the Terms & Conditions.

Visa

If you are holding a passport from a country with visa requirement to enter the Schengen you must apply for a special validation of your Schengen visa to enter Greenland, as Greenland is not part of the EU and Schengen Agreement.

The Schengen visa and special Greenland validation must be applied at the Danish embassy or consulate in your country of residence.

More information on visa to Greenland can be found here:

<https://www.nyidanmark.dk/en-us/coming-to-dk/visa/the-faroe-islands-and-greenland.htm>

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. Once again please note that we do not recommend same day connections out of Copenhagen due to the late arrival from Greenland and the fact that luggage can't be checked in all the way. It is possible to book post-package nights in the city centre.

Room options

If you are a solo traveller and choose a shared double room when booking, we will pair you with another traveller of the same gender. If you prefer to have your own room, choose single room. A single supplement will apply.

Flight times

NB! 2017 Flight times are not yet confirmed! These are expected times only!

Route Copenhagen - Kangerlussuaq – Copenhagen

- 26 OCT CPH - SFJ 09:00 – 09:40 GL781
- 30 OCT SFJ - CPH 11:40 – 20:00 GL782

For participants on the Ilulissat extension

Route Kangerlussuaq - Ilulissat, Ilulissat - Kangerlussuaq, Kangerlussuaq - Copenhagen

- 26 OCT CPH - SFJ 09:00 – 09:40 GL781
- 30 OCT SFJ - JAV 07:35 – 08:20 GL1502
- 02 NOV JAV - SFJ 09:10 – 09:55 GL571
- 02 NOV SFJ - CPH 13:10 – 21:30 GL782

Please note that the above flight times may be subject to change and delays.

Travel insurance

Travel insurance is not included in the price. It is strongly recommended for all participants to have sufficient insurance coverage during their stay in Denmark and Greenland.

Race Info

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 Greenland ice cap and immerse yourself in this rare and exceptional natural beauty.

This will undoubtedly be the coolest experience of your life.

A part of the route takes place on the ice sheet itself, but the main part of the course is run on the gravel road (often snow covered) that connects the ice sheet with the small township of Kangerlussuaq, just north of the Polar Circle.

Race information

[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

[Clothing](#)

There are no specific requirements for clothing, but the medical team and race officials do have the right to stop and take out a runner who's not dressed properly for the weather, so we strongly advise that all participants follow the below recommendations and make sure it's possible to cover all skin.

Layers are key to a good race and used to keep you as dry and warm as possible and to be prepared for changing weather. It is always better to start out in a layer too much than one too little.

Remember: it is easy to cool off if too warm, but hard to get warm if too cold!

How many layers you wear is an individual matter and weather depending, but a minimum of 3 layers is recommended.

There are personal supply stations along the course where you can pick up dry and warm clothing – see “Supplies on route”. Wet and cold items can be dropped at any water station along the course.

We do not give specific recommendations on products, but have named some of the brands available in active polar clothing that we know have a good and well tested product.

Base/Inner Layer (sweat transporting layer):

Must be a functional thinner layer that transports sweat away from your body (called moisture-wicking) and dries fast. Make sure it's comfortable to wear and doesn't restrict you in your movements.

Avoid base layers with zippers that touch the skin.

Check out: Peak Performance, Falke, Craft, Under Armour, Icebreaker, Salomon, Newline

Mid Layer (insulating layer):

Should be a loose weave fabric or fleece with additional thermal insulation thicker than your base layer. Again it's important that it doesn't restrict your movements, especially with the outer layer on top.

The mid layer should provide warmth and breathability. Again it's important that moisture is transported to the outside/next layer. Some mid layers even have wind protection, but this is not a must as you won't be running without your top layer when windy.

Check out: Montane, Craft, Icebreaker, Salomon, Newline

Top/Outer Layer (weather protective layer):

The top layer can be divided in to two categories: Soft shell and hard shell. Regardless of what you'll choose wind protection is alpha omega! Water resistance is a plus too in case it snows.

While soft shells are now being manufactured with better wind and water resistance they're still not as efficient as a hard shell. The hard shell on the other hand, does not have the same breathability as the soft shell, although development of vent zones do allow for more airflow and thus minimize the risk of wet and cold mid- and base layers.

In extreme wind conditions starting in both a soft and a hard shell can be advisable, but it is also very likely that you will soon be too warm and will need to drop one of them.

Check out: Montane, Craft, North Face, Peak Performance, Salomon, Newline

Remember: Cotton is your worst enemy when running in arctic climate! Do not wear cotton clothing during the Polar Circle Marathon and Half Marathon!

Legs:

Three layers on your legs are likely to be too much. The top layer on your legs must have wind protection and preferably thermal functionality. A base layer under a winter tight will work if the tight has wind protection. Alternatively a normal winter running tight may work fine as base layer under a pair of windproof running pants.

Running without wind protection on your legs may cause frostbite on knees, thighs and more noble parts...

Check out: Montane, Craft, Patagonia, Salomon, Newline

Gloves:

Again wind protection is the most essential, but of course your gloves should be warm too. Make sure your gloves aren't too tight around your hands and fingers – it's better to allow for airflow between your skin and the fabric. Again layers will be an advantage in very windy conditions with inner gloves under a warmer and looser pair of outer gloves or mittens.

Hand warmers are an option, but as we try to leave as little a footprint as possible on our race site we recommend the reusable solutions over the disposable versions.

Extra gloves can be placed at one or more of the personal supply stations, as especially the inner glove tend to be wet.

Check out: Montane, North Face, Icebreaker, Salomon, Newline

Head and neck:

A winter hat is an absolute must! It should cover your ears too. Some prefer a functional moisture wicking hat while others opt for warmer traditional winter hats. A hat of 100% wool will have both features, but may be itchy.

The neck should be covered with a scarf or a neck tube/buff. It's important that the scarf/buff can be drawn up over the mouth and nose in case of strong winds. However, running with your nose and mouth covered for a longer time will cause condensation and make your face more prone to frostbite.

Balaclavas and buffs with air holes for mouth and nose are available, but even these will eventually turn in to an ice mask. If windy and necessary to cover your face make sure you actively remove the ice building up on your cover. A spare scarf/buff at the personal supply station is advisable. Star Wars fans may invest in a ColdAvenger.

The use of tape on cheek and nose is not recommended. There's no evidence that this will prevent frostbites, but it will for sure prevent the medical team to see signs of frostbite!

Sunglasses or light ski goggles will be a relief in sunny, windy and/or snowy conditions.

Feet:

For choice of shoes and anti-slip soles, please see under "Shoes".

Your feet are the least exposed part of your body as you'll be constantly moving sending a lot of blood to your feet and toes. We do recommend, however, that you wear a warm running sock, alternatively with a thin liner sock underneath. Make sure the sock is high so there's no open skin gap between sock and tights/pants. A spare pair of socks at the personal supply station is advisable. If the ice sheet is covered in a thick layer of snow gaiters will keep it out of your shoes, but cheaper solutions like a plastic bags inside your shoe may do the trick. If you're prone to blisters the plastic bag may cause too much friction.

Change clothes:

Half marathon runners and marathon runners staying at the Old Camp should pack a small bag with change clothes to be available at the finish line. Marathon runners at Hotel Kangerlussuaq and Polar Lodge have walking distance to their rooms and do not need to prepare change clothes.

Make sure you mark all your clothes and items with name and/or bib number for easy identification. Clothes and items dropped at the water stations during the run will be taken back to the finish area at the end of the race. The race organisers cannot be held responsible for any lost or damaged items left along the route.

Safety precautions

A medical team is ready in case of injury or severe exhaustion. A doctor will be present on the ice sheet as long as runners are on it. A doctor will be patrolling the route and a doctor will stand by in the finish area.

A sweeper will follow behind the last runner throughout the race. On the ice cap a snow mobile is on standby in case of accidents or rapid change in weather.

A bus will be parked just before the entry/exit to the ice cap, ready to warm up runners if necessary. In case of strong winds all runners will be stopped before entering and after exiting the ice cap and checked for signs of frostbite.

Runners who wish to drop out of the marathon should go to the nearest drink station where sleeping bags will be available to keep you warm. Transport to the finish area will be arranged for all runners who leave the race, but please be aware that waiting time may occur.

Take extra precaution when running on the ice sheet. Fall injuries on the hard ice could mean your race is over.

Frostbites are a risk at the Polar Circle Marathon, but will cause no severe injury if treated correctly and in time. There are 3 degrees of frostbite to describe the duration and depth of the injury: First degree frostbite signs are sensations of cold and pain and/or the affected skin turning white. First degree frostbite is only a superficial injury and can be treated by anyone, including yourself, simply by warming/thawing up the affected part of your body. If it's not possible to go inside warm hands can thaw the frostbite, but remember to take off gloves and warm skin to skin. If your fingers are at risk they can be warmed against your stomach or in the armpits.

After thawing first degree frostbite the skin will be slightly red and may still feel "buzzy", but as the blood is now streaming back it takes longer time for the same area to get frostbitten again. Eventually all signs of a first degree frostbite will disappear.

Second degree frostbite is deeper and develops blisters. If you have blisters anywhere on your body after finishing the race, don't assume this is a normal friction blister, but go see the medical team and get the blister examined for being a possible frostbite. Treatment can be rather painful and last for several weeks. Permanent redness on the affected skin may occur as well as the area developing permanent intolerance to coldness.

Third degree frostbite is a very deep skin injury causing dead tissue. Instead of extreme white the skin can turn red and purple. A sense of numbness in the area is typical sign of third degree frostbite. Beware, however, that a finger with third degree frostbite can still move, although at reduced function, so don't let this fool you to believe the injury is less serious.

The sooner frostbite is treated the better the chances of a good recovery so don't ignore any of the signs above.

A runner with second or third degree frostbite will not be allowed to continue and/or run the following day if signed up for the Polar Bear Challenge.

Frostbite is avoided by dressing well – see the Clothing section for more details.

Avoid dehydration, so make sure you drink at all the water stations.

Your skin will have more resistance towards cold when the natural skin grease is intact, so it is recommended not to shower in the morning of the race. As a minimum avoid washing your face with soap. A non-water-based lotion will also give a certain degree of protection if applied a couple of hours before going outside.

Keep moving your fingers while you run, clench your fists and make faces every once in a while.

If you take daily medicine prescribed by your physician or need any other medication, please inform the race doctors in advance by writing to marathon@albatros-adventure.com.

Do not forget to drink water before and during the race. Running in the cold will not make you feel as thirsty as in warmer climates, but the route is still 42,195/21,097 kilometers long!

Age limits

To participate in the marathon, runners must be minimum 18 years of age on race day.

To participate in the half marathon, runners must be minimum 16 years of age on race day.

To participate in the Polar Bear Challenge, runners must be minimum 18 years of age on race day.



Awards and medal

All runners who complete their distance within the time limit will receive a medal. A small, symbolic award will be presented to the top three finishers in each race (marathon, half marathon and Polar Bear Challenge) in the male and female categories. Please note that there is no prize money.

Bib number

The bib number must be placed on the front of the body during the entire run. Bib number belts are included with the number and we recommend that all runners use the belt.

Certificate

A finisher's certificate will be available for free download from the website of our photo partner www.marathon-photos.com

Distances

The Polar Circle Marathon features a classic 42.195km marathon and a 21.097km half marathon. Sign up for the Polar Bear Challenge and run them both.

Medical Team

A team of Danish doctors and nurses will be present during inspection and race days. The medical team is ready in case of injury or severe exhaustion. A doctor will be present on the ice sheet as long as runners are on it. A doctor will be patrolling the route and a doctor will stand by in the finish area. If the medical team finds it necessary they can stop a runner and take him/her out of the race. Decisions on taking runners out of the race will only be done if the medical team believes there is a serious health risk in continuing.

The medical team can stop a Polar Bear Challenge runner from starting the half marathon if they deem the impact from the marathon has been too hard and poses a health risk for the runner. No refund is given in such cases.

All decisions made by the medical team are final and not up for discussion.

Personal supplies

Personal supplies (energy gels, food, drinks, clothes, etc.) can be placed at selected drink stations along the route (see the section "Supplies on the route").

Photos

Marathon Photos will take personal photos of all runners. The photos can be purchased after the race from www.marathon-photos.com

Polar Bear Challenge

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.

Race officials

English-speaking race officials from Albatros Adventure Marathons are in charge of the event. All

decisions made by the race officials and medical team are final. This also includes stopping a runner before or during the race.

Route description

The marathon takes place on uneven gravel road and ice. The run starts about 4 km from the ice sheet and follows the gravel road onto the ice sheet itself. While running on the ice sheet you must be very attentive and careful, even with a thick layer of snow on top, this part will be very slippery. Due to the enormous powers of nature and the general retraction of the ice sheet, the exact distance on the ice will only be found a couple of days before the race, but a 3km loop is the aim. Because of the danger of falling into a crevasse, it is strictly forbidden to leave the marked route on the ice sheet. Coming back up from the ice and passing the starting point you have approximately 32 kilometers left to the finish line in Kangerlussuaq. Please bear in mind that although the road is gravel, it could be covered by a layer of snow. Running these remaining kilometers you will pass enormous glacier tongues and moraine plains and go through tundra and arctic desert. If you are lucky you may also see reindeer and musk oxen grazing along the route. The terrain is hilly all the way with the steepest ascents being the climb coming off the ice sheet and the approximately 75m-high climb 5 kilometers before the finish line. From the ice sheet to the finish line, however, the course has an overall descent of approximately 500 meters. The marathon finish line is located in front of Polar Lodge in the northern part of Kangerlussuaq. The half marathon finish line is located at Long Lake, just before Sanddrift Valley.

Please note that the route description is subject to change according to the forces of nature. Do not forget that this is first and foremost an adventure. We are far away from comforts of home and this makes it impossible to offer services at the same level usually provided in city marathons.

Shoes

The Polar Circle Marathon can be run in a pair of normal running shoes or trail running shoes. We recommend that runners bring a pair of running spikes/anti-slip soles with carbon steel points that can be fitted to your running shoes - a definite plus when running on the ice sheet. There are many different types of anti-slip soles, but some of the most popular for this race are: Petzl Spiky, Kahtoola Microspikes and City Track Crampon. Ask your local running gear or outdoor sports shop for more details.

Signage

Kilometer signs will be set up along the entire route. Owing to the conditions, however, they may be placed a few meters from the precise kilometer mark, so use signs for orientation only and don't calculate your speed based on the signs. On the ice sheet, the route will be marked with poles and flags. Because of the danger of falling into a crevasse, it is strictly forbidden to leave the marked route on the ice sheet.

Start times

The Polar Circle Marathon is scheduled to start at 9:00am on both race days. Last minute change to the start times may occur!

Supplies on the route

There will be water supplies approximately every 5 kilometers. All drink stations serve water and at selected stations you will also receive warm elder flower cordial, and warm energy drink.

You can bring personal supplies and extra clothes for the race. Personal supply stations will be situated at the 10, 21 and 30 km mark (only the 10km mark for the half marathon). Personal supplies must be delivered at the starting area clearly marked with the runner's bib number.

Be aware that any special supplies (gels, bars, drinks etc.) that you may need during the race should be brought from home. While sports and running shops in Copenhagen will have a variety of foods and drinks for running you will not find such items in Greenland. Be aware that gels are likely to freeze...

There are no toilets along the route - meaning you will find a toilet everywhere... Toilet paper is available at all water stations.

Remember that we run in wild and unspoiled nature and cups, empty bottles and other trash should be put in the litter bags at the water stations – please do not litter in nature!

Surface

You will be running on gravel and ice (and snow depending on weather conditions). Please be aware, that even when covered by a thick layer of snow, the ice can be very slippery.

Time limit

The time limit for half marathon is 4 hours.

The marathon time limit is 7 hours.

Runners still on the route after the time limit will be picked up by a race official or medical car and driven back to the finish area.

Time taking and results

The races will be timed by Ultimate Sport Service using BIB-chip. The BIB-chip is attached on the back of the bib number and will record each runner's net finishing time. Please do not fold or bend the bib number as it could damage the chip.

In the evening of each race a complete result list is expected to be ready online. There are no age categories.

Weather conditions

The weather in Greenland is always unpredictable!

Expect the temperature to be minus 15-10 degrees Celsius when the marathon is started. As the sun rises the temperature will typically rise to minus 10-5 degrees Celsius. Snow may occur, but Kangerlussuaq is known for its stable and relatively comfortable climate with little precipitation. Wind is the unknown factor! Strong winds can generate serious wind chill and is the most likely cause of frostbites.

To be prepared for the weather please carefully read the information on Clothing and Safety.