

**NIAR
FAROE
ISLANDS
2023**



**OFFICIAL
ROAD BOOK
NIAR 2023
FAROE
ISLANDS**



Welcome to Nordic Islands Adventure Race Faroe Islands 2023. Read it carefully when it contains answers to most questions.

MAPS

You will receive map 1, 2 for the prologue at the start and Leg 5 when getting to TA4.

RULES

You and your team have read and understand the rules of the ARWS that are used for NIAR 2023. Bags not used for the race can be left at your own risk in the main HQ. *Please be respectful to other people!

RANKING RULE

The race going to use this way to rank teams. Most mandatory Cps (CP), then most optional cps also called Pro points (cpXXpro), then the fastest time.

Team 1: 31 cps, 10 pro cps, 205 hours

Team 2: 31 cps, 10 pro cps, 208 hours

Team 3: 31 cps, 8 pro cps, 201 hours

Team 4: 29 cps, 10 pro cps, 198 hours

The course is designed so top teams have time to take all CPs and pro points. If they don't we will adjust the course along the way.

ADDITIONELL

- ALL checkpoints must be taken on number order for NIAR. Prologue is exception.

- ALL Legs finish with check in check point CP100IN.
- **NO electric kayak pumps are allowed for NIAR 2023.**
- NO GPS watches are allowed (See more rule 2.5.2)
- NO tablets, computers or cellphones are allowed at lock-down Sunday 06:30-08:30.
- If a team visits the physical location of where a CP marked on their race map should be, and no checkpoint is found (e.g., the CP may have been stolen or incorrectly placed). The team marks what they think is the right location with oats on the ground. (in race bag) and takes a picture of the location. (If the CP was right and the pink tape was placed wrong. You don't get credit for the CP).
- Gear that are brought on the course must be brought back.

CUT OFF

Cut off time is by PackRaft section TA5/6.

TA5 Short Pack Raft Thursday 20:00 (8:00 PM)

TA6 Friday 12:00 (Noon 12:00 PM)

GZ5 Friday 12:00

If you are falling behind for some reason, we will try to keep you on the course for as long as possible. Skip PRO Check Points.

*Organization always has the right to short course or/and take you of the course for safety reasons if needed.

EXPLANATION OF ABBREVIATIONS

TA: Transition area GZ: Gear Zone

CHECK POINTS

Each check point has SI units to punch. Punch SI unit.

PRO POINTS

Each PRO point also has SI units, punch SI units.

GENERAL INFORMATION

Mandatory gear must be carried at all times. (Ice Axe is exception, see further in road book).

ON WATER

Must use wet or dry suit on PackRaft sections/crossings.
At least one leach per PackRaft must be used.
Always wear life jacket with whistle.

MTB

Stay on single pace lines on main road.
Use bike lights in tunnels and at dark.
Faroe Islanders are NOT used to many cyclists on the road,
make yourself visible.

ON FOOT

Leave no trace!
ALWAYS close gates that are closed.
NO climbing on fences.



PROLOGUE – VIKING TOWN OF TÓRSHAVN

CP1-30 (DISPLAYED IN SEPARATE SHEET)



BRING YOUR BIKE TO THE START.

You can take CP 1-25 in ANY order. After doing the first 25 check points you will come back to the start/finish. LEAVE your SportID chip to receive a new SportID chip and map number 2 of the prologue. For the second loop you MUST take CP26-30 in order.

When you have finished the two loops of the prologue, you continue out directly on LEG 1/MTB.

Your team must stay together.
Remember to show respect to everyone, citizens, and tourists.

End of leg: All facilities

LEG	DISCIPLINE	— DISTANCE	🕒 TIME	↗️ ALT. GAIN	↘️ ALT. LOSS	🏁 START - FINISH	📦 BOXES
PR	ORIENTERING  	10 km	Fast 1,5 h Slow 2h	133 m	133 m	START-TA1	AT END OF LEG

LEG 1 – SINGLE TRAILS OF THE FAROE ISLANDS

MAP 3-8

CP31 BRIDGE

CP32 CAREN

CP33 PIER

CP34 TOP OF SMALL HILL

CP35 ROAD GRAD




CP36 CAREN

CP36PRO NEXT TO TRAIL

CP37 BLACK BEACH

Use cushion on public roads and trails. Use bike lights in tunnels and bike bells when catching up with others. Stay on designated trail.

End of leg: Toilets, Fresh water

LEG	DISCIPLINE	— DISTANCE	🕒 TIME	↗ ALT. GAIN	↘ ALT. LOSS	📍 START - FINISH	📦 BOXES
1	MTB 	81,5 km	Fast 5 h Slow 8h	2886m	2828m	Prolouge-TA1	 

LEG 2 – EXPLORE THE WILD

MAP 9-17

- CP38 FENCE
- CP39 SUMMIT
- CP40 LAKE
- CP41 CAREN
- CP42 LIGHTHOUSE
- CP43 CAVE
- CP44 SUMMIT
- CP45 TRAIL JUNCTION
- CP46 START OF TRAIL
- CP47 FENCE AT SOCCER FIELD
- CP48 TRAIL HEAD
- CP49 PASS/ROCK
- CP50PRO TOP OF GULLY
- CP51PRO LIFT STATION

(ICE AXE ARE MANDATORY ON THIS LEG)

Be aware of quick water changes. Big winds in the mountains and strong currents at the Pack Raft section.

No climbing on fences and close all gates that you come across. If the gate is open, always leave them closed.

RED SECTION section 1:1 on map, if you fall you die. This area is CLOSED.

Your kayak bag will be waiting for you at GZ1. Bring everything in the bag plus the bag and drop it of at GZ2. NO more than one water bottle 0,5L each and light weight snack in the kayak bag.




By GZ1 – Listen carefully to instructions by safety boats and NIAR Staff. Watch out for the fishing rods on the south side of Vestmannastrandur. Currents up to 2-8 knots. If the swell from the ocean is too big, cave paddling will be cancelled.

On Vestmanna:

NOTE: Between CP47 and CP49 you MUST follow the old village trail south into the valley, Saksun due to permits and then come back up to CP49.

RED: section 1:2 on map, if you fall you die. This area is closed.

End of leg: Toilets, Fresh water, indoor environment.

LEG	DISCIPLINE	— DISTANCE	🕒 TIME	↗️ ALT. GAIN	↘️ ALT. LOSS	📍 START - FINISH	📦 BOXES
2	TREK 	87 km	Fast 17,5 h Slow 43,5 h	4887m	5275m	TA1-TA2	 

LEG 3 – PACKRAFT

MAP 18-19





CP52 BEACH (ENTRY POINT FOR PACKRAFT) CP53 IN THE MARCHLAND

From Tjørnuvík, walk on the road to Haraldvík. Enter the water by the beach in the harbor.

Halfway, by the bridge, the current might be strong, always faster to PackRaft close to the shore.

Also, by the bridge, which there is a gas station that has normal opening hours.

End of leg: Toilets, Fresh water, Gas station (open within normal opening hours).

LEG	DISCIPLINE	— DISTANCE	🕒 TIME	↗️ ALT. GAIN	↘️ ALT. LOSS	🏁 START - FINISH	📦 BOXES
3	PACKRAFT 	51 km	Fast 10 h Slow 13 h	71 m	71 m	TA2-TA3	  


LEG 4 – MTB ROAD OF THE VIKINGS

MAP 20/23

CP54 RUNESTONE

Stay in single pace lines on main roads. Watch for cars and use bike lights at dark hours. You can borrow wet-suits when arriving, first team - first serve.

End of leg: Toilets, Showers, Fresh water, indoor environment

LEG	DISCIPLINE	— DISTANCE	🕒 TIME	↗ ALT. GAIN	↘ ALT. LOSS	🏁 START - FINISH	📦 BOXES
4	MTB 	21 km	Fast 1,5 h Slow 2 h	438 m	420 m	TA3-TA4	

LEG 5 – MASTER YOUR SKILLS! JUMP, DIVE AND TREK

MAP 21-22

CP55 UNDER WATER

CP56 UNDER WATER

CP57 MOUNTAIN PASS

CP58 TOP OF GULLY

CP59 HIGHEST PEAK OF THE FAROE ISLANDS

GZ3/CP100IN

(ICE AXE AND HELMETS ARE MANDATORY ON THIS LEG)

This leg is designed to challenge your skills. Master them and get successful. Leave your bikes at TA to the STAFF. They will transfer them to **GZ3**.

CLIFF JUMP AND UNDER WATER CP

2 members from your team must do the jump. It's about 8-10 meters high depending on the tide. Follow instructions from our STAFF, use the designated rope for support when you're getting down to the cliff.

JUMP & DIVE



When in the water find the two under water check points, Stamp or solve the problem. (If you get there during the dark hours, we have under water lights so it will be easy to see). Your other two member must spot safety from the shore. When you are done with these skills, receive your map for the trekking. The maps will be 3D printed wooden maps, on the backside you'll find a pouch/envelope with a reel map, if you break this pouch/envelope and use the reel map you'll get a 2-hour time penalty.

BRING YOUR BIKE SHOES AND HELMETS.

At the beginning of the trek, you must follow the path following the wooden staircase and steep shoreline on the north side to the old farmhouse. Here you have a great chance of sighting puffins. On the trek, be aware that some cliffs are NOT visible on the wooden map. Stay on the right-hand side coming down after CP57. When trekking up to CP58, caution, loose and rolling rocks might appear.

CP59 – there is a nice trail down to GZ3 from the summit.

At **GZ3** you will receive your bikes. Keep the wooden 3D map as a souvenir. End of leg: Parking lot

LEG	DISCIPLINE		— DISTANCE	🕒 TIME	↗️ ALT. GAIN	↘️ ALT. LOSS	📍 START - FINISH	📦 BOXES
5	TREK + CLIFF JUMP + DIVING	 	11 km	Fast 4 h Slow 8 h	1024 m	650 m	TA4-GZ3	BIKE - WITHOUT BIKE BOX

LEG 6 – MTB “THE DECEIVING ROADS OF THE FAROE ISLANDS”

MAP 20/23-25

CP60 OLD RUIN
CP61 GATE/FENCE

Stay in single pace lines on main roads. Watch for cars and use bike lights at dark hours.

End of leg: Toilets, fresh water, indoor environment, grocery stores, restaurants etc.

LEG	DISCIPLINE	— DISTANCE	🕒 TIME	↗ ALT. GAIN	↘ ALT. LOSS	🏁 START - FINISH	📦 BOXES
6	MTB 	57 km	Fast 3 h Slow 5h	593 m	970 m	GZ3-TA5	 

LEG 7 – PACKRAFT, “THE SPECTACULAR MOUNTAINS OF THE FAROE ISLANDS”

MAP 26/28- 31

CP62 ROCK
CP63 TENT
CP64 TOP OF MOUNTAIN
CP65 BRIDGE
CP66 MOUNTAIN PASS

(BIKE HEMLEMT AND ICE AXE ARE MANDATORY ON THIS LEG).

WP (WAYPOINTS) ARE MANDATORY.

WP1 HARBOR
WP2 BEACH
WP3 SHORE LINE
WP4 GRASSY BEACH (STAY OUT OF PRIVATE PROPERTY)
WP5 ROCK (BE AWARE OF SWELLS)
WP6 ROCK (BE AWARE OF SWELLS)
WP7 ROCK (BE AWARE OF SWELLS)

When PackRafting, you must exit and enter by WP (Way Points on the map).

MOUNTAIN 1

Strong currents may occur on the first paddle to Kunoy. Stay close to the shoreline and you be clear from the current. In the village of Kunoy the is one public toilet and some warm shelter. You will follow an old historical church path between Kunoy and Skard. At CP63 you must check in with the staff at their tent and put your helmets on.

The decent from CP63 is steep and dramatic. Stay on the right-hand side from the start and follow the “trail”. **CAUTION:** Lose rocks everywhere. Go slow and please, don’t get rocks rolling. Teams might be below you.

MOUNTAIN 2

Enter the water in Haraldssund on designated entry on the map. Trekking on the trail is not allowed passed the valley of BUOADALUR. When coming down from CP64, there is a lot of route finding. The environment is rocky and steep at some points. On the way down, linger north/north-west through the rock bands and stay safe.





MOUNTAIN 3

Down by NORDDEPIL, enter the water again by the bridge over to Vidøy. Do not enter private properties, respect their private land areas. Paddle to the valley of Tjørnadalur and exit by the peninsula “Tjørnunes”. Here it might be tricky to exit depending on the direction of the sea/waves. Trekking down to CP65 in Gjóardalur, stay on the right-hand side of the valley and find the “path” leading down to CP65. Do **NOT** cross over the bridge, it won’t support your weight and we don’t have permits to cross.

MOUNTAIN 4

Paddle across on the outside/ocean side of the fishing rods to Kvingadalur. Find a good exit point. Last bit up to CP66 is steep, stay on the right-hand side to avoid falling rock from the left side.

End of leg: Toilets, fresh water, indoor environment, grocery stores, restaurants etc.

LEG	DISCIPLINE	— DISTANCE	🕒 TIME	↗️ ALT. GAIN	↘️ ALT. LOSS	📍 START - FINISH	📦 BOXES
7	PACKRAFT + TREK  	47 km	Fast 24 h Slow 48 h	4271 m	4300 m	TA5-TA6	 

LEG 8 – MTB

MAP 32/34




CP= GZ4 SCHOOL

(BIKE LOCK AND ICE AXE ARE MANDATORY ON THIS LEG).

Stay in single pace lines on main roads. Watch for cars and use bike lights at dark hours.

Leave the bikes at GZ4 by NIAR or ARWS beach flag and lock them with you bike lock.

End of leg: nothing/school

LEG	DISCIPLINE	— DISTANCE	🕒 TIME	↗ ALT. GAIN	↘ ALT. LOSS	🏁 START - FINISH	📦 BOXES
8	MTB 	22 km	Fast 1,5 h Slow 2,5 h	120 m	109 m	TA6-GZ4	 


LEG 9 – TREK “THE HIGHEST VERTICAL OCEAN CLIFF DROP IN THE WORLD”

MAP 33

CP67 – TOP OF MOUNTAIN

Stay on the trail.

End of leg: nothing/school

LEG	DISCIPLINE	DISTANCE	TIME	ALT. GAIN	ALT. LOSS	START - FINISH	BOXES
9	TREK 	6 km	Fast 2 h Slow 4 h	1195 m	1195 m	GZ4-GZ4	BIKE - WITHOUT BIKE BOX


LEG 10 – MTB “NORTH TO SOUTH”

MAP 34-35

CP68 GATE/FENCE

CP= GZ5

Stay in single pace lines on main roads. Watch for cars and use bike lights at dark hours.

LEG	DISCIPLINE	— DISTANCE	🕒 TIME	↗ ALT. GAIN	↘ ALT. LOSS	🏁 START - FINISH	📦 BOXES
10	MTB 	68 km	Fast 4,5 h Slow 7 h	980 m	983 m	GZ4-GZ5	

LEG 11 – TREK “ANOTHER FOUR PEAKS...”

MAP 36

CP69 SUMMIT


CP70 SUMMIT

CP71PRO SUMMIT

CP72 SUMMIT

(ICE AXE ARE MANDATORY ON THIS LEG)

The final trek of your Faroe Islands adventure. This section might be cancelled due to time limits. Listen to staff at GZ5 and follow their directions. Leave and lock bikes at GZ4.

LEG	DISCIPLINE	— DISTANCE	🕒 TIME	↗ ALT. GAIN	↘ ALT. LOSS	📍 START - FINISH	📦 BOXES
11	TREK 	14 km	Fast 5 h Slow 9 h	1013 m	1013 m	GZ5-GZ5	BIKE - WITHOUT BIKE BOX





LEG12 – MTB

MAP 37

CP100 FINISH LINE

FINISH LINE IS BY THE HQ.

SEE YOU THERE!

LEG	DISCIPLINE	DISTANCE	TIME	ALT. GAIN	ALT. LOSS	START - FINISH	BOXES
12	MTB ORIENTERING  	30,5 km	Fast 2 h Slow 3h	278 m	278 m	GZ5-FINISH	



Good luck and stay safe!

