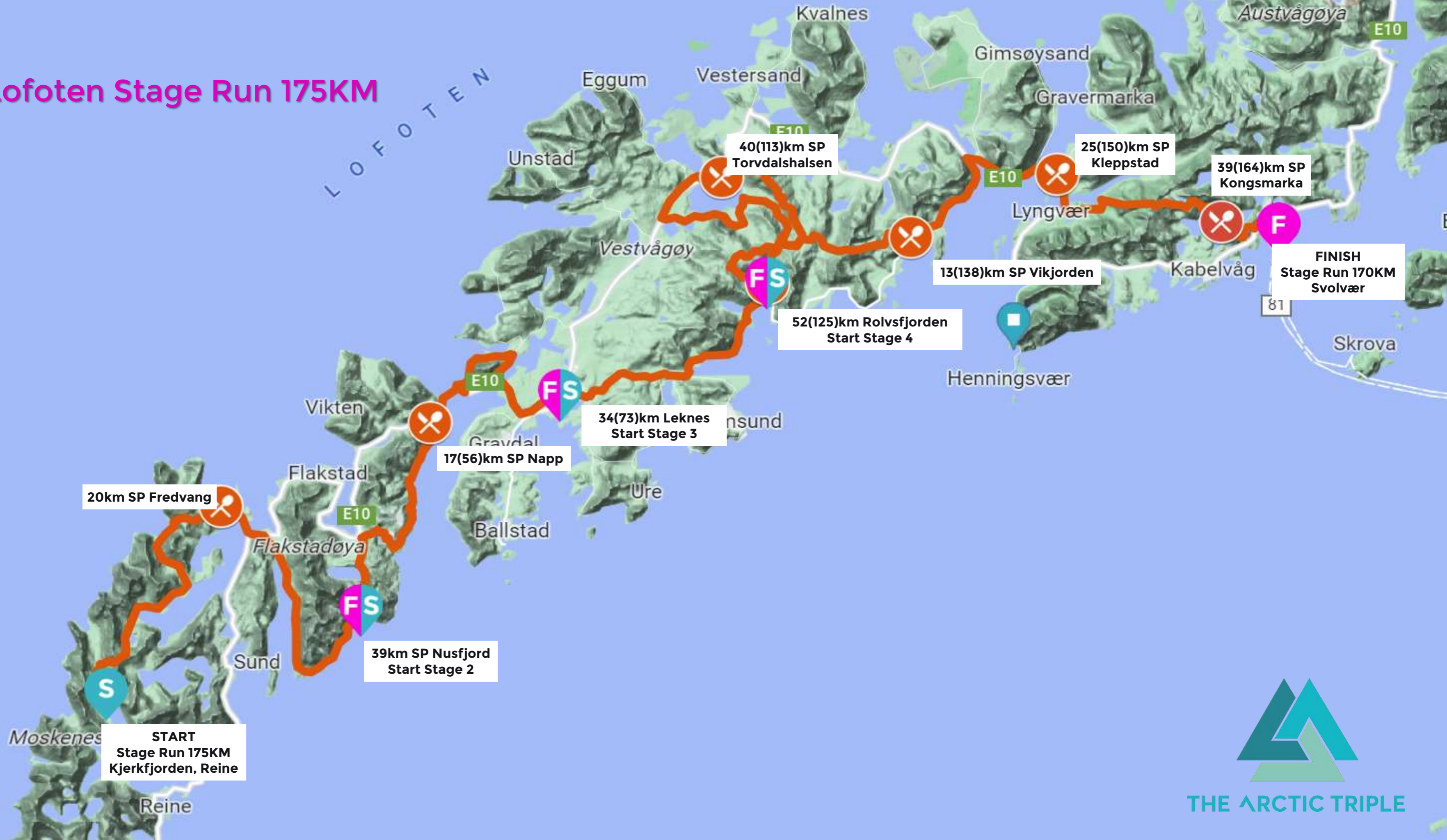




THE ARCTIC TRIPLE

- Navigation map:
Lofoten Stage Run 170KM

Lofoten Stage Run 175KM



THE ARCTIC TRIPLE



START
175KM Stage Run
Kjerkfjorden, Reine

Part 1

11km Selfjord

Stage 1

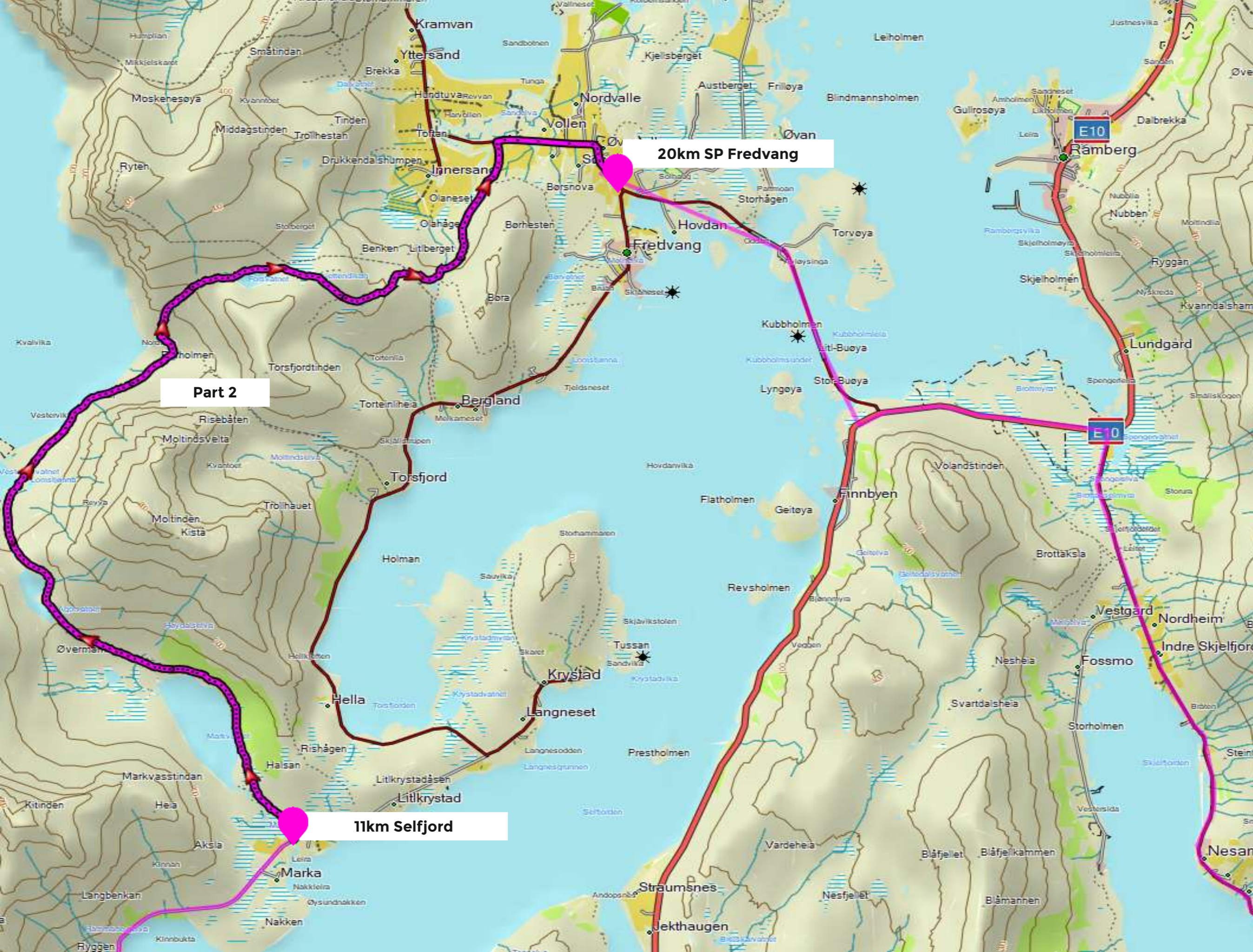
Kjerkfjorden - Selfjord
Distance: 11 km
Elevation: 750 m



THE ARCTIC TRIPLE

Stage 1

Selfjorden - Fredvang
Distance: 9 km
Elevation: 500 m

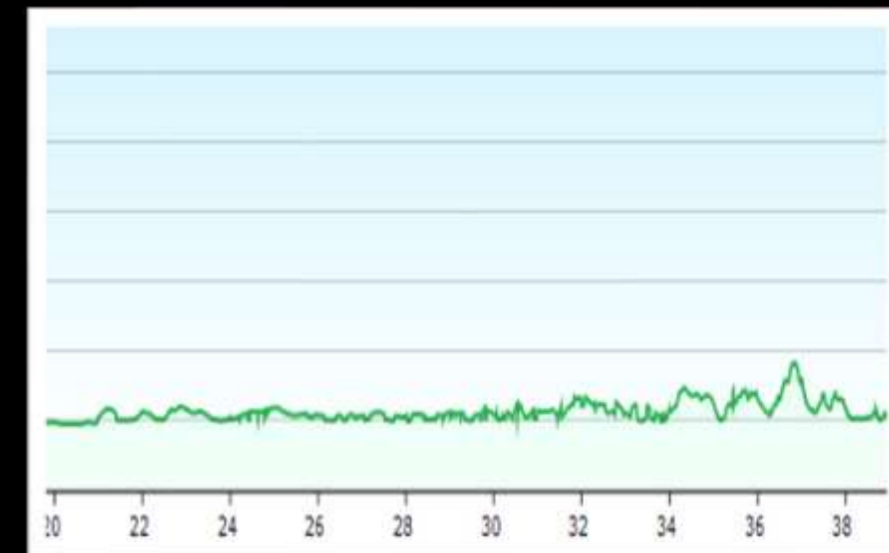


Part 2



Stage 1

Fredvang - Nusfjord
Distance: 19 km
Elevation: 350 m



THE ARCTIC TRIPLE



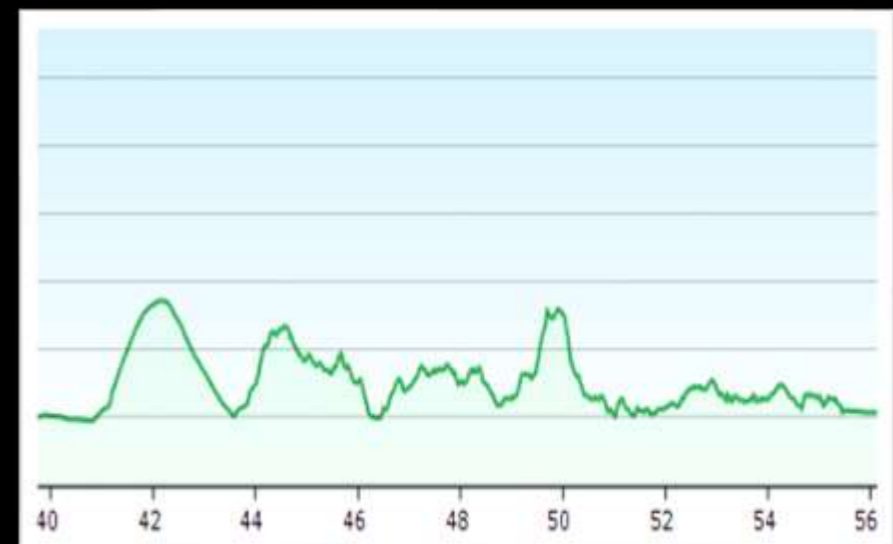
17(56)km SP Napp

Part 1

39km SP Nusfjord
Start Stage 2

Stage 2

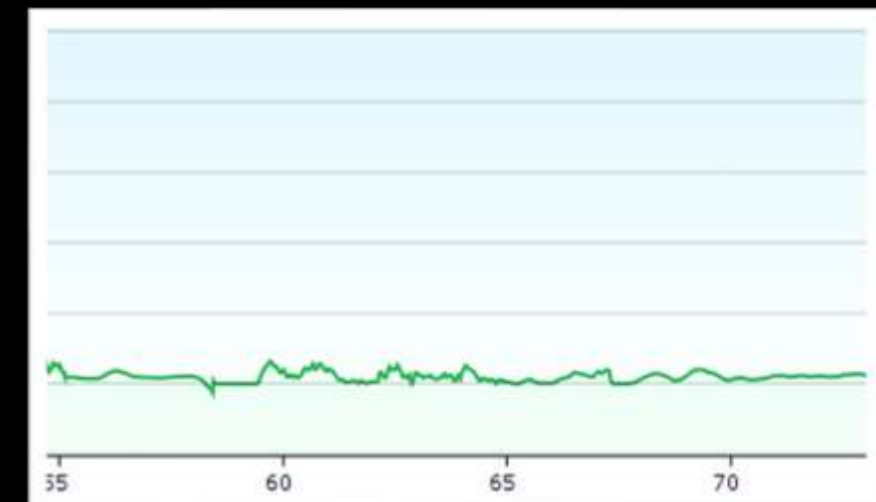
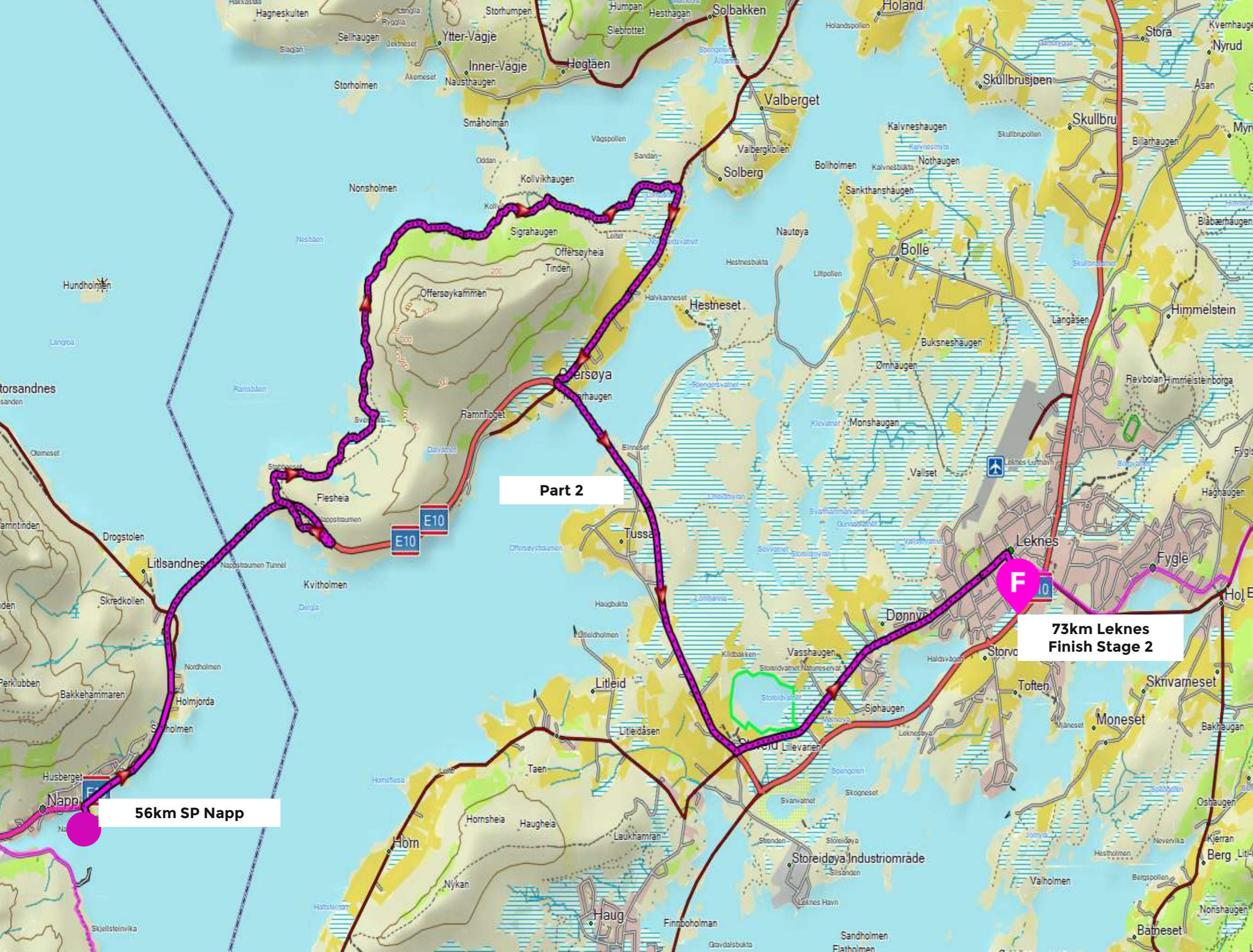
Nusfjord - Napp
Distance: 17 km
Elevation: 900 m



THE ARCTIC TRIPLE

Stage 2

Napp - Leknes
Distance: 17 km
Elevation: 300 m



56km SP Napp

73km Leknes
Finish Stage 2



90km SP Brustranda

Stage 3

Leknes - Brustranda
 Distance: 17 km
 Elevation: 350 m

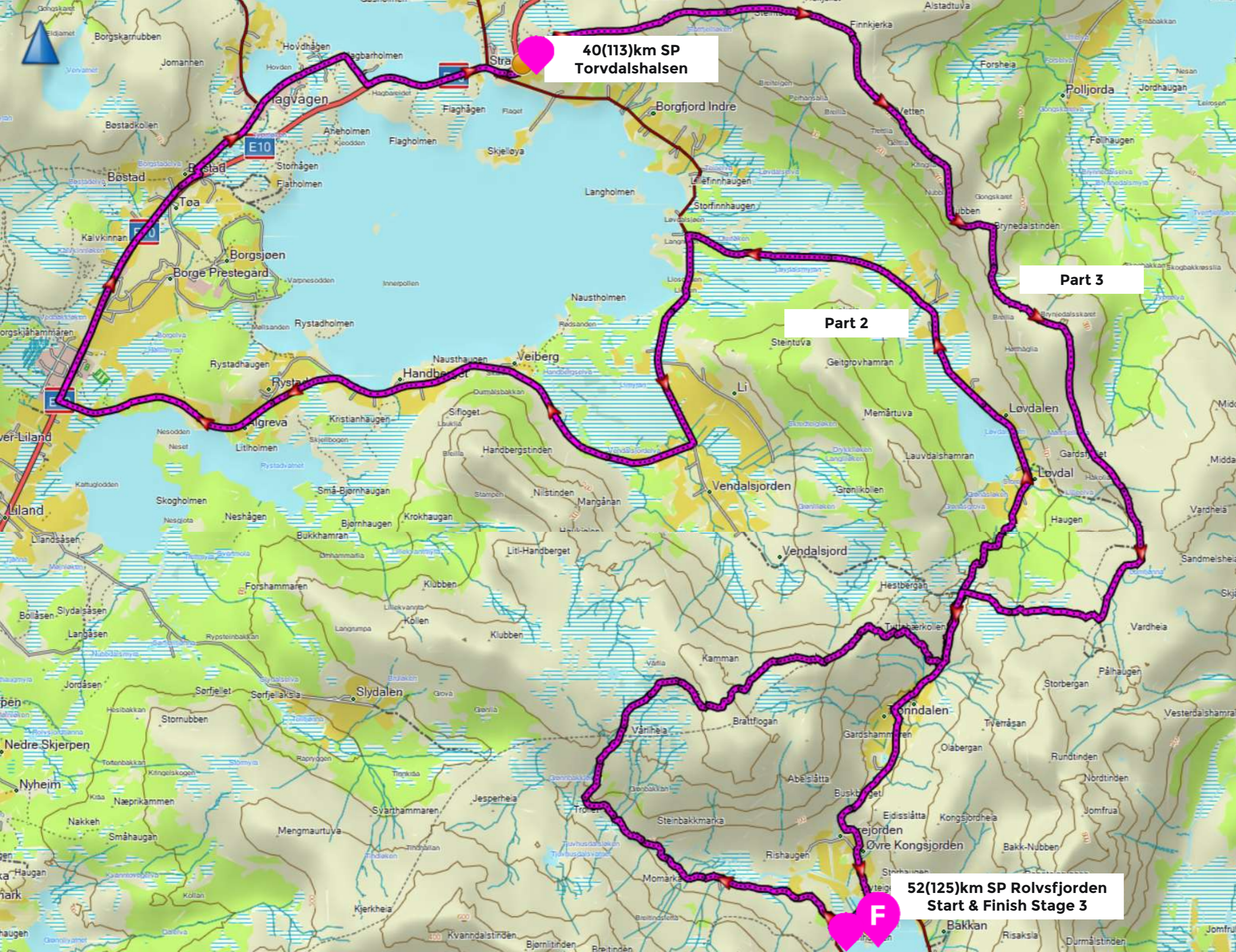
Part 1

73km Leknes Scandic
 Start Stage 3



THE ARCTIC TRIPLE

Stage 3



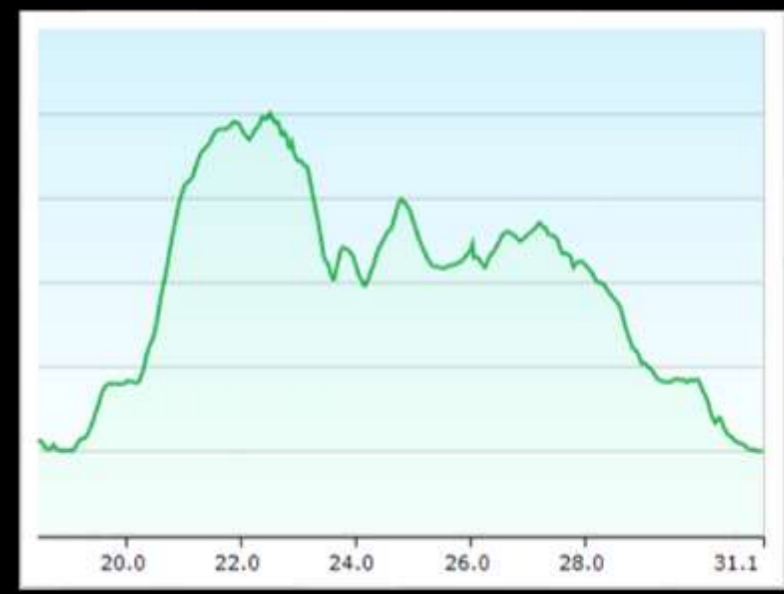
40(113)km SP
Torvdalshalsen

Part 3

Part 2

52(125)km SP Rølvfjorden
Start & Finish Stage 3

Rølvfjorden - Torvdalshalsen -
Rølvfjorden
Distance: 23+12 km
Elevation: 800+700 m



THE ARCTIC TRIPLE

Stage 4

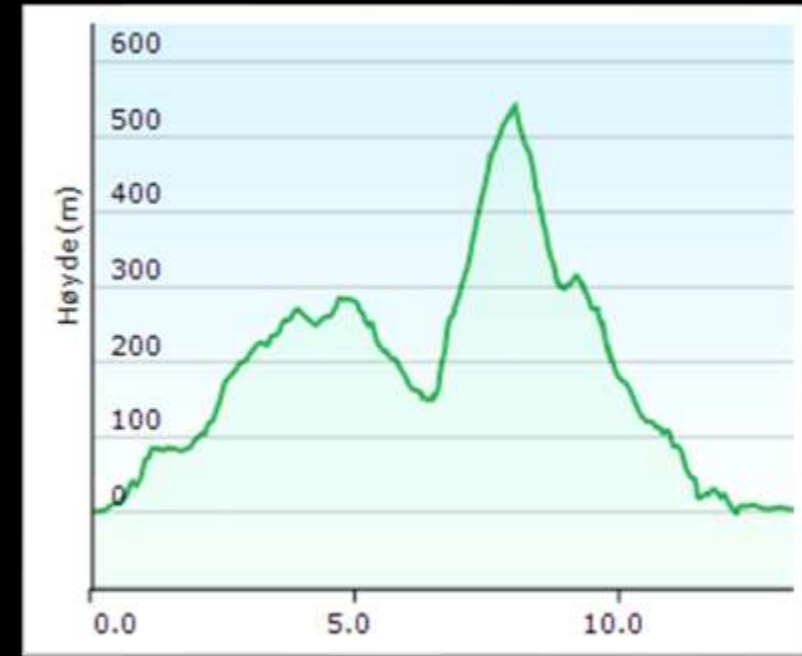


13(138)km
SP Vikjorden

Part 1

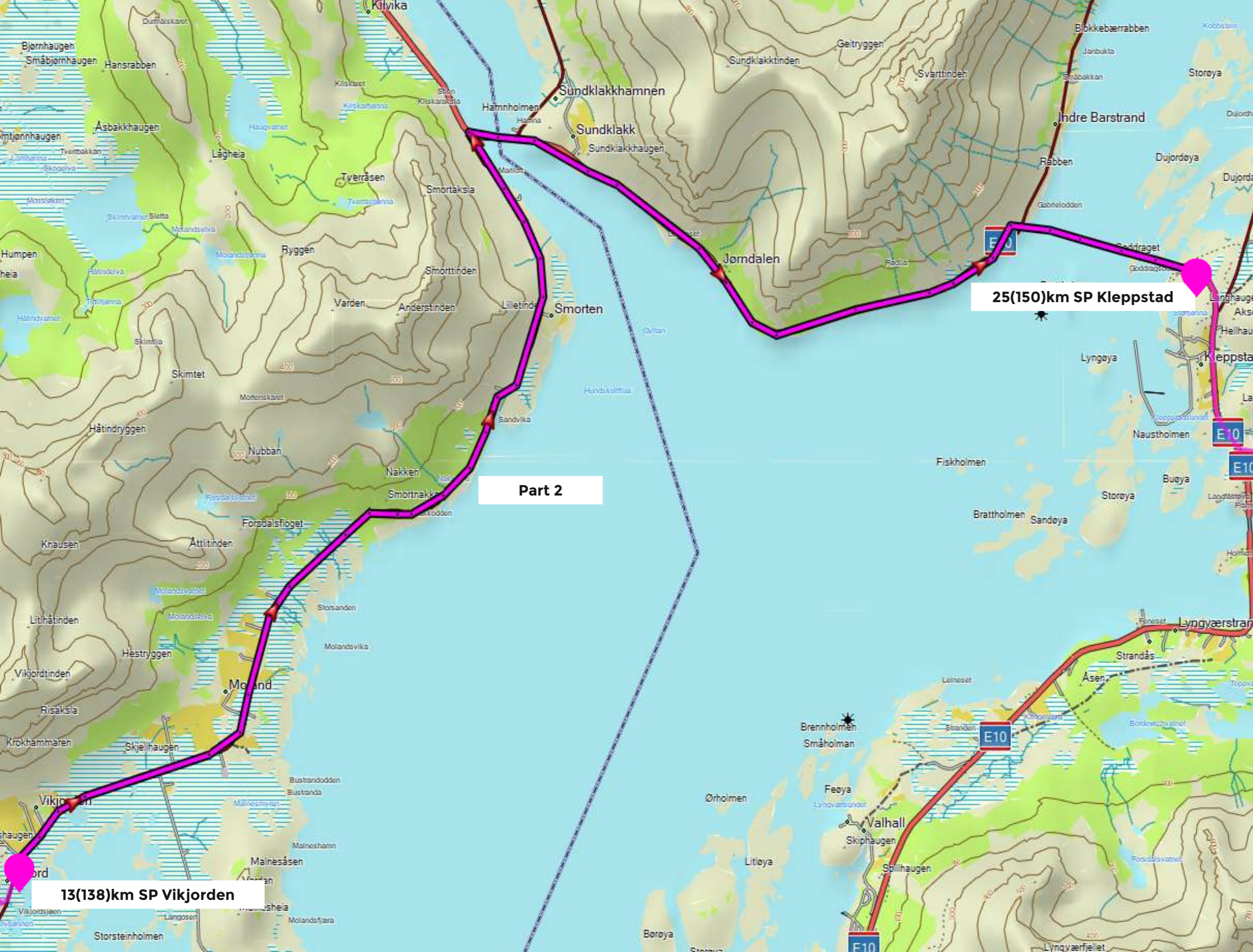
125km SP Rolvsfjorden
Start Stage 4

Rolvsfjorden - Vikjord
Distance: 13 km
Elevation: 1000 m

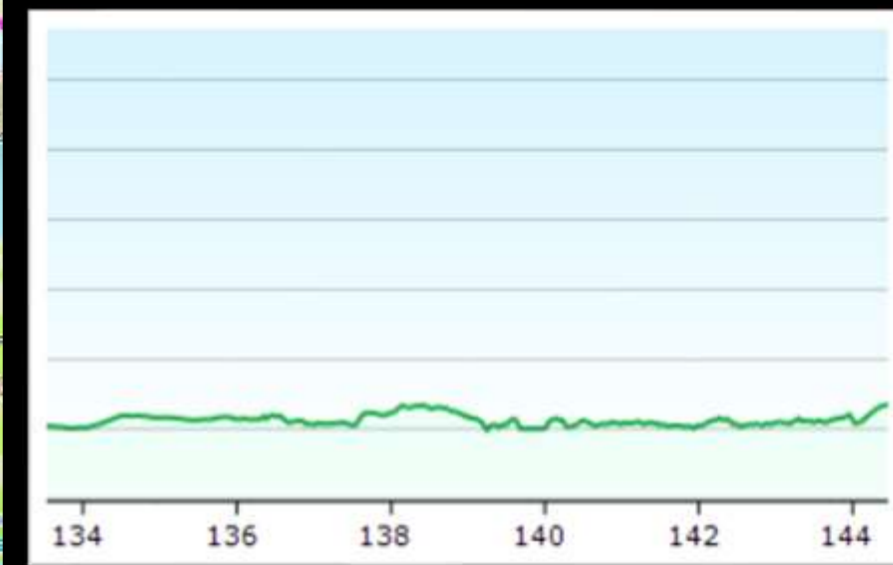


THE ARCTIC TRIPLE

Stage 4



Vikjorden - Kleppstad
Distance: 12 km
Elevation: 200 m



Stage 4



Kleppstad - Svolvær
Distance: 22 km
Elevation: 1150 m



THE ARCTIC TRIPLE