

# ÁTJAN

## WILD ISLANDS

OFFICIAL  
PROGRAMME

4-8 SEPT '19  
FAROE ISLANDS





# WELCOME

**Welcome to the Faroe Islands and to Átjan Wild Islands! We are so pleased to host you for an incredible week of adventures, music & trail running. This year we've extended the festival from 3-days to 5-days, and have so many festival upgrades and new content for you to explore and enjoy. From our all-new weather-proof race maps, to live Faroese music, to a Tórshavn pub crawl run.**

As always, there's a lot going on. Use the handy at-a-glance schedule on pages 3 & 4. And to help you make the most of your time in the Faroe Islands, check out our 'Good To Know' on page 6.

Aside from race day, one of the things I'm most excited about is swimming in the sea every day (at 08.00 Wed, Thurs, Fri and 10.00 on Sunday), with the local wild swimming group. Ice cold, refreshing & challenging: the perfect way to start each day and comes highly recommended.

On behalf of the whole event team, I wish you a safe & successful race on Saturday. Enjoy every moment and I look forward to having a beer with you at the finish line.



**Theo Larn-Jones**  
**Founder, Átjan Wild Islands**  
✉ theo@utilivfestival.com

## *A word from our Race Director:*

I'm really excited to welcome you to the Faroe Islands for a weekend of serious mountain running, adventures and celebrations! Together with local Hans Mikkelsen and the Mountain Rescue team, we've created four courses that are set to be highly challenging, but equally rewarding. The Faroe Islands is a mountain runners dream, and it's our pleasure in creating this event for runners from all over the world to enjoy together. I wish you a safe and enjoyable experience in the mountains, and hope you love the Faroe Islands as much as we do.



**Sarah Pritchard**  
**Race Director**  
✉ sarah@utilivfestival.com

## **PLEASE SAVE THESE NUMBER IN CASE OF AN EMERGENCY ON RACE DAY:**



**Hans Mikkelsen**  
**Race Coordinator & Head of Faroe Islands Mountain Rescue Team**  
☎ +298 767650

**FAROE ISLANDS MOUNTAIN RESCUE**  
☎ +298 234 110

**SHARE YOUR ADVENTURES  
WITH US AND YOUR FRIENDS:**

🌐 [atjanwildislands.com](https://atjanwildislands.com)  
📷 [atjanfestival](https://www.instagram.com/atjanfestival)  
# [adventureswithatjan](https://twitter.com/adventureswithatjan)

*Sponsored by*

# SILVA



**Visit Faroe Islands**  
Official Tourist Board of the Faroe Islands



# AT A GLANCE SCHEDULE

ÁTJAN WILD  
ISLANDS 2019

## How to book adventure activities:

Surfing & SUP - in person at the Útílv shop in Tórshavn  
Everything else - Online at [atjanwildislands.com](http://atjanwildislands.com)

### WEDNESDAY 4TH

📍 Various Locations, Faroe Islands

- 08.00** Wild Swimming with local swimming group Havsvimjifelagid 365  
📍 **The Old Hoyvik Cove, Tórshavn**  
(Exact location: **62.028016, -6.757399**, [click to view in Google Maps](#))
- 10.00 - 12.00** Open Stand Up Paddle Boarding Session  
📍 **Sandagero Beach, Tórshavn**
- 15.00 - 17.00** Open Surf Session  
📍 **Tjørnuvík beach**
- 18.00 - 20.00** Tórshavn Orientation Run to Party 5km  
📍 **Meet outside Perlan, Tórshavn (Arrive ready to run)**
- 19.00 - 00:00** Átjan Wild Islands Opening Party With DJs Bradley Zero, Auntie Flo, Antony Charles & Cave Paintings  
📍 **Reinsariid, Tórshavn**

### THURSDAY 5TH

📍 Various Locations, Faroe Islands

- 08.00 - 11:00** Wild Swimming & Hot Tub with local swimming group Havsvimjifelagid 365  
(Mass swim 08:00 sharp)  
📍 **The Old Hoyvik Cove, Tórshavn**  
(Exact location: **62.028016, -6.757399**, [click to view in Google Maps](#))
- 08.30 - 09.30** Outdoor Yoga with Jona  
📍 **The Old Hoyvik Cove, Tórshavn**  
(Exact location: **62.028016, -6.757399**, [click to view in Google Maps](#))
- 09.00 - 11.30** Rock Climbing  
📍 **Perlan, Tórshavn**
- 09.00 - 14.00** Sea Kayaking – Novice Session  
📍 **Perlan, Tórshavn (Bring packed lunch)**
- 10.00 - 12.00** Open Stand Up Paddle Boarding Session  
📍 **Sandagero Beach, Tórshavn**
- 11.20 - 12:50** Sea Cave Swimming  
📍 **Gamlarætt ferryport**
- 15.00 - 17.00** Open Surf Session  
📍 **Tjørnuvík beach**
- 19.00 - 21:00** Tórshavn Pub Crawl Run 5km  
📍 **Meet outside Perlan, Tórshavn (Arrive ready to run)**
- 19.00 - LATE** Átjan Wild Islands Social / Welcome Drinks  
📍 **Sirkus, 2 Gríms Kambansgøta, Tórshavn AND 📍 Mikkeller Tórshavn**
- 19.00 - LATE** SILVA Night Run on the Sornfelli Range  
📍 **Perlan, Tórshavn (Arrive ready to run)**

### FRIDAY 6TH

📍 Various Locations, Faroe Islands

- 08.00** Wild Swimming with local swimming group Havsvimjifelagid 365  
📍 **The Old Hoyvik Cove, Tórshavn**  
(Exact location: **62.028016, -6.757399**, [click to view in Google Maps](#))
- 09.00 - 14.00** Sea Kayaking – Novice Session  
📍 **Perlan, Tórshavn (Bring packed lunch)**
- 09.00 - 11.30** Rock Climbing  
📍 **Perlan, Tórshavn**
- 10.00 - 12.00** Open Stand Up Paddle Boarding Session  
📍 **Sandagero Beach, Tórshavn**
- 11.20 - 12:50** Sea Cave Swimming  
📍 **Gamlarætt ferryport**
- 15.00 - 17.00** Open Surf Session  
📍 **Tjørnuvík beach**
- 15.00 - 16.00** Runners Yoga with Jóna  
📍 **Reinsariid, Tórshavn**
- 18.00 - 20.00** Faroe Islands Adventure Film Festival  
📍 **Reinsariid, Tórshavn**



SATURDAY 7TH RACE DAY

📍 Various Locations, Faroe Islands

Coaches depart for race day

📍 Farstøðin – Terminal, Tórshavn

- 04.45 Ultra-Trail Faroe Islands bus departs
- 06.45 Mountain Marathon bus departs
- 09.15 Mountain Half Marathon bus departs
- 11.15 Mountain Trail 10km bus departs
- 06.00 Ultra-Trail Faroe Islands starts
- 08.00 Mountain Marathon starts
- 11.00 Mountain Half Marathon starts
- 13.00 Mountain Trail 10km starts

Post-Race Parties:

- 19.00 - 02.00 Race after party hosted by the Átjan Wild Islands crew with DJs Cave Paintings, Antony Charles, Rikke Bronx & Esther Urioste
    - 📍 Reinsariid, Tórshavn
  - 20.00 - 02.00 Race after party hosted by NBRO Running DJs with DJs Anders Rømer (co-founder of NBRO Running) and Rasmus Dyrskjødt
    - 📍 Mikkeller, Tórshavn
  - 21.00 - 00.00 Boat party, fresh Faroese fish soup & (BYOB) beers
    - 📍 Norðlýsið Boat (Moored opposite Cafe Umami, 19 Undir Bryggjubakka, 100 Tórshavn)
- 10.00 - 14.00 Wild Swimming & Hot Tub with local swimming group Havsvimjifelagid 365
    - 📍 The Old Hoyvik Cove, Tórshavn (Exact location: 62.028016, -6.757399, click to view in Google Maps)
  - 09.00 - 11.30 Rock Climbing
    - 📍 Perlan, Tórshavn
  - 11.00 - 14.00 & 15.00 - 18.00 Sailing Trips
    - 📍 Norðlýsið Boat, (Moored opposite Cafe Umami, 19 Undir Bryggjubakka, 100 Tórshavn)
  - 11.20 - 12.50 Sea Cave Swimming
    - 📍 Gamlarætt ferryport
  - 13.00 - 17.00 SILVA Navigation Run/Walk
    - 📍 Meet at Perlan, Tórshavn (Arrive ready to run)
  - 13.00 - 18.00 Sea Kayaking – Intermediate Session
    - 📍 Meet at Perlan, Tórshavn (Arrive having eaten lunch) Perlan, Tórshavn
  - 15.00 - 17.00 Open Surf Session
    - 📍 Tjørnuvík beach
  - 16.00 - 18.00 Faroe Islands Adventure Film Festival (Repeated from Friday)
    - 📍 Reinsariid, Tórshavn
  - 18.30 - 19.00 Official Race Prize Ceremony & Thank You!
    - 📍 Reinsariid, Tórshavn
  - 19.00 - 00.00 Closing Party feat. live Faroese music & DJs Elinborg (Live), Frum (Live), Tom Ravenscroft, Cave Paintings B2B Antony Charles
    - 📍 Reinsariid, Tórshavn

SUNDAY 8TH

📍 Various Locations, Faroe Islands

Join myCrew app to explore and commit to any Átjan Wild Islands events. You can add activities of your own, too.

All Átjan Wild Islands events are hosted on myCrew. Commit to activities, see who else is going, and chat with fellow participants. On the app, you can find, connect, and chat with fellow festival goers. Fancy having new friends join you for an activity of your own? Just add it to myCrew!



Download on the App Store

ANDROID APP ON Google play

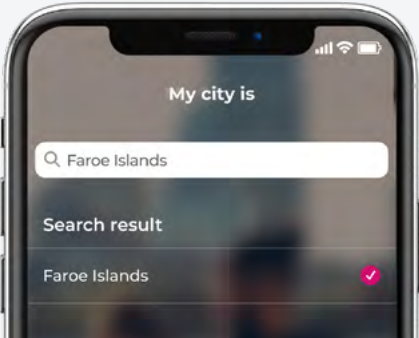


STEP 1

Using any web browser on your phone, go to [GET.MYCREW.COM](https://get.mycrew.com) and download the myCrew app for free (available for iPhone and Android devices).

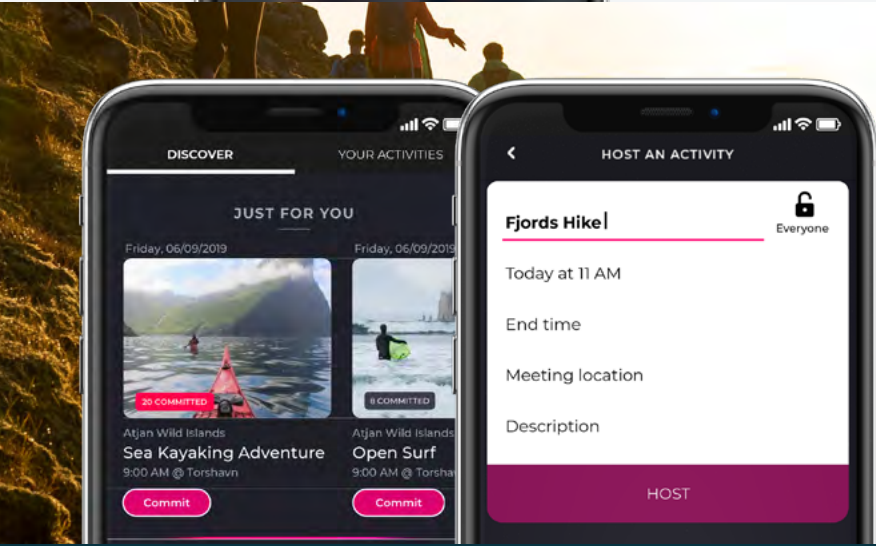
STEP 2

Open the app and register your account. In the city selection screen, select **FAROE ISLANDS** as your location.



STEP 3

Browse, learn about, and commit to any Átjan Wild Islands activities – or add your own if you'd like your new friends to join you.



ENJOY ALL OF THE FESTIVAL ADVENTURES!



## Getting to your race start location

We have organised race transport by coach from Tórshavn to the race start. This is included in your race ticket and is the **ONLY** way to the race start point. **To reduce disturbance on local farmers & small communities, we ask that you do not attempt to travel to the race start in your own car or taxi.**

**The pick-up point for all races is Farstøðin Terminal, a car park in Central Tórshavn by the ferry terminals.**

- Buses for the **Ultra-Trail Faroe Islands** will depart at **04:45**
- Buses for the **Útilív Mountain Marathon** will depart at **06:45**
- Buses for the **Útilív Mountain Half** will depart at **09:15**
- Buses for the **Saksun-Tjørnuvík Trail** will depart at **11:15**

For the Ultra-Trail Faroe Islands and Mountain Marathon, transport will go from Tórshavn to Hósvík.

For the Mountain Half and 10km Trail, transport will go from Tórshavn to Saksun.

## Route markings vs. GPX files

All courses are route marked with bright pink flags. You will not need to navigate and must follow the route marking flags at all times.

GPX files are available, but competitors are asked to use the flag markings in the first instance. We have worked out the GPX files as accurately as possible. Please appreciate that there are always differences between GPX files depending on what software you are using and data may show up differently on different devices. For safety reasons, competitors should always follow the route flags.

## Race Registration

**You cannot register on race day. You must register at one the following pre-race registration sessions:**

- Wednesday - 14:00-18:00**
- Thursday - 12:00 - 22:00**
- Friday - 15:00 - 23:00**

Inside Perlan (right next to Reinsarið),  
3 Tórsgøta, Tórshavn

## Bag drop

At registration you will be given a label for any kit you want to be taken to the finish line. You must hand this in to bag drop at the start, and it will be transported to the finish line for you. Please limit this to one small rucksack/hold all only. There is no half way bag drop available.

## Aid Stations & Cut Off Times

The courses have remote sections, so you should aim to be self-sufficient between aid stations. **There are fresh mountain streams to fill up with water throughout the course.** Some aid stations have a cut off time. These are based on the slowest runner, including plenty of time for aid station stops, and it is not a reflection of how long the race should take. The cut off times are very reasonable, so if you do not make one in time, we will ask you to retire from the race for safety reasons.

There is no aid station on the half marathon or 10km trail. The half marathon has a small check-point which you must go through to be timed in. There is no cut off time for this other than the course closure times.

**At all times, runners must be self-sufficient in nutrition, hydration, clothing and equipment. self sufficient in nutrition, hydration, clothing and equipment.**

## Buses back to Tórshavn

Buses will be provided back to Tórshavn from the finish line. Please bring 100DKK in cash to Registration to buy a bus ticket for this service. You will not be allowed on the bus without a ticket.

## Wrist Bands

Show your festival wrist band to gain access to private festival venues and events. Show your wrist band at Mikkeller Tórshavn to get a big craft beer for 45 DKK all week! :-)

## More information

For more details on the races, head to [www.atjanwildislands.com](http://www.atjanwildislands.com)





# GOOD TO KNOW

## Useful Web Pages

The official visit faroe islands webpage:  
[www.visitfaroeislands.com](http://www.visitfaroeislands.com)

Visit Tórshavn – local guide to Tórshavn and tourist information:  
[www.visittorshavn.fo](http://www.visittorshavn.fo)

Car rental in Torshavn & airport  
[www.62n.fo/en/car-rental](http://www.62n.fo/en/car-rental)

Bus to and from the airport:  
[www.ssl.fo/en/timetable/bus/300-torshavn-airport-soervagur/](http://www.ssl.fo/en/timetable/bus/300-torshavn-airport-soervagur/)

Timetable for busses in Tórshavn:  
[www.torshavn.fo/Default.aspx?pageid=619](http://www.torshavn.fo/Default.aspx?pageid=619)

Auto, taxi cabs and minivan cabs:  
[www.auto.fo](http://www.auto.fo)

Taxi, taxi cabs and minivan cabs:  
<http://taxi.fo/en/>

**Emergency Telephone Number (Police, Fire and Rescue):**  
**112**

**Police**  
Yvir við Strond 17  
100 Tórshavn  
☎: +298 351448  
Mo, Tu, We and Fr: 10.00–15.00  
Th: 10.00–17.00  
[www.politi.fo](http://www.politi.fo)

**The National Hospital of the Faroe Islands**  
J.C. Svabosgøta 41-49  
100 Tórshavn  
☎: +298 304500  
[www.lhs.fo](http://www.lhs.fo)

## Usual opening hours

Some places may differ. however the overall opening hours for

Shops and botiques: 10.00 – 17.30

Supermarkets: 09.00 – 22.00

Bars: 17.00 – 23.45  
(weekends to 03.45)

Restaurants: 14.00 – 23.45  
(may vary outside of summer season)

Take aways: 17.00 – 23.00

Government departments  
(Police etc.): 10.00 – 15.00

## Useful Addresses:

**Tourist information**  
**Visit Torshavn**  
Niels Finsens gøta 17  
110 Tórshavn  
☎: +298 302425  
Mo to Fr: 09.00–17.30  
Saturday: 09.00–16.00

## Bike and surf rental

**Bikes, electric, city and mountain bikes:**

**Visit Tórshavn (electricbikes)**  
Niels Finsens gøta 17  
110 Tórshavn  
☎: +298 302425

**Rent-a-bike (City and MTB bikes)**  
Havnargøta 11  
100 Tórshavn  
☎: +298 270600  
[www.rentabike.fo](http://www.rentabike.fo)

**Surf, skateboards, SUP and Wetsuit Hire:**

**Útilív**  
Magnus Heinasonargøta 20  
100 Tórshavn  
☎: +298 214745  
[www.utiliv.fo](http://www.utiliv.fo)

## Buying Alcohol, Spirits & Wine

The cheapest place to buy alcohol is in the airport on arrival. (Where it's Tax Free, 12–25% cheaper than prices in Tórshavn)

The only place possible to buy alcoholic drinks for private use:

**Rúsdrekkasøla Landsins (nicknamed "Rúsan")**  
Hoyvíksvegur 67 – Miðlon shoppingcentre  
100 Tórshavn  
☎: +298 340400  
[www.rusan.fo](http://www.rusan.fo)  
Mo to Fr: 10.00–17.30  
Saturday: 10.00–14.00

## Guided tours

**NAX**  
Oyggjarvegur 45  
100 Tórshavn  
☎: +298 207676  
[www.nax.fo](http://www.nax.fo)

**Reika Adventures**  
Traðarvegur 29  
360 Sandavágur  
[www.reika.fo](http://www.reika.fo)  
☎: +298 267900

**Outdoor.fo**  
Garðabrekka 2  
900 Vágur, Suðuroy  
☎: +298 513216  
[www.outdoor.fo](http://www.outdoor.fo)

**Hiking.fo**  
Undir Klakki 6  
700 Klaksvík  
☎: +298 286436  
[www.hiking.fo](http://www.hiking.fo)

**Rib62**  
Bakkavegur 2  
176 Velbastaður  
☎: +298 566262  
[www.rib62.com](http://www.rib62.com)

## Recommended cafes in Torshavn

**Brell (local coffee roaster and cafe)**  
Vaglið 9  
100 Tórshavn  
☎: +298 202280

**Kaffihúsið**  
Bryggjubakki 14  
100 Tórshavn  
☎: +298 358787  
[www.kaffihusid.fo](http://www.kaffihusid.fo)

**Paname Cafe**  
Vaglið 4  
100 Tórshavn  
☎: +298 788288

## Recommended restaurants in Torshavn

**The Tarv (grill house)**  
Undir Bryggjubakka 3–5  
100 Tórshavn  
☎: +298 411400  
[www.tarv.fo](http://www.tarv.fo)

**Etika (sushi restaurant)**  
Áarvegur 3  
100 Tórshavn  
☎: +298 319319  
[www.etika.fo](http://www.etika.fo)

**Katrina Christiansen (tapas mixed with local)**  
Bringsnagøta 6  
100 Tórshavn  
☎: +298 3132 43  
[www.kc.fo](http://www.kc.fo)

## Recommended bars

**Mikkeller Tórshavn (craft beer)**  
Gongin 2  
100 Tórshavn  
☎: +298 411500  
[www.mikkeller.fo](http://www.mikkeller.fo)

**Sirkus Føroyar and Borg Bryghus (bar and craft beer)**  
Gríms Kambans gøta 2  
100 Tórshavn  
☎: +298 323135

**The Tarv**  
Undir Bryggjubakka 3–5  
100 Tórshavn  
☎: +298 411400  
[www.tarv.fo](http://www.tarv.fo)

## Takeaway food

**Eta**  
Tórsgøta 1  
100 Tórshavn  
☎: +298 350035  
[www.eta.fo](http://www.eta.fo)

**Take Away Niels Finsens gøta 21**  
100 Tórshavn  
☎: +298 353353  
[www.menu.fo/takeaway](http://www.menu.fo/takeaway)

**Etika (sushi)**  
Áarvegur 3  
100 Tórshavn  
☎: +298 319319  
[www.etika.fo](http://www.etika.fo)

**Angus Steakhouse Tórshavn**  
Havnargøta 1  
100 Tórshavn  
☎: +298 717777  
[www.angus.fo](http://www.angus.fo)

**Best takeaway pizza**  
**Tino and His Pizza**  
Ingibjartagøta 8a  
188 Hoyvík  
☎: +298 200188  
[www.tino.fo](http://www.tino.fo)

## Brunch and buffets

**Restaurant Hafnia**  
Áarvegur 4–10  
100 Tórshavn  
[www.hafnia.fo](http://www.hafnia.fo)  
☎: +298 313233

## Handcrafts, clothing and souvenirs

**Østrøm**  
Skálatrøð 18  
100 Tórshavn  
☎: +298 260560

**Gamli bókhandil (the old bookstore)**  
Vaglið 2  
100 Tórshavn  
[www.hnj.fo](http://www.hnj.fo)  
☎: +298 311036

**Guðrun & Guðrun**  
Niels Finsensgøta 13  
100 Tórshavn  
[www.gudrungudrun.fo](http://www.gudrungudrun.fo)  
☎: +298 315166

**Einstakt**  
Tróndargøta 29  
100 Tórshavn  
[www.einstakt.com](http://www.einstakt.com)  
☎: +298 286010  
Outdoor and sport shops

**Útilív**  
Magnus Heinasonargøta 20  
100 Tórshavn  
[www.utiliv.fo](http://www.utiliv.fo)  
☎: +298 214745

**Jógvan Weihe**  
Stiðjagøta 10  
100 Tórshavn  
[www.weihe.fo](http://www.weihe.fo)  
☎: +298 353897

**Thomas Dam Intersport**  
Jónas Broncksgøta 21  
100 Tórshavn  
☎: +298 355300



# ÁTJAN

## WILD ISLANDS

 [atjanwildislands.com](https://atjanwildislands.com)

 [atjanfestival](https://www.instagram.com/atjanfestival)

[#adventureswithatjan](https://www.instagram.com/atjanfestival)