

## WORLDS' MOST BEAUTIFUL CYCLING

STAGE RACE & CYCLING HOLIDAY  
IN NORWEGIAN WORLD HERITAGE SCENERY

18-24 JULY 2009

This summer at Beitostølen, 250 cycling enthusiasts will set out to conquer the Fjordland.

Smiles, despair, friendship and laughter will fill the hairpin roads in hidden Norwegian fjords... And all will triumph up the final summit. Silently smiling. Tears in their eyes. A story they will tell for years to come.

We hope to welcome just the right mix of young and old, fly-weight, bantams and elephants as in previous years.

This mix is surely the single most important contributor to the informal and warm atmosphere that makes VT much more than just another cycling competition.

It is hard enough to believe ones eyes when the first riders seem to circle up the mountains like eagles on warm air streams. But just as impressive: The iron will of those having struggled since break of dawn in small loyal groups, far behind the peloton. As they keep eating away at never-ending hillsides....sweaty faces with thrilled eyes, conquering the last little mean climb. When they point down to the fjord some 1500 meters below to start their tale...some dance, some cry...they all will remember.

7 DAYS OF WONDER...



MOUNTAINS - FIVE FJORDS - 250 CYCLING ENTHUSIASTS!

Whether your goal is to simply complete the tour or to fight for seconds up neverending climbs: The nature, challenge and atmosphere is there for us all to enjoy.

Our welcoming at the finish line only gets warmer the later you arrive..

At any time you can ride with the pick-up van to the daily stage finish.

And you are welcome to start cycling again in the touring class next morning.



GEIRANGER  
JOTUNHEIM

# THE VIKING TOUR TAKES YOU THERE!

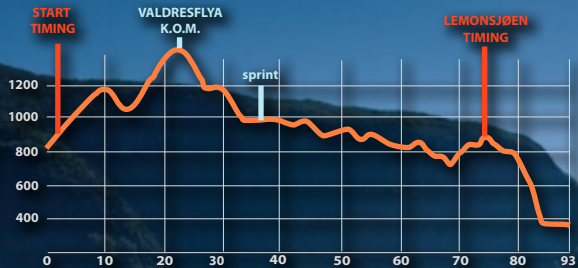
Some vikings start their holiday co-driving to Norway. Others find cheap flights to Oslo, Gardermoen.

Stay in the Valhalla Camp, rent a room, share a cabin or mobile-home.

Lødingen Cycling Club handles luggage transport, feeding stations, bicycle repair, first aid... you just pedal.

- TROLLSTIGEN - SOGNEFJORD -  
EN - FLÅM - VALDRES...

stage 1



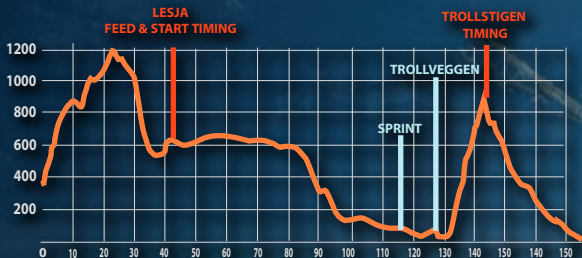
# 762 KM RACING

GLACIERS

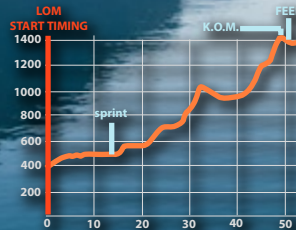
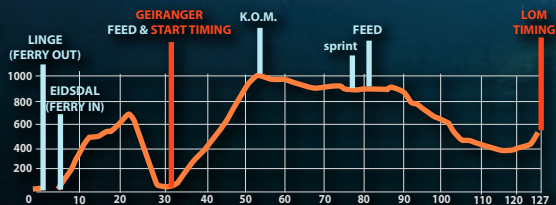
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MOUNTAINS

stage 2



stage 3



# THE CHALLENGE...

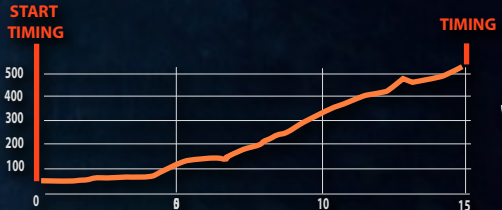
FJORDS

WATERFALLS

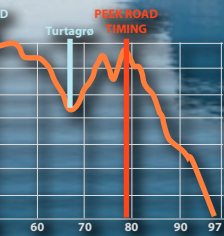
12.500 METER CLIMB



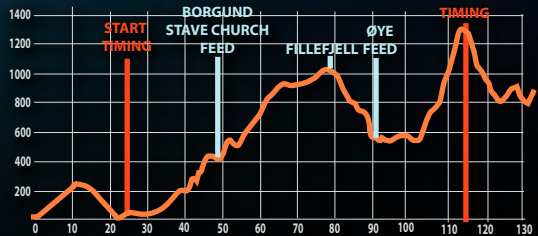
stage 5



stage 6



stage 4



stage 7



THERE IS ALWAYS TIME TO ENJOY...





[www.lofoteninsomnia.no](http://www.lofoteninsomnia.no)



# Lofoten Insomnia Race

**3. JULI 2009**



"VERY NICE PARTICIPANTS, CONSIDERATE CO-RIDERS AND A FRIENDLY ATMOSPHERE IS JUST PART OF THIS TOUR. THE SCENERY REALLY FINISHES YOU OFF AND THE WEATHER IS AS GOOD AS IN ITALY."

ARNO



"WE ARE PASSING GLACIERS AND AN ENDLESS LINE-UP OF WATERFALLS. YOU CAN NOT GET ENOUGH OF THE INTENSE LIGHT, THE WHITE NORDIC SUMMER NIGHTS"

JOACHIM

INFO AND SIGNUP:  
[WWW.VIKINGTOUR.NO](http://WWW.VIKINGTOUR.NO)

Foto & design: [www.johannes-strand.com](http://www.johannes-strand.com)  
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