

Practical information for the Nordic Championship 2022



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Location over the weekend

There are several important locations over the weekend of the Nordic Championship. Here are some of them.

Versalir, Gerpla

Versalir is the competition hall. This is the gymnastic house of Gerpla. The address of the venue is Versalir 3.

In Versalir there is also a public swimming pool called Salalaug. Over the weekend participants of the Nordics will be able to visit the swimming pool free of charge. The accreditation will take place in Versalir on the second floor (the stair is on your right hand when you enter the building).

Nettó Salavegur Supermarket is in 5 min walking distance from the competition hall.



Versalir Competition hall to Supermarked

201 Hotel

Is a hotel located in Kópavogur (Hlíðarsmári 5, 201 Kópavogur , Iceland).

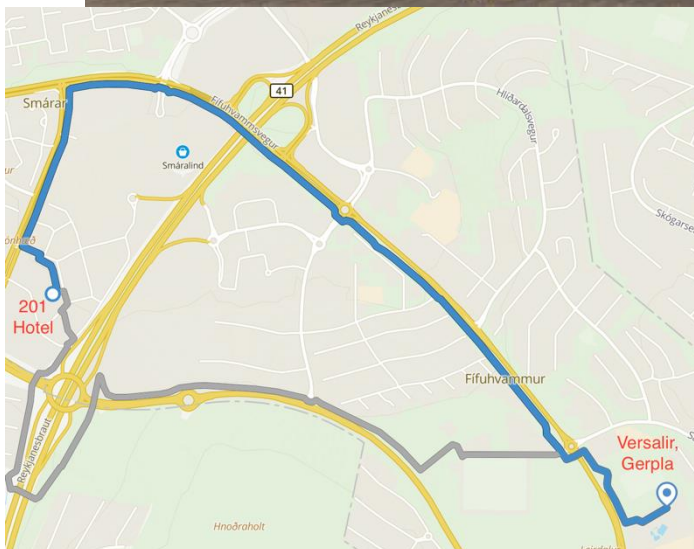
Phone number: +354 556-1100

Email: info@201hotel.is

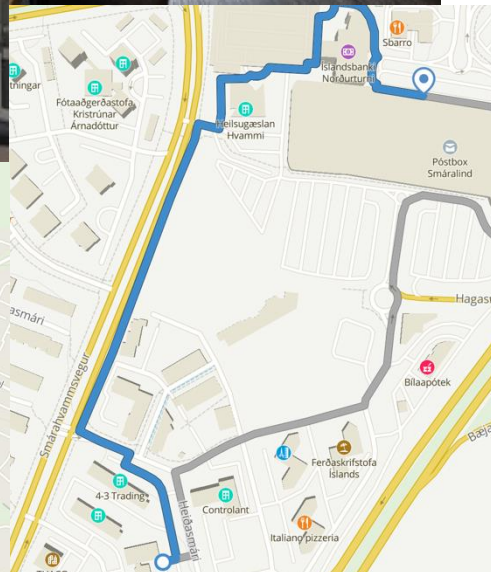
The delegations that are staying at 201 Hotel are: Denmark, Norway and Faroe Islands
Breakfast is served from 7 AM – 10 AM. But if necessary to get breakfast before that time the hotel can be contacted and would we recommend doing that upon arrival. The hotel offers self-service check in 24/7.

Near the hotel is the largest shopping mall in Iceland, Smáralind. Where you can find Hagkaup supermarket among others. The mall is in 10 min walking distance.

Gerpla Versalir the competition hall is in a walking distance from the hotel. The approximated walking distance is 30 min.



201 Hotel to Versalir Gerpla (Competition hall)



201 Hotel to Smáralind shoppingmall

Cabin Hotel

Is a hotel located in Reykjavík (Borgartún 32, 105 Reykjavík, Iceland).

Phone number: +354 511-6030

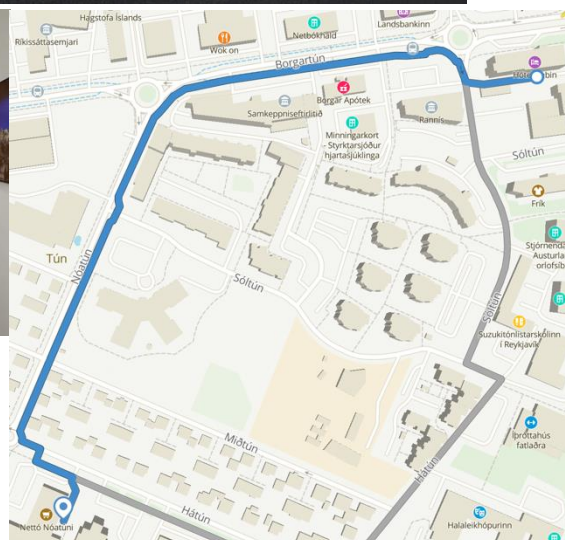
Email: booking@hotelcabin.is

The delegation staying at Cabin hotel is: Finland

Breakfast is served from 7 AM – 10 AM. But if necessary to get breakfast before that time the hotel can be contacted and would we recommend doing that upon arrival.

Check-in starts at 3 pm and check out is 11 am.

Nearest supermarket is Nettó Nóatún in a 9 min walking distance.



Cabin Hotel to Nettó supermarket

Oddsson Hotel

Is a hotel located in Reykjavík (Grensásvegur 16a, 108 Reykjavík, Iceland).

Phone number: +354 419-0200

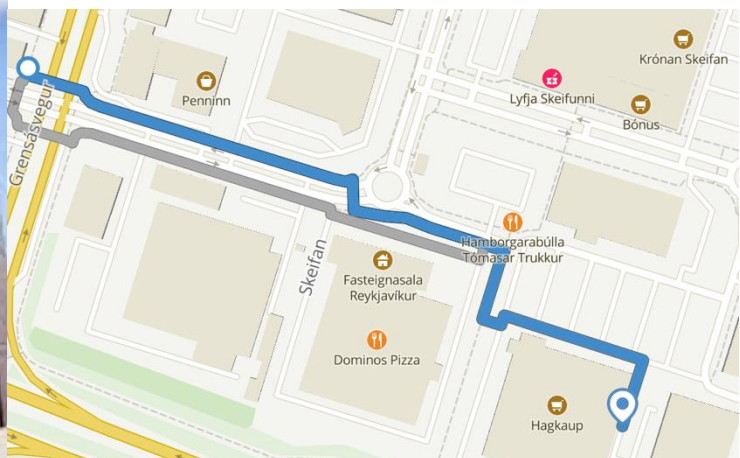
Email: info@oddson

The delegation staying at Oddsson Hotel is Sweden.

Breakfast is served from 7 AM – 10 AM. But if necessary to get breakfast before that time the hotel can be contacted and would we recommend doing that upon arrival.

Oddsson is a self-check in hotel, which means that there is no Front Desk or Concierge presence on the side. Key code and check-in instructions will be sent in email to the head of delegation. Check in is at 3pm and check out is at 11 am.

Nearest supermarket is Hagkaup Skeifan in 5 min walking distance.



Oddsson Hotel to Hagkaup Skeifan

Keiluhöllin Egilshöll – Junior Banquet

On Sunday evening (3. July) the junior Banquet will take place at Keiluhöllin Egilshöll in Reykjavík. Keiluhöllin is a bowling center. Participants will play the game of bowling and then have pizza together afterwards at Shake and Pizza. **There will be a bus leaving for Keiluhöllin from Versalir (competition hall) at 18:30. There are no buses to the hotels after the award ceremony so participants should be sure to pack the banquet clothes with them on Sunday. In Versalir participants can go to the swimming pool/showers and get ready for the banquet.** Participants must bring their accreditation pass to get access to the banquet. After the banquet there will be a bus taking the participants from Keiluhöllin to their hotels at 21:30.



Senior Banquet

The senior banquet will be in Salaskóli (same location as lunch and dinner and next to Versalir Competition hall) at 18:00 on Sunday 3. July. There will be a dinner from Café Easy and some party games. On site it will be possible to buy both alcohol and alcohol free drinks. It is not allowed to bring in own drinks to this event. In Iceland the minimum drinking age is 20 years old and licenses will be checked before purchasing so be sure to bring your ID license. **Participants must bring their accreditation pass to get access to the banquet. There will be no bus after the award ceremony so participants should be sure to bring banquet cloths with them. Participants can go to the swimming pool /showers and get ready before going over to the banquet.** There will be a bus from Salaskóli to all three hotels at 22:30.

Transportation

Over the weekend there will be a bus which stops by the three hotels where the delegations are staying and then in Versalir Gerpla (the competition site). These three hotels are 201 Hotel, Cabin Hotel and Oddsson Hotel. Following is the bus schedule. The time in the schedule is the departure time so it is important to be ready approximately 5 min before that.

The delegations may contact Ragnar Magnús Þorsteinsson for further information about the transportation plan. Phone: +354 865-9414

Transportation plan for Nordic Championship 2022

Friday 1. july

Hotels to the competition hall Versalir (Gerpla)			
	1. trip	2. trip	3. trip
Cabin Hótel - Gerpla	11:30		
Oddsson Hótel - Gerpla	11:35	13:50	
201 Hótel - Gerpla	11:55	14:15	15:20
Competition hall Versalir (Gerpla) to Hotels			
	1. trip	2. trip	3. trip
Gerpla- 201 Hótel	18:15	19:15	20:15
Gerpla - Oddsson Hótel	18:15	19:15	20:15
Gerpla - Cabin Hótel	18:15	19:15	20:15

Saturday 2. july

Hotels to the competition hall Versalir (Gerpla)				
	1. trip	2. trip	3. trip	4. trip
Cabin Hótel - Gerpla	07:20	11:05	13:00	18:30
Oddson Hótel - Gerpla	07:25	11:10	13:05	18:35
201 Hotel - Gerpla	07:40	11:25	13:15	18:45
Competition hall Versalir (Gerpla) to Hotels				
	1. trip	2. trip	3. trip	
Gerpla- 201 Hótel	14:00	19:15	21:45	
Gerpla - Oddsson Hótel	14:00	19:15	21:45	
Gerpla - Cabin Hótel	14:00	19:15	21:45	

Sunday 3.july

Hotels to the competition hall Versalir (Gerpla)		1. trip	2. trip
Cabin Hótel - Gerpla		08:15	10:25
Oddsson Hótel - Gerpla		08:20	10:30
201 Hótel - Gerpla		08:35	10:50
Competition hall Versalir (Gerpla) to Junior Banquet			
Gerpla- Keiluhöllin		18:30	
Junior Banquet Keiluhöllin - Hotels			
Keiluhöllin - Gerpla	21:15	Transport for the danish delegation for the airport transportation	
Keiluhöllin -201 Hótel	21:30		
Keiluhöllin - Oddsson Hótel	21:30		
Keiluhöllin - Cabin Hótel	21:30		
Senior Banquet Salaskóli - Hotels			
Gerpla - Keflavíkurflugvöllur	22:00	Transport for the danish delegation to Keflavíkurflugvöllur Airport	
Gerpla- 201 Hótel	22:30		
Gerpla - Oddsson Hótel	22:30		
Gerpla - Cabin Hótel	22:30		

Public Transportation (Strætó)

In the capital area of Reykjavík there are some public transportations. There is the bus system called Strætó and if that does not fit then of course there is a Taxi system called Hreyfill.

There is a bus (**number 2**) which stops close to all the hotels and then Versalir Gerpla (competition site). These are the bus stop important for delegations of the competition.

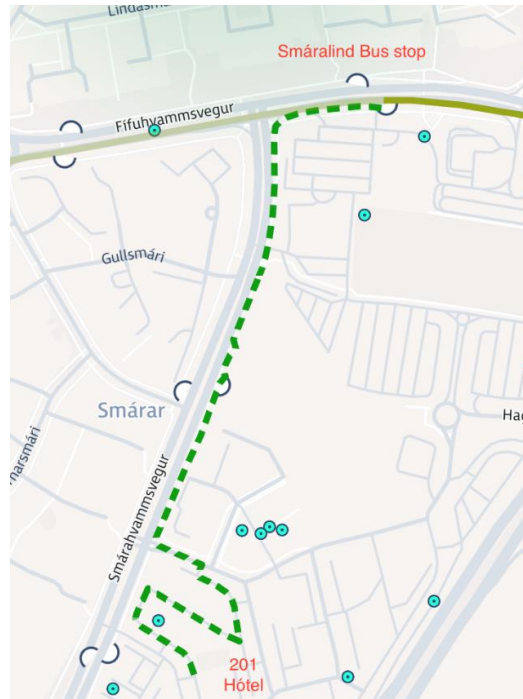
Time schedule can be found here, time schedule can change it is best to use the app to track (further information on that is on page 13) :

<https://straeto.is/en/route-planner/timetables/route-2?view=list&daygroup=1>

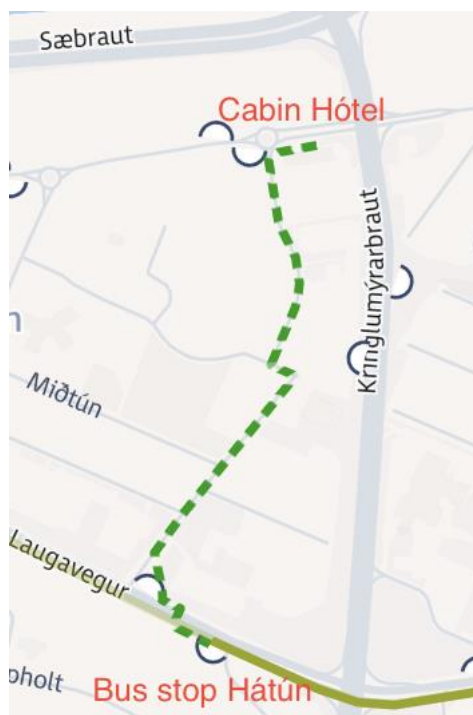
Hotel – Name of the bus stop



201 Hótel: Smáralind. There is 4 min walk from the hotel to the bus stop. (Important: There are two bus stops on the way. But bus number 2 only stops at Smáralind). Smáralind also the location of a big shopping mall. Approximated time to Versalir Gerpla via bus is 4 min.



Cabin Hótel: Hátún. There is a 11 min walk from the hotel to the bus stop. (Important there are other bus stops on the way. But bus number 2 only stops at Hátún. Hátún is located on Laugarvegur. Approximated time to Versalir Gerpla via Bus is 26 min See picture.



Oddsson Hótel: Grensás. There is a 1 min walk from the hotel to the bus stop.
Approximated time to Versalir Gerpla via bus is 20 min. See picture.



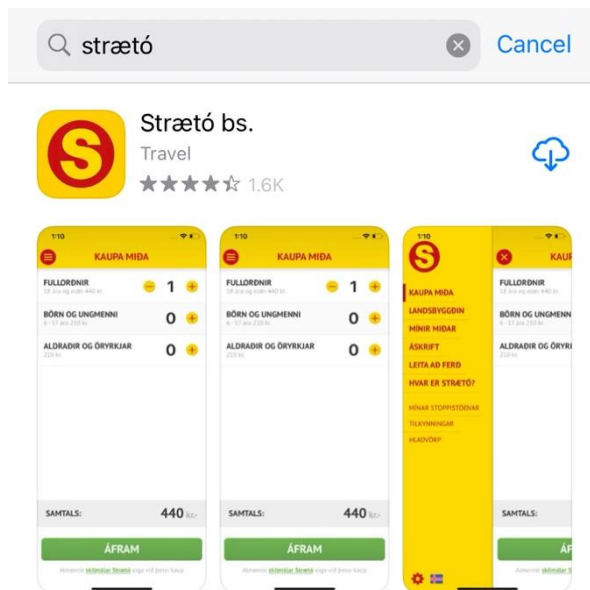
Versalir Gerpla: Salaskóli

There is a 6 min walk from the bus stop to competition hall.

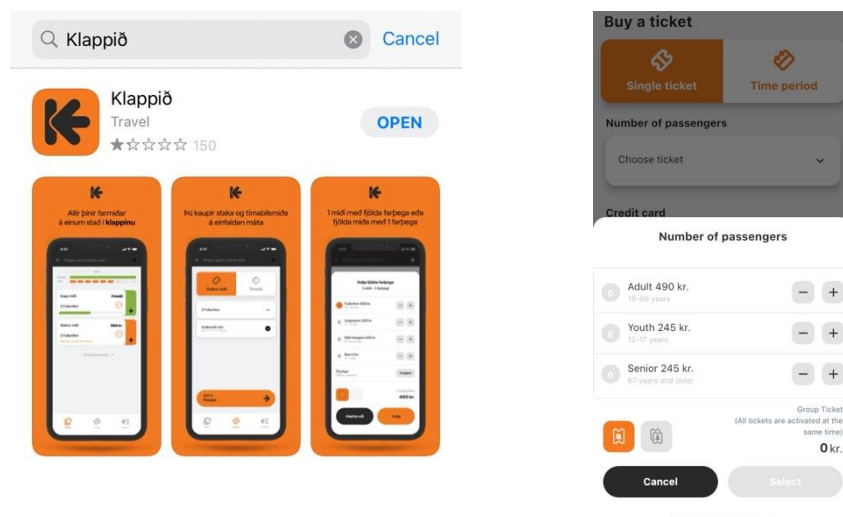


Practical information of Strætó

- All further information can be seen at their web site at straeto.is.
- Tickets are bought via the App.



- Tickets bought in the Strætó App are all individual tickets but you can buy many in one transaction.
- There is another app called “Klappið” which you can either buy individual or a group ticket and scan your phone in the bus. With group ticket, all of the tickets are in one scan in the bus. See picture of the app as well as how to buy group tickets.



- On the web site and app there are some other routes from the Hotels to Versalir.

Prices for a ride in Strætó

- 18 years and older → 490 krónur
- 12-17 years old → 245 krónur
- Daypass → 1.930 krónur

Judges' transportation

Over the weekend there will be a transportation for the judges from their hotel to the competition hall. For further information judges may contact Ragnar Magnús Þorsteinsson. Phone: +354 865-9414. The transportation plan for judges may be seen her below. A reminder that the first trip (on Friday the training day) judges will travel with the bus provided by the competition. This is the same bus as the rest of the delegations travel by. If there are any changes to judges travel arrangement, please be in contact with Ragnar Magnús Þorsteinsson or Kristinn Þór Guðlaugsson. We will ask that one from each traveling group will leave the drivers with their phone number to be in contact if necessary.

Judges Transportation plan

Friday 1. july

Judges will travel with a bus provided for the competition on friday from hotels to Gerpla. Acording to the following plan. The other trips will be via pickup in a car			
Hotels to the competition hall Versalir (Gerpla)			
	1. trip	2. trip	3. trip
Cabin Hótel - Gerpla	11:30		
Oddsson Hótel - Gerpla	11:35	13:50	
201 Hótel - Gerpla	11:55	14:15	15:20

Friday 1. july

Driver	Departure	Route	Who
Ragnar	21:00	Gerpla-Hotel 201	Eyvind A. Hansen Anna Margit Thomsen Mette Hulgaard
Kristinn	21:00	Gerpla-Hotel 201	Kristin Kaspersen Ann-Helen Bjoernstad Gabriel Negru Tor Einar Refsnes Nikolai Roenbeck
Ragnar	21:10	Gerpla-Cabin Hotel	Lisbet Heino Outi Leiste-Sauvonsaari Topi Taskinen Sami Aalto Mikke Tukiainen
Kristinn	21:10	Gerpla-Oddsson Hotel	Sara Rumbutis, Sergej Rumbutis Tony Do Tora Garberg Ahmed Ahdly Gabriel Lindeby

Saturday 2. july

Driver	Departure	Route	Who
Ragnar	<u>08:05</u>	Cabin Hotel - Gerpla	Lisbet Heino Outi Leiste-Sauvonsaari Topi Taskinen Sami Aalto Mikke Tukiainen
Kristinn	<u>08:05</u>	Oddsson Hotel - Gerpla	Sara Rumbutis, Sergej Rumbutis Tony Do Tora Garberg Ahmed Ahdly Gabriel Lindeby
Ragnar	<u>07:40</u>	Hotel 201 - Gerpla	Eyvind A. Hansen Anna Margit Thomsen Mette Hulgaard
Kristinn	<u>07:40</u>	Hotel 201-Gerpla	Kristin Kaspersen Ann-Helen Bjoernstad Gabriel Negru Tor Einar Refsnes Nikolai Roenbeck

Saturday 2. july

Driver	Departure	Route	Who
Ragnar	21:35	Gerpla-Hotel 201	Eyvind A. Hansen Anna Margit Thomsen Mette Hulgaard
Kristinn	21:35	Gerpla-Hotel 201	Kristin Kaspersen Ann-Helen Bjoernstad Gabriel Negru Tor Einar Refsnes Nikolai Roenbeck
Ragnar	21:45	Gerpla-Cabin Hotel	Lisbet Heino Outi Leiste-Sauvonsaari Topi Taskinen Sami Aalto Mikke Tukiainen
Kristinn	21:45	Gerpla-Oddsson Hotel	Sara Rumbutis, Sergej Rumbutis Tony Do Tora Garberg Ahmed Ahdly Gabriel Lindeby

Sunday 3. july

Driver	Departure	Route	Who
Ragnar	9:00	Cabin Hotel - Gerpla	Lisbet Heino Outi Leiste-Sauvonsaari Topi Taskinen Sami Aalto Mikke Tukiainen
Kristinn	9:00	Oddsson Hotel - Gerpla	Sara Rumbutis, Sergej Rumbutis Tony Do Tora Garberg Ahmed Ahdly Gabriel Lindeby
Ragnar	9:25	Hotel 201 - Gerpla	Eyvind A. Hansen Anna Margit Thomsen Mette Hulgaard
Kristinn	9:25	Gerpla-Hotel 201	Kristin Kaspersen Ann-Helen Bjoernstad Gabriel Negru Tor Einar Refsnes Nikolai Roenbeck

Staying at Hótel Ísland Comfort. Will be picked up and driven there

Driver Ragnar. Phone: +354 865-9414

Driver Kristinn. Phone: +354 849-4378

Accreditation

Will be held at Versalir second floor (Gerpla gymnastic Club) Friday 1. July 12:00-16:30. Only the head of delegation/deputy head of delegation can carry out accreditation.
When you enter Versalir the stair is on your left-hand side.

Recommended time order is:

12:00-13:00 Iceland

13:00-13:30 Sweden

13:30-14:00 Finland

14:00-14:30 Denmark

14:30-15:30 Norway

15:30-16:30 Faroe Islands

The accreditation-pass is mandatory to get access to the competition arena, lunch, dinner and the banquet.

Food

Breakfast is served at the hotels (see the time period under each hotel. We recommend requesting an earlier breakfast, if necessary, upon arrival with the hotel.

Lunch and dinner will be served in Salaskóli. Salaskóli is an elementary school located next to Versalir (Competition Hall). It is necessary to have the accreditation pass for lunch and dinner. The time schedule for lunch and dinner can be seen in the workplan.



Salalaug Public Swimming pool

In the same venue as Versalir (Competition hall) is a public swimming pool Salalaug. The swimming pool includes hot tubs, steam room, showers, swimming pool and a water slide. Over the Nordic Weekend every participant will be able to visit the swimming pool free of charge.



Tickets to the event

Tickets to Nordic Championship 2022 can be bought at tix either for one day or both of them. The link to the ticket sale is here: <https://tix.is/is/event/13416/nor-urlandamot-i-ahaldafimleikum>. Individuals with accreditation pass gain access to the event without a ticket.

Emergencies

If participants or others need to see doctor due to something it is possible to use “Læknavaktin”. Which is open after workhours and over weekends there is no need to book time to see a doctor there. The opening times are:

Monday-Friday: 17:00-23:30

Saturday-Sunday 09:00-23:30.

Phone number: 1770

Address: Austurver (Háaleitisbraut 68 103 Reykjavík)



The emergencies number in Iceland is 112 which should be used in the most severe emergencies.

Taxi and food delivery

- Hreyfill is a taxi cab service. The number there is +354 588-5522
- The easiest food delivery would be Domino's pizza. The phone number there is +354 581-234. You can also order via their app or web site.