



follow the coast  
iceland

Summer '27

# 01

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01 The Basics

02 Rules of Engagement

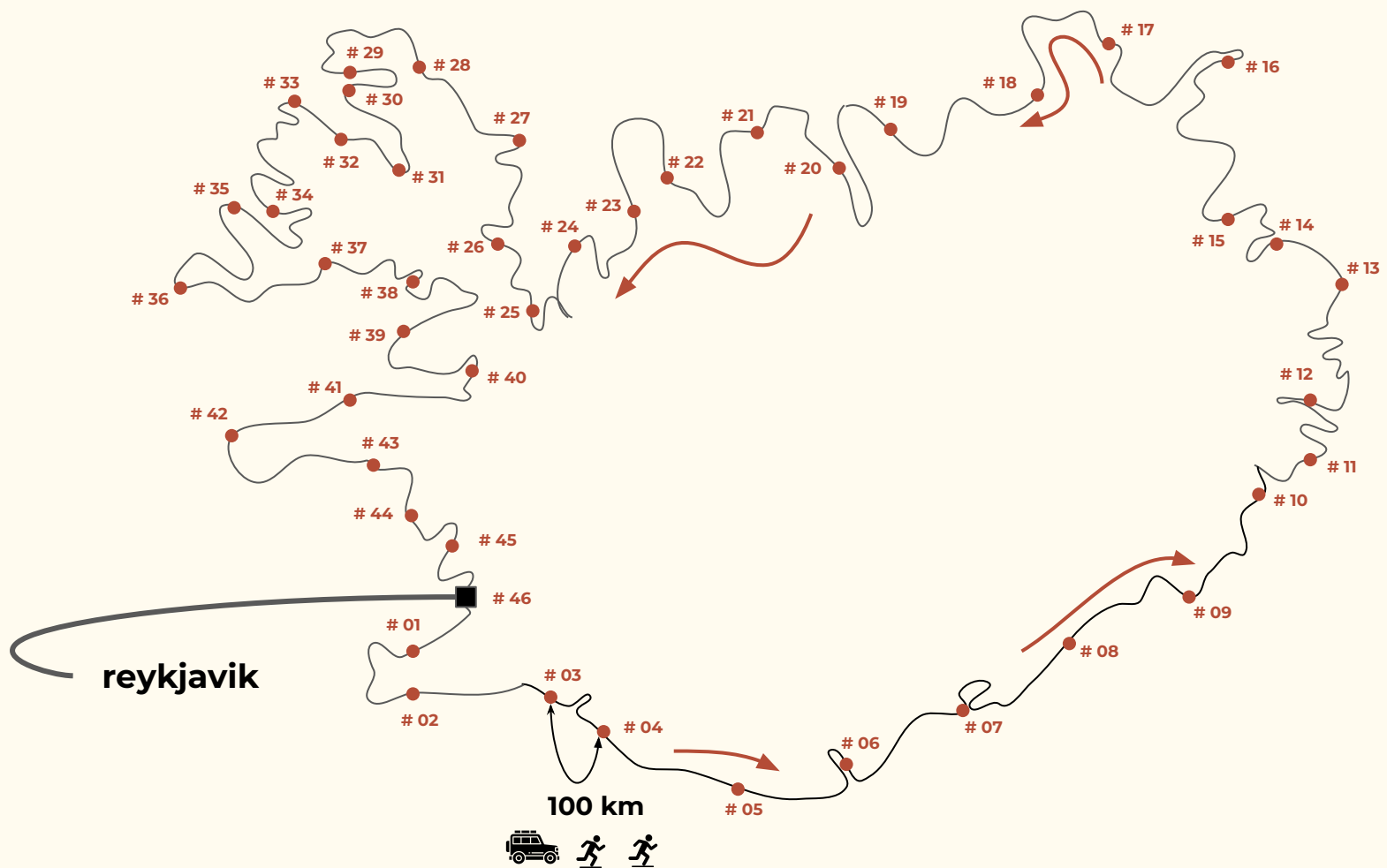
03 Stages

04 Logistics

05 Register

# The Basics

in summer 2027  
we will follow the coast  
around Iceland



46 stages  
100 km per stage

**start**

7am

Sat

12.06.2027

**finish**

6pm

Mon

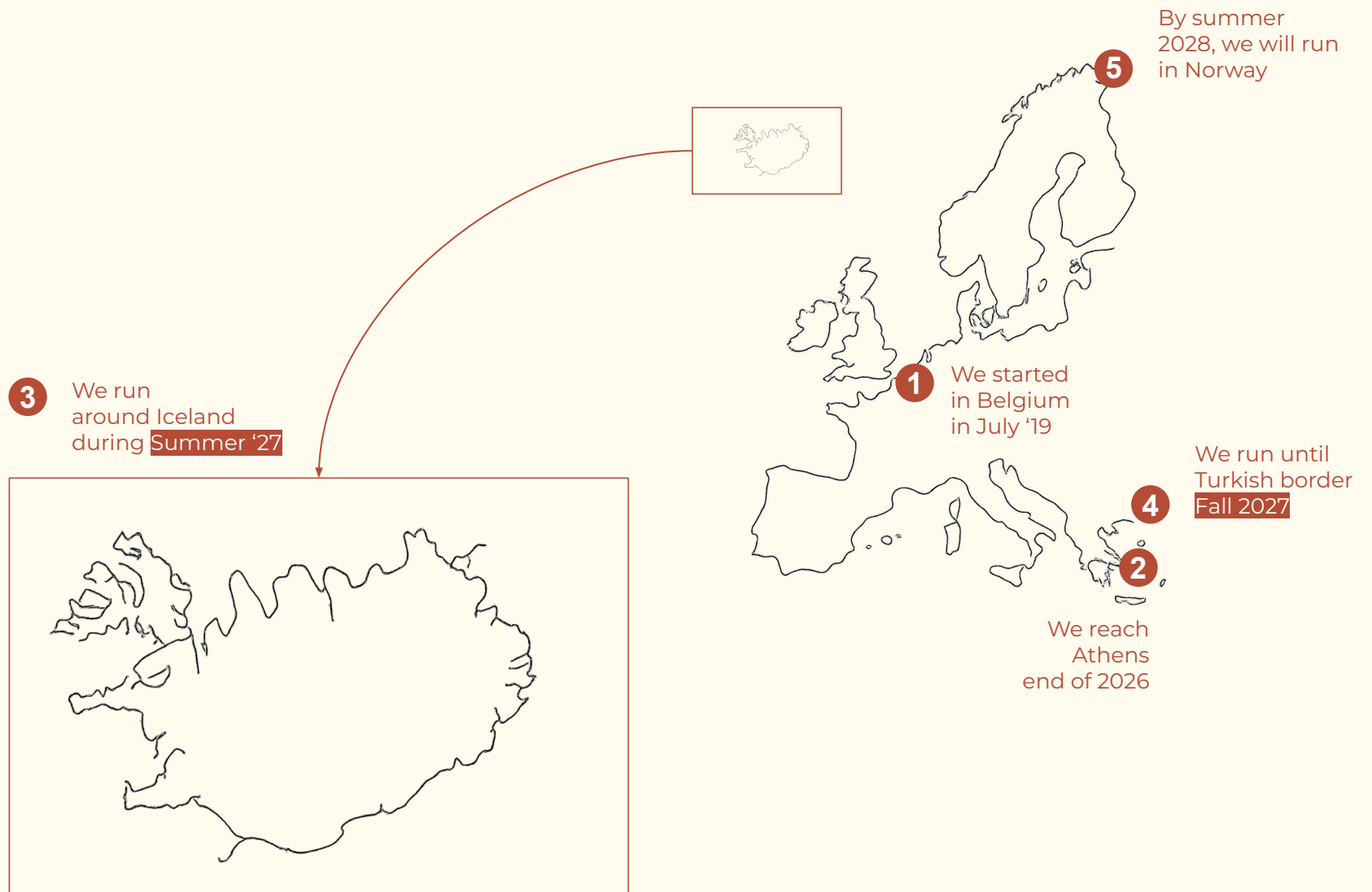
13.07.2027



Hallgrímskirkja  
Reykjavik

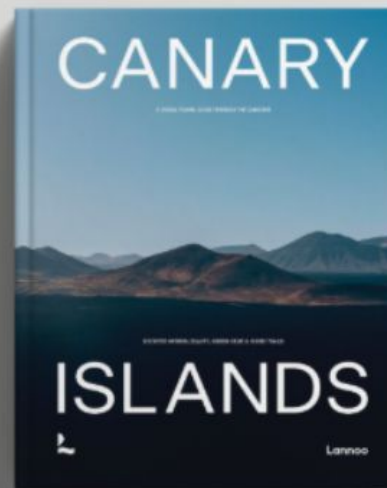
*lat: 64.14218,  
long: -21.92571*

in '27, we take a short pause  
from mainland europe



to run around Iceland  
100 km at a time

we'll explore  
unique nature together  
and naturally, we'll make  
a gorgeous book



# don't change a winning formula



# but adapt to the terrain

## good old stuff

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- 1 you run 100 km per stage
- 2 we provide 24/7 support
- 3 we provide live media cover
- 4 we publish a coffee table book

## what's new

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- 1 we map your stage  
no need to make your gpx
- 2 we will keep running  
once a team finishes, the next starts
- 3 we will have 2 alternating crews  
allowing for some precious rest
- 4 you will pass through a relay baton  
the olympic flame but FTC styled

An aerial photograph of a winding asphalt road that follows the edge of a large, calm lake. The road curves through a rugged, brownish landscape with some snow patches on the distant mountains. The sky is overcast and grey.

**'we keep running'**  
what do you mean?

during summer in Iceland  
**there is constant daylight**

the perfect condition  
**to do a continuous relay run**

so when one team finishes  
**the next one will start**

# the stages

#	Start	Stop	Elevation	Cat	Max Time	Start Time	Support
1	Reykjavik	Njardvik	400	1	16:00:00	12-6-2027 7:00:00	Crew 1
2	Njardvik	Grindavik	350	1	16:00:00	12-6-2027 23:00:00	Crew 2
3	Grindavik	Stokkseyri	560	1	16:00:00	13-6-2027 15:00:00	Crew 1
4	Stokkseyri	Hvolsvöllur	240	1	16:00:00	14-6-2027 7:00:00	Crew 2
5	Hvolsvöllur	Vik	1260	1	16:00:00	14-6-2027 23:00:00	Crew 1
6	Vik	Kirkjubæjarklaustur	800	1	16:00:00	15-6-2027 15:00:00	Crew 2
7	Kirkjubæjarklaustur	Skeiðarársandur	270	1	16:00:00	16-6-2027 7:00:00	Crew 1
8	Skeiðarársandur	Kálfafellsstaður	310	1	16:00:00	16-6-2027 23:00:00	Crew 2
9	Kálfafellsstaður	Hofn	290	1	16:00:00	17-6-2027 15:00:00	Crew 1
10	Hofn	Djúpivogur	640	1	16:00:00	18-6-2027 7:00:00	Crew 2
11	Djúpivogur	Stöðvarfjörður	680	1	16:00:00	18-6-2027 23:00:00	Crew 1
12	Stöðvarfjörður	Eskifjörður	1340	1	16:00:00	19-6-2027 15:00:00	Crew 2
13	Eskifjörður	Seydisfjörður	2280	2	18:00:00	20-6-2027 7:00:00	Crew 1
14	Seydisfjörður	Lagarfjot (mouth)	3300	3	23:00:00	21-6-2027 1:00:00	Crew 2
15	Lagarfjot (mouth)	Vopnafjarðar	1270	1	16:00:00	22-6-2027 0:00:00	Crew 1
16	Vopnafjarðar	Þórshöfn	960	1	16:00:00	22-6-2027 16:00:00	Crew 2
17	Þórshöfn	Raufarhöfn	760	1	16:00:00	23-6-2027 8:00:00	Crew 1
18	Raufarhöfn	Kópasker	400	1	16:00:00	24-6-2027 0:00:00	Crew 2
19	Kópasker	Húsavík	900	1	16:00:00	24-6-2027 16:00:00	Crew 1
20	Húsavík	Grenivík	1130	1	16:00:00	25-6-2027 8:00:00	Crew 2
21	Grenivík	Siglufjörður	1500	2	18:00:00	26-6-2027 0:00:00	Crew 1
22	Siglufjörður	Sauðárkrókur	1230	1	16:00:00	26-6-2027 18:00:00	Crew 2
23	Sauðárkrókur	Skagaströnd	650	1	16:00:00	27-6-2027 10:00:00	Crew 1
24	Skagaströnd	Blönduós	760	1	16:00:00	28-6-2027 2:00:00	Crew 2
25	Blönduós	Hvammstangi	720	1	16:00:00	28-6-2027 18:00:00	Crew 1
26	Hvammstangi	Hólmavík	1000	1	16:00:00	29-6-2027 10:00:00	Crew 2
27	Hólmavík	Krossnesslaug	1370	1	16:00:00	30-6-2027 2:00:00	Crew 1
28	Krossnesslaug	Furufjörður	1800	2	18:00:00	30-6-2027 18:00:00	no crew
29	Furufjörður	Læknishúsið	3470	3	23:00:00	1-7-2027 12:00:00	no crew
30	Læknishúsið	Grunnavik	2800	3	23:00:00	2-7-2027 11:00:00	no crew
31	Grunnavik	Gervidalsárfoss	1160	1	16:00:00	3-7-2027 10:00:00	Crew 1
32	Gervidalsárfoss	Lambagilfoss	490	1	16:00:00	4-7-2027 2:00:00	Crew 2
33	Lambagilfoss	Suðureyri	1510	2	18:00:00	4-7-2027 18:00:00	Crew 1
34	Suðureyri	Fossdalur	1650	2	18:00:00	5-7-2027 12:00:00	Crew 2
35	Fossdalur	Bíldudalur	1310	1	16:00:00	6-7-2027 6:00:00	Crew 1
36	Bíldudalur	Látrabjarg	1650	2	18:00:00	6-7-2027 22:00:00	Crew 2
37	Látrabjarg	Flokalundur	1820	2	18:00:00	7-7-2027 16:00:00	Crew 1
38	Flokalundur	Djupidalur (6km more south)	1060	1	16:00:00	8-7-2027 10:00:00	Crew 2
39	Djupidalur (6km more sc	Guesthouse Nýp	1080	1	16:00:00	9-7-2027 2:00:00	Crew 1
40	Guesthouse Nýp	Búðardalur	790	1	16:00:00	9-7-2027 18:00:00	Crew 2
41	Búðardalur	Stykkishólmur	890	1	16:00:00	10-7-2027 10:00:00	Crew 1
42	Stykkishólmur	Hellissandur	660	1	16:00:00	11-7-2027 2:00:00	Crew 2
43	Hellissandur	Grundarfjörður	570	1	16:00:00	11-7-2027 18:00:00	Crew 1
44	Grundarfjörður	Borgarnes	340	1	16:00:00	12-7-2027 10:00:00	Crew 2
45	Borgarnes	Akranes	530	1	16:00:00	13-7-2027 2:00:00	Crew 1
46	Akranes	Laugardalur	840	1	16:00:00	13-7-2027 18:00:00	Crew 2

1

## stages are mapped

We mapped all stages and got to exactly 4600 km of coastline road around Iceland

2

## stages are categorized

Based on elevation, stages get Categories 1,2 or 3. Teams get respectively 16, 18 or 23 hours to finish their stage

3

## one team hands to the next

We calculate when teams will arrive, taking sufficient buffer.

The next team will be waiting for the arrival team so we never break the chain.

4

## support crews alternate

ensuring 24/7 support and sufficient rest for photographer & driver

# 02

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01 The Basics

02 Rules of Engagement

03 Stages

04 Logistics

05 Register

# Rules of Engagement

# 01 the stage

## 100km ultra run

We mapped a route along the entire coastline of Iceland and got to exactly 4600 km or 46 stages of 100km.

We will run this route in one long relay, counterclockwise, starting from Reykjavik. we will start at 7am on Sat 12th June and will finish one month later on 13th July.

Every participating team commits on at least one member completing the total distance. We recommend to register with 3 participants, but there is no limit to the number of participants.

## Supported

Your route is mapped and the gpx is ready for download on our website.

Depending on the stage profile you get 16, 18 or 23 hours to finish your stage.

During your Stage, you will be supported by our crew, who will get you through the day with drinks, food, tips & mental support

After your Stage, you will forever be Shoreholder of our project.

We will make a stunning photo book which will include pictures & testimonials of you .

## Part of something bigger

You don't only run for yourself.

You will be part of the bigger goal of 'running around Iceland'.

A part in a larger chain of more than 100 ultra runners.

## What do you get?

- Run 100 km
- 24h logistical & emotional support
- Professional photographer, full time
- Tailored story on socials so your family & friends can follow
- Plenty of delicious food
- HD Pictures of the day, in digital format
- Help during your preparation
- Access to a wonderful, engaged & kind community of ultra runners
- A Duvel at the finish line
- 3 books per registered stage

# hand over between teams

Upon registrations, you agree with both the your 'start time' and 'your finish time'.



## DON'T WORRY

The times we calculated in our schedule are large.

We have looked at Follow The Coast historical data and used a fairly large estimate.

Most roads in Iceland will be broad dirt roads and the average elevation is lower than in Europe.

We will be fine.



## A REAL RELAY

When we started Follow The Coast, we thought about having a real relay handing over a 'relay baton' from one team to the next.

In Iceland, because of the eternal summer light and the condensed timeline, we want to honour this idea.

We will be passing a symbol from one team to the next, which will travel the entire coast of Iceland



## A REAL COMMUNITY

When you start, you will see the previous team finishing.

When you finish, you will see the next team in the chain, passing on the chain.

Seeing these people, deeply involved in this project as you are, will add to the charm of the whole mission.



## LET'S GET PRACTICAL

What happens when

**a team finishes late** → we believe this will not happen as estimates are sufficiently large to cover this in 95% of the cases. In case a small delay would happen, we will update the schedule with starting times taking into account this small deviation. We don't believe this will happen often, therefore errors should remain exceptional.

**a team finishes early** → when a team finishes early, we require that at least one team member of the finishing team is at the finish (or start for the next team) at the agreed starting time for the next team. We don't expect this 'waiting time' to be very long. Because of this, finishing teams should anticipate facilities (sleep or restaurant or car) close enough to the finish line. In exceptional circumstances, when health hazards arise, we will find a way to pass on the symbol from one team to the next. (eg. crew takes over, little vault ..)

# the crew

We are here for you and to capture the beauty we find along the way



## **2 HEADED CREW**

The crew will consist of 1 professional photographer & 1 driver.

### **the photographer**

Focused on capturing the beauty of Iceland & your journey.

Both HD photo & video.

For the book, documentary, our socials & your everlasting memories

### **the driver**

Focused on runner support, logistics and safety

Leads the car to the runners and to the end of every Stage.



## **A FIXED RHYTHM**

### **one crew per stage**

Every stage will have its fixed crew.

### **16h ON / 16h OFF**

Each crew will follow one stage for 16h (on average) and switch crew afterwards to enjoy a 16h rest, prior to moving to their next Stage.

In the 'off' time, Crews will not handle other logistics like 'airport pickups' of participants



## **SWITCHING CREWS**

### **3 sets of crews**

The vehicles will tour the entire coast of Iceland. Our crews will not.

Working 16 hour days around the clock with distorted sleep is not for the faint hearted.

We don't believe it's safe to expose our crew to this rhythm too long and will therefore switch the duo of crews every 10-12 days. We will have 3 sets of crews.

### **switch at airports**

To optimise logistics, sets of crews will switch in the vicinity of airports.

# 03

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# Stages

#	Start	Stop	Komoot	Map	Vert	Cat	Max Time	Start Time (LOCAL)	Support
1	Reykjavik	Njardvik	<a href="#">Komoot</a>	<a href="#">Map 1</a>	400	1	16:00:00	12-6-2027 7:00:00	Crew 1
2	Njardvik	Grindavik	<a href="#">Komoot</a>	<a href="#">Map 1</a>	350	1	16:00:00	12-6-2027 23:00:00	Crew 2
3	Grindavik	Stokkseyri	<a href="#">Komoot</a>	<a href="#">Map 1</a>	560	1	16:00:00	13-6-2027 15:00:00	Crew 1
4	Stokkseyri	Hvolsvöllur	<a href="#">Komoot</a>	<a href="#">Map 1</a>	240	1	16:00:00	14-6-2027 7:00:00	Crew 2
5	Hvolsvöllur	Vik	<a href="#">Komoot</a>	<a href="#">Map 1</a>	1260	1	16:00:00	14-6-2027 23:00:00	Crew 1
6	Vik	Kirkjubæjarklaustur	<a href="#">Komoot</a>	<a href="#">Map 1</a>	800	1	16:00:00	15-6-2027 15:00:00	Crew 2
7	Kirkjubæjarklaustur	Skeiðarársandur	<a href="#">Komoot</a>	<a href="#">Map 1</a>	270	1	16:00:00	16-6-2027 7:00:00	Crew 1
8	Skeiðarársandur	Kálfafellsstaður	<a href="#">Komoot</a>	<a href="#">Map 1</a>	310	1	16:00:00	16-6-2027 23:00:00	Crew 2
9	Kálfafellsstaður	Höfn	<a href="#">Komoot</a>	<a href="#">Map 1</a>	290	1	16:00:00	17-6-2027 15:00:00	Crew 1
10	Höfn	Djúpivogur	<a href="#">Komoot</a>	<a href="#">Map 1</a>	640	1	16:00:00	18-6-2027 7:00:00	Crew 2
11	Djúpivogur	Stöðvarfjörður	<a href="#">Komoot</a>	<a href="#">Map 2</a>	680	1	16:00:00	18-6-2027 23:00:00	Crew 1
12	Stöðvarfjörður	Eskifjörður	<a href="#">Komoot</a>	<a href="#">Map 2</a>	1340	1	16:00:00	19-6-2027 15:00:00	Crew 2
13	Eskifjörður	Seydisfjörður	<a href="#">Komoot</a>	<a href="#">Map 2</a>	2280	2	18:00:00	20-6-2027 7:00:00	Crew 1
14	Seydisfjörður	Lagarfljot (mouth)	<a href="#">Komoot</a>	<a href="#">Map 2</a>	3300	3	23:00:00	21-6-2027 1:00:00	Crew 2
15	Lagarfljot (mouth)	Vopnafjarðar	<a href="#">Komoot</a>	<a href="#">Map 2</a>	1270	1	16:00:00	22-6-2027 0:00:00	Crew 1
16	Vopnafjarðar	Þórshöfn	<a href="#">Komoot</a>	<a href="#">Map 2</a>	960	1	16:00:00	22-6-2027 16:00:00	Crew 2
17	Þórshöfn	Raufarhöfn	<a href="#">Komoot</a>	<a href="#">Map 2</a>	760	1	16:00:00	23-6-2027 8:00:00	Crew 1
18	Raufarhöfn	Kópasker	<a href="#">Komoot</a>	<a href="#">Map 2</a>	400	1	16:00:00	24-6-2027 0:00:00	Crew 2
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21	Grenivík	Siglufjörður	<a href="#">Komoot</a>	<a href="#">Map 3</a>	1500	2	18:00:00	26-6-2027 0:00:00	Crew 1
22	Siglufjörður	Sauðárkrókur	<a href="#">Komoot</a>	<a href="#">Map 3</a>	1230	1	16:00:00	26-6-2027 18:00:00	Crew 2
23	Sauðárkrókur	Skagatrönd	<a href="#">Komoot</a>	<a href="#">Map 3</a>	650	1	16:00:00	27-6-2027 10:00:00	Crew 1
24	Skagatrönd	Blönduós	<a href="#">Komoot</a>	<a href="#">Map 3</a>	760	1	16:00:00	28-6-2027 2:00:00	Crew 2
25	Blönduós	Hvammstangi	<a href="#">Komoot</a>	<a href="#">Map 3</a>	720	1	16:00:00	28-6-2027 18:00:00	Crew 1
26	Hvammstangi	Hólmavík	<a href="#">Komoot</a>	<a href="#">Map 3</a>	1000	1	16:00:00	29-6-2027 10:00:00	Crew 2
27	Hólmavík	Krossnesslaug	<a href="#">Komoot</a>	<a href="#">Map 3</a>	1370	1	16:00:00	30-6-2027 2:00:00	Crew 1
28	Krossnesslaug	Furufjörður	<a href="#">Komoot</a>	<a href="#">Map 3</a>	1800	2	18:00:00	30-6-2027 18:00:00	no crew
29	Furufjörður	Læknishúsið	<a href="#">Komoot</a>	<a href="#">Map 3</a>	3470	3	23:00:00	1-7-2027 12:00:00	no crew
30	Læknishúsið	Grunnavik	<a href="#">Komoot</a>	<a href="#">Map 3</a>	2800	3	23:00:00	2-7-2027 11:00:00	no crew
31	Grunnavik	Gervidalsárfoss	<a href="#">Komoot</a>	<a href="#">Map 4</a>	1160	1	16:00:00	3-7-2027 10:00:00	Crew 1
32	Gervidalsárfoss	Lambagilfoss	<a href="#">Komoot</a>	<a href="#">Map 4</a>	490	1	16:00:00	4-7-2027 2:00:00	Crew 2
33	Lambagilfoss	Suðureyri	<a href="#">Komoot</a>	<a href="#">Map 4</a>	1510	2	18:00:00	4-7-2027 18:00:00	Crew 1
34	Suðureyri	Fossdalur	<a href="#">Komoot</a>	<a href="#">Map 4</a>	1650	2	18:00:00	5-7-2027 12:00:00	Crew 2
35	Fossdalur	Bíldudalur	<a href="#">Komoot</a>	<a href="#">Map 4</a>	1310	1	16:00:00	6-7-2027 6:00:00	Crew 1
36	Bíldudalur	Látrabjarg	<a href="#">Komoot</a>	<a href="#">Map 4</a>	1650	2	18:00:00	6-7-2027 22:00:00	Crew 2
37	Látrabjarg	Flokalundur	<a href="#">Komoot</a>	<a href="#">Map 4</a>	1820	2	18:00:00	7-7-2027 16:00:00	Crew 1
38	Flokalundur	Djupidalur	<a href="#">Komoot</a>	<a href="#">Map 4</a>	1060	1	16:00:00	8-7-2027 10:00:00	Crew 2
39	Djupidalur	Guesthouse Nýp	<a href="#">Komoot</a>	<a href="#">Map 4</a>	1080	1	16:00:00	9-7-2027 2:00:00	Crew 1
40	Guesthouse Nýp	Búðardalur	<a href="#">Komoot</a>	<a href="#">Map 4</a>	790	1	16:00:00	9-7-2027 18:00:00	Crew 2
41	Búðardalur	Stykkishólmur	<a href="#">Komoot</a>	<a href="#">Map 5</a>	890	1	16:00:00	10-7-2027 10:00:00	Crew 1
42	Stykkishólmur	Hellissandur	<a href="#">Komoot</a>	<a href="#">Map 5</a>	660	1	16:00:00	11-7-2027 2:00:00	Crew 2
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44	Grundarfjörður	Borgarnes	<a href="#">Komoot</a>	<a href="#">Map 5</a>	340	1	16:00:00	12-7-2027 10:00:00	Crew 2
45	Borgarnes	Akranes	<a href="#">Komoot</a>	<a href="#">Map 5</a>	530	1	16:00:00	13-7-2027 2:00:00	Crew 1
46	Akranes	Laugardalur	<a href="#">Komoot</a>	<a href="#">Map 5</a>	840	1	16:00:00	13-7-2027 18:00:00	Crew 2

**NOT AVAILABLE**

# 04

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01 The Basics

02 Rules of Engagement

03 Stages

04 Logistics

05 Register

# Logistics

# 01

## To Iceland // The Basics



### Flight duration

3h30

### Best airports

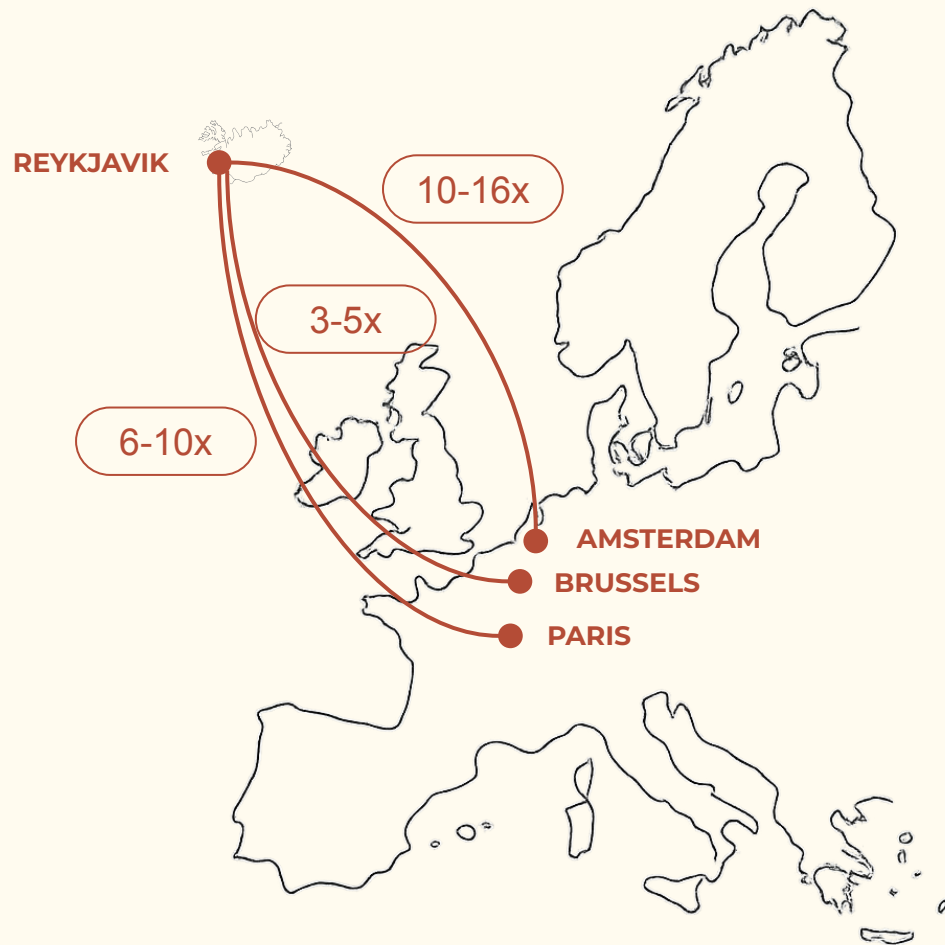
AMS > PAR > BRU

### Price, back & forth

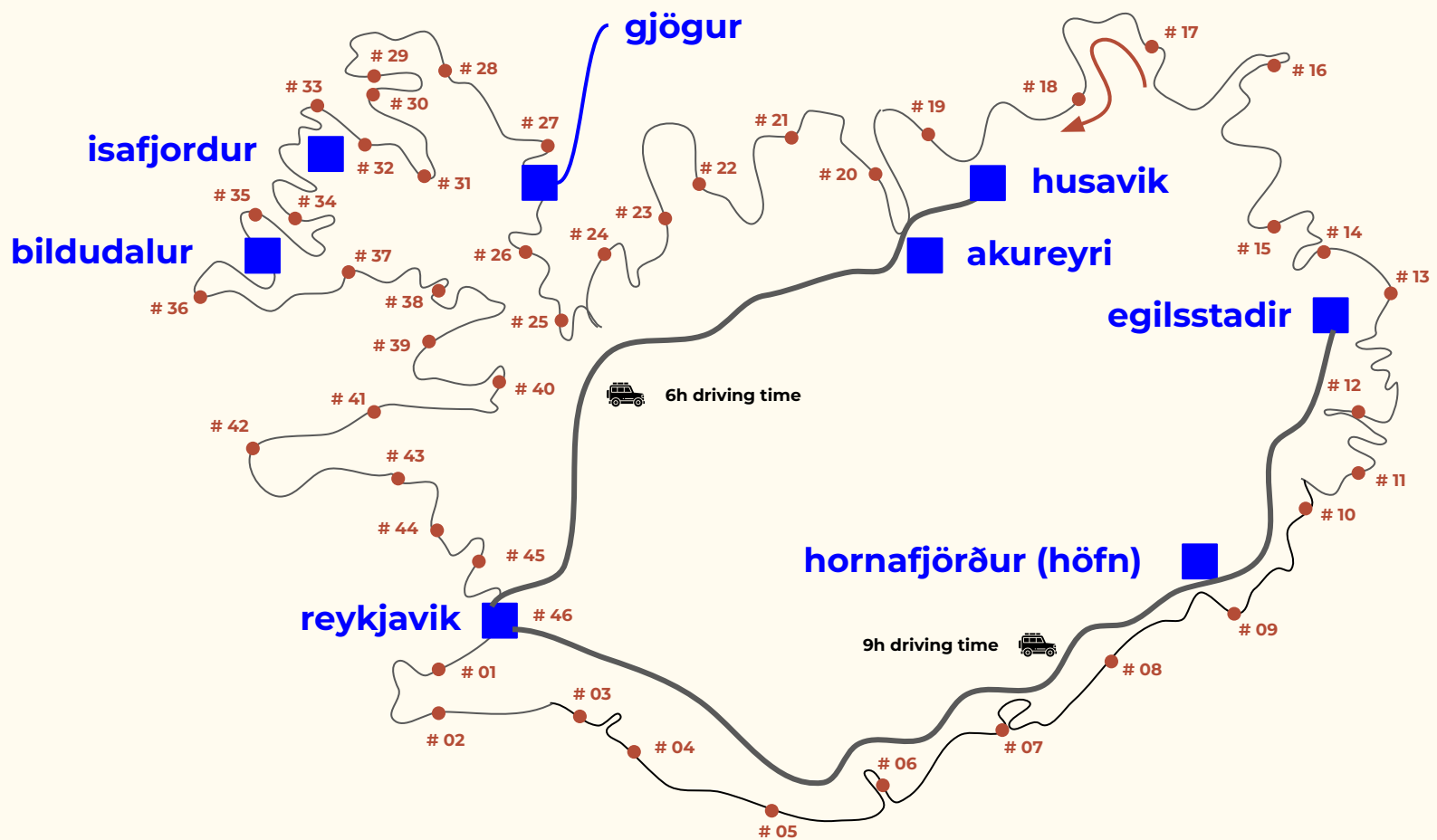
150 - 350 euro

### Internal flights, back & forth

150 - 200 euro



# 02 WITHIN / Airports



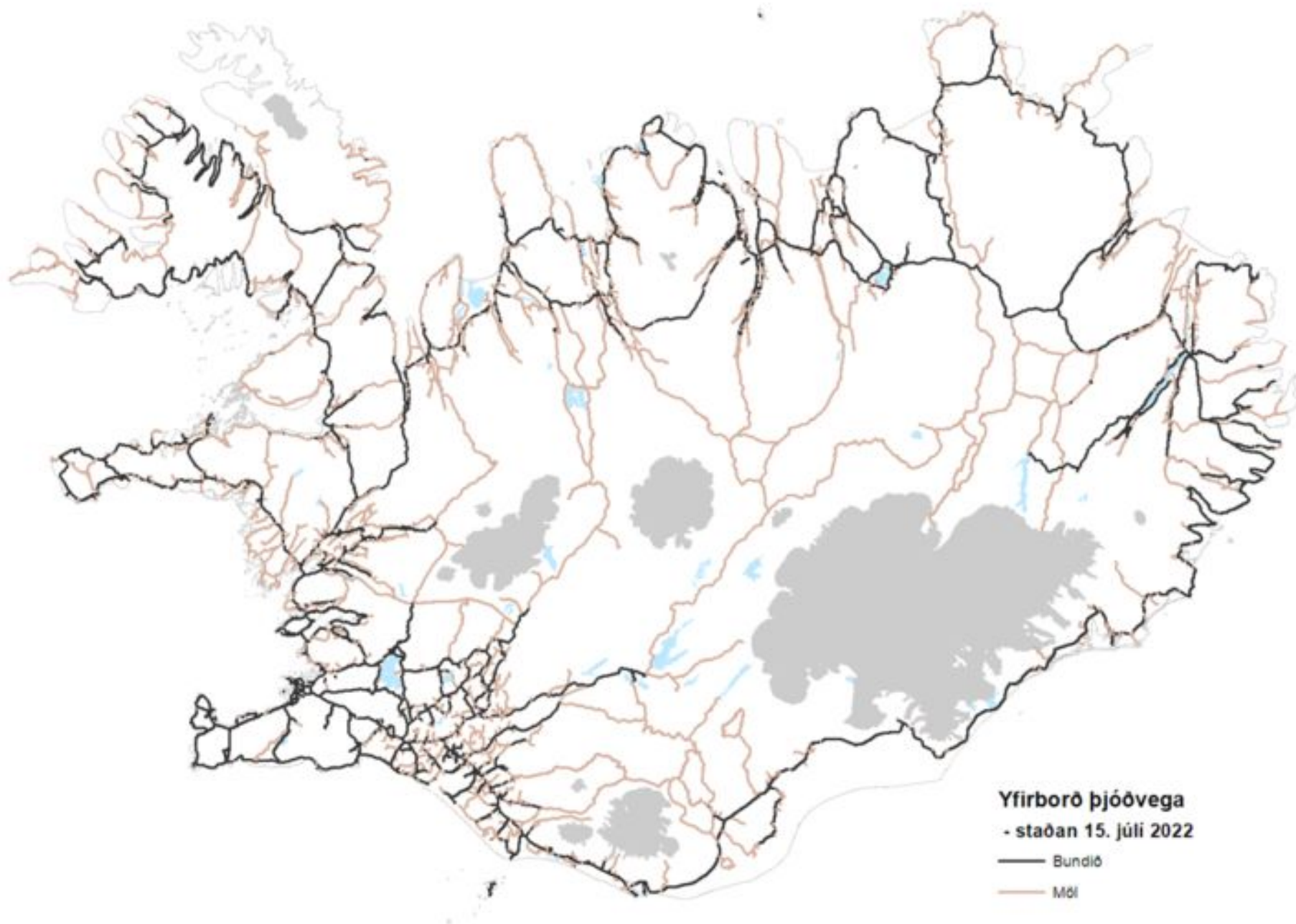
From Reykjavík, it is easy to reach another corner of Iceland via the Domestic Airport (Reykjavíkurlugvöllur).

- Icelandair travels daily to **Akureyri**, **Egilsstaðir**, and **Ísafjörður**.
- Eagle Air several times per week to **Höfn** and Vestmannaeyjar (Heimaey).
- Norlandair has twice-weekly flights to **Bildudalur**, Strandir (**Gjögur**), and Grímsey Island.

Domestic flights are without security gates and operate smoothly.

The Domestic Airport is an hour drive from Keflavík International Airport.

# 02 WITHIN / Roads

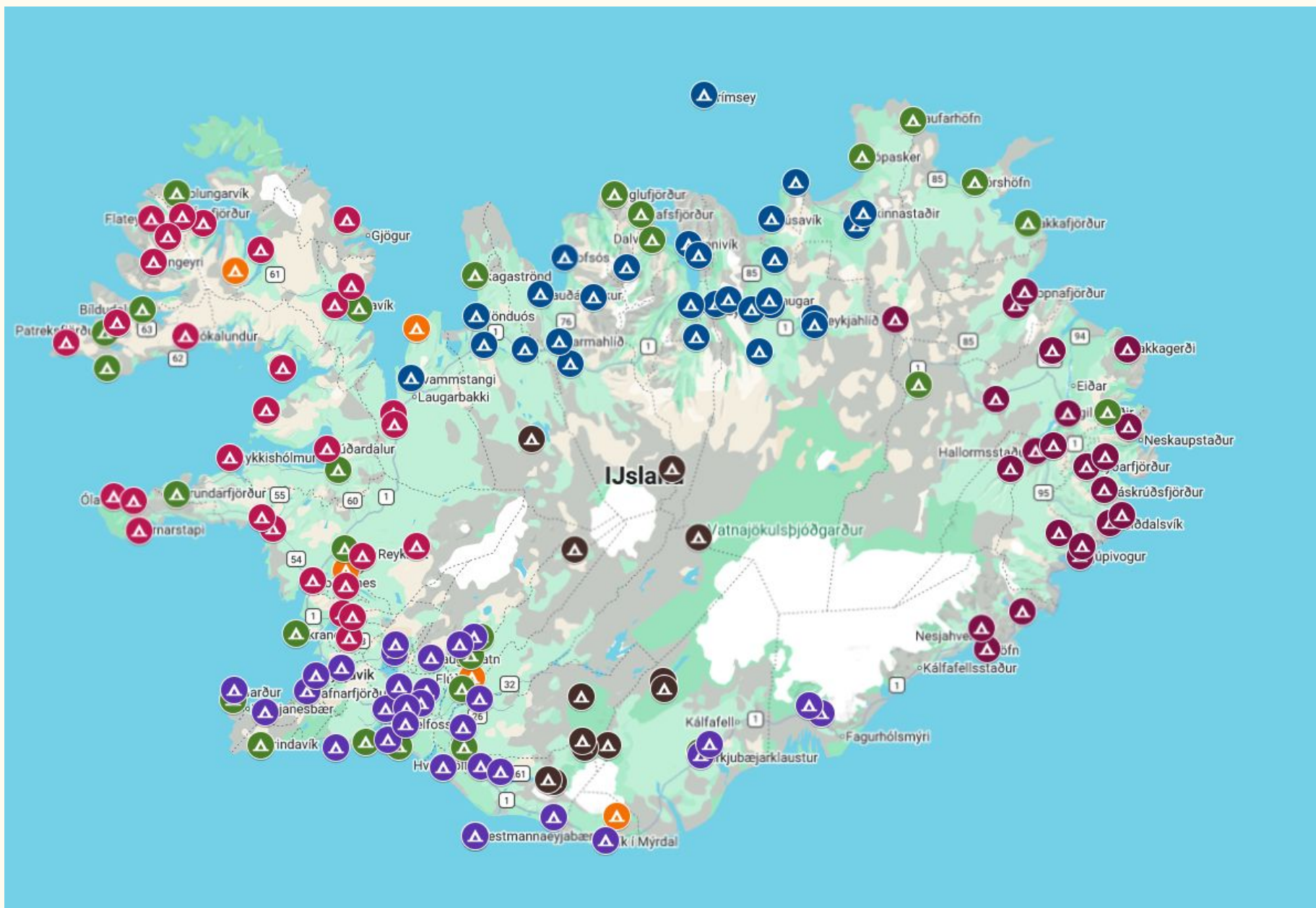




## WITHIN / Roads / Westfjord



## LODGING / Campings



[click for the interactive map](#)

# LODGING / Campings



## Big temperature gap between 6 and 24°

Typical daily highs edge between 15 °C to 19 °C, with occasional warmer days reaching up to 24 °C. Mornings and evenings can be brisk, dipping to 6 °C–10 °C.



## Driest month but unpredictable

Weather is still unpredictable—rain, wind, or sudden cool snaps can happen, so pack layers and rain gear



## Very long daylight

You'll experience long daylight hours—around 19h 47m, making it one of the brightest months, just slightly shorter than June's peak daylight. Tested eye masks or blackout curtains are recommended



## Best time for outdoor adventures

Whale watching, puffin spotting, and highland treks are all top experiences



## Tourist peak season

The peak tourist season runs from June through August, with July and August being the busiest — often described as the "peak of the peak". Luckily, most of the time we will be away from the crowds. crowds at popular sites like the Golden Circle, Blue Lagoon, and Iceland's capital can affect your experience. Make sure to book in time



# 05

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01 The Basics

02 Rules of Engagement

03 Stages

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05 Register

# Register

A photograph of the aurora borealis (Northern Lights) in a snowy landscape. The aurora is a vibrant yellow-green, appearing as a large, glowing, and somewhat diffuse shape in the dark blue night sky. The ground is covered in snow, and there are some dark, snow-covered hills or mountains in the background. The sky is filled with stars, and the overall scene is serene and majestic.

**join us**  
registrations open







**wed, 27th June**  
12pm CET

# 01 1399 per stage

## Why 1399 euro per stage this time?

- Cost based - We determine the participant fee based on the cost of running the operation
- Breakeven - Our main goal is to create awesome projects, not to make a profit. But to ensure we can continue we need to be operationally breakeven at least
- Iceland is more expensive - Logistics in & to Iceland will be slightly more costly than mainland Europe

Breakdown of estimated costs below

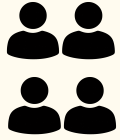
	ITEM	COST		COMMENT
		TOTAL	est. PER STAGE	
	<b>CAR RENTAL</b>	11.000	<b>300</b>	5.500 euro car rental for a month, including rooftop tent OR transport of van from Denmark to Iceland & back
	<b>CAR FUEL</b>	5.200	<b>150</b>	2 cars, 4800 km coast, double that in driving, 12L / 100km, 300KR per l
	<b>RAVITO</b>	3.450	<b>100</b>	75-100 euro per stage
	<b>CREW / FEE</b>	20.700	<b>550</b>	225 per Stage per Crew member. Crew consists of 1 driver & 1 photographer. No sleep allowance as travelling with roof tent.
	<b>CREW / FOOD</b>	3720	<b>100</b>	30 per day. 31 days. 2 crews
	<b>CREW / FLIGHT</b>	7000	<b>200</b>	3 different crews of 2 people. Some internal flights
	<b>Total Cost</b>	<b>52.000</b>	<b>1.399</b>	
	Cost per Stage / Ops	1.110		
	Cost Merch	120		
	Cost per Stage / Tot	1.230		
	<b>Price, incl VAT (6%)</b>	<b>1.304</b>		

*Estimate of what part of your registration fee goes to what*

*We keep a small buffer to ensure we don't make operational loss*

## our reco's

Upon registrations, you agree with both the your 'start time' and 'your finish time'.



### **THE MORE THE MERRIER**

#### **There is no limit on the number of runners you can run with**

Get a team of a couple of runners together so you can split the registration fee over the team. Running in a sizable team requires some prep, group training and good agreements. It's key to openly discuss pace and different scenarios upfront. Run as a team and build an unforgettable memory for life



### **BUCKET LIST ITEM**

#### **You always wanted to go to Iceland**

Leverage this challenge to really visit Iceland. Who doesn't want to go to iceland one day.

We recommend sticking around a bit longer, doing the Ring road (6-8d road trip) or - if your legs are recuperated - some hikes in nature.



### **PLAN A TRIP 'AFTER' THE RUN**

#### **Our favourite: the week of decompression**

Ride the waves of decompression after your heroics. You'll be happy & content after your 100km, no long running trainings bothering your partner... The week after is the perfect occasion to book some relaxing wellness hotels or hot springs in the area.



### **SELECT YOUR PREFERRED STAGES**

#### **Pick a shortlist of stages, not just one**

We will go live on Wed 27th May. We expect Stages to be sold out pretty fast. It's not smart to bet everything on one specific Stage as there is a high probability other people might want to book it too.

We strongly recommend to make a shortlist of preferred Stages and aim to register them ranked by your preference