

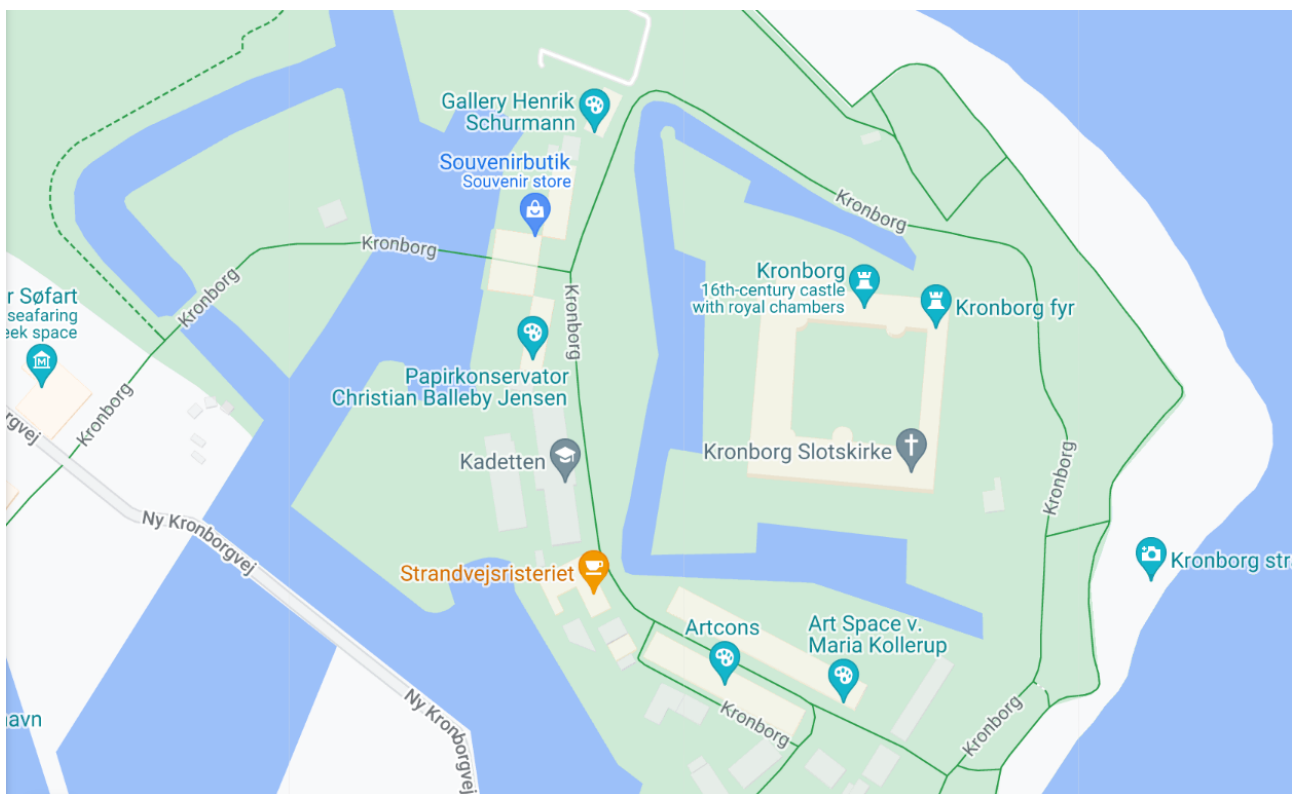
## Information about VeteranSupport.DK's 100km/24h endurance march

VeteranSupport.DK is a voluntary organisation that supports veterans from the Armed Forces, Police, Emergency Preparedness and others who have participated in one or more international missions for Denmark. These veterans have returned home with wounds on their bodies and minds. Every year, VeteranSupport.DK Kronborg arranges the Veteran March and Music Festival in the middle of June. There are four different marches or hikes: 7.5 km, 15 km, 30 km and 100 km/24h.

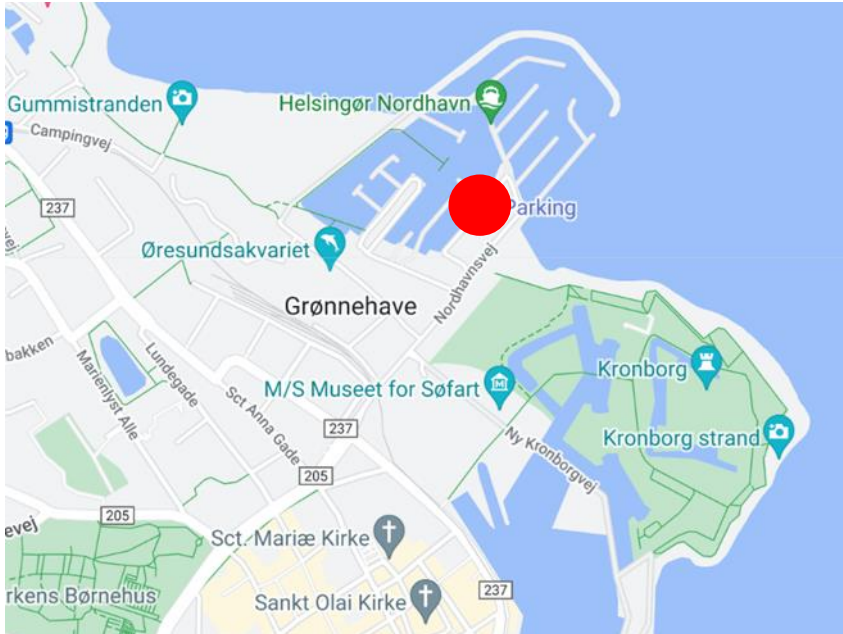
After the participants have finished the marches and received their well-deserved medals, they have free access to the music festival. The music festival lasts for over 12 hours and offers a mix of pop and rock music from both local and well-known bands.

**Start/Finish:** The start takes place at Kronborg Castle in Helsingør, Denmark. Participants cross the bridge over the moat, through the main gate and turn right. The restaurant "Kadetten" marks the starting point. The march will begin on June 14, 2024 at 3:00 p.m.

**Check-in from 14:00.**



**The goal:** The finish line is located at Helsingør's Nordhavns Søndre mole. After receiving their well-deserved medal, participants can enter the music festival area for free. The music festival runs from 12:00 to 24:00 and features a mix of pop and rock music from both local and well-known bands.



**The route:** The route itself passes through North Zealand, and there are rest areas at the following locations with specified opening hours:

Rest area	Opening hours
Nystrup Forrest	16:00-18:00
Fredensborg harbour	18:00-20:00
Hillerød Stadion	20:00-22:00
Maarum Church	24:00-03:00
Søborg town	02:00-06:00
Esrum Hovedgade	04:00-07:00
Hornbæk Harbour	06:00-10:00
Hammermøllen	08:00-14:00

**Rest areas:** Water, chocolate, fruit and other necessities are available in limited quantities. It is recommended that participants bring their own supplies.

**Route and marking:** The cruising route is available in the Komoot app.



There will be marked route markings along the way, especially in dark conditions, using kink lights.

**Safety:** The participants' own safety is paramount. Traffic rules for pedestrians should be followed. Since the march runs along country roads, both in bright sunlight and in dark areas, participants must wear the reflective vest that has been distributed, which must be returned at the finish line.

**Injuries:** If a participant is injured so badly that they have to abandon the march, they should wait at the next rest area if possible for transport to the finish area. If a participant is injured and unable to get to the nearest rest area, they should contact the march management. If a participant chooses to abandon the march, and leave for their own arrangement, they should notify the marching leader that they have left and are on their way home.

Telephone number of the marching command (To be used only in emergency situations) IS  
COMING LATER

Parking is not possible in near area, but there is paid parking possibilities near the center of town.  
(500 m away)