

Littering

We take this very seriously – anyone found be littering will be removed from the event and barred from future events.

Covid Safety Measures

- *Please wear a facemask whilst dropping your bag and when gathering at the start. Facemasks can be removed when riding however please ride with a face mask in your pocket – just in case!*
- Please take a lateral flow test before you travel and do not attend if you get a positive result – isolate and take a PCR test.
- If you have any symptoms on the morning of the event please do not attend.
- Please maintain social distancing at all times
- Please maintain social distancing at feed stations, move aside as soon as you can to allow others access.
- Hand sanitiser will be available at feed stations – please use it before accessing the feed station.
- We will have all the usual mechanics and broom wagons and this year they will all carry hand sanitiser and spare masks HOWEVER the best way to avoid spreading covid would be if we can avoid anyone getting picked up in the first place... please make sure your bike is fit for purpose.

Key Timings and Locations

Start Location DAY 1. Finish Location DAY 3 & car parking

Glencoe Ski Area PH49 4HZ

Glencoe and Cairngorm both have major building works taking up large areas of their carparks. Glencoe - like every road in Scotland - has also been very busy with campervan this summer. Please park where directed.

Registration / Sign on Thursday 4pm - 8pm & Fri day 6am - 6.30am @ Glencoe Ski Centre

Collect your ride numbers and any last-minute info from registration in Glencoe Car Park.

YOU MUST BRING PHOTO ID & HELMET to registration

You cannot sign on for anyone else.

Day 1 - Friday 3rd September

Bag drop 6.30am - 7am - The bag van will leave before the first rider starts.

Please don't pack laptops, ipads, anything that is fragile – particularly large screens that crack. You'll be riding, sleeping and eating. Pretend it's the 90's again.

We will collect your bags each day and drive them to the finish. On day 2 we will have a double drop, 1 van will go to Aviemore and the other to Cairngorm. Our advice is bring a small back pack for Cairngorm warm clothing so you hang about and enjoy the view, the party and the grub, then ride down to Aviemore (Cairngorm Hotel) to collect your gear.

RIDE START 7am - 7.30am

As mentioned above the number of campervans etc on the roads this year is huge. Starting on a Friday morning we need to avoid the 8-9am commercial traffic on the A82 & A85. So sorry for the earlier start.

Riders will be set off in groups of no more than 20 and at 5 minute intervals. You start with your pals in whichever wave has room for you.

The route will be well signposted with direction arrows and warning notices for riders and other road users.

FINISH The Dome Play Area off West Moulin Rd... you will then get directed to bag collection and hot soup & roll at Escape Route Cycle shop and Cafe on Atholl Rd

Day 2 – Saturday 4th September

RIDE START & BAG DROP 7am - 9am

The Dome Play Area off West Moulin Rd, Pitlochry

TOTH riders will be joined by an additional 60 or so 3 Pistes riders

Day 2 FINISH & FOOD

Ongoing construction works and social distancing mean we cannot use the main car park and ski buildings as previous years. The car park is currently a pot hole ridden mess. We will have a timing station at the bottom of the Coire Cas car park.

You can ride up to the ski buildings and use the cafe and toilets etc. Sadly due to increased public usage from UK tourists, reduced staffing at Cairngorm and social distancing, this also means that for this year only Cairngorm are not able to provide riders with hot food, except that purchased by yourself in their cafe.

DAY 2 BAG TRANSFER

You will have 2 bag options. 1st one for your main weekend bag going to Aviemore town centre (location tbc). The 2nd one for a SMALL bag going to Cairngorm. The 2nd one should be for a warm jacket or similar to wear once finished at CG and your ride downhill to Aviemore.

DAY 3 START split start 8.30am & 9.15am

La Taverna Car park, Aviemore

Due to it's relatively flat, and very fast nature, for day 3 we need you spread out as much as possible. In previous years we have had bottlenecks at feed stops and ferry when big goops have arrived en masse

On Saturday at the end of the ride we will inform you which start time we wish you to attend. Don't worry it will be informal groupings and we will ensure friends can start together. For

each start we will ask faster riders to make the lead group and slower riders the tail group. This should hopefully spread things out.

FINISH GLENCOE – BIG BOWL OF PASTA OR CHILLI

RIDER SUPPORT

There will be 2 sweep vans, 2 mobile mechanics, 2 first aid vehicles on the route. Most of the route has mobile signal. We will give you the race control numbers at registration

[Mechanics](#)

Thanks to Brexit and worldwide lockdowns many bike shops and mechanics are struggling to source spares. Please don't leave servicing your bike to the day before the event – you may get a nasty surprise. We have experienced mechanics on the team but they can't work miracles...

Accidents / Emergencies

If you see a fellow rider in difficulty please stop and check they are ok. Stay with them if required and if no mobile signal send someone else onwards to get help.

For serious issues your first call should always be 999, but please also call us, our team might be close by.

GROUP RIDING

Days 1 and 2 both start with a gently rolling, predominately downhill parcorps. It is most likely (in fact utterly desirable from a riders point of view) that you will remain in your packs of 20 for upwards of 50km. Both days feature key trunk roads through the Scottish Highlands which are wide enough for overtaking. Please be courteous to your fellow road users. It is perfectly legal for you to ride in pairs. Please **DO NOT** ride more than 2 abreast **EVER**. When the road narrows (particularly early stages of Laggan Rd on Day 3) please allow other road users to pass safely.

SAFE DESCENDING

Day 1 features a couple of tricky, narrow, steep down hills at Ben Lawers, Schiehallion and Trinafour. You have another 2 days ahead of you with faster more fun and less risky downhills, so cool your jets on Day 1 and enjoy the scenery.

OLD A9 BIKE TRACK DAY 1

The old A9 bike track features bollards and a few sections of crappy tarmac. It's also a good steady downhill where you can pick up speed. Try to avoid sitting right on each other's wheels and make sure you keep your eyes scanning ahead... for the best steak pie shop in the world at House of Bruar.

CORRAN FERRY

Cyclists get on the ferry for free. They are aware you are coming. DO NOT RIDE onto the pier or ferry. There will be a feed stop before you board. Unfortunately the toilets are on the other side of the water. If you are caught short pop into the pub – they sell the most amazing cakes. Buy one and spend a penny.

Feed stops

Gels, Powder, Coke, Water, Aussie Bites, Cake, Kit-Kat, Jelly Bean, Pretzels, Bananas, oranges and whatever is cheap in Cost

DAY 1:

63km Killin (to the right at public toilets)

117km Tummel Bridge (to the right in forestry car park (100m to campsite toilets))

145km Struan (end of Old A9 cycle Path - 1km to House of Bruar)

DAY 2

46km Glenshee Ski Area

98km Lecht Ski Area

130km Nethy Bridge - NOT THE USUAL HOTEL... unless you want to gatecrash a wedding... Continue left over bridge, then left on grass beside public toilets.

DAY 3

58km Spean Dam

102km Corpach

140km Corran Ferry

CUT OFFS

Day 1

Killin – 9.30am

Keltneyburn – 10.45pm (divert via Logierait)

Tummel Bridge – 11.44am (divert via Sth Loch Tummel)

Trinafour – 12.30pm (divert via HoB)

House of Bruar – 2.00pm

Pitlochry – 4pm

Day 2

Cairnwell Summit 10.30

junction of A93/B976 11.30

Lecht Summit 14.30

Nethy Bridge 16.00

Day 3

Spean Bridge – 11am

Banavie – 12noon (divert via Camusnagaul ferry)

Corran Ferry – 3pm

Glencoe Ski – 5pm

ROUTES GPX

DAY 1 GPX <http://www.mapmyride.com/routes/view/923862321>

DAY 2 GPX <http://www.mapmyride.com/gb/pitlochry-sct/three-pistes-challenge-route-320662845>

DAY 3 GPX <http://www.mapmyride.com/routes/view/917389681>

Think that's all folks...

Hannah and Alan