

## Parking

Parking is available throughout Pitlochry.

Please do not park on residential streets near the start, rather, please use the main Atholl Rd car park near Escape Route.

## Littering

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

## Covid Safety Measures

Restrictions have been lifted but covid hasn't gone away and to be honest, nobody really wants your germs regardless of how mild they are so as a common courtesy to other riders please use the hand sanitiser at the feedstations before accessing the food and drink.

## So the key things....

### REGISTRATION

Friday 3pm - 5pm @ Escape Route, Atholl Rd

Saturday 7am - 8am @ Dome Play Area, Robertson Cres, off West Moulin Rd. Please be quiet and respectful of the local residence... many will still be in bed...!

### THERE IS NO CAR PARKING AT THE START

YOU MUST BRING PHOTO ID to registration

You cannot sign on for anyone else.

### BUS TRANSFER TO START FROM AVIEMORE

Those of you getting the morning coach down from Aviemore will sign on at the bus.

Bus & van depart from main car park of MacDonald Hotel, Aviemore.

Please ensure your pedals are removed before loading in van.

**Bus departs 6.30am**

### BAG DROP / TRANSFER

At Start we will collect a small bag for you and drive it to the finish at Cairngorm – please make sure you get it in the right van NOT the Tour of the Highlands Baggage Van...

### RIDE START 7am – 9am

@ Dome Play Area, Robertson Cres, off West Moulin Rd. Please be quiet and respectful of the local residence... many will still be in bed...!

Riders will be set off in groups of no more than 20 and at 3 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.

If you are getting the bus back from Cairngorm to Pitlochry it will leave at 4pm – please choose your start time accordingly!

### FEED STOPS

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

46km Glenshee Ski Area

98km Lecht Ski Area

130km Nethy Bridge

If you get cut short public toilets are also available on the route in Braemar & Tomintoul

### FINISH & FOOD

The finishline will be at the top of the car park at the Cairngorm Ski Centre with a bowl of hot food and bag collection inside.

### RETURN BUS TRANSFER

Due to relatively low numbers again this year we only have one bus.... **It will be leaving at 4pm.**

Please make sure your pedals can be removed (check this now!). Only you know how much training you've done so, allowing for a bowl of pasta at the finish, collecting your bag, removing your pedals and loading your bike and possible a puncture on the way please choose your start time accordingly.

### 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

### 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

Due to the uphill start groups tend to split quite early. That being said, please be courteous to other road users, never ride more than two abreast and on narrower roads please ensure you allow faster vehicles to safely pass you.

### SAFE DESCENDING

The 3 Pistes features some of the fastest descents in Scottish cycling. This is not a race. No-one is going to win any medals. We want you all to be fit and well for work or retirement on Monday. So please ride within your abilities.

### CUT OFFS

*Cairnwell Summit 10.30*

*junction of A93/B976 11.30*

*Lecht Summit 14.30*

*Nethy Bridge 16.00*

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