

ETAPE LOCH NESS

29 April 2018

Event Instructions



www.etapelochness.com

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2018 Etape Loch Ness – Event Instructions



Please take a few moments to read through these event instructions to ensure you have a safe and enjoyable event. Everything you need to know about the event is covered here, so please read these important instructions carefully. Please also refer to the event website, Facebook and Twitter to keep up to date.

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Introduction



We look forward to welcoming you to the 2018 Etape Loch Ness. We have riders coming from all over the world to take part and we hope you enjoy your visit to this stunning part of the country.

We are delighted to be partnered with Macmillan Cancer Support for the fifth year running. Over the past four years Etape riders have raised over £700,000 for people living with cancer across Scotland and the rest of the UK. This year, with your help, we are hoping to go the extra mile and reach a £1 million milestone.

We would like to take this opportunity to thank Police Scotland, Transport Scotland, Highland Council, BEAR Scotland, Alba Traffic Management and other agencies and organisations who have provided invaluable support and advice with the planning of the event.

A huge thank you is extended to the local residents, communities and businesses along the route for their support and cooperation; and a special mention for the many individuals, charities and organisations who volunteer over the event weekend for their invaluable support.

Finally, a big thank you to our sponsors & partners: VisitInvernessLochNess, GFG Alliance, Highland Council, Cycle Republic, High5, JBT, Parcelinq, Tomatin, Cromarty Brewery, Muc-Off, Fuel 10K, Harry Gow and Scottish Canals.

*Everything you need to know about the event is here, so please take time to read these important instructions carefully to ensure you have an enjoyable and safe event experience. Please also refer to the **event website**, **Facebook** and **Twitter** to keep up to date.*

We would like to wish you all good luck with your final few weeks of training and look forward to seeing you all at Registration on Saturday 28 April.

Malcolm Sutherland
Event Director



Official Charity

Good luck to everyone taking on the Etape Loch Ness for Team Macmillan. We are extremely proud to say that over **1,000** of you are riding for people affected by cancer!

No one should face cancer alone and because of amazing fundraisers like you, they won't have to. Thank you for helping us to be there for the 31,824 people diagnosed with cancer in Scotland every year.

We would like to invite all of our riders to come and see us in the Event Hub over the course of the event weekend. On Saturday you will be able to collect your jersey if you have raised £200 or more and after the ride on the Sunday, we will have masseurs on hand to help you recover from the ride!

We look forward to meeting you all!



Sponsors & Partners

Sponsors:



Partners:



Read more about our Sponsors & Partners [here](#).

Timings, Registration & Merchandise

EVENT WEEKEND TIMINGS

SATURDAY 28 APRIL

10.00 - 19.00

Registration for all participants at the Event Hub, Eden Court Theatre, Bishops Road, Inverness IV3 5SA

SUNDAY 29 APRIL

06.15 - 06.53

Start of the Etape Loch Ness at Bught Park, Bught Road, Inverness, IV3 5SQ. Please note the start is 0.6 miles from the Event Hub and all riders should be at the start area 20 minutes before their start wave time.

09.00 - 13.00

Participants expected to cross the finish line by the riverside at Eden Court Theatre.

10.45

Prize Giving at the Event Hub

REGISTRATION

All participants **MUST** attend pre-event registration between 10.00-19.00 on Saturday 28 April at the Event Hub at Eden Court Theatre to collect your event pack.

During the registration process, you will be required to show a form of photo ID in order to receive your event pack. If you are unable to attend Registration and wish to send a friend or relative to collect your event pack on your behalf, they must bring a form of photo ID for themselves as well as a signed letter of authorisation from you confirming that they can collect your event pack.

During Registration there will be basic mechanical support provided by **Cycle Republic** along with official merchandise, food and drink and other stands including **Macmillan Cancer Support**, **Muc-Off**, **Fuel 10K**, **Cromarty Brewery**, **Tomatin Whisky**, **Dryburgh Cycles** and **Bikes of Inverness**.

Please note: there is no registration on Sunday morning.

There are absolutely no event weekend entries for the Etape Loch Ness, and strictly no substitutes or transfer of places to another participant. We do not offer refunds or a deferment of places to next year's event.

MERCHANDISE

If you have pre-ordered an Etape Loch Ness cycle jersey, you can collect this from the merchandise stand at the Event Hub during registration on Saturday 28 April, please remember to take a copy of your order confirmation with you. Cycle jerseys will also be for sale during the event weekend, subject to stock availability. Order your jersey now to avoid disappointment. www.etapelochness.com/shop

Tomatin, our official whisky partner, have produced a limited edition exclusive 12-year old single malt, bottled especially for the Etape Loch Ness. Matured in a combination of Bourbon and Sherry casks, this single malt is a great choice for celebrating your success in the Etape! Pre-order your bottle now, www.etapelochness.com/shop and either collect during registration, or choose to have it posted to a UK address.

Also for sale over the event weekend from the Tomatin tent



EVENT PACK – IMPORTANT INFORMATION

Within your event pack you will receive the following:

- **Rider Number** – which must be attached to the **BACK** of your cycle top during the event (using the safety pins provided). Your number should be clearly visible at all times.
- **Bike Number with TIMING CHIP** – fixed to the front of your bike using the cable ties provided, with the number clearly visible to the front, please avoid bending the timing chip.
- **The timing chip** is registered to your rider number and will provide your official times for the event if used correctly. The timing chip will automatically start recording your time when you cross the start line, and will also provide a split time for the King of the Mountain stage.
- **IMPORTANT:** please complete the emergency contact / medical information on the reverse of your rider number before attaching to the **BACK** of your cycle top. If you have a medical condition, please put as much information as possible on the reverse of your rider number and put a red cross on the front. This is so medical teams are aware of any existing medical condition should you require assistance on the course.

Getting to the Start, Parking and Info Point

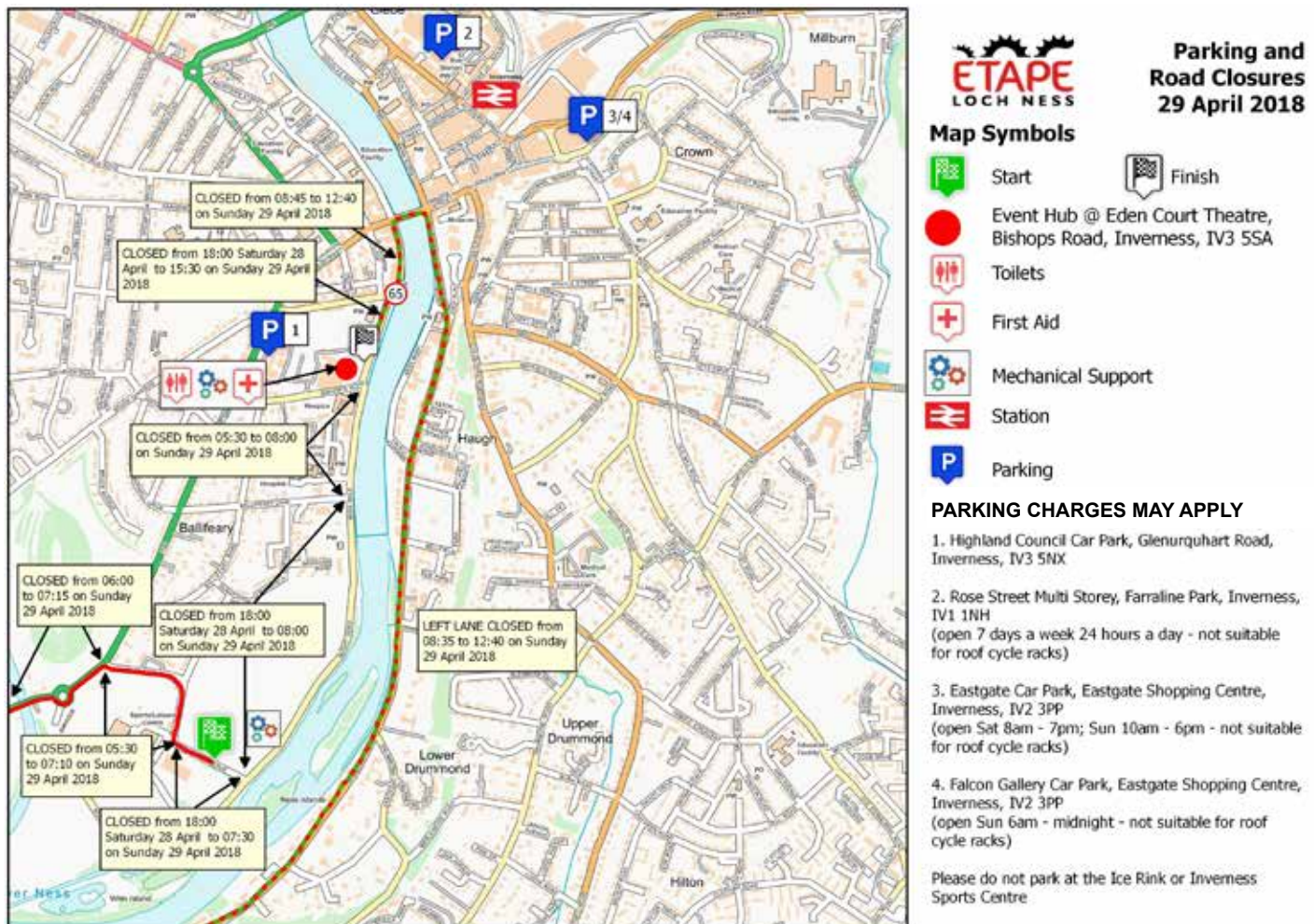
GETTING TO THE START

On event day please ensure you arrive early to allow plenty of time for parking as the area around the Event Hub and the Start will be very busy. Please also note the **road closures** in place on the event morning and plan your journey carefully. Please follow signs and marshal directions to guide you to your start holding pen and the Start line. We recommend car sharing or cycling to the Start if you are staying locally, to help reduce congestion on the day.

If you are travelling from the Loch Ness area on event day, please note there will be **road closures** in place around the loch prior to the event start. Please note that the start is 0.6 miles from the Event Hub and all riders should be at the start area 20 minutes before their start wave time.

PARKING - charges may apply

Parking is available at the following locations for Registration at the Event Hub on Saturday 28 April and for the Start, Finish and Event Hub on Sunday 29 April. Please also note the **road closures** in place on the event morning and plan your journey carefully. Parking charges may apply.



INFO POINT

An Info Point will be located in the Event Hub during Registration on Saturday, and on Sunday for the duration of the event.

Please note this is for information and last minute queries only, NOT late registrations.

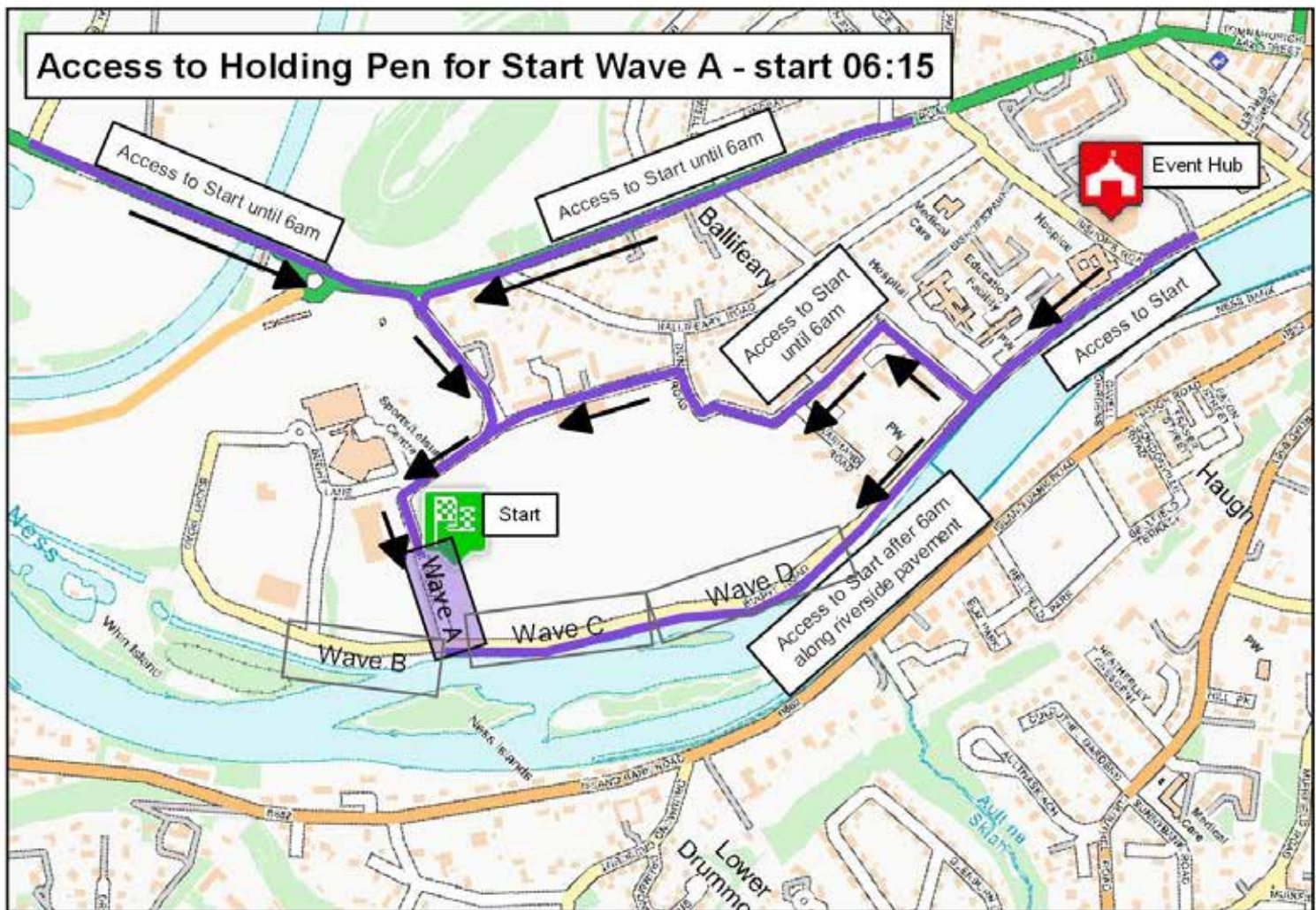
GO PRO FOOTAGE

Are you planning to use a Go-Pro or similar device to record your Etape Loch Ness experience? If so, would you be willing to share some of the footage so that it may be included in our promo film? If you'd like to find out more, please contact us at info@etapelochness.com or come to the Info Tent at the Event Hub when you have finished and we can download your footage on the spot for ease.

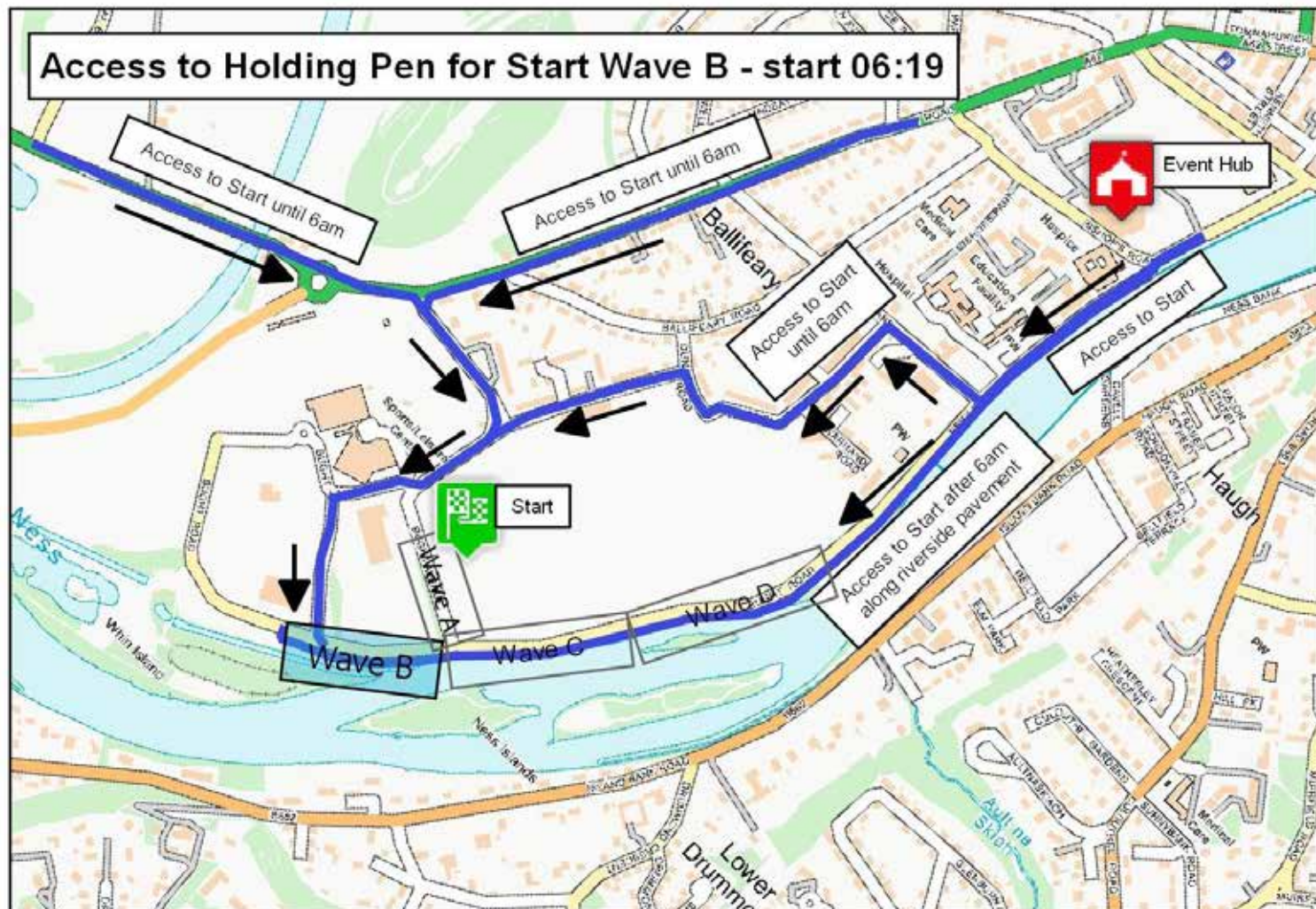
The Start

THE START

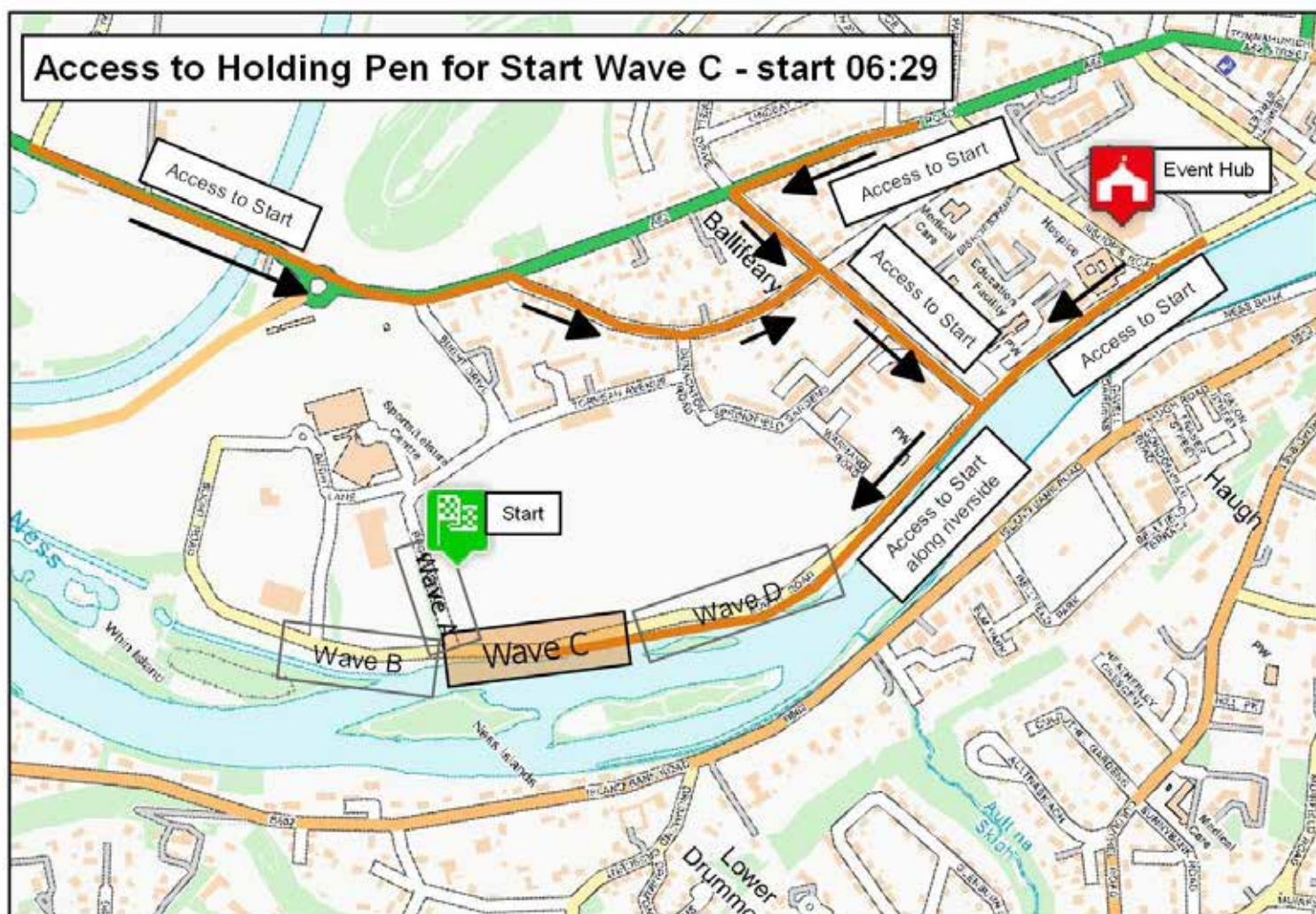
- Participants will be split into 4 waves (A-D) based on your estimated finish time.
- You will receive an email with your specific start wave (A-D) and start time, and all start times/waves are posted on our website.
- Groups of approx. 230 riders will be released at 2 minute intervals between 06.15 and 06.53.
- Your start time/wave is based on your estimated finish time as provided when you entered online. This ensures that the fastest and most experienced riders start at the head of the field and allows you to cycle with participants of similar ability for your safety and enjoyment.
- Please allow plenty of time to get to your start holding pen as the area will be very busy. The start area is 0.6 miles from the Event Hub. We advise that you arrive at least 20 minutes prior to your start time.
- Please note that there are different access routes to the start holding pen for each start wave (see maps below). This information will also be available at Registration.
- If you miss your start wave you will be asked to join the last wave of riders. If you miss the final wave we are very sorry but you will NOT be allowed to take part in the event.



Access to Holding Pen for Start Wave B - start 06:19



Access to Holding Pen for Start Wave C - start 06:29



Access to Holding Pen for Start Wave D - start 06:37

The map illustrates the route for Wave D of the Ness Islands Triathlon. The route is marked by a pink line that starts at the 'Start' (indicated by a green flag icon) and follows a path through the islands, passing several 'Access to Start' points. The route is labeled 'Wave D' in a pink box. Other waves are labeled 'Wave B' and 'Wave C'. The map includes various landmarks such as 'Ballifarry', 'Medical Centre', 'Education Facility', 'Ness Islands', and 'Lower Drumming'. The 'Event Hub' is marked with a red house icon. The map also shows the 'Ness Islands' and 'Lower Drumming' areas.

The Route and King of the Mountain

THE ROUTE

The Etape Loch Ness route covers a distance of 66 miles (106km) and has a total ascent of 900m. Please refer to the route map on page 18.

- The event takes place on roads which are closed to all forms of traffic (access is allowed for emergency services and official event vehicles).
- **Please note that one section of the route is left lane closure only.** This is the final section on entering Inverness (from Holm roundabout) to the finish where traffic will be travelling on the opposite carriageway. Participants must take extra care on this section and must NOT cross the central white line at any time, which would result in your disqualification.
- **Please cycle on the LEFT at all times unless overtaking. If you need to dismount and walk at any time, please walk in single file on the LEFT.**
- Please take care when passing other participants, and always look over your shoulder before overtaking. Please allow faster riders to pass you when possible.
- Make sure you know the route! There will be clear signage throughout but it is your responsibility to navigate the course successfully and safely.
- **Emergency vehicles are required to attend incidents along the closed roads during the event, so be prepared to give way, stop and pull off the road for any emergency vehicles that require access. Be aware that emergency vehicles will travel on the 'normal' i.e. left-hand side of the road so may appear behind you. They will always try to travel in the direction of the ride but this will not always be possible, therefore may also be travelling towards you. Stay alert!**
- Please take care when continuing straight through, or stopping at feed stations – there are a lot of riders stopping at each of these and signs will be in place giving adequate warning of what side of the road the feed station is on. Please pay attention to these and keep to the appropriate side. Pay particular attention to riders around you, as some may stop or change direction suddenly at these points.
- The roads around the route vary in width and there are steep descents and sharp bends. It is up to you to judge the safe speed at which to negotiate any part of the course. On fast descents or sharp corners either a 'Caution' sign or marshal will be present with a yellow flag and whistle to alert you to the hazard.
- Please do watch out for uneven road surfaces as these are a hazard along any sportive route.
- The route is marshalled for your safety with motorcycle marshals patrolling the route and marshals in static locations along the route. You must be prepared to slow down when necessary and obey the instructions of marshals or event officials.
- The Organisers reserve the right to alter the route if operationally required.
- You will be riding in a large group from the start, so please take care, especially when the route turns left onto Glen Urquhart Road shortly after the start, goes around the Tomnahurich roundabout and crosses the Caledonian Canal at the Tomnahurich Swing Bridge.
- There is a swing bridge in Fort Augustus over the canal which will resume operation after 09.35am (after the event sweep convoy passes over it). If the swing bridge is in operation, you will be asked to obey the road signs / warning lights, and any instructions from the Bridge Keeper. You will be asked not to use the lock gate walkways, and should wait for the road to open again.
- Please note there are two cattle grids on the route: one at 1-mile into the King of the Mountain stage and one at the summit of the King of the Mountain. The best way to approach a cattle grid is straight on: freewheel and don't brake on the grid, as the quicker you go over, the easier it is.
- It is essential you are aware of your surroundings at all times, please do NOT wear music headphones or take or make mobile phone calls or take photos while you are riding.

KING OF THE MOUNTAIN

At approx. 34 miles (55km) into the route as you leave Fort Augustus, there is a 4.8 mile (9km) climb gaining 380m in height with a gradient reaching 12%. The start and finish of this hill climb will be clearly marked and timed with the option of taking it slow and steady or going for the burn and the King of the Mountain title – the choice is entirely yours!

All participants will receive a split time for the King of the Mountain section, which will be included in the results.

If you do decide to walk up any of the King of the Mountain, please walk in single file and keep LEFT at all times.

Hydration & Nutrition & Mechanical Support, Toilets and Littering

HYDRATION & NUTRITION

Endurance cycling is a very intensive activity; remember to keep well hydrated for the duration of the event.

There will be 3 feed stations around the course, located as follows:

- Feed station 1 – Invermoriston (mile 27)
- Feed station 2 – Whitebridge Hotel (mile 42)
- Feed station 3 – between Inverfarigaig and Dores (mile 54.5)

High5 EnergyGel and **EnergySource** sports drink, **Harry Gow** tray bakes and bananas will be provided at the feed stations. It will also be possible to refill your water bottles with water and High5 EnergySource sports drink. Cycle Republic will provide mechanical support at the feed stations.

Please note that water will NOT be provided at the Start so please arrive at the Start line with full water bottles and energy snacks to begin your ride, and more water can be obtained at the feed stations. Please keep your gel wrappers and other rubbish in your pockets during the ride and get rid of it at the feed stations where litter bins are available.

When you cross the finish line, there will be a **Harry Gow dream ring** and a **Cromarty Brewery Happy Chappy beer** waiting for you!



Getting your nutrition right can make all the difference to getting across the finish line and enjoying your ride. We're delighted to have High5 on board as our sports nutrition partner. More information on High5 products here www.highfive.co.uk and here's a **guide** to help you plan your nutrition strategy for the ride.

MECHANICAL SUPPORT

Mechanical support will be available at the following locations along the route:

- Feed station 1 – Invermoriston (mile 27)
- Feed station 2 – Whitebridge Hotel (mile 42)
- Feed station 3 – between Inverfarigaig and Dores (mile 54.5)

We strongly recommend that you come prepared, and we advise all participants to carry a pump, puncture repair kit, tyre levers and a couple of spare inner tubes with you. This is crucial to ensure that you have a safe and enjoyable day.



Cycle Republic are delighted to be providing Mechanical Support for the Etape Loch Ness. Our experienced mechanics will be on hand providing free labour repairs and last minute tweaks to ensure that your bike is ready for the exciting challenge ahead. We will be with you all the way from start to finish including workshops at the feed stations, as well as mobile support out on the route.

TOILETS

Portable toilets are available at the Event Hub, Start and located at each feed station (mile 27, 42, 54.5) and just north of the King of the Mountain summit (mile 39). For the consideration of residents, businesses and the local community, we request that you only use the toilet facilities provided.

LITTERING

It's a privilege to be able to cycle around iconic Loch Ness and Inverness, so please do everything you can to keep it free from litter and dispose of your rubbish responsibly.

Please keep your rubbish in your pockets and get rid of it at the feed stations where litter bins are available. **Please use litter bins and do not drop litter.**

There will be litter bins provided at each feed station along the route, at the finish and Event Hub.

In addition, there are 3 clearly signed '**Litter Drop Zones**' this year, which will be small sections of the road approx. 1-2 miles after each feed station where you will be permitted to discard your litter. When using these zones, please take care to ensure you discard your litter at the **LEFT** edge of the road to reduce the risk of hazard to riders behind you.

Littering in any other locations along the route will NOT be tolerated.

Please help us to keep Loch Ness and Inverness clean and tidy.

Slow Riders and Retiring

SLOW RIDERS AND RETIRING

- Shortly after the last wave of participants has left the Start, our sweep convoy (consisting of a pace car and minibus with trailer) will follow riders along the route at a fixed speed of 13mph.
- All participants must adhere to the minimum speed of 13mph. Riders falling behind this will be given the option of returning to the Event Hub in the sweep bus or completing the course on open roads. This ensures that the roads are reopened as agreed with the authorities and local communities and once it is deemed safe to do so by the Event Organisers. This gives participants 5 hours and 38 minutes to complete the course on closed roads.
- Participants who are overtaken by the Pace Car will hear the following message: "This is the PACE CAR, you need to get ahead of us as roads will be reopening soon. Please follow the Highway code and keep left; there is a team behind who will support you."
- If you have suffered mechanicals you will be able to catch and overtake the Pace Car and will be able to complete the course.
- We want everyone to complete the course and have a safe and enjoyable experience.
- For those participants who can no longer continue for mechanical, physical or medical reasons, the sweep team will take you and your bike back to the Event Hub in Inverness.
- The Event Organisers reserve the right to use discretion as to when riders are picked up. This would be on the grounds of safety of the rider or other road users, specifically on the section of the route on the A82, or for medical reasons. Please note the Event Organisers' decision is final.
- Any rider who refuses to get on the sweep bus will be asked to sign an event disclaimer, will have their timing chip and rider number removed and will be advised that the Highway Code and usual Road Traffic Laws apply.
- **IMPORTANT:** For safety reasons, please do not leave the course without informing an Event Official.

keep in touch



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www.etapelochness.com

CYCLING ETIQUETTE

Please follow these simple steps to help ensure the safety of all those participating.

• LOOK, THINK, COMMUNICATE

- Try to maintain a predictable cycling line on the route – don't swerve suddenly.
- If you need to stop or change direction, please indicate your intention to other riders.
- If you notice potential obstacles or hazards ahead, let your fellow riders know.
- Cycle at a sensible speed and be aware of the variable quality of the road surface.
- Keep to the left-hand side of the road where possible, allowing others riding more quickly to pass on your right.
- If you need to get off your bike on hilly sections, always walk on the left allowing as much space as possible for riders to pass to the right.
- Stay alert! Emergency vehicles are required to attend incidents along the closed roads during the event, so be prepared to give way, stop and pull off the road for any emergency vehicles that require access.
Expect emergency vehicles on the route at any point, either crossing or driving along the route in both directions.
- Follow instructions given to you by event officials and marshals at all times.
- Finally, the Etape Loch Ness is NOT a race, and you should not compromise your own safety – and that of other cyclists and spectators around you – by riding the sportive as if it was a race.

GROUP RIDING

Riding in a large group for the first time can be quite daunting. If you get the chance to get out on the road with some other cyclists of a similar ability, it will bring on your speed and handling, and also reduce the fear of being in a large group.

Starting in a group of similar speed and ability will help keep your Etape Loch Ness experience smoother. With less big changes in pace, this will prevent large groups passing other slower groups which can lead to confusion and heavy braking.

Consider the safety of those riding with you, and be aware that the cyclists around you will have varying levels of ability and experience.

It is important riders have an understanding of how to pass other cyclists with care. Think about a 3-4 lane motorway where you stay in the inside left lane unless you go to overtake a slower vehicle. When you go to overtake, you ensure nothing is passing you on the right, if it's clear then you move out and pass.

Group riding is no different, and there should be no big erratic changes in direction as you may well wipe out the front wheel of the rider/s coming up from behind. Always listen out for a shout from faster riders from behind and keep left to allow them to pass safely.

Remember in a group it's common for the riders in the middle not to see some of the obstacles or hazards in the road ahead. Calling out obstacles in the road such as potholes, cattle grids, riders stopped with mechanicals or a change in direction at junctions is good rider etiquette.

Confident riders will mark out obstacles by pointing them out, but some riders may prefer to call instead. These are the most common calls:

- **INSIDE** – lets riders know where a hazard or obstacle is e.g. a pothole or car on left hand side.
- **OUTSIDE** – indicates there is an obstacle on right hand side e.g. a pothole or car.
- **EASY** – lets riders know there is an obstacle or a slower group in front with little room to pass, a vehicle in the way or something blocking the road.
- **LEFT/RIGHT** – indicates there is a change in direction at a junction.

British Cycling has some useful **RideSmart** video clips on all aspects of taking part in a sportive which we recommend watching.

Road Closures, Spectators & Medical Support

ROAD CLOSURES

We have priority on all roads throughout the Etappe Loch Ness, however please keep to the left hand side of the road at all times as it might be necessary for emergency and official event vehicles to travel along the route in either direction. More information on road closures can be **found here**. Please note that the final section on entering Inverness (from Holm roundabout) to the finish is left lane closure only and traffic will be travelling on the opposite carriageway.

SPECTATORS

If you live in or are visiting the following villages, why not get your friends and family to give the riders a cheer as they go past, it really does make a difference!

- Drumnadrochit – riders expected through the village between 06.50 – 08.00
- Invermoriston – riders expected between 07.20 – 09.00
- Fort Augustus – riders expected between 07.35 – 09.25
- Foyers / Inverfarigaig – riders expected between 08.10 – 11.00
- Dores – riders expected between 08.40 – 11.45
- Inverness – riders expected between 09.00 – 12.30;

The final 2 miles through Inverness City Centre alongside the River Ness will provide the best vantage points for spectators and at the Event Hub at Eden Court Theatre.

We encourage all spectators to come along to the Event Hub to welcome riders home. First riders expected from 09.00 onwards, and the bulk of riders expected between 09.00-13.00.

FIRST AID & MEDICAL SUPPORT

British Red Cross and Scottish Ambulance Service will provide first aid and medical care in both static and mobile units along the route. First Aiders will be located at every feed station, other static locations and at the Finish. Please refer to the route map on page 18.

If you wish to retire at any point during the event, please approach an Event Official or one of our medical team. Should participants NOT be allowed to continue for medical reasons or require hospital treatment, Event Control will be notified.

If you see another participant who is experiencing difficulty on the route and needs assistance, please report it to the nearest Event Official or one of the medical team, stating their rider number if possible.

IMPORTANT: Please give way, stop and pull off the road for any emergency vehicles that require access on the route.

If you are at the side of the road and need to stop a motorcycle marshal for any reason, please stand clear of the road facing oncoming participants, and raise your right hand, clearly indicating that you need assistance. When doing this, please make sure your hand is raised in enough time to allow for the motorcycle marshal to see you and stop safely.

Whether or not you have a medical condition, if you feel unwell on the event day we strongly recommend that you do not ride. The organisers reserve the right to prevent participation on the day due to medical grounds.

We hope your training has gone well, but would like to remind you that if you have recently had a cold or have been ill it is important to seek medical advice prior to the event. Also, if your training has not gone to plan we ask you to give serious consideration to your ability to undertake the event.

Please ensure you add the Event HQ number: 07444 522510 and 07444 170436 to your phone. Please note that this number will be operational from 06.15 on Sunday 29 April and is to be used in an emergency ONLY.

Baggage, Changing Facilities, Showers, Massage, Times, Medal & iTaB & Prize Giving

BAGGAGE, CHANGING FACILITIES & SHOWERS

Please note there are NO facilities at the Event Hub for storage of participants' baggage or belongings. All items left in parked vehicles are left at the owner's risk.

A small changing facility will be available at the Event Hub after the finish. Please note there are no showers available at the Event Hub.

MASSAGE

Athletes' Angels will be available at the Event Hub on event day to provide massage therapy to all riders.

- Post-event massage aids recovery, boosts circulation, removes lactic acid and promotes relaxation. You'll definitely deserve it after 66 miles of Monster cycling!
- Pay just £10 for 10 minutes
- We will accept cash or card payments on the day and will take card payments for advance bookings. To book and pay for a treatment, please email: caroline@athletesangels.com

TIMES

Every participant will receive a finish time (subject to proper use of the timing chip) and a split time from the King of the Mountain stage. Your time will be sent via a SMS text message on the day (as long as you provided us with your correct mobile number when you entered online) and will also be posted on www.etapelochness.com on Monday 30 April.

MEDAL & iTaB

A medal will be given to every participant who completes the event. If you ordered your iTaB at the time of online entry, you don't need to do anything - just wait for your iTaB to arrive in the post. If you still need to order your iTaB, engraved with your name and finish time, just [click here](#).

PRIZE GIVING

Prize Giving for the top 3 finishers (Male and Female) and the King of the Mountain (1st Male and 1st Female) will take place at 10.45am on Sunday 29 April at the Event Hub.

Prizes are supplied courtesy of Muc-Off, Tomatin Distillery and Cromarty Brewery.

Official Photos, Lost Property, Getting Here and Things to do

OFFICIAL PHOTOS

Marathon-Photos.com is the Official Event Photographer, and will capture your exciting moments at the Etape Loch Ness. Marathon-Photos.com is the leading event photography company in the world, photographing over 700 mass participation events in over 35 countries. Participants will be able to view their photos and video within 24 to 48 hours after the event, and a FREE personalised Event Certificate will be available to **download**.

LOST PROPERTY

Please hand any items found to the Info Point at the Event Hub. We will keep lost property for 2 weeks after the event. Please **email** info@etapelochness.com to register any lost items, giving as much detail as you can about the item and where it may have been lost.

GETTING HERE

The Event Hub at Eden Court Theatre, Bishops Road, Inverness, IV3 5SA is less than a mile from Inverness city centre, bus and train stations, and 11 miles from the airport. The start is at Bught Park, Bught Road, Inverness IV3 5SQ, which is approx. 0.6 miles from the Event Hub and the finish is on the riverside by the Event Hub. Please visit our **website** for information on getting to Inverness and www.trafficscotland.org.uk for travel updates.

ACCOMMODATION, TRAVEL & THINGS TO DO



Cycling around Loch Ness is enough of a challenge without having to worry about how to get there, where to stay and what to do after. Make sure that your weekend all goes to plan! For travel information to Inverness, see our **Travel section**. For accommodation, check out our **Accommodation** guide and for "What to see & do" after checkout click **here**. The area also offers a fine range of **restaurants** in which to relax and enjoy a meal. Have a great ride on Sunday! www.visitinvernesslochness.com

Mandatory & Recommended Kit

MANDATORY KIT

Please be aware that weather conditions can change and deteriorate rapidly in the Scottish Highlands and you should bring appropriate clothing to keep warm in any adverse weather.

- Make sure that your bike is in PERFECT working order – road bikes are preferable, but mountain and hybrid touring bikes are acceptable. Please note that fixed wheel bikes (bikes that use pedals as a brake) are NOT permitted
- Helmet – the wearing of hard shell helmets conforming to CE standard EN1078 is mandatory and must be worn at all times when cycling
- Filled water bottles & energy snacks
- Mobile phone (with Event HQ number added: 07444 522510 and 07444 170436)

Basic bike repair kit that includes:

- 2 inner tubes
- puncture repair kit (with glueless patches)
- tyre levers
- multi-tool with chain splitter
- chain speed links (to join a broken chain)
- pump or air canister inflator

There are plenty of YouTube clips on how to change a tube, it's worth practising at home!

RECOMMENDED KIT

Other items we recommend that you carry:

- waterproof jacket
- small first aid kit
- sun screen
- sun glasses
- emergency money

In cool or adverse weather conditions, we also recommend:

- warm base layer
- windproof jacket
- warm long leggings or 3/4 length leggings to keep the leg muscles insulated from cold conditions
- insulated waterproof gloves
- skull cap or buff for underneath your helmet
- over boots on top of your cycling shoes

GOVERNMENT ADVICE

In conjunction with the Government advisory messages around the threat to crowded places and mass gatherings, we recommend participants familiarise themselves with the Run, Hide, Tell advice and consider downloading the CitizensAID app - here: www.citizenaid.org

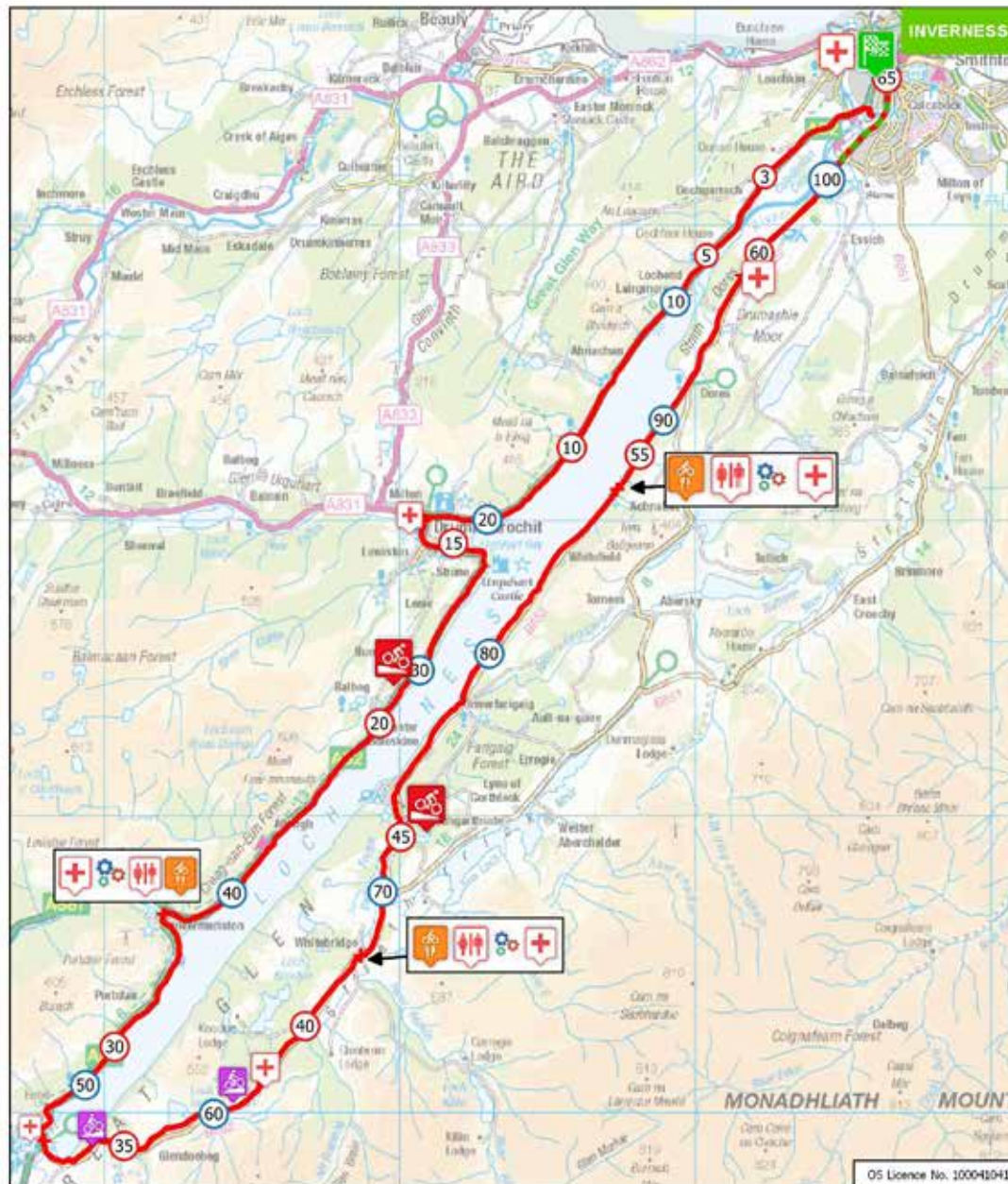
All participants must report suspicious activity or aggressive action immediately to Event Control or dial 999.

And Finally... Event Rules & Regulation

The Etape Loch Ness is intended to provide every cyclist with the best event experience. In order to do this, the following Event Rules & Regulations are in place to ensure the smooth running of the event. This list is not exhaustive and the Organisers reserve the right to amend these Rules prior to the event.

- Participants must ensure they adhere to the mandatory kit rules – these will be strictly enforced.
- Safety-approved cycle helmets (CE standard EN1078 or equivalent national standard) are compulsory and must be worn at all times when cycling. Any cyclist not wearing a helmet whilst participating in the event will be excluded.
- You must use a bike that is deemed safe for the purposes of the event in the opinion of the Event Organiser. Specifically, no fixed-wheel bikes are permitted, no recumbent bicycles and no bicycle (conventional or otherwise) is permitted to have unconventional handlebars including triathlon bars, aero bars, clip-ons, prayer bars, Spinaci bars or cow bars. However, MTB bar ends are permitted on mountain bikes. Bikes with children in child seats, tag-along bikes or trailers are NOT permitted.
- Participants must display all rider numbers provided at Registration at all times: a bike number (with timing chip attached) fixed to the handlebars and a rider number attached to the back of cycle top with emergency contact / medical information completed in full on the reverse of the rider number.
- **You may NOT ride under someone else's rider number under any circumstance. Doing so will result in disqualification.**
- You must register on the date and times as specified by the Event Organiser.
- Participants will set off in waves every 2 minutes at the Start. Please do not start earlier than your allocated time.
- Please cycle ON THE LEFT at all times.
- Keep left and in single file if you have dismounted.
- Be aware of other participants around you and allow faster riders to pass you on the right.
- Please note that there is one section of the route that is left lane closure only. This is the final section on entering Inverness (from Holm roundabout) to the finish where traffic will be travelling on the opposite carriageway. Participants must take extra care on this section and must NOT cross the central white line at any time, which would result in disqualification.
- You must not deviate from the official event route which will have directional signage throughout. Failure to comply may result in disqualification.
- Participants must adhere to the minimum speed of 13mph. Participants falling behind this will be given the option of returning to Inverness in the sweep convoy or can complete the course on open roads. The Event Organiser reserves the right to use their discretion to insist that riders get on the Sweep Bus. This will be on the grounds of safety of the rider or other road users, specifically on the section of the route on the A82, or for medical reasons. Please note the Event Organiser's decision is final.
- For safety reasons, please do not leave the course without informing an Event Official.
- You must follow the instructions provided by Event Officials, Marshals and Event Organiser at all times. Failure to do so will result in disqualification.
- The Event Organiser will provide water and feed stations at specific locations around the route, but we encourage you to start the event with full water bottles and enough snacks for the duration of the event.
- It is your responsibility to dress appropriately for the conditions on the event day. Remember that the weather can change and deteriorate very quickly in the Scottish Highlands; you should therefore bring appropriate clothing to keep warm and dry in any adverse weather.
- Please adhere to both the Scottish Outdoor Access Code and the Highway Code for the duration of the event.
- You may not use your mobile phone while cycling. You must stop at the road side if you need to make or receive a call.
- You may not use a music player with headphones while participating in the event.
- Littering is both against the law and unacceptable behaviour, especially in an area of such outstanding natural beauty. Any participant seen disposing of litter other than in the bins provided at feed stations, litter drop zones and at the Event Hub will be disqualified from the event.
- Toilets are available at all feed stations on the route, north of the King of the Mountain and at the Event Hub. Please use these facilities and respect the local area and residents.
- The Event Organiser will make every effort to provide participants with a finish time but is not responsible for any electronic timing issues.
- The Event will only be cancelled or postponed due to unforeseen and unavoidable circumstances. In such an eventuality all participants will be notified by email or SMS as soon as possible. The Event Organiser shall not be liable in respect of any costs and expenses you may incur as a result of such cancellation or postponement.
- The Event Organiser has event insurance cover; however we recommend that participants have appropriate personal insurance cover (including personal accident and personal item insurance).

Route Map



Sunday 29 April 2018

Route Profile



Map Symbols

- Start/Finish
- Mile Markers
- KM Markers
- Caution - Steep Descent/Bends
- First Aid
- Mechanical Support
- King of the Mountain (4.8 miles)
- Feed Station
- Toilets
- Holm - Inverness (left hand lane closure only)

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