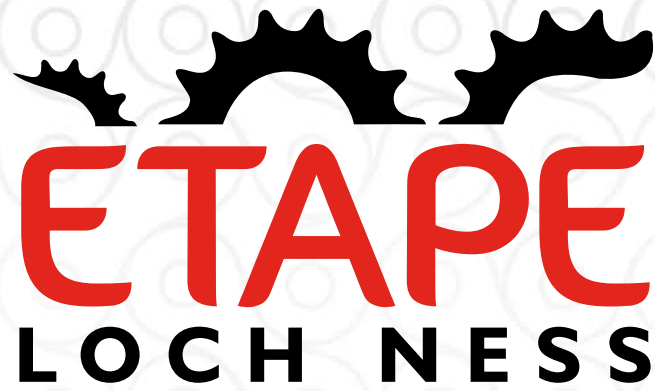


All you need to
know about the
Etape Loch Ness
is here



ETAPE

LOCH NESS

26 APRIL 2026 | EVENT GUIDE



www.etapelochness.com

Contents

Welcome	2
Sponsors & Partners	3
Timings & Planning Your Trip	4
Parking & Temporary Traffic Restrictions	5
Mandatory & Recommended Kit	6
Registration and Event Pack	7
Event Hub and Merchandise	8
The Start	9-11
The Route	12
King/Queen of the Mountain	12
What to expect along the route	13
Hydration & Nutrition	13
Mechanical Support	13
Littering	14
Toilets	14
Cut-off time and Retiring	14
First Aid and Medical Support	15
Cycling Etiquette	16
Group Riding	16
What to expect after the event	17
Don't Miss Out On	18

Welcome



We're delighted to welcome you to Etape Loch Ness.

We're proud to partner with Macmillan Cancer Support for the 12th year. Since 2014, Etape participants have raised an incredible £2.62 million to support people living with cancer across Scotland and the UK.

We would like to take this opportunity to thank Highland Council, Police Scotland, Transport Scotland, BEAR Scotland, Scottish Ambulance Service, Alba Traffic Management and all supporting agencies for their invaluable contribution with the planning of the event.

A huge thank you to the local residents, communities, and businesses along the route for their support and cooperation, and to the incredible volunteers and local groups who give their time over the event weekend.

We also thank our partners: High5, Erdinger, Harry Gow Bakery, Caledonian Logistics, Yellow Jersey, Marathon Photos and Scottish Canals, along with our mechanical partners.

We wish you the very best with your final preparations and look forward to seeing you at Registration on Saturday 25 April.

Malcolm Sutherland
CEO, Caledonian Concepts



Team Macmillan at Etape Loch Ness: You're Making the Miles Count!

To our incredible 900+ Team Macmillan riders tackling Etape Loch Ness: Every turn of your wheels makes a difference.

As you prepare to take on the breathtaking route around Loch Ness, remember this: your determination will directly support people when they need it most.

Your impact is real. In 2024, our services reached an estimated 2.4 million people living with cancer across the UK. With 98% of our income coming from amazing fundraisers like you, your efforts truly transform lives.

Join us at the Event Hub:

Saturday: Collect your exclusive Team Macmillan jersey, goodie bag, and fuel up with complimentary snacks

Sunday: Celebrate your achievement with a well-deserved complimentary post-event massage



Sponsors & Partners



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

Timings & Planning your Trip

KEY EVENT TIMINGS

SATURDAY 25 APRIL

10.00-19.00 Registration for all participants at the Event Hub,
Eden Court Theatre, Bishops Road, Inverness IV3 5SA.

SUNDAY 26 APRIL

06.00 - 06.50 Start of the Etappe Loch Ness at Bught Park, Bught Road, Inverness, IV3 5SQ.
Riders must arrive at their start holding area within their allocated arrival time (see page 9).
Please note the start is 1km from the Event Hub.

08.45 - 13.00 Participants expected to cross the finish line on Bishops Road.

10.30 Presentation at Event Hub

PLAN YOUR TRIP

The Event Hub is at Eden Court, Bishops Road, Inverness, IV3, approx. 1 mile from Inverness city centre, bus and train stations, and 11 miles from Inverness airport.

TRAVEL TO INVERNESS

Please visit our website for information on getting to Inverness and where to stay.

WHERE TO STAY, WHAT TO SEE & DO

For accommodation, where to eat and what to see and do, visit www.visitinvernesslochness.com.

CAR HIRE

Our official car hire partner is Arnold Clark Car & Van Rental. Arnold Clark is offering all participants and supporters a **20% discount** off their best web rate on car rental. To book, visit arnoldclarkrental.com quoting promotional code **BAXT** or call 0141 567 0561. Terms and conditions apply.

BIKE HIRE

Cycle Hire Scotland can take away the hassle of bringing your own bike to the event. They have a limited supply remaining of hybrids and road bikes from a range of quality brands in a variety of sizes available to hire for the Etappe Loch Ness. Book online by 14 April, then all you need to do is turn up at registration, ride the event and hand the bike back. www.cyclehirescotland.co.uk/book

Share your Etappe Loch Ness stories & photos with us

[@etapelochness](https://twitter.com/etapelochness) [#etapelochness](https://facebook.com/etapelochness) [#ridelochness](https://instagram.com/etapelochness)



Parking

PARKING

Parking is available at the following public car parks over event weekend, see parking map below. Parking charges will apply and traffic wardens will be in operation, park in marked bays only. Where possible we recommend car sharing, using public transport or cycling / walking to the Event Hub.

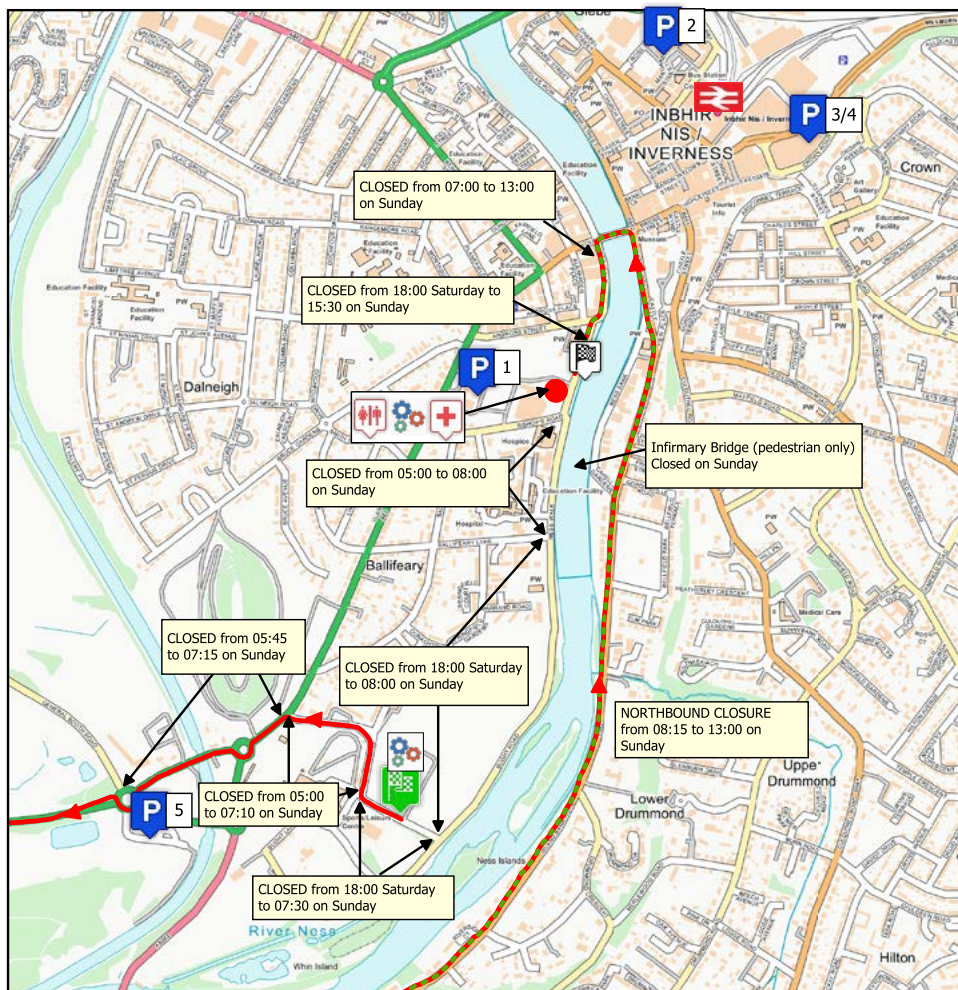
Disabled parking spaces are available at Eden Court Theatre and Highland Council car parks.

There is NO access or parking available at the Inverness Ice Centre, Inverness Leisure or Highland Rugby Club car parks.

Please be considerate towards local residents and businesses when parking for the event and keep noise levels to a minimum.

TEMPORARY TRAFFIC RESTRICTIONS

On Sunday, road closures will be in place along the event route and in Inverness – please allow extra time. Bishops Road, Ness Walk and Bught Road will be closed from 18.00 on Saturday. The Infirmary Bridge is closed to pedestrians and cyclists between 05.00-15.00 on Sunday. Please refer to our [website](#).



ETAPE
LOCH NESS
Map Symbols

Parking and Road Closures

- Start
- Event Hub @ Eden Court, Bishops Rd, Inverness IV3 5SA
- Toilets
- First Aid
- Mechanical Support
- Station
- Parking
- Finish

Parking - charges may apply

- Highland Council Car Park, Glenquhar Road, Inverness, IV3 5NX
- Rose Street Multi Storey, Farraline Park, Inverness, IV1 1NH (open 7 days a week 24 hours a day - not suitable for roof cycle racks)
- Eastgate Car Park, Eastgate Shopping Centre, Inverness, IV2 3PP (open Sat 8am - 7pm; Sun 10am - 6pm - not suitable for roof cycle racks)
- Falcon Gallery Car Park, Eastgate Shopping Centre, Inverness, IV2 3PP (open Sun 6am - midnight - not suitable for roof cycle racks)
- Torvean Car Park, Inverness IV3 8JL

Please do not park at the Ice Rink or Inverness Sports Centre

Mandatory & Recommended Kit

MANDATORY KIT

Weather in the Scottish Highlands can change quickly, so bring appropriate clothing to stay warm in all conditions.

- Ensure your bike is in good working order and serviced before the event.
- Road bikes are recommended; gravel, mountain, and hybrid bikes are also allowed. Fixed wheel bikes are not permitted.
- A CE EN1078-approved hard shell helmet is mandatory and must be worn at all times while cycling.
- Please note water will not be provided at the start - please arrive with two full bottles and your own energy snacks.

Mandatory 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
- spare gear hanger specific to your brand and model of bike (this is the item that is most likely to bend or break during travel or a crash and without this our mechanical teams are unlikely to get you back on the road if it's badly damaged)



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
- clear lens glasses
- emergency money / bank card

In cool or adverse weather conditions, we also recommend:

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

eBIKES

Please ensure your eBike is fully charged the night before the event, and bring your charger with you. Also check that any electronic gear shifting systems are fully charged, as they can lose power during travel if levers are accidentally engaged.

RECUMBENT BIKES

Recumbent bikes and trikes are required to have a head-height safety flag attached at all times.

Registration & Event Pack

REGISTRATION

You are required to attend pre-event registration at the Event Village, open between 10.00-19.00 on Saturday 25 April, to collect your bib number. Please bring photo ID and check our website in advance to find your bib number.

If you are not able to make registration, a friend may register on your behalf. They are required to bring their photo ID as well as a signed letter or email from you (template available on our website) confirming permission to collect your event pack.

EVENT PACK

Your Event Pack contains your bib number and bike number with timing chip attached to the back, cable ties and safety pins.

BIB NUMBER

- Complete the emergency contact and medical information on the reverse of your bib number.
- Attach your bib number to the BACK of your top so it is visible at all times and not obscured.
- If you have a medical condition, provide as much information as possible on the back of your bib number and put a red cross on the front so medical teams are aware of any medical condition should you require assistance on the course.

RIDER NUMBER

- Attach your bike number to the handlebar of your bike with cable ties so the number is clearly visible, see photo.
- Please do not bend the number as this will affect your timing chip.

LONDON CLASSICS

In 2026, riders can substitute RideLondon for the 2026 Etappe Loch Ness as part of their London Classics.

Participants who wish to complete the London Classics at Etappe Loch Ness, should apply [here](#) by 16.00 on 17 April.



MERCHANDISE

If you've pre-ordered an Etape Loch Ness cycle jersey, please collect it from the merchandise stand at the Event Hub during Saturday registration.

A range of cycle jerseys and other merchandise, including t-shirts, will also be available to purchase over the event weekend, subject to availability.



WHAT TO EXPECT AT THE EVENT HUB

There's plenty happening across both days for participants and supporters, with free entry for all.

Explore the Expo for new gear, fuel for the ride and last-minute essentials. Enjoy a great selection of street food and a pop-up bar. Our mechanical team will also be available on Saturday for minor tweaks and mechanical issues.

A series of live Q&A sessions will take place on the podium throughout Saturday.

DOGS

Dogs are welcome in the outside areas of the Event Hub in the grounds of Eden Court. Assistance dogs only are permitted inside the tents and inside Eden Court Theatre.

Please be aware the Event Hub will be very busy over the event weekend which can create a stressful environment for dogs. We therefore recommend that you leave them at home where possible.

**Please add the Event HQ numbers:
07871 677195 and 07871 677317 to your phone.
Please note that these numbers will be operational from
06.00 on event day and are to be used in an emergency ONLY.**

The Start

GETTING TO THE START

The start is located at Bught Park, 1km from the Event Hub at Eden Court. We encourage you to allow plenty of time to get to your start holding area. Please follow signs and marshal directions to guide you to your start holding area and the start line.

We recommend cycling to the start where possible and use of lights to cycle safely.

There will be road closures in place in Inverness and around Loch Ness prior to the event start.

The Infirmary Bridge will be closed to pedestrians and cyclists between 05.00-15.00.

Please be considerate to local residents and keep noise levels to a minimum when making your way to your start holding area.

THE START

- Participants will be split into 4 waves (A-D) based on your predicted finish time.
- You will receive an email with link to your start wave (A-D) and your allocated time to arrive at your start holding area, and these times are posted on our website.
- Groups of riders will be released at 3 minute intervals between 06.00 and 06.50.
- Your start wave is based on your predicted finish time you 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 area within your allocated arrival time. The start area is 1km from the Event Hub.

Start Wave A – access to start holding area between 05.30-05.50

Start Wave B – access to start holding area between 05.30-05.50

Start Wave C – access to start holding area between 06.00-06.20

Start Wave D – access to start holding area between 06.20-06.35

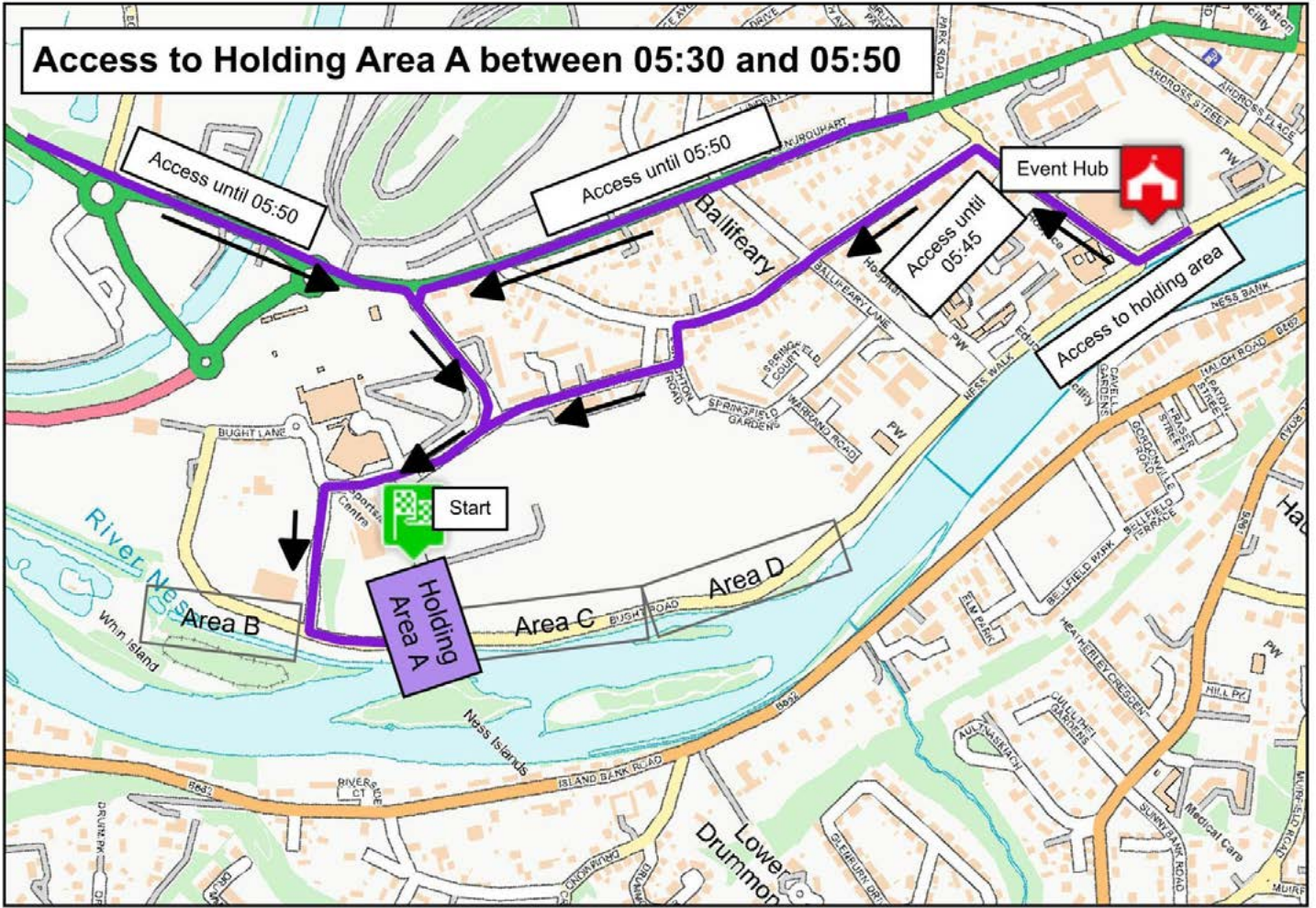
- Please note that there are different access routes to the start holding areas for each start wave. Please refer to the maps below.

For start wave A and B, if arriving via Ballifeary Road, please note cut-off time for access is at 05.45.

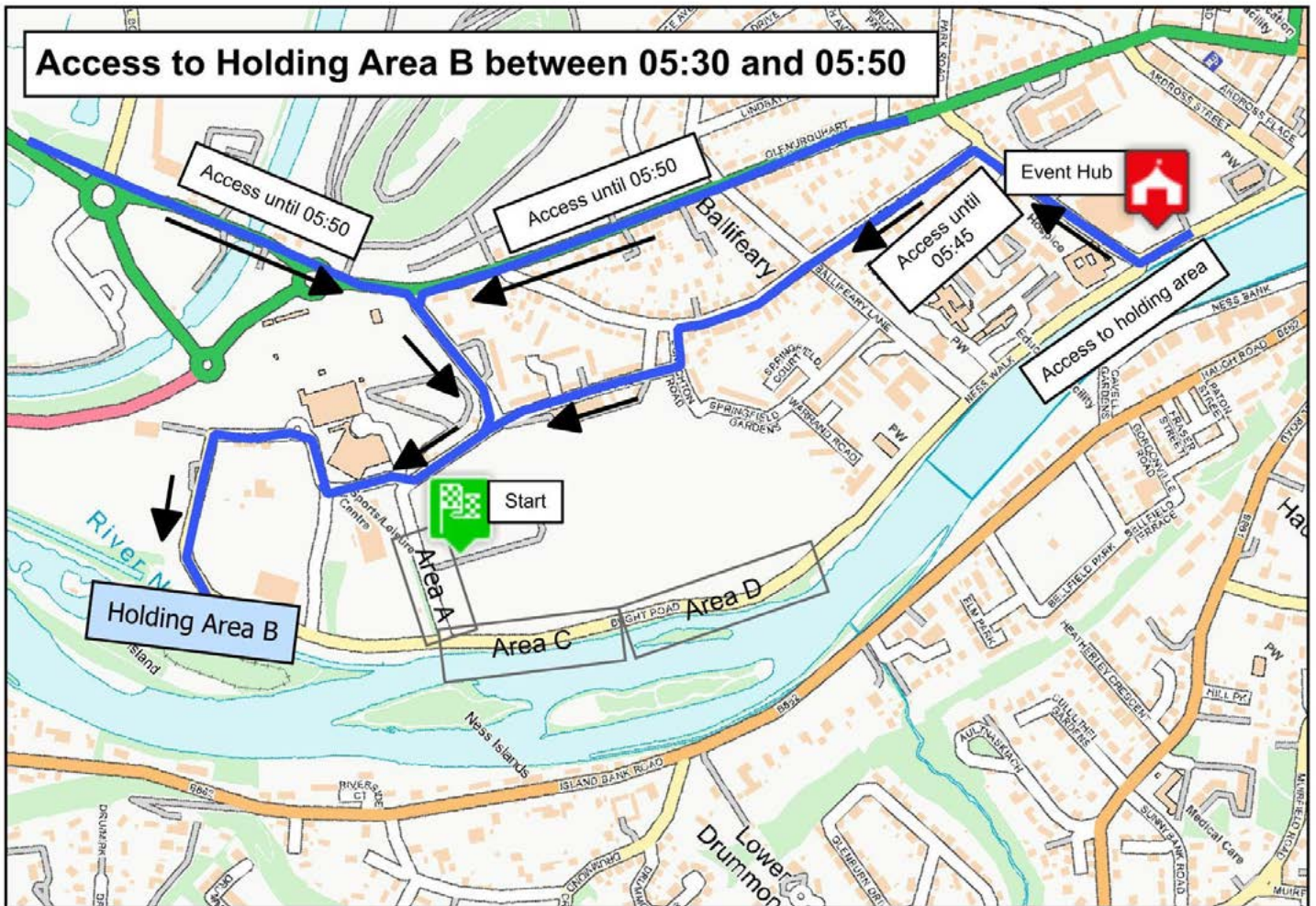
- If you miss your arrival time for your start holding area, you will be asked to join the last wave of riders. If you miss the final wave we are very sorry but you will NOT be allowed to take part in the event.

- **Please watch our video here on the start procedure.**

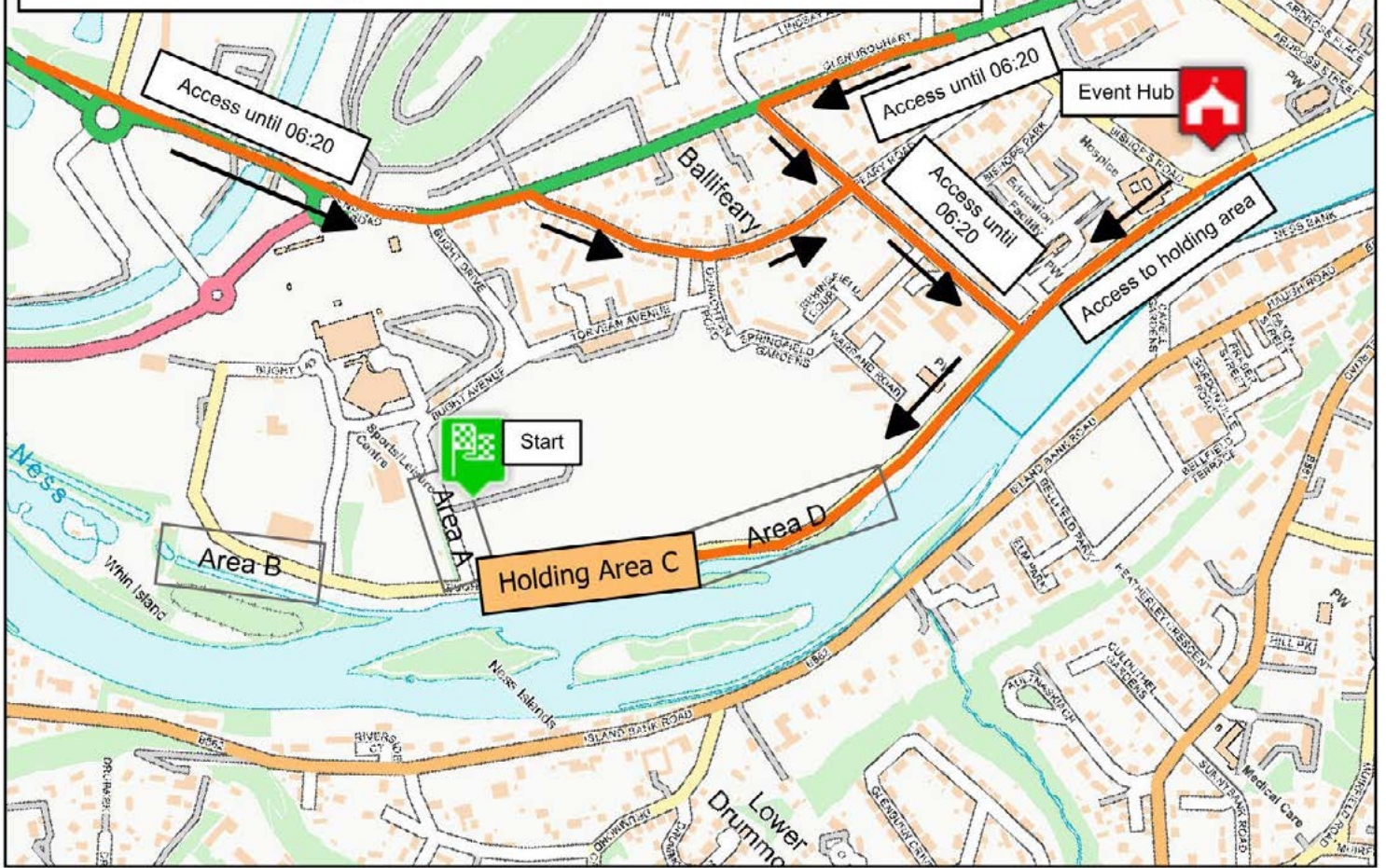
Access to Holding Area A between 05:30 and 05:50



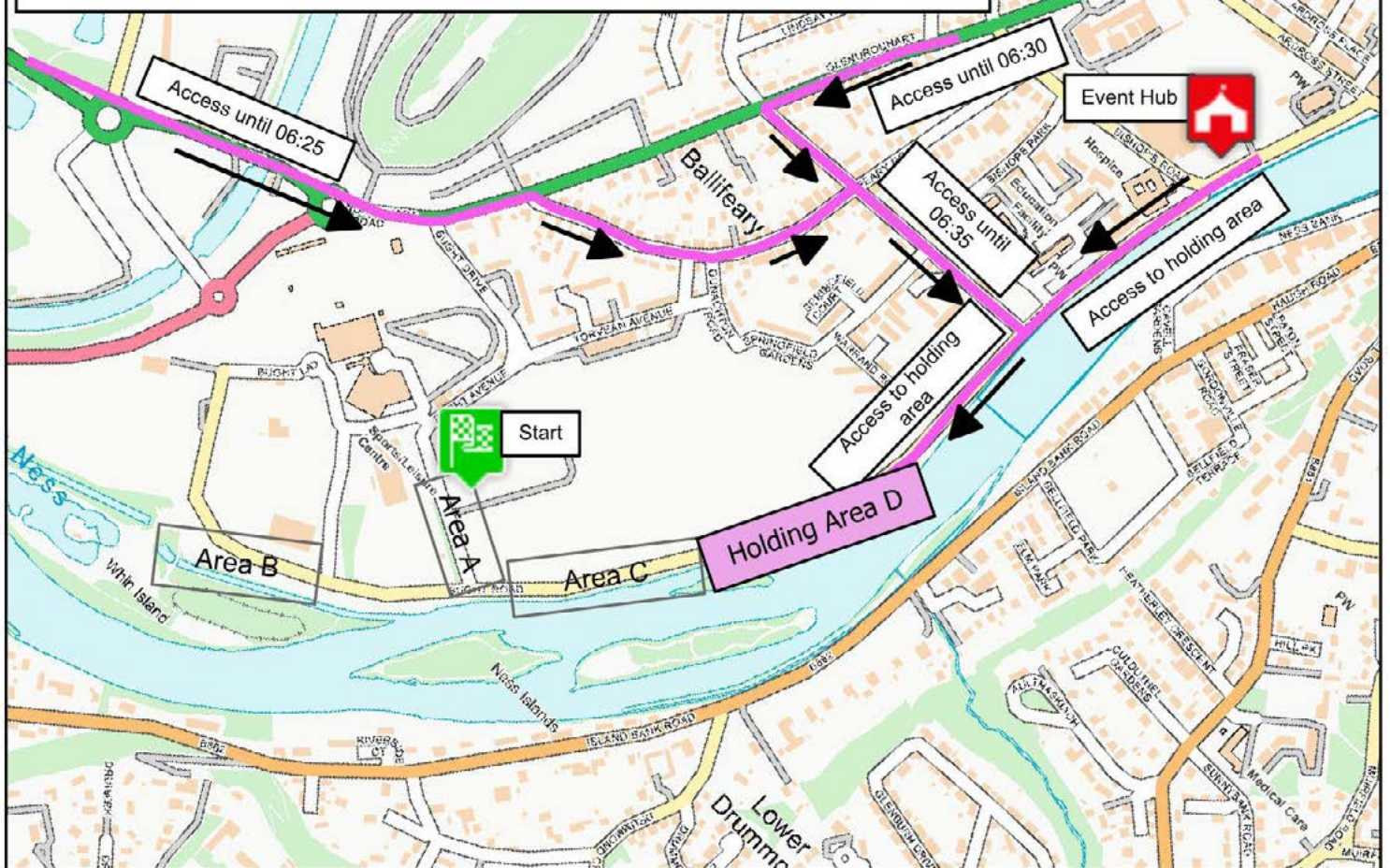
Access to Holding Area B between 05:30 and 05:50



Access to Holding Area C between 06:00 and 06:20



Access to Holding Area D between 06:20 and 06:35



The Route

- The route is 66 miles (106 km) with 900 m of ascent. Roads are closed to public traffic with access permitted for emergency services and official event vehicles.
- Participants have priority on all roads, but should stay on the left at all times, unless overtaking, to allow for emergency services and official event vehicles to pass.
- **The final section into Inverness, from Holm roundabout to the finish line, is left-lane only, and traffic will be travelling on the opposite carriageway. Take extra care as the road narrows here at several points and there is a ramp. Do not cross the central white line (which is coned) at any time.**
- Please be aware that emergency services and official event vehicles may use the route in either direction. Be prepared to slow, stop, or pull off the road for emergency services, which may approach from behind you travelling in the same direction, as well as travelling towards you.
- Please be aware that roads along the route can vary, with varying road widths, some steep descents, sharp bends, and uneven surfaces. Always ride at a safe speed. Hazards, such as a traffic island or steep descent, will be marked by 'Caution' signs or marshals with a yellow flag and whistles.
- At the start, you will be riding in a large group - take extra care, especially where the route turns left into Glenurquhart Road, there are two roundabouts either side of the canal at Tomnahurich swing bridge.
- Take care at support stations as participants may stop or change direction suddenly. Follow signage and stay on the correct side of the road.
- Overtake safely: always check behind you and allow faster riders to pass.
- The canal swing bridge in Fort Augustus will reopen after 09:35. If the swing bridge is in operation, you are asked to obey road signs, warning lights and wait until the road re-opens again; please do not use the lock walkways.
- There are two cattle grids at 1-mile into the King/Queen of the Mountain (KOM/QOM) stage and just after the Glendoe summit. The best way to approach a cattle grid is straight on: freewheel and don't brake on the grid.
- If dismounting on the KOM/QOM stage, walk in single file on the left.
- Stay alert and aware of your surroundings at all times. Wearing headphones, using your phone or taking photos while riding, is not permitted at any time.

KING/QUEEN OF THE MOUNTAIN

Around 34 miles (55km) into the route, just after Fort Augustus, there's a 4.8 mile (7.78km) climb gaining 380m, with gradients up to 12%.

The KOM/QOM section will be clearly marked, and all riders will receive a split time included in their overall result.

If you walk up any of the KOM/QOM, please walk in single file and keep LEFT at all times.

What to expect along the route

HYDRATION & NUTRITION

There will be 4 support stations on the course providing toilets, first aid, food, water and mechanical support, located as follows:

- Support Station 1 – Urquhart Castle, Drumnadrochit (mile 15)
- Support Station 2 – Invermoriston (mile 27)
- Support Station 3 – Wildside Centre (Stratherrick & Foyers Community Trust) in Whitebridge (mile 42)
- Support Station 4 – between Inverfarigaig and Dores (mile 54.5)

High5 energy gels, sweet and savoury treats from Harry Gow Bakery, and fruit will be available at support stations. It will also be possible to refill water bottles with water and High5 Energy Drink.

Please note water will not be provided at the start - please arrive with two full bottles and your own snacks.

At the finish, enjoy Harry Gow goodies and Erdinger Alkoholfrei beer.

Endurance cycling is an intensive activity. Stay well hydrated before, during, and after the event - drink regularly along the route, especially in warm weather, but avoid over- or under-drinking.

Please keep all wrappers and litter with you and dispose of them responsibly at designated bins at support stations and litter drop zones.



Getting your sports nutrition right will help you go faster, further and most importantly you'll have more fun! Our nutrition partner, **HIGH5** will be providing a selection of tasty products:

- **HIGH5 Energy Drink:** a great tasting carbohydrate and electrolyte drink to help you sustain your performance and enhance your hydration on the bike.
- **HIGH5 Energy Gels:** a convenient, fruity gel which delivers carbohydrate straight to your muscles when cycling.
- You will also receive a **HIGH5 Energy Bar** with your post-event goodies.

If you plan to use these products on event day, we recommend you try the products in training first. More information here: www.highfive.co.uk

MECHANICAL SUPPORT

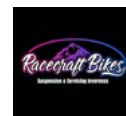
Make sure your bike is Etape-ready!

We strongly recommend a full service before the event to ensure it's in top condition - local bike shops get very busy in the weeks leading up, so book early. Our mechanical team will be available at registration and on the course for minor adjustments. However, if your bike needs more extensive work, you may be referred to local shops where availability will be limited. Avoid last-minute issues by servicing your bike in advance.

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

- Support Station 1 – Urquhart Castle, Drumnadrochit (mile 15)
- Support Station 2 – Invermoriston (mile 27)
- Support Station 3 – Wildside Centre (Stratherrick & Foyers Community Trust) in Whitebridge (mile 42)
- Support Station 4 – between Inverfarigaig and Dores (mile 54.5)

With thanks to our mechanical support partners:



What to expect along the route

LITTERING

It's a privilege to ride around Loch Ness and Inverness - please help keep the route clean by disposing of your rubbish responsibly.

Do

- Keep all rubbish in your pockets until you can dispose of it at the support stations or litter drop zones
- Use litter bins provided at the support stations, the finish and Event Hub
- Use designated **Litter Drop Zones** located approx. 1–2 miles after each support station – please discard your litter at the LEFT edge of the road to reduce the risk of hazard to others.

Do NOT

- Drop litter anywhere outside these designated areas

Littering outside of support stations and litter drop zones will NOT be tolerated.

TOILETS

Portable toilets are located at the Start and at each support station (mile 15, 27, 42, 54.5) and just south of the King of the Mountain summit (mile 37). For the consideration of residents, businesses and the local community, we request that you only use the toilet facilities provided.

CUT-OFF TIME

Our aim is to support every participant, whatever their pace, from start to finish and provide the best possible experience.

An average of 13mph is the slowest possible speed participants can travel at to be within the agreed timescale to re-open the roads as agreed with the authorities and local communities. This gives participants 5 hours 38 minutes from the departure of the last start wave to complete the course on closed roads.

After the cut-off time, participants will be allowed to continue on the route and will be required to obey normal traffic regulations and be aware of traffic as roads are open to the public.

RETIRING

For those participants who choose not to continue on open roads or can no longer continue due to a medical or mechanical reason, a sweep bus follows the rear of the field and will collect and return you and your bike to the Event Hub in Inverness.

For safety reasons, please do not leave the course without informing an Event Official.

First Aid and Medical Support

FIRST AID & MEDICAL SUPPORT

First Aid will be available in both static and mobile units along the course. First Aid will be located at the start, every support station, at the finish line and the Event Hub.

Should participants not be allowed to continue for medical reasons or require hospital treatment, Event HQ will be notified.

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 hand, clearly indicating that you need assistance.

MEDICAL ADVICE

Taking part in the Etape is an amazing experience however it is also a physical challenge so it is important to be aware of your fitness to participate, your hydration and nutrition on the day and how to look after yourself following the event. We recommend you consult with your GP prior to the event if you have any medical issues or if you are taking medication.

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.

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.

CYCLING ETIQUETTE

Follow these simple guidelines to keep everyone safe:

LOOK – THINK – COMMUNICATE

Ride Safely

- Hold a steady line - avoid sudden swerves
- Signal clearly before stopping or changing direction

Be Aware

- Call out potential hazards and obstacles
- Ride at a safe speed for road and weather conditions on the day
- Watch out for uneven surfaces
- Stay alert for emergency vehicles which may approach from behind you or ahead of you and be ready to slow, stop or pull over

Keep Left

- Keep left whenever possible
- Allow faster riders to pass on the right
- If you need to dismount and walk on hilly sections, always stay left and leave space to pass

Use of Lights

- As this is a closed-road event, lights are not required.
- If you choose to use a rear red light, please be considerate of other riders:
- Use the lowest brightness setting
Avoid flashing modes where possible
- Consider mounting the light on your helmet rather than your bike to reduce glare for riders behind

GROUP RIDING

Group Riding

Riding in a group can feel challenging at first. If possible, practise riding with others of similar ability to improve confidence and bike handling.

Start Smart

- Begin in a group that matches your speed and ability
- This helps to maintain a steady pace and avoids sudden braking or congestion

Ride Safely

- Stay left unless overtaking
- Think motorway driving where you stay on the inside left lane unless you go to overtake
- Check behind you before moving out
- Avoid sudden or unexpected movements
- Let faster riders pass - listen for calls from behind

Be Aware

- Participants around you will have different levels of ability and experience
- Watch for hazards and other cyclists at all times

Communicate Hazards

- Warn others about hazards e.g. potholes, cattle grids or a sudden change of direction - especially those behind who may not see them.

Common calls:

INSIDE – hazard on the left

OUTSIDE – hazard on the right

EASY – slow down / hazard ahead

LEFT / RIGHT – change of direction at junctions

Finish Line

- Continue riding carefully and under control after crossing the finish line

For more guidance, check out British Cycling RideSmart videos.

What to expect after the event

FINISH

The Finish Line is on Bishops Road, Inverness.

Once you cross the finish line, please keep moving to make space for other participants.

Once you've collected your finisher items, please move into the Event Hub.

MEETING YOUR SUPPORTERS

The finish area is secure and extremely busy, with no access for supporters. They will be able to wait within the Event Hub to meet up with you.

SHOWERS & CHANGING

We are sorry there are no changing facilities or showers available. Please note that showers/changing are NOT available within Inverness Leisure Centre.

SPECTATORS

The final 2 miles alongside the River Ness in Inverness provide the best vantage points for spectators and at the finish line on Bishops Road.

Please note the Infirmary Bridge will be closed to pedestrians and cyclists between 05.00-15.00 on Sunday.

If you live in or are visiting the villages of Drumnadrochit, Invermoriston, Fort Augustus, Whitebridge, Foyers, Inverfarigaig and Dores, why not get your friends and family to give riders a cheer, it really does make a difference!

MASSAGE

Massage will be available on Sunday in the Event Hub.

Don't miss out

TIMES

Times will appear on our website by the end of event day and you will also receive a text with your official time.

OFFICIAL PHOTOS

Your official photos will be going LIVE from the moment you pass a MarathonPhotos Live photographer around the course.

Share your bib number with your friends and family and they can register to be notified as soon as your first photos are available online. Share your photos and event day experience on Facebook and Instagram.

ITAB

Official times will be provided to iTAB and you will receive yours in the post soon after the event. If you would like to order an iTAB, please head to www.itab.us.com/product/etappe-loch-ness/

PRESENTATION

The presentation takes place at 10.30 on the podium in the Event Hub. Prizes are kindly donated by Madison.

HELPING OUR ENVIRONMENT

We are committed to making the event as sustainable as possible and to minimise the event's environmental impact. Please refer to our website for some of the ways we are eliminating waste and reducing the environmental impact of the event however we do need your help.



SAVE THE 2027 DATE!

The 2027 Etappe Loch Ness will take place on 25 April 2027.

Register your interest for priority entry immediately after this year's event.

www.etapelochness.com