

## 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

- *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.

## So the key things.

### REGISTRATION

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

Saturday 7am - 8am @ Dome Play Area, Roberston 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 & HELMET to registration

You cannot sign on for anyone else.

### BUS TRANSFER TO START FROM AVIEMORE

Those of 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 6am**

## 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, Roberston 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 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.

## Feed stops

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

Due to COVID we are not using the ski centre buildings this year. Instead look out for our vans at the start of the ski area car parks.

If you need to use any of the ski centre facilities you will need to do their track and trace etc.

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.

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

## 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.

## RIDER SUPPORT

There will be 3 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. The reduced COVID entrants mean we do not expect any large groups forming this year.

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>