

Pedal

Trossachs

Sunday 30 August 2026





Are you ready to pedal?

Thank you for taking part in Pedal Trossachs. Whether you're cycling the bronze, silver or gold route, we hope you enjoy the challenge.

By taking part in Pedal Trossachs, you're part of a powerful movement.

From searching for a cure and campaigning for better health and care, to funding research into groundbreaking new treatments and running life-changing support services. It's all driven by one mission: improving life with Parkinson's.

We're almost 100% funded by our supporters, so every contribution, big or small, makes a real difference. Around 13,000 people have a diagnosis of Parkinson's in Scotland. We're here to support every Parkinson's journey, every step of the way.



On the day

Location

The Pedal Trossachs event hub is **Stirling High School, Torbrex Farm Road, Stirling FK8 2PA.**

Key times

6.30am – Registration opens

7.30am – Gold route starts

8am – Silver route starts

8.30am – Bronze route starts

These times and distances may be subject to change.

Registration

Registration will be open from 6.30am where you can pick up your race number and timing chip.

We'll be accepting on-the-day registrations, so bring any friends or family along who want to ride.

Car parking

Limited free car parking will be available on site. Please follow the signs when you arrive at Stirling High School. If the car park is full, you will be able to park on the local streets for free close to Stirling High School.

Please note there won't be any official car parking along the route or at any of the rest stops.

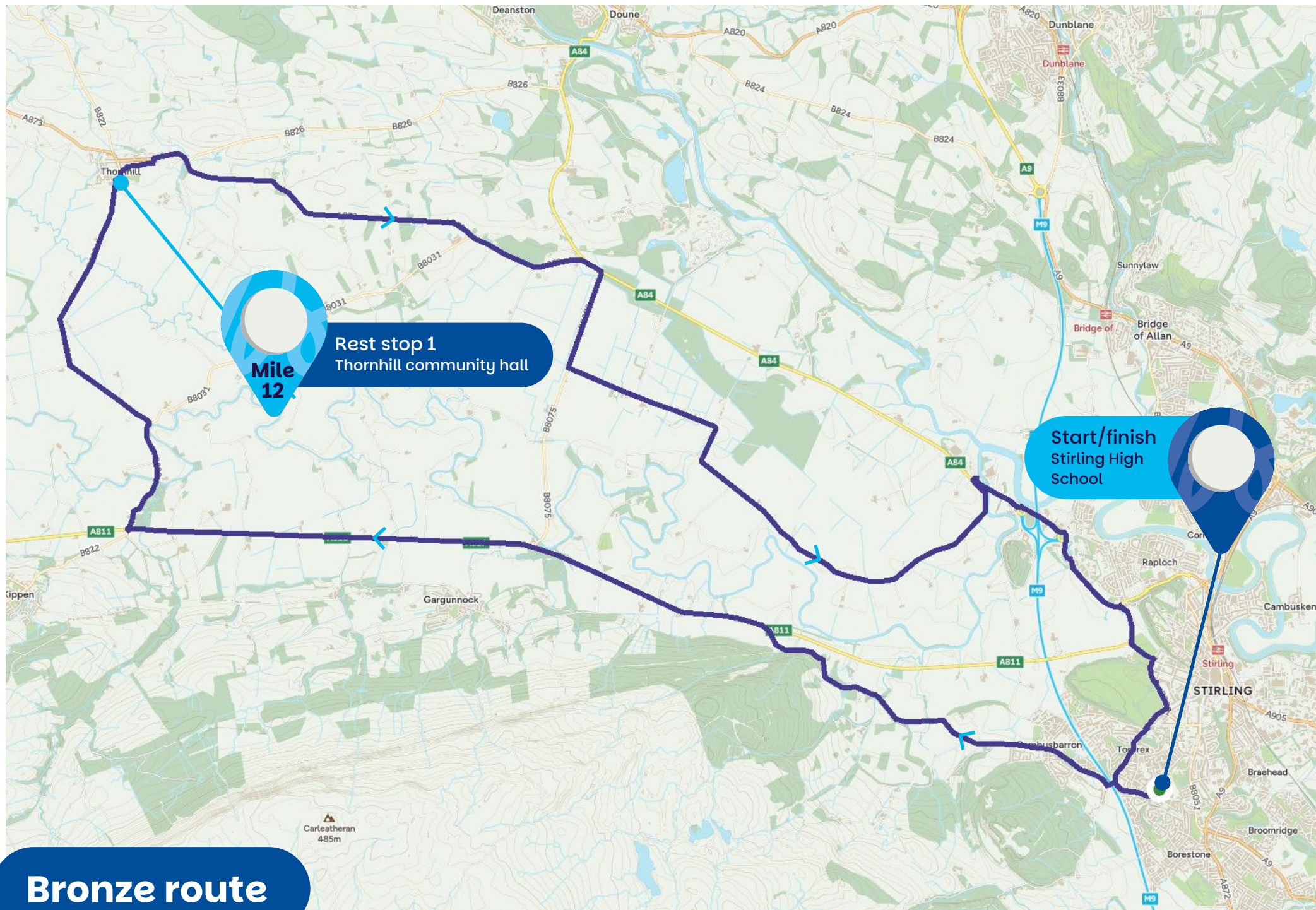
Event Control

Please call Event Control on **02035 763 219** in the event of a medical emergency or route issue. Please add these numbers to your mobile contacts.

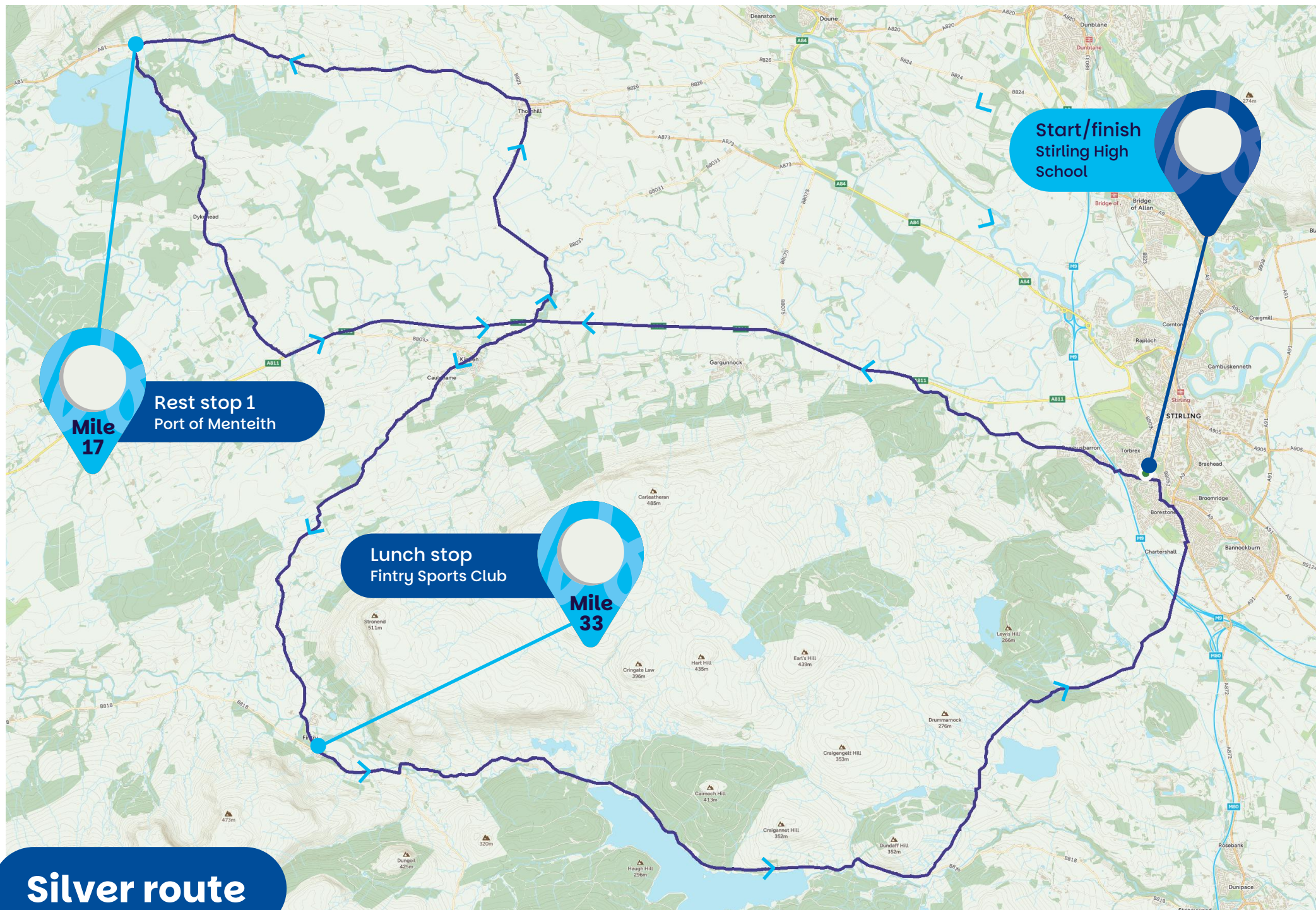
Don't forget!

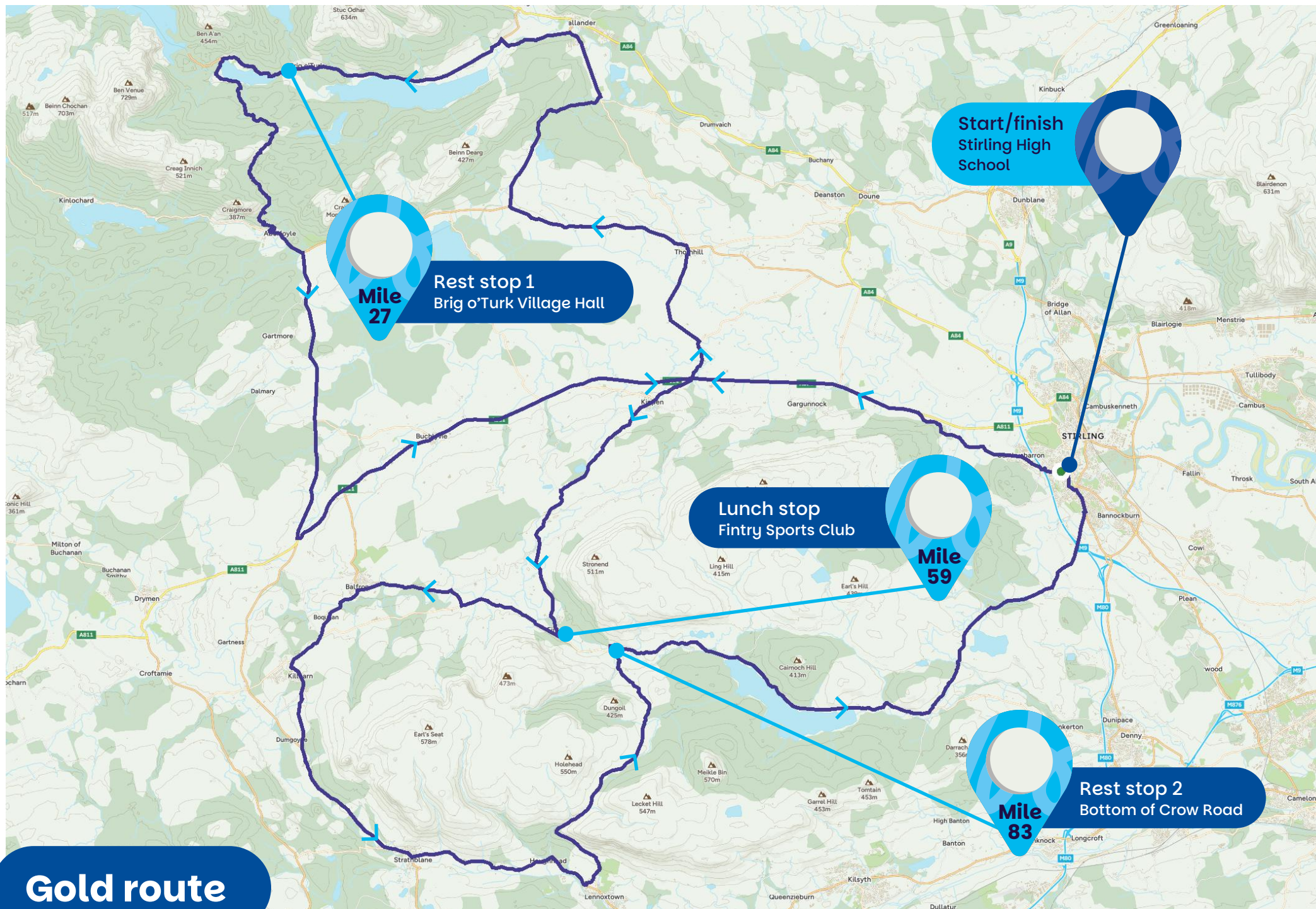
- ✓ Your race numbers with details completed on the back and attached to your handlebars and helmet (collected at registration)
- ✓ Your bike (is it in working order?)
- ✓ Cycle helmet
- ✓ A fully charged mobile phone
- ✓ Cash or card
- ✓ A water bottle or CamelBak. You should be able to carry at least 1L of water at all times (water top ups will be available at rest stops)
- ✓ Snacks (you'll be able to stock up at rest stops)
- ✓ A waterproof jacket (even if the forecast is sunny, the weather can turn quickly and unexpectedly)
- ✓ A puncture repair kit as you never know when you may need it!
- ✓ Sunglasses to protect your eyes from sun, wind and rain
- ✓ A zipped cycling jersey and an extra layer
- ✓ Long-fingered gloves
- ✓ Bike lights. This event will take place during the day, but heavy cloud and rain can make cyclists harder to spot.



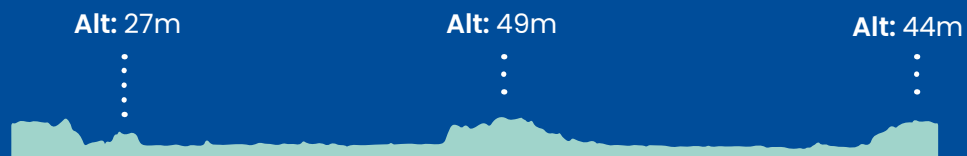


Bronze route

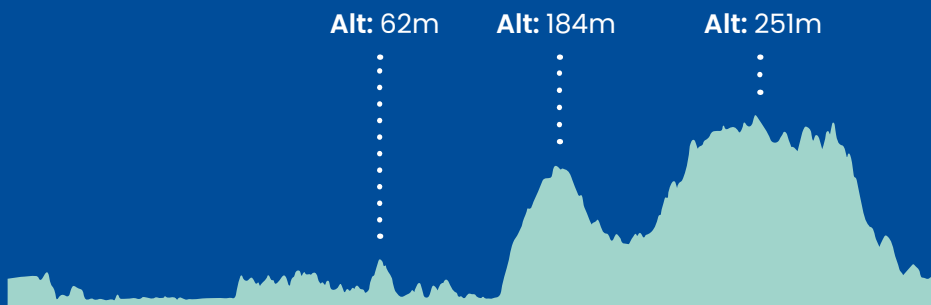




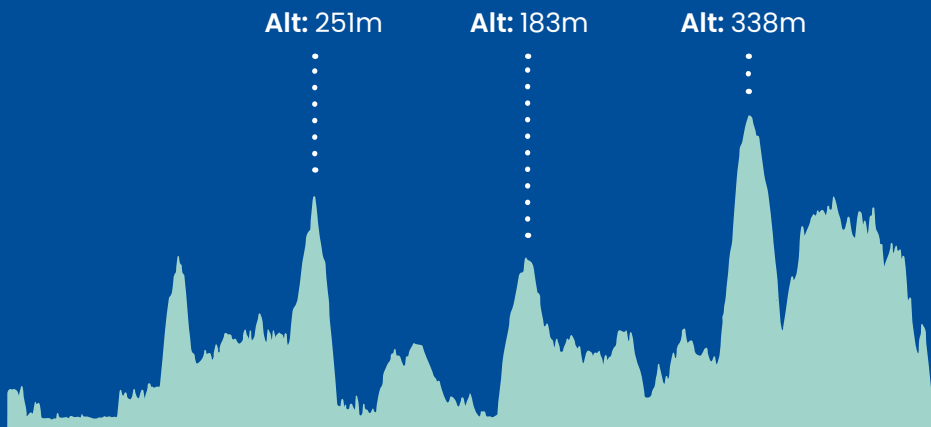
Course elevation maps



Bronze route



Silver route



Gold route

Take a break

Bronze route

Rest stop	Distance
Rest stop: Thornhill Community Hall	12 miles

Silver route

Rest stop	Distance
Rest stop: Port of Menteith	17.3 miles
Lunch stop: Fintry Sports Club	33 miles

Gold route

Rest stop	Distance
Rest stop 1: Brig O'Turk Village Hall	27 miles
Lunch stop: Fintry Sports Club	59 miles
Rest stop 2: Bottom of Crow Road	83 miles

IMPORTANT: Gold route cut-off

Riders who reach the Fintry lunch stop after **2pm** will be re-routed onto the Silver route.

If you reach the rest stop at **83 miles** after **3:30pm**, you will be transported further along the route, or to the finish line.

Keeping you safe

Event safety

Although Pedal Trossachs is designed to be accessible for a wide range of abilities, participants should be aware that the event remains physically demanding and includes challenging sections throughout the route.

- This is an open-road event. All participants must follow the Highway Code at all times and ride responsibly in accordance with prevailing road and weather conditions. Ride within own ability and take extra care on descents, at junctions, and in areas of live traffic.
- The route is fully arrowed using official event arrows. Riders should follow all event arrows throughout the course.
- If your GPX route differs from the signed route, follow our event arrows as last-minute route changes are sometimes necessary.
- If you need to change to a lower distance route during the event, please stop at a rest stop and tell staff.

- Please only stop at designated rest stops. If you go off route we may lose you!
- Inform Event Control if you have any issues or if you're leaving the event.

Emergency procedure

If you have an accident, or come across someone who has had one, please follow this procedure:

- If it's a critical medical emergency, call 999 directly.
- If you can carry on with the ride, please continue on to the nearest rest stop where you can receive medical attention.
- If you can't make it to the rest stop, please call Event Control and wait for medical help.
- If you're in doubt about your ability to carry on, please call Event Control for medical help and advice.
- If someone else is hurt and cannot make it to the nearest rest stop, please call Event Control and stay with them until help arrives.

Event control

Please call Event Control in the event of a medical emergency or route issue. Please add this number to your mobile phone: **02035 763 219**.

If at any time you think you're lost, please:

- Stop, check your map and try to work out where you are using reference points.
- Make your way back to your last known point or arrow.
- If you're still lost, stay where you are and call Event Control who'll be able to assist you.



Event Control contact number
02035 763 219

We're Parkinson's UK,
the charity that's
here to support every
Parkinson's journey.
Every step of the way.

For more about our events:

020 7932 1314

events@parkinsons.org.uk | parkinsons.org.uk/events

For general information and support:

Free confidential helpline **0808 800 0303**

hello@parkinsons.org.uk | parkinsons.org.uk

Parkinson's UK, 50 Broadway, London SW1H 0DB



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554).

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