

Pedal

Trossachs

Sunday 31 August 2025



Are you ready to pedal?

Thank you for taking part in Pedal Trossachs. Whether you're cycling 25, 50 or 100 miles, we hope you enjoy the challenge.

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

Exercise is important for living well with Parkinson's. Every mile you cycle will help fund support for people with Parkinson's to get and stay active.

We're making it easier to find activities near you. We're funding new ideas and programmes for local communities. If you need information and support to get active, we're here to help. Visit: **parkinsons.org.uk/physical-activity**



On the day

Location

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

Key times

6.15am – Registration opens

7am – 100 mile route starts

7.30am – 50 mile route starts

8am – 25 mile route starts

These times and distances may be subject to change.

Registration

Registration will be open from 6.15am 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.

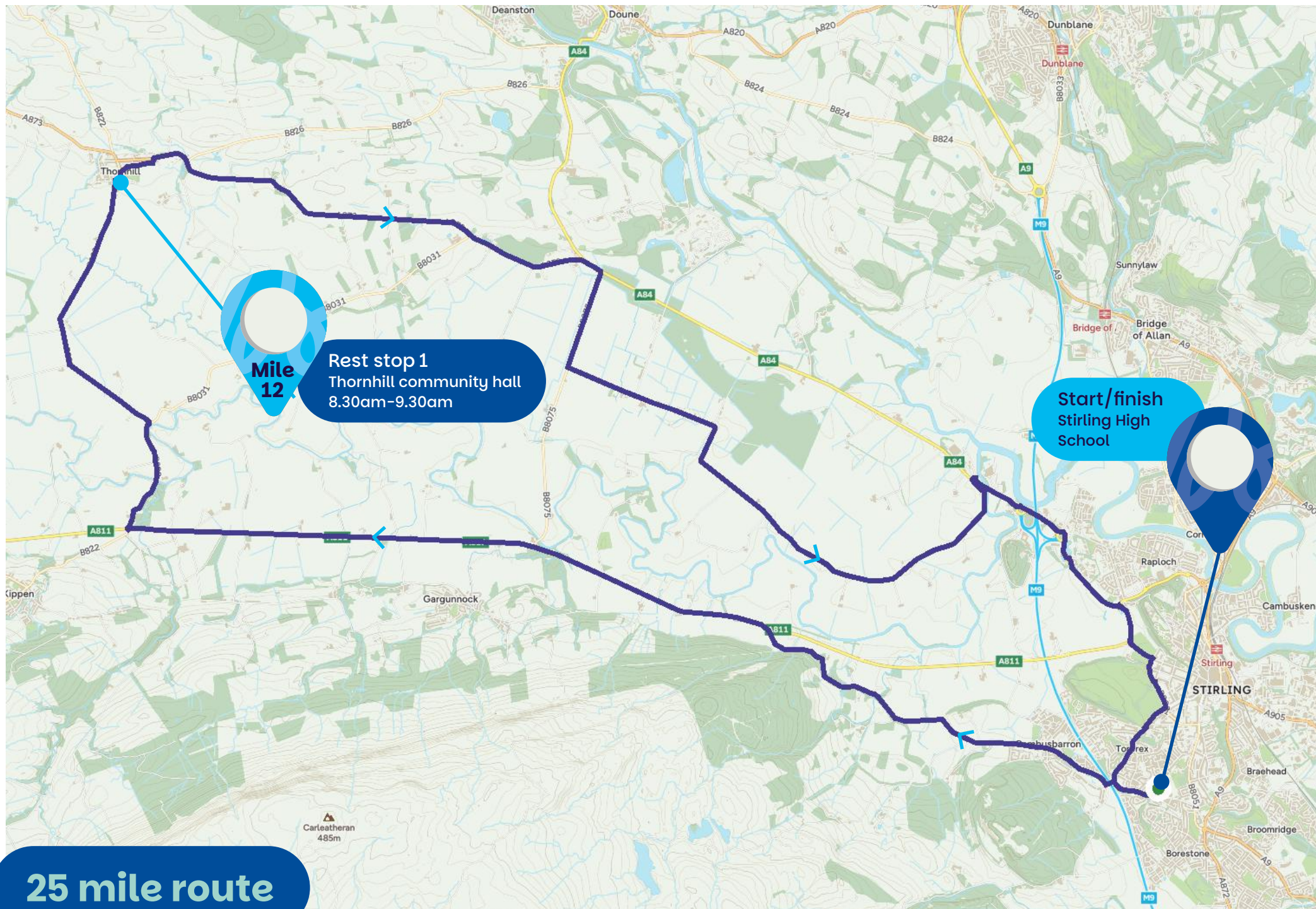
Event Control

Please call Event Control on **07593 575 693** in the event of a medical emergency or route issue. Please add these numbers to your mobile contacts.

Don't forget!

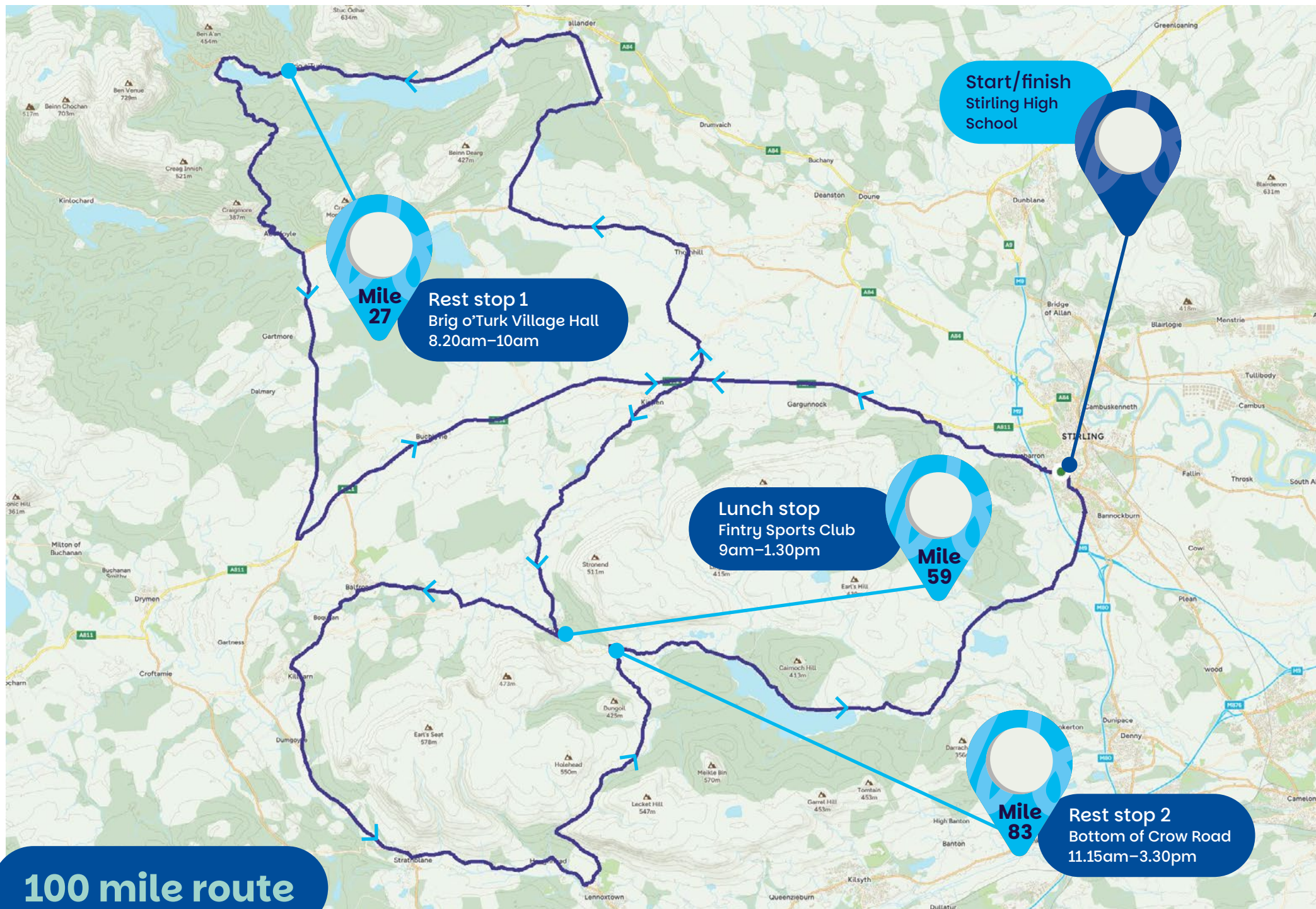
- ✓ Your race numbers with details completed on the back and attached to your handlebars and helmet (collected at registration)
- ✓ Your bike (is it in working order?)
- ✓ Cycle helmet
- ✓ A fully charged mobile phone
- ✓ Cash or card
- ✓ A water bottle or CamelBak. You should be able to carry at least 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.



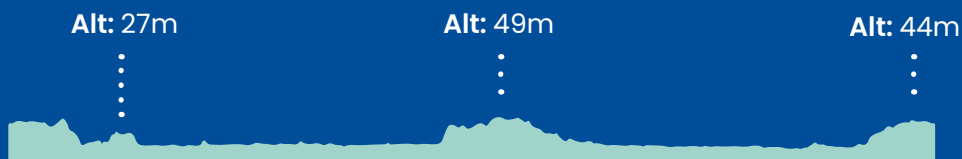


25 mile route

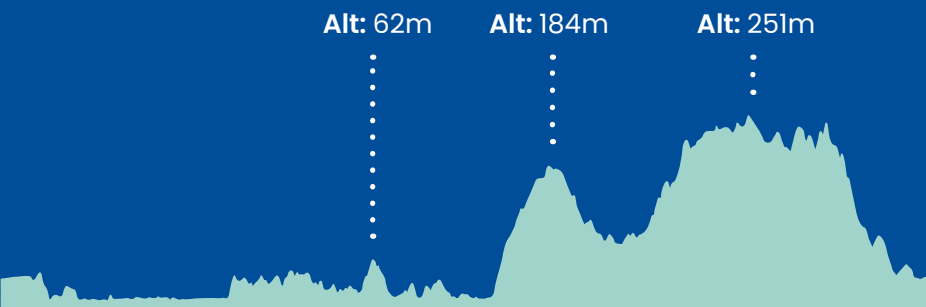




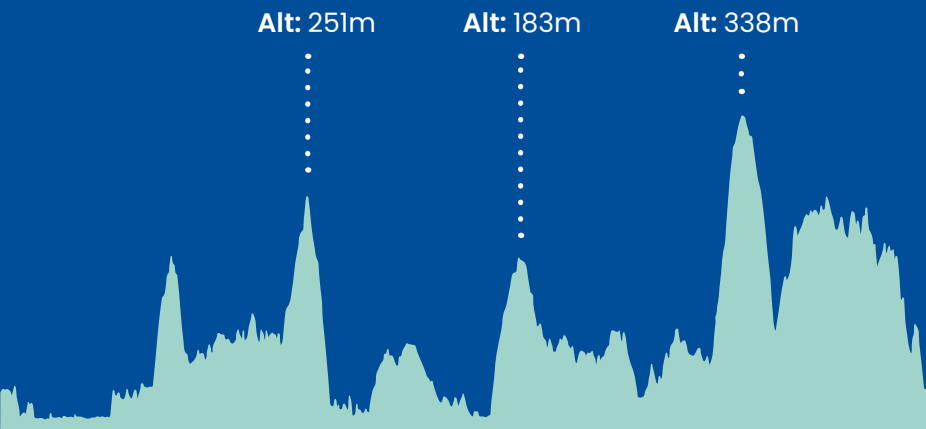
Course elevation maps



25 mile route



50 mile route



100 mile route

Take a break

The number and location of rest stops depends on your choice of route. Each rest stop will open and close at a particular time, so you can get all of the support you need along the route. They also allow us to safely monitor how everyone is getting on.

Route	Rest stop	Distance	Open from	Closes at
25 miles	Rest stop Thornhill community hall	12 miles	8.30am	9.30am
50 miles	Rest stop Port of Menteith	17.3 miles	8.20am	9.45am
50 miles	Lunch stop Fintry Sports Club	33 miles	9am	1:30pm
100 miles	Rest stop 1 Brig O-Turk Village Hall	27 miles	8.20am	10am
100 miles	Lunch stop Fintry Sports Club	59 miles	9.30am	1.30pm
100 miles	Rest stop 2 Bottom of Crow Road	83 miles	11.15am	3.30pm

Keeping you safe

Event safety

Although Trossachs is accessible for all abilities, it's still designed to be challenging for participants.

- Follow The Highway Code at all times, this is an open road event.
- The route is fully signed. It's important to follow all event arrows.
- 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 direct.
- 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.

Event control

Please call Event Control in the event of a medical emergency or route issue. Please add these numbers to your mobile phone.

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
07593 575 693



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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