



Iona Challenge - Cure Parkinson's

This cycle challenge to benefit Cure Parkinson's takes place on Wednesday 4th September to Sunday 8th September 2024. There are four days cycling from Edinburgh to the final destination in Iona with the fifth day for traveling back to Edinburgh. Approximately 200 miles will be cycled over the four days.

Participants will bring their own bikes with them. Bike helmets must be worn at all times during the cycle challenge.

Included in the service offered by Sport Ecosse Events is:

- A Cycle Ride Leader and First Aid qualified cycle guides, support, and encouragement from at least 3 Sport Ecosse Events staff
- Four nights accommodation and breakfast
- Lunch and dinner on the Wednesday, Thursday, Friday and Saturday
- Healthy snacks, and drinks throughout each days cycling
- Return ferry from Oban to Mull, and from Mull to Iona
- Return transport from Iona to Edinburgh
- Luggage transfers between accommodations
- Support vehicle
- Public liability insurance

What is not included:

- Drinks with lunch and dinner – jugs of water will be available but if alternative soft or alcoholic drinks are wanted these must be paid for
- Travel insurance – each individual should have their own travel insurance cover
- Any individual spending money that you may want to take

Itinerary

The itinerary below offers a guide as to how the event will run but these times are approximate often based on estimates of how quickly the group will be cycling, as well as being dependent on future ferry timetables restrictions:

Wednesday 4th September 2024

08.00	Meet at agreed point in Edinburgh
08.45	Event briefing
09.15	Begin cycle challenge
12.30	Lunch
17.00	Arrive in Glasgow
19.30	Dinner

Thursday 5th September 2024

08.00	Breakfast
09.00	Days briefing and begin
12.30	Lunch
17.00	Arrive in Inveraray
19.30	Dinner

Friday 6th September 2024

08.00	Breakfast
09.00	Days briefing and begin
13.00	Lunch
16.00	Arrive in Oban
19.00	Dinner

Saturday 7th September 2024

06.30	Breakfast
07.00	Book in for ferry
07.30	Ferry to Craignure, Mull
08.10	Arrival in Craignure
08.30	Begin cycle
12.00	Arrival in Fionnphort to get Iona ferry & lunch

12.30	Arrival in Iona & finish line!
14.30	Leave Iona
15.15	Leave Fionnphort
16.30	Arrival in Craignure
17.00	Ferry to Oban
17.40	Arrival in Oban
19.30	Dinner

Sunday 8th September 2024

8.00 - 10.00	Breakfast
11.00	Coach to Edinburgh
14.30	Arrival back at agreed point in Edinburgh

Regular stops will take place at roughly every 8 to 14 miles. This gives the group a chance to get back together and stops it spreading out too much. For most of the event cyclists can go at their own pace but the faster you go the longer you may have to wait at stops – it is not a race. At the same time the group needs to move at a minimum pace in order that we finish each day at a reasonable time.

Snacks, drinks, and rest are provided at each stop. Clear instructions on where the stops are will be given and they are always in obvious places with a vehicle and Sport Ecosse Events member of staff waiting there in advance. Arrows will be used as required to guide participants on the route to take. There will always be a Sport Ecosse Events member of staff at the back of each cycle so no one will ever be last! At each stop a description of the next leg of the challenge cycle will be given.

The Tour Leader is responsible for the event. The Tour Leader will make decisions that are for the benefit and safety for the event as a whole. The decisions of the Tour Leader are final and ultimately a participant may be asked to leave the event if they refuse to follow instructions from the Tour Leader or if by continuing on the event they are placing either themselves or other people on the event at risk.

Accommodation

On the first night in Glasgow we will stay in the Glasgow Pond Hotel <https://www.leonardohotels.co.uk/hotels/glasgow/leonardo-westend> All rooms are on a twin room basis.

On the second night in Inveraray we will be staying at the Inveraray Inn <http://www.inveraray-inn.co.uk> All rooms are on a twin room basis.

On the third and fourth nights we are staying at the Royal Hotel in Oban <https://strathmorehotels-theroyaloban.com> All rooms are on a twin room basis.

This is a 5 minute walk to the ferry port where we need to be early on the Saturday morning.

If you require a single room there is a supplement payable. Single rooms if booked well enough in advance should be available.

Route

Day 1 Edinburgh to Glasgow

Due to the poor condition of the canal path in places we will make our way from Edinburgh to Linlithgow largely by road. From here we will make our way by the canal path to the Falkirk Wheel where we stop for lunch.

Once at the Falkirk Wheel we will then continue on the canal path which will take us within a mile of our hotel in Glasgow.

Day 2 Glasgow to Inveraray

We rejoin the canal path within a mile and this takes us all the way to Balloch and the foot of Loch Lomond. From here we take the West Loch Lomond cycle path up to Tarbet, stopping at Inverbeg on the way for lunch. Both of these sections separately rate in Scotland's top 50 cycle routes.

In the afternoon we move between the "Arrochar Alps" and Loch Long before we take on the iconic The Rest & Be Thankful. We then continue down into the very attractive Inveraray, set next to Loch Fyne, where we spend the night.

Day 3 Inveraray to Oban

We continue out of Inveraray and onto Taynuilt for lunch. From Taynuilt we take the cycle path through Glen Lonan into Oban. This route, which is stunning but challenging, is also rated in Scotland's top 50 and is potentially the highlight of the whole trip.

Day 4 Oban to Iona

After taking the ferry to Craignure, we head west taking in the Three Lochs Viewpoint, Loch Beg Bridge and the pretty village of Bennessan before arriving in Fionnphort.

From here we get the ferry to Iona and the finishing line awaits!

Meals

Snacks and drinks will be provided throughout the challenge at the regular stops that take place during the cycle.

Lunch

On the Wednesday and Saturday, in order to make good time, we will have a picnic lunch at the 'roadside'. This will consist of rolls, fruit juice, crisps, and fruit.

Wednesday is potentially the longest day and will also provide a good insight for the other days in terms of the pace of the group and therefore to establish the optimum time to leave on the Thursday and Friday mornings. On Saturday we have an early start to catch the ferry but in order to maximise our time on Iona we will have another quicker lunch stop.

On the Thursday and Friday we will have sit down lunches.

Dinner

On each of the nights we have dinner at the hotel that we are staying at.

PARQ

A Physical Activity Readiness Questionnaire (PARQ) must be completed by all participants prior to the event starting.

Kit

It is strongly suggested that all participants bring the following:

- Helmet (must be worn at all times when cycling)
- Waterproofs – 4 days in Scotland, 3 of them on the west coast means rain at some stage is very likely!
- Sun cream in case we get lucky
- Cycling shorts
- Cycling gloves
- A bum bag or jacket / cycling tops so that you can keep personal possessions with you
- Water bottle with holder on your bike
- A bell (useful to alert pedestrians on the canal paths)
- At least two inner tubes and I would recommend having one with you when cycling

We encourage everyone to have two bags with them – a day bag and a big bag. Your day bag should contain things that you may need ready access to throughout the day such as waterproofs, sun cream, a heavier or lighter top etc.

Day bags will go in the front vehicle so that when you arrive at each stop you can get immediate access to it. Big bags travel in the back vehicle so you can still get access at stops but it saves a lot of time if we try and restrict this to a minimum.

Sport Ecosse Events

This event is being organised by Sport Ecosse Events on behalf of Cure Parkinson's. For more information please go to www.sportecosseevents.co.uk or contact Kevin Gerrie at kevin@sportecosse.co.uk or 07984 991774