



WEEKENDER

OFFICIAL PROGRAMME

9-10 SEP 2023















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WELCOME TO DUKES WEEKENDER

PRESENTED BY CERVÉLO

As with many big ideas, Dukes Weekender was born on a bike ride. Keen to share and showcase the endless gravel trails, incredible views and burgeoning scene emerging right on their Aberfoyle doorsteps, friends Stu, Amber, Caroline and Rob set about organising the inaugural event held in 2018. Fast forward to 2023 and the small village's fortunes have truly changed as a result of their endeavors.

Gravelfoyle, as it's now affectionately known, is arguably the premier gravel destination in the UK, with 3 waymarked gravel trails now in place in the forest offering something for families as well as more adventurous riders. The forests and village are a mecca for riders, with the community warmly welcoming all who visit. This year, Bike Trossachs, the local Community Interest Group will run the event for the second time, a development which has allowed the event to continue to

grow and importantly see all profits directly reinvested back into Bike Trossachs. For 2023, Dukes will have its largest number of participants ever, our infamous hill climb with pop up bar and entertainment is sure to rouse any spectator and our gravel enduro made up of 6 fantastic stages certain to leave anyone riding it with a buzz for gravel.

We have again a high number of female participants for 2023 and are delighted to be running our adaptive cycle category again after leading the way for gravel events last year. We really cannot wait to welcome you to our special wee neck of the woods and come Sunday night we hope you leave with a warm glow that comes through the welcome you receive, the friendships created and the beautiful landscape that our fine Gravelfoyle trails take you through. Bike Trossachs.

Bike Trossachs.

The Dukes Weekender is happening thanks to:









EventScotland









2023 Programme

GRAVELFOYLE

Last summer, Bike Trossachs Community Interest Company officially launched Gravelfoyle, the new destination tourism brand for the area, with the prime objective of promoting Aberfoyle as Scotland and the UK's premier Gravel Cycling destination.

The launch of Gravelfoyle featured the opening of three new waymarked routes – the 10km Faerie Loop, 20km Aqueduct Loop and 30km Lomond View, offering something for everyone. Families with an appetite for more relaxed, off-road adventures to weekend warriors keen on a longer distance challenge can experience the joys and thrills of gravel riding.

The launch of Gravelfoyle featured the opening of three new waymarked routes – the 10km Faerie Loop, 20km Aqueduct Loop and 30km Lomond View, offering something for everyone. Families with an appetite for more relaxed, off-road adventures to weekend warriors keen on a longer distance challenge can experience the joys and thrills of gravel riding.

Partnership and collaboration are at the heart of the Gravelfoyle brand with funding for the first three of our waymarked trails coming from Forth Valley and Lomond LEADER, Forestry and Land Scotland, Loch Lomond and The Trossachs National Park and Strathard Development Trust, who have all committed to providing support for the future development of access infrastructure. This summer, Bike Trossachs Community Interest Company

officially launched Gravelfoyle, the new destination tourism brand for the area, with the prime objective of promoting Aberfoyle as Scotland and the UK's premier Gravel Cycling destination. #Gravelfoyle won't be an unfamiliar hashtag to those already immersed in gravel cycling and is a favourite amongst Dukes Weekender competitors who have helped spread the word of the amazing trails and routes surrounding Aberfoyle. With over 200km of trails within a 12km radius #Gravelfoyle encompasses the true spirit of gravel riding – adventure, exploration, wild countryside and the simple pleasure of riding your bike.

Starting and finishing in the centre of Aberfoyle you can explore Loch Ard, Loch Chon and venture deep into the Loch Ard Forest. You can take in the West Highland Way, the Badger Divide or the Rob Roy Way or tackle the many glens surrounding Aberfoyle such as Glen Finglas or Glen Ample. Steeped in history, Gaidhlig and magnificent landscape and wildlife, you really are in for a total treat when you visit #Gravelfoyle.

www.gravelfoyle.com







BIKE TROSSACHS

Bike Trossachs is a Community Interest Company made up of a group of volunteer local residents and cycling enthusiasts based in the community of Aberfoyle and the surrounding area. We are united and driven by our passion for cycling and the place we call home.

Our mission is to develop cycling related infrastructure, grow participation and deliver the Trossachs as a leading destination for cycle tourism. This will promote healthy living, active lifestyle and additional environmental benefits within our community and make cycling a key economic driver for the area.

Enda McLoughlin from Bike Trossachs, said: "With the growing success of Aberfoyle as a cycling destination and gravel riding in particular, we want to harness the success and incredible offering that this area offers cyclists and create a collective vision for the future of our hometown."

At Bike Trossachs we believe cycling can positively enhance the way of life for all residents and visitors.

www.biketrossachs.com

BIKE TROSSACHS

MMUNITY INTEREST CO

DUKES WEEKENDER PRESENTING PARTNER CERVELO



Since 1995, Cervélo has engineered innovative road, triathlon/time trials and gravel bikes. Whether you are a pro "Winning" the Tour de France, are taking on your first full distance triathlon, riding your first DUKES Weekender, or simply enjoy riding on the weekends, we apply engineering, ambition, and passion to make a bike that is better for you.

It's no secret that we hold the Trossachs and the surrounding area close to our hearts, anyone remember the Aspero-5 launch video? It is only right that we come join the party at Dukes Weekender. Our Aspero range brought speed to the gravel game and never looked back. The

introduction of Aspero-5 in 2021 added some fuel to the fire, and reinforced our position as the leader of the pack in gravel racing.

In the launch video we focussed on riders, Norman, Coleen, George, Walter, and Andy. Five real folk from Scotland, each with their own uniquely different background in cycling, each brought together through a love of charging hard on gravel. Sound familiar? For us, this is the beauty of DUKES Weekender, no matter what bike you ride, we are all there for the same reason.

The question is, who are you, Norman, Coleen, George, Walter, or Andy?

www.cervelo.com

cervélo

NEW ROUTE PARTNER

KOMOOT



We're delighted to have our friends at Komoot on board as route partners for Dukes Weekender 2023 once again! They've created us a handy collection on Komoot where we've stored all our routes for this year so you'll never get lost again! Click on the link for route info and it will take you straight there.

What's more, they're giving away a free regional bundle to all participants - details of how to acquire this are in your email inbox! Be sure to look out for Rachel over the weekend and they have a spread on offer for you on Sunday - You can stop by the event village after you finish racing for some Komoot Traybakes lovingly baked by Maggies kitchen! Who doesn't love a bit of home baking!

Komoot will also be doing a Women led baggy t-shirt ride at on Saturday. A chill 10km and perfect for partners, parents or spectators to get involved in. Head along to the tent to sign up.

www.komoot.com

Click here for routes >



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EVENT PARTNER

WTB



Hotlines is a distribution company based in Edinburgh, covering everything from EWS winning race machines to wind-cheating aero road bikes. The team is made up of cycling enthusiasts and with many having a penchant for gravel, Aberfoyle is a favourite on the route map!

Hotlines staffer Dave Flynn said:

"Since the inaugural event in 2018, we had to support the unique format and entertaining vibes of the Dukes Weekender. This year we've again collaborated with our long-term tyre partner, WTB, to bring some beery cheer to the event.

With community at the heart of the Dukes concept, We are also delighted to fund some vouchers to be spent around the village, with any surplus funds going into promoting cycling in the area.

And for anyone shopping for their next pair of tyres. Swing by and we can recommend the best model from the gravel category leaders.

See you on the trails!"

www.wtb.com

HOTLINES **♥ШТВ**。

COMMUNITY

GRAVELFODDER TICKET



Food is fuel and here in Gravelfoyle we are not lacking in fine local establishments which will gladly feed and water the weary cyclist.

This year we wanted to let you folks in on our local hospitality with a special wee ticket... a GRAVELFODDER ticket! Thanks to our friends at WTB each of our adult riders will get £3.50 towards a spend in a range of local businesses.

This includes a sugar-hit with some of the best baking in Scotland at Maggies and Liz Macgregors, you'll be spoilt for delicious ice-cream with choices from The Kiosk or The Wee Tablet Shop. The Station can do a braw brekkie (vegan too!) and The Deli can treat you to Stornoway black pudding or a quality local pie. For a post-ride pint and an evening meal look no further than The Forth

Inn. If it's not just your stomach that's feeling deflated, Nick can sort you out with small parts at Aberfoyle Bike Hire - and I hear they do a good coffee and roll too. Last but not least - The Pier Cafe in Stronachlacher is perfectly situated for a quick re-fuel halfway around the Enduro on Sunday meaning you can hit the next section of single track fully caffeinated... Get It Down Ye!... Because an empty tank won't power your crank!

Participating Local Businesses:

The Kiosk, The Faerie Tree. The Station, The Forth Inn, Liz Macgregors, Maggies Kitchen, The Aberfoyle Deli, The Wee Tablet Shop, Aberfoyle Bike Hire & The Pier Cafe, Stronachlacher.

*Valid ONLY Friday Sept 8th - Sunday Sept 10th 2023 inclusive. One voucher per person can be exchanged up to the value of £3.50. Valid for a single transaction only. Ticket cannot be sold or transferred. This voucher is non-refundable and cannot be exchanged for cash in part or full - no change can be given. Participating businesses include: THE KIOSK, THE FAERIE TREE. THE STATION, THE FORTH INN, LIZ MACGREGORS, MAGGIES KITCHEN, THE ABERFOYLE DELI, THE WEE TABLET SHOP, ABERFOYLE BIKE HIRE & THE PIER CAFE, STRONACHLACHER.



COMMUNITY

LOOK OUT FOR OUR ABERFOYLE PRIMARY SCHOOL ART!



Our local pupils have been busy drawing postcards for all our entrants! We whittled these fantastic drawings down to 4 and have had them digitised into postcards from Komoot and each of you racing Dukes will receive one. A big thank you to all the primary school kids who got drawing. You can have a look at all the drawings in the Komoot tent over the weekend.

EVENT PARTNER

TRADSTOCKS



Peter Stewart, owner of Tradstocks said:

"While it might seem a little unusual that a stone company like Tradstocks put their support behind the Dukes Weekender, for us, it has been a great event to have been involved in from the start, and a nice bonus being a guaranteed entry to the Gravel Enduro...

Both having a business in the heart of the Trossachs, as well as living nearby, we've seen the massive upswing in riders coming to **#Gravelfoyle**, and we are among their growing number.

We're very happy to once again be supporting the Dukes Weekender and supplying the custom trophies made of unique local stone."

www.tradstocks.co.uk



SCHEDULE

All Schedule times are approximate and subject to change. We will endeavour to stick to this timetable where possible.

FRIDAY 8TH SEPTEMBER

6pm Event Campsite opens

SATURDAY 9TH SEPTEMBER

8am - 5pm Event Registration open

9am Dukes Weekender 2023 Event Village opens

9.30am Kids Gravel Enduro registration closes

10am Dukes Weekender 2023 Kids Gravel Enduro start

12.30pm Dukes Weekender 2023 Kids Gravel Enduro Podiums

1.30pm Komoot & Bike Trossachs women led Baggy T-shirt 10km social ride

2pm - 5pm Dukes Weekender 2023 Gravel Hill Climb

6pm Dukes Weekender 2023 Gravel Hill Climb Podium

SUNDAY 10TH SEPTEMBER

7am Event Registration opens

8am First rider away for Dukes Weekender 2023 Gravel Enduro presented by Cervélo

8am Event Village Opens

8am - 11am Riders Depart

9am Event Registration Closes5pm End of Gravel Enduro Race

5pm Dukes Weekender 2023 Podiums6pm Dukes Weekender 2023 Event Close





NEW CATEGORY

ADAPTIVE CYCLING

2023 was the inaugural year of the Adaptive Riders Category at Dukes Weekender and what an absolute belter it was! We have been beyond delighted to see that it paved the way for inclusion in events across Scotland and the UK!

The 2023 adaptive riders category offers two beautiful yet challenging routes for riders to choose from. A 20km 'Short' route and a 40km 'long' route. Both courses will follow largely the same route as non-adaptive riders. In addition, we are also offering riders the opportunity to bring a support rider for free. Adaptive riders also have the option to take part in Saturday's hill climb

The village of Aberfoyle has great facilities for all, with ample accessible parking, a changing places facility and access to all the local shops and food outlets. Local Community Interest Company Adaptive Riders Collective will be on hand to support riders throughout the weekend too.



Aberfoyle Business

- Pottery Shop
 - Play Park
- Park Bike
- Bike Hire

- 5. Wool Gentre
 6. Chip Van
 7. Deli & Butcher
 8. Tourist Info & Buisness
 - 9.The Forth Inn Hub
 - 10. Gift Shops
 - Pet Shop Co ob
- Health Centre / GP
- Dounans Outdoor Centre
 - Garage/ Fuel /Shop 5
 - The Farie Tree 6.
- & Bettys Gifts Walter
- Intrepid and Oesteopath 8.
 - Maggies Cake Shop 19. The Station Cafe 20.
- Hairdresser

Ice Cream and sweet shop

- Fish and Chips
- Pub and Hotel 21. 22. 23. 24. 25.

- 27. Liz McGregors Cafe 26. Post Office
 - 28. Bank
- 29. Village Hall and Bowling Club
 - 30. The Lodge Visitor Centre
- 31. Go Ape Tree Top Adventure 32. Three Lochs Drive and
 - Camping
- 33. Loch Katrine Steam Boat

Useful Numbers

01877 382 666 Buchanan Cabs Taxi

Health Centre 01877382421

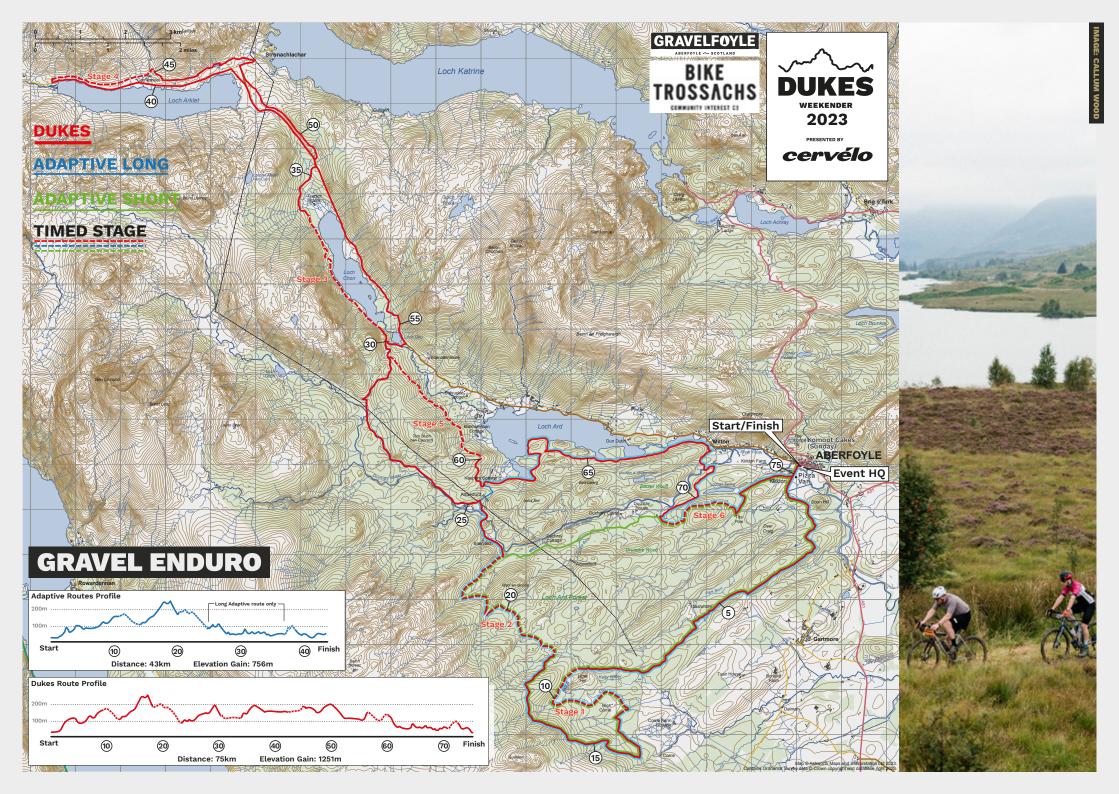
01877389127 Pharmacy

01877382023 Bike Hire

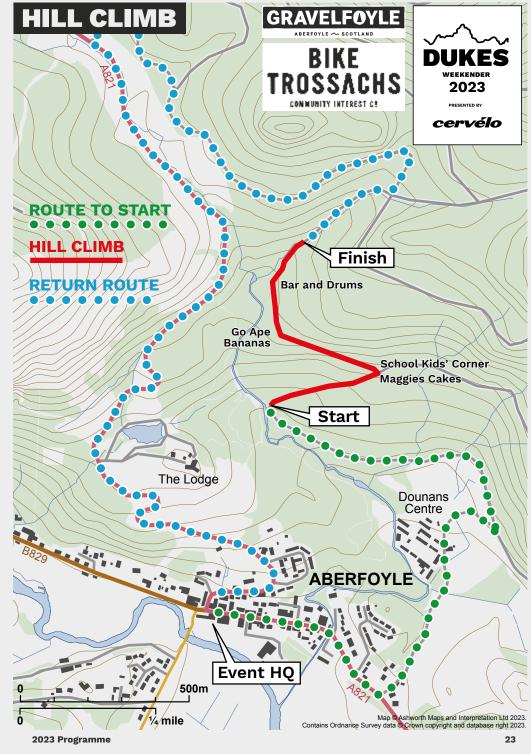
whimsyinthewild.com Pottery Experience 07786511894

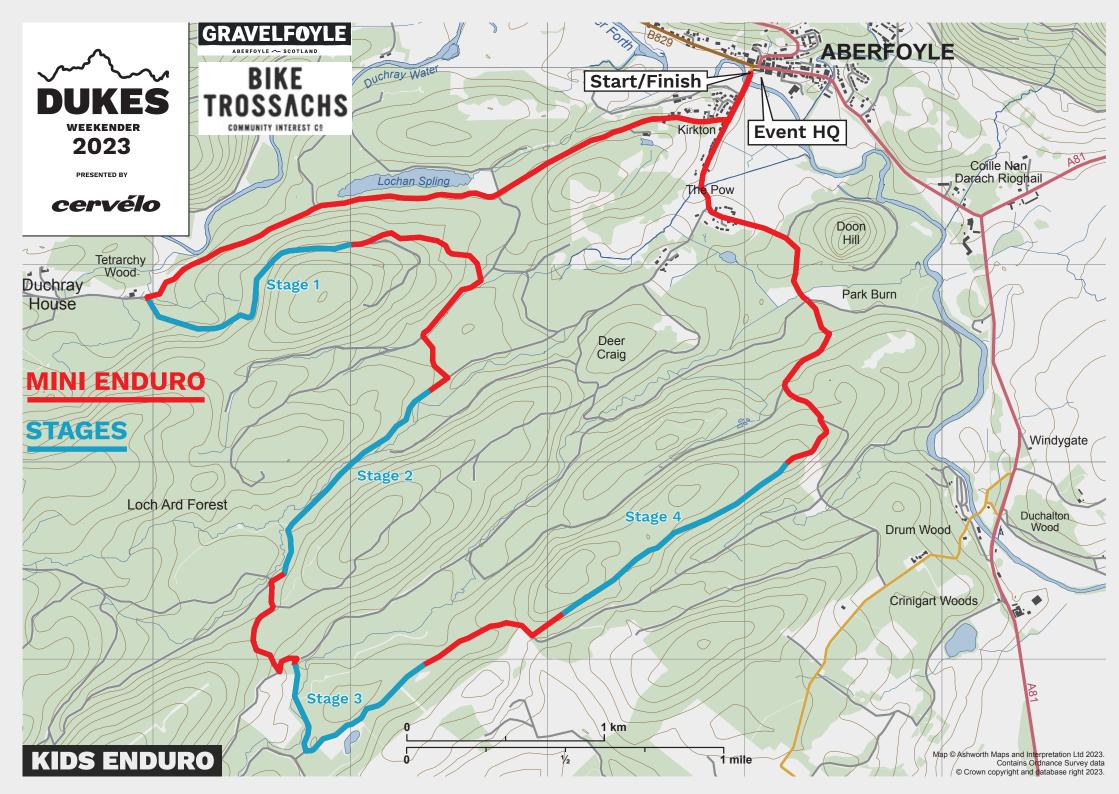
Visitor Aberfoy Map











STAGE INSIGHTS

GRAVEL HILLCLIMB SATURDAY 9TH SEPTEMBER

Possibly the only gravel hillclimb in this solar system! Starting at the impressive Allt a' Mhangaim waterfall, the gravel hill climb is a merciless beast, with the gradient changing constantly. A little shorter than last year but no less punishing! That din you're hearing? Yeah, sorry about that... hill climbs bring out the rowdiest crowds!

GRAVEL ENDURO STAGES SUNDAY 10TH SEPTEMBER

HOLLYWOOD GRAVEL (STAGE 1)

1 Length: 3km **△ Elevation:** +17/73

We'll let the stage name do the talking! Buttery smooth, fast and trending down. Get yer tuck on and eat up this fast rolling gravel. Perfect opener for the remainder of the day!

GREEN GATE (STAGE 2)

Length: 3.2km

Elevation: +52m/-108m

Get the legs burning and the body 'aero' for this belter stage! A wee climb followed by our local riders favourite descent - swoopy, fun, flowy and fast! Guaranteed grins, this one is a blast!

LOCH CHON (STAGE 3)

tength: 3.8km

Elevation: +51m/-53m

Here you'll find beautiful views of Loch Chon, Gaidhlig for Loch of the Dogs. But look out for the bark (!) - This stage traverses an active logging area so the ride might be bumpy - Woof! Woof!

GLEN ARKLET (STAGE 4)

Length: 2.7km

Elevation: +57m/-29m

This stage through Glen Arklet is singletrack gravel heaven, though it may not feel like heaven when you hit the steep ramp at the end...don't say we didn't warn you! Twisty, a little tight, gorgeous views across Loch Arklet and beyond, you're in for a total treat but keep those brake levers covered, the corners come out of nowhere and will have you up tae high doh come the kicker!

STATUTE LABOUR ROAD (STAGE 5)

Length: 3.3km

Elevation: +50/-60m

A Dukes classic! This trail just makes you work hard. It is just so much fun to open the tanks, you can't help yourself. The eagle eyed amongst you will notice that this one drops more than it climbs, but you might be doubting this at the finish line. A flowy high speed blast gently descends through swoopy forest trails for a few km. There is a real chance to push hard here, but save a little bit. This one has a sting in the tail as the finish line comes overlooking a viewpoint to the west of Loch Ard, having climbed up a 500m long stretch of trail between 4% and 6%. Worth having some strength left for!

GARBEG HILL (STAGE 6)

Example 1.8 Length: 1.8km

Elevation: +34m/-46m

This final stage is the last opportunity for riders to rinse the last bit of juice from their legs and lungs. You'll need a range of gears - The climb isn't steep but it's long enough to feel it at the end of the day. Don't worry, we've included the descent of Garbeg Hill in this stage for you too as a reward for the final push of the day before you roll back to the finish line in the event village to enjoy our local refreshments and compare times with your pals.



SUPPORTER

DIRT DIVAS



Who are we?

Dirt Divas is a not-for-profit organisation based in Aberfoyle, with a mission to increase diversity in the world of cycling, specifically mountain bike and gravel riding. Our journey began with a festival in Aberfoyle last year, with 100 women gathering in Aberfoyle for two days of guided rides, coaching and bike maintenance sessions, along with yoga, pilates, a hill climb, and an all-important ceilidh to top it off. This year's festival will take place on 22nd-24th September, with 14 professional female guides, coaches, and mechanics leading sessions through the weekend.

Our ethos

Passionate about the mental and physical benefits of being outdoors, we want these opportunities for be for everyone, therefore profits from our events fund our community projects. We believe women and girls need to "see it to believe it" and provide a safe and encouraging space to learn new skills and gain confidence. We have something to

suit every women, girl, trans or non-binary rider whether you're new to off-road cycling or already shredding technical trails.

Coaching and guiding

As well as our festival, we have coaching and guiding throughout the year, and can provide one-to-one, cooperate or team building sessions throughout Scotland. Check out www.dirtdivasmtb.co.uk for more information.

Dirt Divas will be at Dukes Weekender all weekend running the pump track and kids sessions alongside Nukeproof bikes. Pop by and hi or, even better, have a go on the pump track, no matter what your age, all welcome!

www.dirtdivasmtb.co.uk



SUPPORTER

ADAPTIVE RIDERS COLLECTIVE.









Adaptive Riders Collective is a community interest company which was setup to provide opportunities for people with disabilities to experience the benefits and freedom of nature through off-road adaptive cycling. Our mission is to provide services, create an inclusive collective of adaptive & non-disabled riders, and offer a space where riders of all abilities can come together and enjoy all that cycling and being out amongst nature has to offer.

For people with disabilities to take part and experience the freedom that off-road adaptive cycling offers, there are many barriers for them to first overcome. With adaptive off-road cycles costing from £7k up to £20k, the cost of starting is prohibitively expensive. Then they would have to overcome the challenges of storing and transporting these pieces of equipment. ARC's goal is to tackle

these hurdles for our participants and provide them with the opportunities to adventure, explore and develop within off-road adaptive cycling. We believe that everyone should have the opportunity to cycle with family, friends, other cycling groups and without the barriers of cost/disparity in riding speed and issues of access.

Aberfoyle, and the Gravelfoyle routes, is where ARC was born and where it is rapidly growing. We are so excited to again be involved in this year's Dukes Weekenders Adaptive Riders category and look forward to supporting (with the help of Access Mhor and Clyde Muirshiel Regional Park) even more riders than last year! New riders, international riders and returning riders will all have an amazing time, we guarantee it! Come speak to us about adaptive riding and pick up a few stickers too!

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SUPPORTERS

MAGGIE'S ABERFOYLE KITCHEN



Maggie's Aberfoyle Kitchen has lots of yummy treats available that are freshly baked on a daily basis-open 7 days a week to keep stock of the wide range of different treats!

Cookies, cakes, brownies and trav bakes! As well as fresh cream treats such as strawberry tarts, cream scones and victoria sponges-filled with Maggie's own raspberry jam. Using locally sourced fruits and vegetables, Maggie makes her own jams, chutneys, jellies and marmalades. Spread the love as these wonderful jars make a great gift! As do the traditional Scottish treats-all butter shortbread, tablet, clootie dumpling and even VEGAN shortbread. We have the perfect gift for your cycling friend, lots of cycling art on mugs, tea towels and prints. For the last Dukes Weekender, Maggies Aberfoyle Kitchen sold a Gravelfoyle Traybake and they are bringing it back this year! Keep your eyes peeled as this is a sell out traybake over the weekend!

THE PIER CAFÉ



Stop by The Pier Café for some wellearned fuel for your next stage! We offer awide selection of soups, sandwiches, burgers and pizzas as well as cakes and hot and cold drinks. All to be enjoyed from one of Scotland's most picturesque cafes.

THE STATION



"Since Dukes Weekender has started its grown from strength to strength and has put Aberfoyle on the map for its fantastic cycling trails. It brings a muchneeded buzz and great atmosphere to the village and helps boost local businesses like ourselves. The Station team are very much looking forward to welcoming all visitors and cyclists over the weekend."

TROSSACHS SEARCH AND RESCUE







Trossachs Search and Rescue Team was formed in 1998 and currently consists of 34 operational members - all volunteers.

To become a team member all members start as trainee members and face a minimum of 12 month probationary period during which they undertake training and competency in the following subjects before becoming operational:

- Navigation and Communications
- Major Incidents
- First Aid
- Casualty Handling
- Line Searching
- Search Management
- Sudden Deaths
- Risk Assessments
- Data Protection
- Media Awareness
- All Terrain, 4x4 Driving

Team members are also trained in PPE Inspection and Maintenance, Powerboat Operations, Water Awareness and 21 team members are Scottish Ambulance Service First Responders.

Membership of the team is gender balanced and there is no difference to the responsibilities, duties or skills across both genders. Our members come from all walks of life bringing various different skills to the team.

Many of our members are also employed full time in the emergency services and military. We have Paramedics, Ambulance Technicians, Ambulance Care Assistants, Police Officers, Firefighters and Nurses whose skills we can call upon during training and at incidents. Other members which bring valuable skills to the team include civil servants, administrators, powerboat and watersport instructors, chefs and gardeners.

www.trossachs-sar.com

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SUPPORTERS

FORTH INN



Phil Crowder, Landlord of the Forth Inn in Aberfoyle, said:

"Dukes Weekender... utilises the great natural resources of the National Park. It is amazingly well organised, with a fantastic attitude from those riders taking part. It's incredibly well-received by local residents and businesses and has changed Aberfoyle's future for the better, providing a significant boost to the local economy."

www.forthinn.com

ABERFOYLE BIKE HIRE

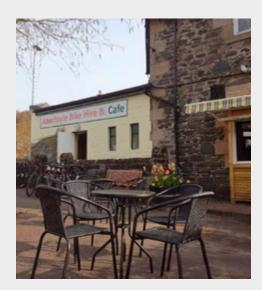
Aberfoyle Bike Hire is the focus of cycling life in the village year round, fixing bikes, serving great coffee and of course hiring out all sorts of bikes.

As always we are here for the Dukes Weekender

- Workshop services
- · Spares and accessories
- · Coffee, cakes and hot rolls
- Gravel bikes available for hire
- · Secure bike lock up
- And of course....our very popular firepit with free marshmallows!

01877 382023

info@aberfoylebikehire.co.uk www.aberfoylebikehire.co.uk





THANK YOU

Our event wouldn't happen without amazing local support; the marshals, volunteers and riders. Special thanks goes to Aberfoyle Delicatessen and Trossachs Butcher, Maggie's Cake shop, The Station Café, Achray Farm, The Forth Inn, Madeira drums, Aberfoyle & Strathard Community Council, Tradstocks, Aberfoyle Village People, the local school children and the wider community of Aberfoyle.

Thanks also goes to Loch Lomond & Trossachs National Park, Forestry Land Scotland, Stirling Council & Event Scotland for their support with the event.

We hope you have an amazing time at The Dukes Weekender 2023! Come back soon to **#Gravelfoyle** to carry on the adventure...





GUIDING SERVICES

Fancy exploring more than the waymarked trails of Gravelfoyle? Event Directors Kerry MacPhee and Beth Legg are MBLA qualified guides and between them know every nook and crannie across the 200km+ of trails around! Kerry, from the Hebride

and crannie across the 200km+ of trails around! Kerry, from the Hebrides is a fluent Gaidhlig speaker with translations and stories for every hill and loch in the area. Beth, a Highlander, has fab knowledge of the local geology, flora and fauna. Both love blethering about their favourite things - bikes, folklore, landscapes and history!

They're available for full or half day bookings of various group sizes.

Please email kerry@biketrossachs.com or beth@biketrossachs.com for more info.

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