

 **UCI**
CYCLING WORLD
CHAMPIONSHIPS



GLASGOW
SCOTLAND

TWEED

VALLEY

GLENTRESS FOREST

MOUNTAIN BIKE

CROSS-COUNTRY

6 & 8-12 AUGUST 2023

**#POWER
OF THE BIKE**

cyclingworldchamps.com
[#GlasgowScotland2023](https://twitter.com/GlasgowScotland2023)

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WELCOME

CYCLING WORLDS



"I warmly welcome you to the 2023 UCI Cycling World Championships. This is a ground-breaking event for

cycling, and I am delighted that you are part of it! Thank you for supporting this event and the world's best athletes. Excitement is guaranteed. Enjoy!"

David Lappartient

UCI President



"Thank you for joining us for the 2023 UCI Cycling World Championships - we hope you have

an unforgettable experience at the biggest cycling event ever! Our team has worked incredibly hard to deliver this inaugural event and I hope it proves, once again, why Scotland is the perfect stage."

Paul Bush OBE

Chair of the 2023 UCI Cycling World Championships



"On behalf of the Scottish Government, welcome to the 2023 UCI Cycling World

Championships. The Championships provides the opportunity to show the best of Scotland, including our people and our culture. Whether you live in Scotland or have travelled here for the event, we are very pleased to host you."

Angus Robertson MSP

Cabinet Secretary for Constitution, External Affairs and Culture



"Glasgow knows a thing or two about sport – but, perhaps, even more about providing amazing support.

So, no matter if you live here, or are just on loan to us for a few days, I know you will be ready to help create a special atmosphere. Enjoy yourself – and make sure they hear you!"

Susan Aitken

Leader, Glasgow City Council



"The 2023 UCI Cycling World Championships will help cycling inspire a generation by reaching new

audiences, uplifting communities and inspiring positive change across Scotland, the United Kingdom and around the world. This event showcases UK Sport's ambition to host the most innovative and exciting events in the global sporting calendar."

Dame Katherine Grainger

Chair, UK Sport



"What really sets our country apart is the cacophony of noise our fans create in the velodrome, your

encouragement on the roadside and mountainside and the overwhelming sense of joy and community you create. I hope that you enjoy your time at the event, and I've no doubt that you'll do us proud once again."

Jon Dutton

CEO, British Cycling

THE TWEED VALLEY

The landscape of the Scottish Borders is as generous as the people, with rolling hills, open countryside, peaceful rivers and a spellbinding coastline.

It's serene, for sure - but there's adventure to be found here too. Discover ancient abbeys and castles, then get your pulse racing with a visit to the Tweed Valley, where the world's best mountain bikers will challenge themselves and the trails in the 2023 UCI Cycling World Championships.

The variety of technical terrain at Glentress and in the Tweed Valley will challenge even the most seasoned Mountain Bike Marathon and Cross-country riders.

As one of Scotland's original mountain biking centres, the trails may be testing, but this is hallowed ground too. New legends will fight their way up leg-burning climbs, through dense fir wood forests which eventually give way to breathtaking views over the Tweed Valley, before swooping over switchback descents, jumps, tabletops and fast-flowing berms.

The trails here offer an amazing rush for riders and spectators alike, so soak in every second of the action with us at Glentress.





TWEED VALLEY FUN FACTS



SEE ALL THE SIGHTS

You can see as far as the **Firth of Forth** and even Edinburgh's **Arthur's Seat** from some truly magical viewpoints dotted around Glentress.

MOST VISITED ATTRACTION



With over 75km of purpose-built trails and a nearby centre in Innerleithen, **7stanes Glentress** is the most visited tourist attraction in the Scottish Borders.

RUGBY 7S

The shortened seven-a-side version of rugby union was created in Melrose by local butcher Ned Haig in the 1880s. The Melrose 7s tournament celebrates its 140th anniversary in April 2024.



BORDERS CHAMPIONS

2020 UCI Mountain Bike Downhill World Champion, **Reece Wilson** (below), and 2007 UCI Mountain Bike Junior Downhill World Champion, **Ruaridh Cunningham**, both hail from the Scottish Borders.



WHERE'S THE BIRDS?



If bike-watching gets too stressful, birdwatching is also an option! If you're lucky in spring and summer, you might spot ospreys soaring over the Tweed Valley from a specially-built bird hide.

SPORT

SCHEDULE - MOUNTAIN BIKE CROSS-COUNTRY MARATHON

AUGUST	3	4	5	6	7	8	9	10	11	12	13
	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
DATE	CHAMPIONSHIP			EVENT DETAILS				TIME			
DAY 4 6 August	MOUNTAIN BIKE CROSS-COUNTRY MARATHON			Men Elite 🏆 Women Elite 🏆				09:00-14:00 09:30-14:30			

🏆 Medal Event

Schedule information is correct at time of publishing - any changes (and more non-competition related timings and information) can be found at: www.tissottiming.com/cyclingworldchamps.

MOUNTAIN BIKE CROSS-COUNTRY MARATHON



SPORT AT THE TWEED VALLEY AND GLENTRESS - MOUNTAIN BIKE CROSS-COUNTRY MARATHON

In the Mountain Bike Cross-country marathon (XCM), riders will be pushed to their physical limits as they chew through 100km of road, gravel, punishing climbs, long descents...

Only the strongest legs, lungs and minds will make it to the finish, where cycling immortality awaits.

1

Races are similar to Mountain Bike Cross-country (XCO) but take place over much longer distances - up to 140km for the toughest tracks.

2

Riders must be self-sufficient due to the distances between technical zones, so they carry spare tubes, a pump and multitool to make quick repairs.

3

Mountain Bike Marathon races tend to have longer climbs and descents, so riders use a wider range of gears than XCO, to maintain leg and bike speed over the course of the gruelling route.

LEARN MORE ABOUT MOUNTAIN BIKE CROSS-COUNTRY MARATHON >>

SPORT

SCHEDULE - MOUNTAIN BIKE CROSS-COUNTRY

AUGUST		3	4	5	6	7	8	9	10	11	12	13
		THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
DATE	CHAMPIONSHIP	EVENT DETAILS					TIME					
DAY 6 8 August	MOUNTAIN BIKE CROSS-COUNTRY	Women Elite Cross-country Short Track - Qualification Men Elite Cross-country Short Track - Qualification					10:15-11:15 11:30-12:30					
DAY 7 9 August	MOUNTAIN BIKE CROSS-COUNTRY	Mixed Team Relay  Women Elite E-MTB Cross-country  Men Elite E-MTB Cross-country 					12:30-14:00 15:00-16:00 16:30-17:30					
DAY 8 10 August	MOUNTAIN BIKE CROSS-COUNTRY	Women Junior Cross-country Olympic  Men Junior Cross-country Olympic  Men Elite Cross-country Short Track - Final  Women Elite Cross-country Short Track - Final 					12:00-13:00 14:00-15:00 17:45-18:15 18:30-19:00					
DAY 9 11 August	MOUNTAIN BIKE CROSS-COUNTRY	Men Under 23 Cross-country Olympic  Women Under 23 Cross-country Olympic 					11:30-12:45 15:30-16:45					
DAY 10 12 August	MOUNTAIN BIKE CROSS-COUNTRY	Women Elite Cross-country Olympic  Men Elite Cross-country Olympic 					11:30-13:00 15:30-17:00					

 Medal Event

Schedule information is correct at time of publishing - any changes (and more non-competition related timings and information) can be found at: www.tissottiming.com/cyclingworldchamps.



LEARN MORE ABOUT MOUNTAIN BIKE CROSS-COUNTRY >>

SPORT

SPORT AT THE TWEED VALLEY AND GLENTRESS - MOUNTAIN BIKE CROSS-COUNTRY



MOUNTAIN BIKE CROSS- COUNTRY

Mountain Bike Cross-country races look chaotic - and that's because they are.

After a massive crowd of riders pours off the start line, rough terrain, steep slopes, and mud-based mayhem is the order of the day as they jostle for position, biding their time to attack in sprint finishes that separate the wannabes from the winners.

1

In the elite men and women's categories, races take between 1 hour 20 minutes and 1 hour 40 minutes

2

Paved sections can't exceed more than 15% of the course. There's no limit on how much mud there is.

3

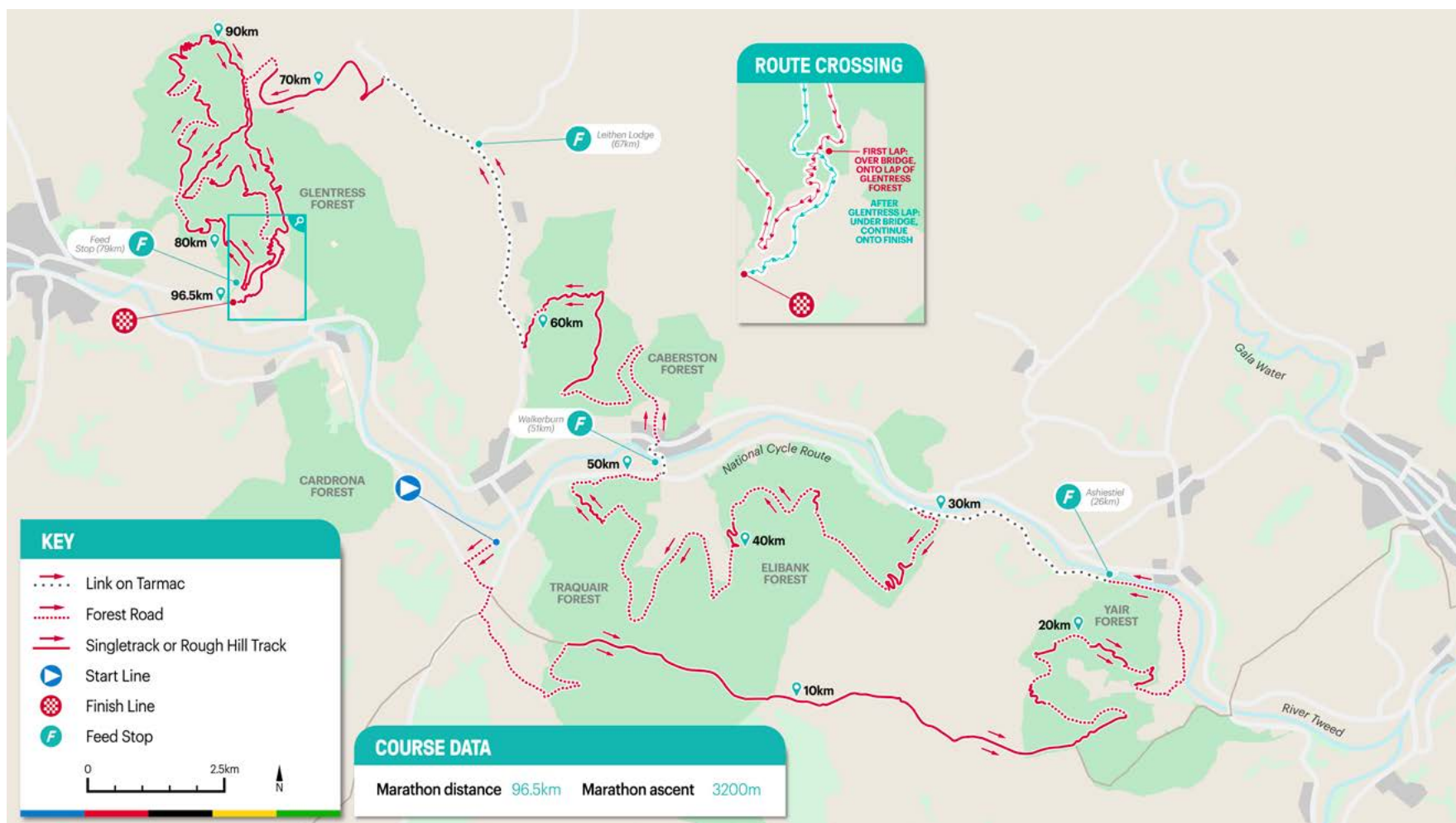
Riders want to be as light as possible. That goes for their own weight and the weight of their bike - every gram counts.

LEARN MORE ABOUT MOUNTAIN BIKE CROSS-COUNTRY ON OUR WEBSITE >>

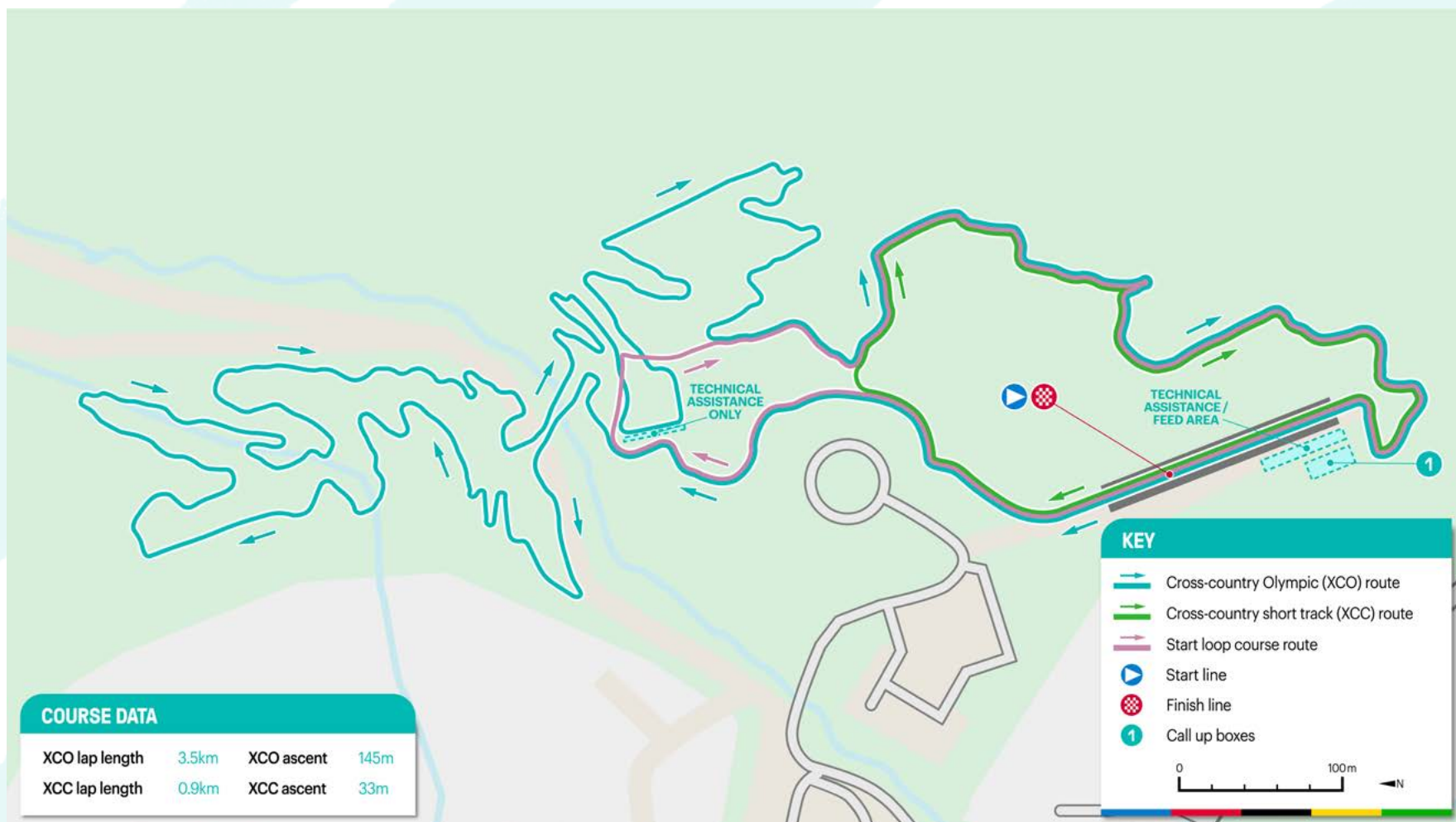
SPORT

ROUTE MAPS

Mountain Bike Cross-country Marathon route

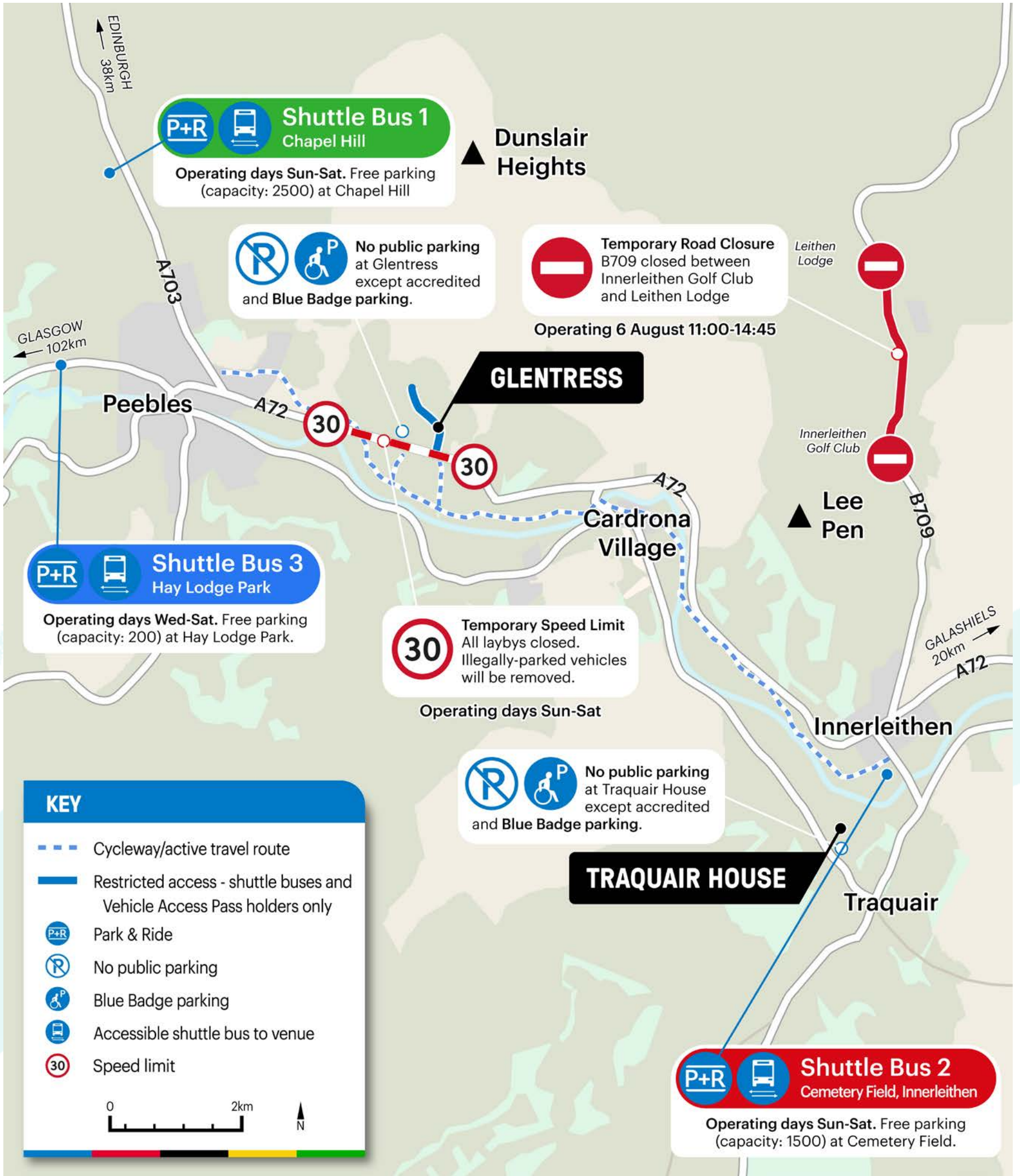


Mountain Bike Cross-country routes















GETTING TO THE TWEED VALLEY AND GLENTRESS

TRAVEL MAP



GETTING TO THE TWEED VALLEY AND GLENTRESS

HOW TO GET THERE

Glentress Forest, Tweed Valley <i>(what3words///torch.plotted.acclaimed)</i>	<p>Glentress Forest is located in the Tweed Valley 4km to the east of Peebles, in the Scottish Borders. It is approximately 40km from Edinburgh, 100km from Glasgow and around 150km from Newcastle.</p> <p>Due to its beautiful rural location, there are limited options to arrive direct to the venue using public transport. We would recommend utilising the local bus or dedicated Park & Ride facilities.</p>				
When planning your journey	<ul style="list-style-type: none">• Road traffic and travel updates are available on the Traffic Scotland website. Public transport updates are available on the Traveline Scotland website and on the Traveline Scotland app.• You can also phone the Traffic Customer Care Line on 0800 028 1414 for both road travel and public transport information.				
Location	Glentress Forest, A72, Peebles EH45 8NB <i>(what3words///torch.plotted.acclaimed)</i>				
Available modes	<table><tr><td> Bus</td><td> Cycle and walk</td></tr><tr><td> Park & Ride</td><td> Blue Badge parking</td></tr></table>	 Bus	 Cycle and walk	 Park & Ride	 Blue Badge parking
 Bus	 Cycle and walk				
 Park & Ride	 Blue Badge parking				
Bus	<p>The venue is served by the Borders Buses X62 service, which runs from Edinburgh to Galashiels. Some X62 services are bike-friendly and have storage racks for 2 to 4 bikes.</p> <p>Services run every 30 minutes with a journey time of 1 hour 25 minutes from Edinburgh or just 5 minutes from Peebles. The service stops at Galashiels Interchange for Borders Railway connections.</p> <p>See the Borders Buses website for accessibility information.</p> <p>A regular direct bus service from Edinburgh or Melrose drops you at the event entrance, operated by Border Buses.</p> <p>For more information and to plan your journey, visit Traveline Scotland.</p>				
Cycling	<p>Cycling is a great way to get to Glentress Forest, which is just 4km from Peebles or 9km from Innerleithen. The venue is near the Tweed Valley Railway Path, which runs on quiet roads between Walkerburn and Peebles, for an enjoyable cycle.</p> <p>A free and secure Bike Park is available at the venue. This will be run by event staff and a sign in, sign out system will be in operation. Please remember to bring a lock to secure your bike.</p> <p>Opening times: Bike Park opening times will reflect venue opening times.</p> <p>Connecting Edinburgh & The Lothians with the Scottish Borders, National Cycle Network Route 1 runs close to Glentress. You can also find more information on local trails in and around Peebles on the Scottish Borders Council website.</p>				

GETTING TO THE TWEED VALLEY AND GLENTRESS

HOW TO GET THERE (CONT.)

Car

Driving: Local roads will be busy so please allow plenty of time for your journey. Where possible, please car share – it's better for the planet and your wallet.

Road closures: Be mindful, if travelling on Sunday 6 August, there will be a road closure for the Cross-country Marathon event which will likely affect your travel. The B709 will be closed from 11:00 to 14:45 between Innerleithen Golf Club and Leithen Lodge.

Alternative route

- Northbound – via B709, A72, A703, A6094, B6372, A7, B7007 and B709 to point of closure
- Southbound – the above in reverse

Parking: Spectator parking is only available at dedicated Park & Ride sites. Park & Ride facilities are available at three locations with free shuttle buses to take you to the venue. You can also walk or cycle to the venue from the Park & Ride sites.

Please be aware, shuttle buses have limited accessibility facilities. If you do have accessibility requirements, please use the dedicated accessible parking that must be booked in advance.

Park & Ride: shuttle bus services will run at the same times as the venue opening and closing times noted on [page 15](#). Services will leave from the following locations:

- If travelling from Edinburgh and the north, use the Park & Ride facilities at [Chapelhill Farm, Peebles](#) (green) (*what3words///afternoon.island.shower*). This site is located on the A703 to the north of Peebles and is 6km from the venue. Capacity: 2500.

Open Sunday 6 August to Saturday 12 August.

- If travelling from the east and south (A7, A68), use the Park & Ride facilities at [Cemetery Field, Traquair Road, Innerleithen](#) (red) (*what3words///stilletto.dots.richly*), which is 8km from the venue. Capacity: 1500.

Open Sunday 6 August to Saturday 12 August.

- If travelling from Glasgow and the west, use the Park & Ride facilities at [Hay Lodge Park, Peebles](#) (blue) (*what3words///winters.oath.assurance*). This site is accessible from the A72 to the west of Peebles and is 5km from the venue.

Open Wednesday 9 August to Saturday 12 August.

Shuttle buses will run on continuous loops daily and approximately every 20 minutes, though this may change at peak and quieter times. First and last bus times will change daily to tie in with venue opening and closing times.

Accessible shuttles will run from Cemetery Field and Hay Lodge sites.

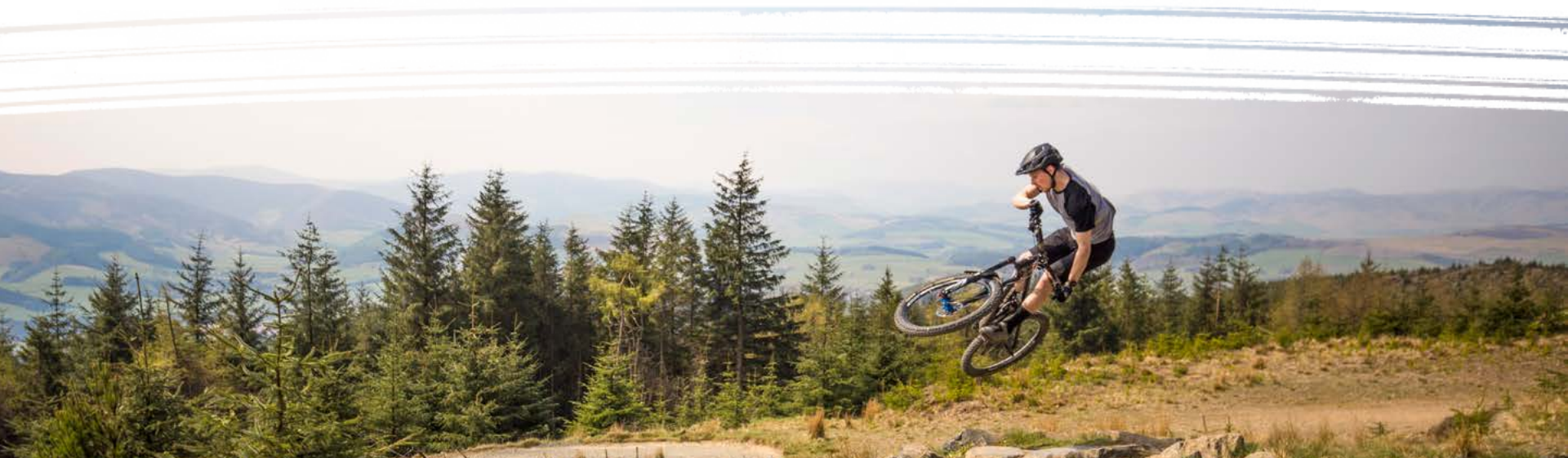
There will be some toilet facilities at Park & Ride sites.

Please note, there is no spectator parking at the venue (with the exception of pre-bookable Blue Badge parking), and we kindly ask that you do not park on any surrounding access or residential roads, laybys or verges. No waiting restrictions will be in place.

GETTING TO THE TWEED VALLEY AND GLENTRESS

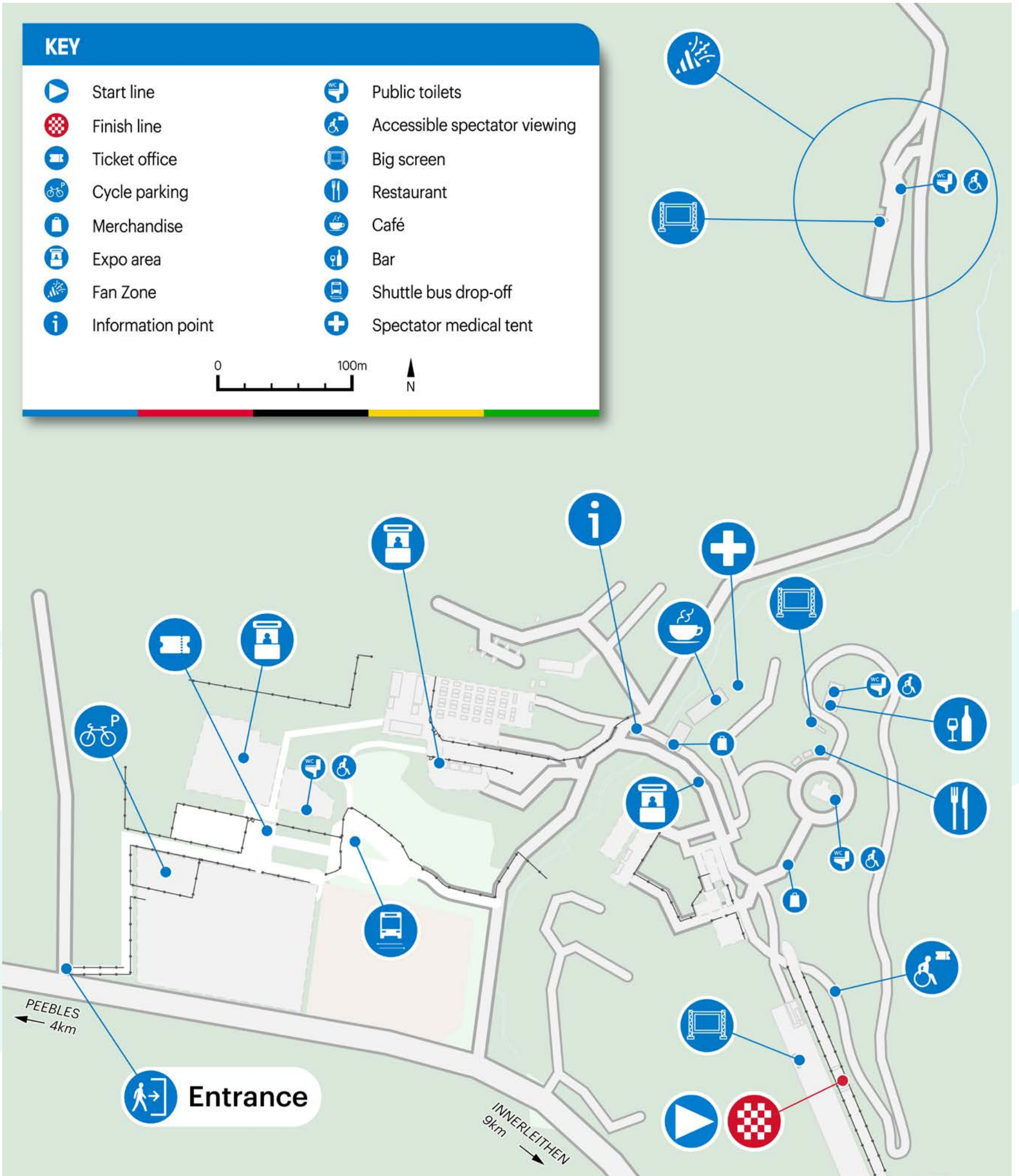
HOW TO GET THERE (CONT.)

Accessible parking	<p>There is some dedicated Blue Badge parking at Glentress. There is no cost to park, but you do need to book in advance, as spaces are limited and will be allocated on a first-come, first-served basis. To book your parking pass, please contact accessibility@cyclingworldchamps.com.</p> <p>Once your booking has been confirmed, you will either be asked to print your vehicle pass at home, which will be sent to you via email or a physical permit will be posted out to you. There will be checks in place to ensure these are not duplicated.</p> <p>For further information on venue accessibility, please read on to the accessibility section of this guide.</p>
Camping and camper vaning	<p>Please be aware that there is no provision for campervans in the area surrounding the venue.</p> <p>There are several options for camping and motorhome parking in the area including two pop-up campsites that are catering for campervan's and motorhomes. Further information can be found on the Go Tweed Valley website.</p> <p>Please read the Scottish Outdoor Access Code's Guide to Responsible Camping in Scotland if you are planning to camp. Please remember to book your camping space in advance.</p>
Hints & tips for your journey	<p>Here's our top travel tips to get you to the Tweed Valley and Glentress Forest to enjoy the Championships:</p> <ul style="list-style-type: none">• If you have to drive, please bear in mind roads will be busy, so allow plenty of time for your journey. Try and car share where possible.• There is no spectator parking at the venue (with the exception of pre-bookable Blue Badge parking) and on surrounding access roads, laybys or verges. Be considerate and use the free Park & Ride facilities for the smoothest journey.• Blue Badge parking is available at the venue but must be booked in advance.• There is no provision for campervan parking in the area other than at official designated sites. Please book a designated site in advance and travel to the venue by other means.



VENUE LAYOUT

VENUE MAP



VENUE LAYOUT

ENTRANCE / EXIT

The **Main Spectator Entrance** at Glentress will be clearly signposted from the A72.

If arriving on foot or by bike you will enter via the pedestrian entrance from the Tweed Valley Railway Path - this will be signposted. If you are planning to use the Park & Ride service, the shuttle bus drop off is within the venue.

Cross-country (XCO) and Marathon (XCM) training days are free for spectators (Sunday 6 to Tuesday 8 August).

VENUE OPENING & CLOSING TIMES

Sunday 06 August	Traquair House (marathon start)	Opens 08:00
	Glentress (marathon finish)	Opens 11:00
Monday 07 August	11:30 - 19:00	
Tuesday 08 August	09:00 - 18:00	
Wednesday 09 August	10:30 - 18:30	
Thursday 10 August	10:00 - 20:00	
Friday 11 August	09:30 - 18:00	
Saturday 12 August	08:30 - 18:00	

All tickets will be scanned at the entrance to the venue on competition days; Wednesday 9 to Saturday 12 August.

The internet and mobile signal at Glentress can sometimes be variable, so make sure you have your pdf digital tickets downloaded onto your phone before you arrive.

Ticket office opening times are in line with venue opening times.



VENUE LAYOUT

SPECTATOR FACILITIES ON VENUE

You'll see on our handy venue map ([on page 14](#)) that Glentress is well equipped for you to have a great day.

Facilities on venue:



Food & Drink

In Street Food Village at Glentress Peel Tower area



Medical Tent

For spectators, located in the Event Village



Merchandise

Located on road to Street Food Village and in expo



Public Toilets



Drinking Water Refill



Information Point



Expo



Accessible Spectator Viewing



Cycle Parking

For a list of other accessible support on venue, please visit the [Cycling World Championships website](#).

Please note there is no baggage storage. We advise you don't bring luggage to the venue, though rucksacks containing what you need for your day will, of course, be permitted.

Note: there are no cash points at Glentress.

SPECTATOR SEATING

There is no grandstand seating at Glentress. Spectators will be standing to watch the action, or there is plenty of grassy areas to sit and rest.

Spectators may wish to bring a portable camping chair with them should they feel they need it.

There is an accessible viewing platform for those who require this. More information can be found further on in this guide under [Accessible Seating](#).

SPECTATOR EXPERIENCE

GENERAL SPECTATOR ADVICE

Here's our top tips to make sure you have a great time at Glentress:

- Try, where possible, to arrive at the venue via active travel options. It's great for the planet and your well-being.
- Glentress is served by public transport from Edinburgh by the X62 Border Bus, which stops at the road end.
- If you are driving, then you must use the Park & Ride sites as there is no spectator parking at the venue.
- Please be respectful to local residents and avoid parking in residential areas, whilst attending events. Park & Ride sites are free and visitors attending any of the Fringe events ([see page 18](#)) are also welcome to use them.
- Campervan parking in the area other than at official designated sites with motorhome facilities is strongly discouraged. Please book at a designated site and travel to the venue by other means. There are two pop-up campsites in the area that cater for campervans. Find out more at the [Go Tweed Valley website](#).
- It's often advisable to bring cash for making purchases on-site, as internet coverage can be variable in some parts of the Tweed Valley. There are no cash points at the venue.
- To avoid the lunchtime rush, consider eating earlier or later than usual.
- Remember to check the [local weather forecast](#) before travelling.



SPECTATOR EXPERIENCE

WHAT CAN I GET INVOLVED WITH?

Glentress Re-useable Cup Scheme

We are working hard at the 2023 UCI Cycling World Championship at Glentress to lighten our carbon footprint and protect the environment. All drinks vendors are part of our re-useable cup scheme - check out the details once you are on site and help protect our environment (or bring your own)!

WHAT ELSE IS ON IN THE TWEED VALLEY?

There is an extensive off-venue Fringe programme with evening and daytime events for visitors. Here are some highlights:

Race the Worlds Finals – Scottish Cycling

Sunday 6 August

The Dirt Crit final is taking place at iconic XC racing venue, Glentress, on the morning of Sunday 6 August. On a purpose-built course in Glentress Forest, the youth action will take place during the Marathon event, with podium finishers once again getting to stand on the elite World Championship podium. This is a non-ticketed event, so bring the biggest cheer squad you can!

Bosch ePowered Race Festival

Sunday 6 to Sunday 13 August

Bosch ePowered Race Festival @ Riders Retreat Tweed Valley plus 'after parties' on the evenings of Sunday, Wednesday and Saturday.

Volunteer Trail Dig Day, rendezvous at **Leithen Road, Innerleithen, EH44 6HU**

Monday 7 and Thursday 10 August, 09:30-14:00

Driving/cycling up to the proposed new exit.

Working with the Tweed Valley Trails Association (TVTA), you will help extend one of the most iconic trails at the Golfie. We will be digging in a fresh line, using various hand tools. Be involved in anything from light saw work to heavy digging with a mattock. Don't worry if you don't have any previous experience, you will be supported by qualified dig leaders. Looking forward to seeing you.

SPECTATOR EXPERIENCE

WHAT ELSE IS ON IN THE TWEED VALLEY? (CONT.)

Scottish Cycling – Ride the Worlds, The Park Hotel, 2 Innerleithen Road, Peebles, EH45 8BA
Tuesday 8 to Saturday 12 August

Free come and try session, with pump track, free access to bikes hosted by experienced coaches. Free bike parking sponsored by Bspoke Cycles Peebles - lock up your bike and head into Peebles for food and drinks or a bit of shopping!

Police: End Bike Crime, The Park Hotel, 2 Innerleithen Road, Peebles, EH45 8BA
Tuesday 8 to Saturday 12 August

Come along and get your bike marked and find out about the new police campaign to tackle bike crime.

Riverside Rest, Tweed Green, Peebles
Thursday 10 to Saturday 12 August, all day from 10:00 on Thursday and Friday

The Riverside Rest provides a range of activities, workshops and educational experiences and a big screen where the live events of World Championships will be shown. The programme starts on the Thursday with a mix of yoga classes, breathwork and workshops. On Friday the day will be full of free and fun activities for all the family. Some activities are drop in and some require pre-booking.

We are Innerleithen, Old Food Store Warehouses, Innerleithen
Thursday 10 to Sunday 13 August, 14:00 - 20:00

This is a photography project designed to showcase Innerleithen's vibrant community and how an organic love of the outdoors and biking has given rise to one of the best cycling destinations in the UK. We expect to have bike demos, a beer tent and visits from the Cleikum Belle Innerleithen's Cycling Without Age trishaw as well as the town's Silver Band and Pipe Band.

SPECTATOR EXPERIENCE

WHAT ELSE IS ON IN THE TWEED VALLEY? (CONT.)

Adrenalin Uplift's Worlds Weekender, Innerleithen Trails Car Park

Friday 11 to Sunday 13 August, uplift running from 10:00–16:00

Experience the ultimate mountain biking festival in Innerleithen! Bringing together top biking brands, test ride the latest models and gear while enjoying delicious food and drink from local businesses. Attendees can showcase their skills on the Airbag, and everyone can catch the UCI Cross-country World Championship race on the big screen. Come and enjoy an unforgettable celebration of the sport, with demos, competitions, great food, and fantastic entertainment.

Find out about all the Fringe events on [Glentress2023.com](https://www.glentress2023.com).

STAYING LONGER IN THE TWEED VALLEY

- The Tweed Valley is a mountain bikers' paradise. There are dedicated trails at 7stanes Glentress and Innerleithen and some mountain biking trails are available in other forests within the valley. [Forestry and Land Scotland's website](#) provides more information.
- Across the south of Scotland you'll find the **7stanes** - seven dedicated mountain bike centres. Why not check them out while you're here?
- There are some great cycle route suggestions, including the new KC2C: South Scotland's coast to coast route, on [Scotland Starts Here](#).
- Why not extend your stay and explore more of the stunning [Scottish Borders](#)? Visit the Go Tweed Valley website for information about [bike hire and local guides](#), ideas on [where to stay](#), where to [eat out](#) and what else to [see and do](#) in the area.



SAFETY & SECURITY

ACCESS TO VENUE

- All tickets will be scanned at the entrance to the venue.
- The internet and mobile signal at Glentress can sometimes be variable, so make sure you have your pdf digital tickets downloaded onto your phone before you arrive.
- Ticket office opening times are in line with venue opening times ([page 15](#)).
- Please be mindful that on days where sessions are ticketed, there will be a ticket check at the Main Spectator Entrance.
- There will be a baggage check as you enter the venue. Be prepared for your bag to be searched.

SPECTATOR SAFETY

- Spectators should not attempt to access the championships courses and only cross the course routes at designated crossing points.
- Please do not climb trees and please ensure children are supervised and safe at all times.
- We don't recommend bringing pets as it's extremely noisy and crowded. Assistance dogs will be permitted on venue. Dogs should be kept on a lead and under control at all times.
- Please follow all instructions of course officials and stewards.



SAFETY & SECURITY

PROHIBITED ITEMS

A number of items are forbidden to bring on site, including:

- chainsaw
- drones
- glass bottles
- alcohol



Please refer to entry terms and conditions for further information. Please note, there is no baggage storage on-site. We advise you don't bring luggage to the venue, though rucksacks containing what you need for your day will, of course, be permitted.

BIKE SAFETY

Please note, no bikes are allowed on venue and should be left in the free-to-use, secure cycle parking. Please remember to bring a lock to secure your bike.

HEALTH & SAFETY

- The weather in Scotland can often be quite changeable, so we'd recommend you bring:
 - Waterproof jacket and trousers and an extra layer for wet, colder and windy conditions
 - Sun cream, sunglasses, plenty of water on warm days and insect repellent
- NHS 24's [summer health campaign](#) page on NHS inform has great advice on how to stay well during the hotter months.
- If you become unwell while visiting Scotland during the 2023 UCI Cycling World Championships, or need help with urgent care (in an emergency dial 999) or minor injuries, details on how to get medications or where to access health and care services, you can get help and advice from NHS 24.
- Stay safe and healthy while attending the World Championships, visit [NHS inform](#) or download the NHS 24 online app from the Apple App Store or Google Play for quick, accurate and trusted health advice.

ACCESSIBILITY

VENUE ACCESS ADVICE

Blue Badge holders can access the site directly - there is no specific accessible entrance. Blue Badge parking is located centrally within the venue, giving close access to toilets, food, drinks and the accessible user platform/multi-user path.

If using Park & Ride shuttle buses, these drop off directly within the venue. These buses are accessible. Please refer to the venue map for detailed access locations ([on page 15](#)).

In-venue spectator assistance

[Cycling Without Age](#) will be on venue to transport spectators if needed. They will support by offering trishaw rides to help you securely get around the venue if you require this assistance. There will also be a side-by-side tandem bike available.

ACCESSIBLE FACILITIES

Queues

The Main Spectator Entrance lane will be wider for those with accessible or easy access needs. Speak to event staff who can assist when you arrive.

Toilets

There are accessible portaloos and a mobile Changing Places toilet unit available at Glentress.

You can also find your nearest Changing Places toilet on this [Changing Places Toilet Map](#).

Wheelchairs for loan

There will be a limited number of wheelchairs for loan. These will be available on a first-come, first-served basis every day.

Assistance dogs

There is a signposted dog spending area on the venue. Water bowls for dogs will be located at the water bottle refill sites located across the venue.

Hearing support

There will be a deaf meeting point on venue for those who require assistance. BSL interpreters are present for the medal ceremonies.

Information point

Available on venue for support and assistance.

ACCESSIBILITY

ACCESSIBLE SEATING

- The accessible viewing platform can be reached by the multi-user path and is in view of the Start/Finish line. This platform is available for wheelchair users and those who require easy access seating and their companions. Fold up chairs will be available for companions.
- Please note this is unreserved so spaces on this platform, are first-come first-served.
- Portable seating is available on venue if you require it, please get in touch if you feel this is something you may need at accessibility@cyclingworldchamps.com.

WHAT'S THE TERRAIN LIKE?

We have some top things to consider for the terrain of this event should you have an accessible need:



Glentress is a beautiful outdoor mountain bike venue, so the terrain is forest road and winddust surfaced paths with minimum tarmac surfaces.



Given the nature of this venue, the terrain can be uneven and not smooth in places and has areas of both flat and sloped ground.

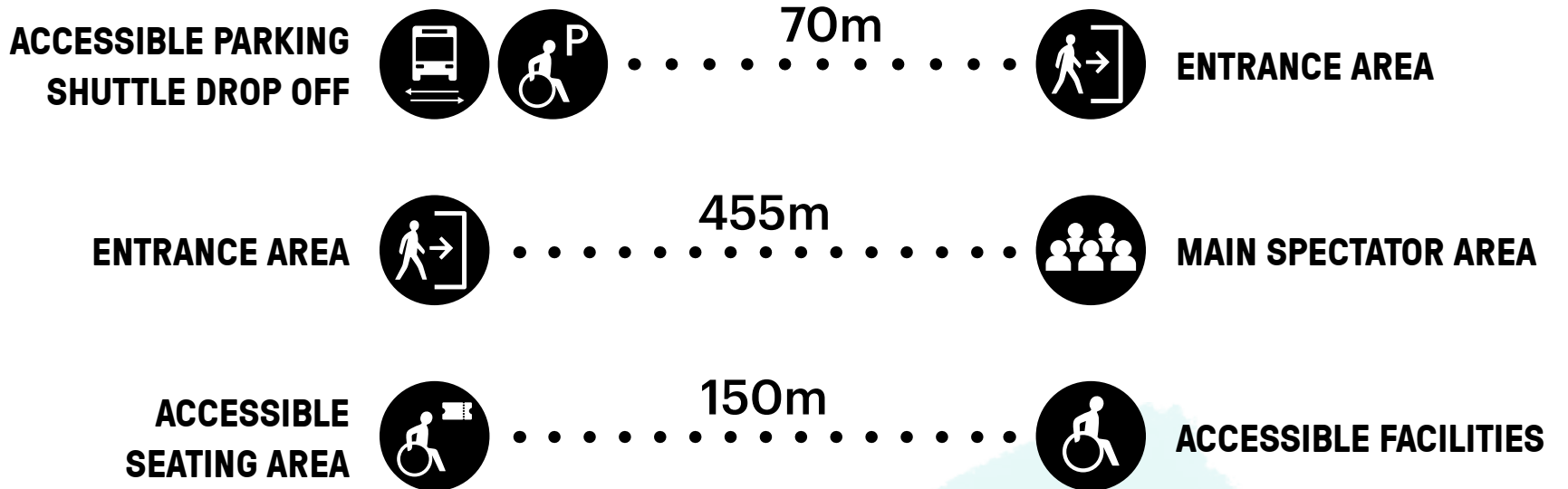
If you'd like to talk to us about your specific mobility needs, please read on to our [Reasonable Adjustments section](#).



ACCESSIBILITY

WHAT ARE THE KEY DISTANCES TO BE AWARE OF?

Please find below some helpful distances to support you getting around the Event Village at Glentress:



REST AREAS / QUIET SPACES

Picnic benches are available throughout the venue that offer a space to rest for individuals who may need it.

There will be a quiet space on venue as well as a multi-faith room for individuals who require these facilities during event days.

REASONABLE ADJUSTMENTS

If you have any questions on any of the accessibility information included within this guide, or need to discuss your particular needs, please contact us at accessibility@cyclingworldchamps.com.



Photo by Ian Rutherford

RESPECT, PROTECT & ENJOY

VISIT RESPONSIBLY

Whether you're a visitor from Scotland or are travelling from across the UK or internationally, consider the area you are visiting and how best to plan and enjoy a responsible trip.

Responsible tourism aims to make places better for people to live in and visit, maximising the positive benefits of tourism for everyone - spectators, visitors, local communities, businesses, and the environment.

For more information and hints and tips, look at the [sustainable travel section](#) on VisitScotland.com.

The 2023 UCI Cycling World Championship events in Tweed Valley take place in a rural area. [The Scottish Outdoor Access Code \(SOAC\)](#) offers guidance on how to engage responsibly with Scotland's landscapes and local communities.

Keep it clean, protect our forests

Our forests are at risk from pests and diseases, which can affect the health of our trees and devastate large areas of woodland. You're our best defence, so before you visit an event, please wash shoes, bikes, equipment and your dog, to help slow the spread of diseases and preserve our woodlands.

Find out all you need to know about [invasive and non-invasive species](#).

Keep Scotland Beautiful

Scotland is renowned, the world over, for its stunning scenery and you can help us keep it that way for generations to come, by using designated on-site toilet facilities and by taking all your belongings and litter home with you after the events.

Wildlife

Scotland's forests and mountains are teeming with wildlife, who call these places home. A number of wildlife surveys were conducted as part of the trail construction works for the World Championships, to ensure local species such as bats, badgers, otters, reptiles and red squirrel were not disrupted or their sensitive habitats damaged. You can do your bit too. Let's look after our furry and feathered friends, by not disturbing them and leaving their habitats as you found them.

RESPECT, PROTECT & ENJOY

VISIT RESPONSIBLY (CONT.)

Camping, campervans and caravans

There is no provision for tents, campervans and caravans in the area surrounding the venue. Please do not camp or park your vehicle on access roads, laybys or verges surrounding the venue.

There are several options for camping and motorhome parking in the Tweed Valley area including two pop-up campsites that are catering for campervan's and motorhomes. Further information can be found on the [Go Tweed Valley website](#).

If you are considering camping or using a campervan or caravan during your trip, please read the [Scottish Outdoor Access Code Guide to Responsible Camping](#) to make sure you, and others, have the best experience. Please do not turn up to campsites without booking in advance.



Host partners



Main partners



Official partners



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