PRESENTED BY:
GRAVEL FODDER
Learn about your free fodder supported by WTB. See page 13 for more details.
WELCOME TO DUKES WEEKENDER

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 2022 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.

Community has always been right at the heart of Stu, Amber, Rob and Caroline’s aspirations and this year sees them pass the Dukes baton over to Bike Trossachs, the local Community Interest Group made up of volunteers with the mission of developing cycling participation and infrastructure in the Trossachs. This development will allow the event to continue to grow and importantly see all profits from the event being directly reinvested back into Bike Trossachs’ community-centered mission.

For 2022, Dukes will have its largest number of participants ever; new categories are included for adaptive cycles and 14-18yr olds, our infamous hill climb and a gravel enduro made up of 5 new stages. The event village will be the busiest yet with more for kids to do including a pump track, balance bike races, face painting and more. We’ve doubled the number of female participants from 2021 and are delighted to be running an adaptive cycle category which will follow largely the same trails as the gravel enduro.

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.
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.

The launch of Gravelfoyle featured the recent 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.

#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
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.
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

We're delighted to have our friends at Komoot on board as route partners for Dukes Weekender 2022! They've created 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 Kelly and Katherine over the weekend and they have a spread on offer for you on Sunday – You can stop by the event village before the final stage for some Komoot Traybakes lovingly baked by Maggie's kitchen! Who doesn't love a bit of home baking!

Komoot will also be doing a Women led baggy t-shirt ride at 1.30pm on Saturday in partnership with Bike Trossachs CC. A chill 10km and perfect for partners, parents or spectators to get involved in.

www.komoot.com
Endura are excited to be heading back to Aberfoyle for the Dukes Weekender and their event crew will be back to make some noise at the Endura Hill Climb on Saturday afternoon. The Endura Custom team are busy creating some new winner’s jerseys at their factory in Livingston and make sure you drop in for a chat and to see the latest additions to their GV500 gravel collection at their stand in the event village.

Fast approaching 30 years of engineering game-changing cycling kit, Endura’s GV500 range deploys their vast knowledge of materials and technologies to create gravel ready gear. Endura added women’s kit to the collection earlier this year and will be bringing the latest additions along to show you, including the women’s GV500 Long Sleeve Jersey and GV500 Zip-Off Trouser and the GV500 Thermal Bibtight for year round gravel grinding.

James Russell-Watson, Endura’s Head of Marketing: “Aberfoyle has been on our go-to list of places to ride for years now and with the Dukes Weekender and the work of the Gravelfoyle team, this special bit of Scotland just gets better and better for fans of big climbs, sublime views and epic gravel adventures.”

www.endurasport.com

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
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

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 Stornaway 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 between our 3rd and 4th race stages on Sunday meaning you can hit the single track fully caffeinated... Get It Down Ye!... Because an empty tank won’t power your crank!

*Valid ONLY Friday Sept 9th - Sunday Sept 11th 2022 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-transferable and cannot be exchanged for cash in part or full - no change can be given. Participating businesses include: INTREPID, THE KIOSK, THE FAERIE TREE, THE STATION, THE FORTH INN, LIZ MACGREGORS, MARGIES KITCHEN, THE ABERFOYLE DELI, THE WEE TABLET SHOP, ABERFOYLE BIKE HIRE & THE PIER CAFE, STRONACHLACHER.

Participating Local Businesses:
INTREPID, THE KIOSK, THE FAERIE TREE.

dukesweekender.com
As many of you will be aware, one of the biggest personalities in the Scottish Cycling scene recently passed away. Rab Wardell was one of our closest friends at Dukes and the last few weeks have been difficult to process for us all.

At this years event we want to celebrate Rab; the energy, enthusiasm and passion for riding bikes that he brought to every situation. It’s something that will never leave us.

Rab was always the biggest supporter of us at Dukes, and this year, as so many years before, Rab is on the start list for the Hillclimb.

Rab’s start time is 17:00.

At 16:59, we are requesting that all participants and spectators hold a minute silence.

At 17:00, we want to mark Rab’s ride on the hillclimb. Remembering our friendship, love and the his endless energy we would like everyone to cheer him as loud as we always would. One minute of as much noise, energy and celebration as possible.

Please spread this plan, tell everyone and all get involved. We miss Rab dearly and want to celebrate him with you all.

‘Bikes are gid’
Cheers

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

FRIDAY 9TH SEPTEMBER
6pm Event Campsite opens

SATURDAY 10TH SEPTEMBER
8am - 5pm Event Registration open
9am Dukes Weekender 2022 Event Village opens
9.30am Kids Gravel Enduro registration closes
10am Dukes Weekender 2022 Kids Gravel Enduro start
12.30pm Dukes Weekender 2022 Kids Gravel Enduro Podiums
1.30pm Komoot & Bike Trossachs women led Baggy T-shirt 10km social ride
3pm - 6pm Dukes Weekender 2022 Endura Gravel Hill Climb
7pm Dukes Weekender 2022 Endura Gravel Hill Climb Podium

SUNDAY 11TH SEPTEMBER
7am Event Registration opens
8am First rider away for Dukes Weekender 2022 Gravel Enduro presented by Cervélo
8am Event Village Opens
8am - 11am Riders Depart
9am Event Registration Closes
5pm End of Gravel Enduro Race
5pm Dukes Weekender 2022 Podiums 7
6pm Dukes Weekender 2022 Event Close
2022 is the inaugural year of the Adaptive Riders Category at Dukes Weekender. We believe this is the first time an adaptive rider category has been run alongside a non-adaptive category in a gravel cycling event and hope it will pave the way for future inclusion in events across Scotland and the UK! We’ve been working hard with support from our friend and frequent Gravelfoyle shredder Neil Russell to make this a special event for all.

The 2022 adaptive riders category offers two beautiful yet challenging routes for riders to choose from. A 20km ‘Short’ route and a 32km ‘long’ route. Both courses will follow largely the same route as non-adaptive riders with a couple of wee deviations to avoid trickier sections. 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 Saturdays 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.

Due to generous support and funding from Events Scotland, places for adaptive riders are also free this year.

We believe that this year’s Dukes Weekender is the beginning of something special in terms of adaptive riding in Scotland and we can’t wait to have you join us, take part and revel in the gravel goodness that this part of Scotland offers for all riders.
GRATEFUL HILLCLIMB (SATURDAY) PRESENTED BY ENDURA
Possibly the only gravel hillclimb in this solar system - it was such a hit last year, we’re sticking off-road! Starting at the impressive Allt a’ Mhangaim waterfall, the gravel hillclimb is a merciless beast, with the gradient changing constantly. Don’t concern yourself with why the ground has turned from grey to red as you make the first hairpin, you’ve still a fair ways to go yet. Allow yourself to be distracted by yet another waterfall before the knife turns into a sickening punch to the finish line. That din you’re hearing? Yeah, sorry about that…

GARBEG HILL (STAGE 1)
Length: 2.1km
Elevation: +50m/-52m
Average Gradient: 0.8%

After meandering out of Aberfoyle, riders will have their first opportunity to stretch their legs and test their lungs. It’s a nae bad way to begin but you’ll need a range of gears - The climb isn’t steep but it’s long enough to feel it for the opening stage so prepare to have your lungs opened and legs stung in prep for the rest of your day out! Don’t worry, we’ve included the descent of Garbeg Hill in this stage for you too and if you can tear your eyes from the trail as you descend you’ll be treated to some braw views of Ben Lomond.

DINNAE STEAL MA CHON (STAGE 2)
Length: 3.8km
Elevation: +51m/-53m
Average Gradient: 0.3%

Perfect flowy gravel and beautiful views of Loch Chon, Gaidhlig for Loch of the Dogs. We are very excited to bring you out to one of our favourite stretches of gravel. We call it the super gravel highway - so fast, so smooth and whatever you do, don’t forget to look up! Full tuck and pedallll like your life depends on it... total treat awaits!

GLEN ARKLET (STAGE 3)
Length: 2.7km
Elevation: +57m/-29m
Average Gradient: 1.3%

This stage through Glen Arklet is the first of three we’d call 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!

Beware - go out too hard and you might regret it, that steep little ramp could sook it all out of your legs if you’re not careful!

FOR THE ‘GRAM’ (STAGE 4)
Length: 2.1km
Elevation: +43m/-13m
Average Gradient: 2.0

Narrow, fun, twisty and punchy singletrack heaven awaits... another new stage to test your bike handling and add some sting to those pegs. Mountain bikers are sure to love the windy undulating trail that takes you back towards Loch Chon. A firm favourite with the locals as it’s sure to secure that all important instabanger on a braw day ripping up Gravelfoyle!

STATUTE LABOUR ROAD (STAGE 5)
Length: 3.3km
Elevation: +50/-60m
Average Gradient: 0.3%

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!

OVER THE HUMP (STAGE 6)
Length: 0.5km
Elevation: +25/-25
Average Gradient: 3.0%

The final and newest stage of 2022 - short and sweet... or is it?! It may well look as short as a baw hair but it’ll nip like our wee Scottish pal the midgie! We’re sending you back over the Dukes pass again just to make sure your legs are suitably tired ahead of this wee stinger. Cover your brakes once you take a sigh of relief cresting this humdinger of a hump! You may want to grab some cake as you pass through the village before heading up the climb to tackle the final stage of the day. Don’t worry, a pleasant zip back down the Dukes pass awaits after this so empty the tank, go full gas and gle laldy!
Trash Free Trails is a community-focused, non-profit organisation who exist to protect our trails and the wild places they take us to. They provide a positive call to action for riders, runners and roamers to tackle the issue of SUP (single use pollution, aka LITTER!).

On Sunday at the Dukes Weekender 2022 look out for Ali & Pete from the Trash Free Trails A-Team who will be at the TFT tent and out on the hill inspiring all of us to go on our own Purposeful Adventures and help protect our environment. If you see them why not say hi and ask for a bag to do your own mini trail clean. You’ll not only be helping us reduce the environmental impact of our event, but you’ll be making a positive impact on the trails and wild places of Aberfoyle!

So why do we think it’s so important to collaborate with Trash Free Trails? Well, we know that the issue of SUP can be really overwhelming, whether you’re running your own event, trying to enjoy a ride on your favourite trail, or even walking down the side of the course at your favourite gravel event… cough, cough…no one wants to see litter!

That’s why Trash Free Trail’s DIO (Do It Ourselves) approach is so effective and simple. It empowers everyone, including YOU, to do your own bit to reduce the impact of SUP on our environment - be that a trail clean or picking up the litter you see on your next ride, run or roam.

We’re stoked to have Trash Free Trails at the Dukes Weekender 2022, and look forward to seeing all the positive #PurposefulAdventures our riders and spectators get up to!

www.trashfreetrails.org
Trailcoach exists to enable everyone to have more fun and be safer while riding their bikes. We aim to improve rider confidence by expanding knowledge and developing skills – for people of all ages! Even experienced riders can benefit from correcting bad habits, and at the other end of the scale, our thriving Kids Club is helping them develop good habits on and off the bike.

We’re delighted to announce that the good folks at Gravelfoyle have pushed GO on our favourite local bike event! It’s a two-day event with the Kids Enduro Race on Saturday morning, the infamous Dukes Hill Climb on Saturday afternoon, with the main Gravel Enduro event on Sunday in Aberfoyle.

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We’ll also have the following on offer, so please come and join in the fun:
• Pumptrack manual challenge
• Free bike setup tips
• Prizes on offer in the raffle – vouchers & merch!
• Coaching mini sessions at the local Bike Park

Our normal Kids Club will be operating as usual and we would encourage everyone to stay after the club and join in with the Hill Climb event – it’s a hoot!

For more information and tickets please visit their website: www.dukesweekender.com
www.trailcoach.co.uk

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

Intrepid is very excited to be able to offer our support again this year to the Dukes Weekender, this is very much our kind of event! We love to be an integral part of the community and regularly hold events and workshops in and around the Loch Lomond & Trossachs National Park.

Our shop, based in Aberfoyle is home to an eclectic outdoor collection. We focus on good design, sustainability and social purpose. Inspired by nature and a love of the outdoors, Intrepid is now the place to go in Scotland for all your adventure essentials.

Our shop in based in Aberfoyle but are also online www.intrepidscotland.co.uk

www.intrepidscotland.com
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
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 2022! Come back soon to #Gravelfoyle to carry on the adventure...