



TREK BC GRAVEL SERIES VANCOUVER ISLAND

Presented By  Bluebird Self Storage

SEPT 7, 2025

RACE BIBLE

Updated Aug 28, 2025



TREK

 Bluebird Self Storage

MOSAIC
FOREST MANAGEMENT

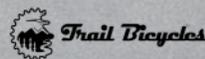
LIQUOR PLUS
DISCOVER THE PLUS +

F2C
NUTRITION

 RIVERWAY DENTAL
Dr. Wade Luksey Inc.

NOBL

 **HORNBY**
ORGANIC



TOURISM **COWICHAN**



EVENT DESCRIPTION



The FORBIDDEN GRAVEL is the ultimate gravel adventure event, held on the gravel roads of MOSAIC FOREST MANAGEMENT, MANULIFE FOREST MANAGEMENT, and proudly supported the VILLAGE OF CUMBERLAND.

The event will occur on Sunday Sept 7 and will start at Cumberland Village park. Participants will be given the opportunity to compete in 3 separate Distances: Esperto - 80km, Intermedio - 64km, and Impulso - 35km. While shorter than the other BC Gravel events, the Forbidden Gravel routes make up for more elevation and some additional technical features.

Each rider will be responsible for printing out the map and uploading map files on their GPS. While the course will be marked, the map and GPS will guide the rider to the feed zone/ checkpoints along the route.

The event will also consist of ride ambassadors and feed zone which will be indicated on the course map. Ride Ambassadors will be joining participants to provide ride service, mechanical support, and also assist in emergency response.

NOTE: This is an extremely remote area. Always be aware of the distance to the feed zone and checkpoint, and be prepared to travel that distance with the supplies you carry.

Please be aware... if you break down or become injured, let the nearest rider to you know so that they can relay for help. **A list of phone numbers is provided to contact. Cell coverage is very spotty,** There will be several bicycle medics spread out on the ride in addition to many ride ambassadors who will be available to respond, help, and relay communication.

If you do not feel you are prepared to meet such a challenge, please consider shorter route options by bypassing the route at the centralized Aid Station

Important Phone numbers:

Race Director 250-415-3246

Medix Dispatch 250-893-3418

EVENT DESCRIPTION



EVENT ITINERARY (Please note that this may still be subject to change)

Saturday Sept 6, 2025 - Trail Bicycles at 1170 Cliffe Ave, Courtenay, BC V9N 2K1 (Park in the Back)

10:00 am to 5:30 pm - Check in and race package pick-up

Sunday Sept 7, 2025 - Cumberland Village Park at Cumberland, BC V0R 1S0

7:30am to 9:00 am - Check in and package pick-up

9:15 am Rider's Briefing

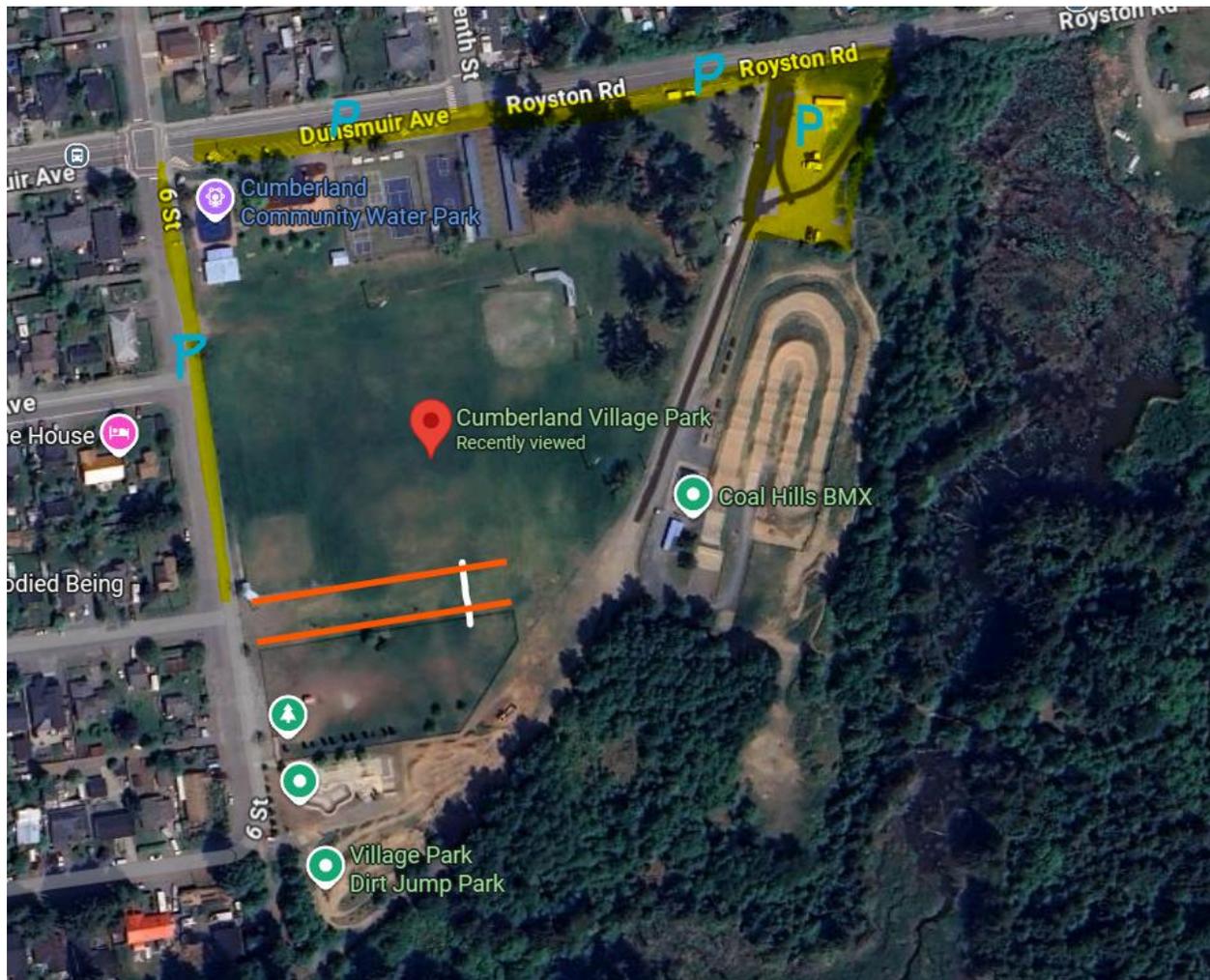
9:30 am - Esperto / Intermedio / Impulso Start

12:00 pm to 3:00 pm - Food & Drinks

3:00 pm - Awards Presentations

PARKING

The event start/finish will be located at Cumberland Village Park, which is located on the South Side of Cumberland. Riders will park their vehicle only at assigned parking areas, but will be permitted to drop off tents at the team staging area. Special permission will be needed to park a vehicle in the tent area.





EVENT INFORMATION

FIRE RISK

All participants are prohibited from smoking at the venue and on course before/during/after the event. It is anticipated that the riding area may still be under severe fire hazard warning.

NEW! CUT OFF TIMES

The following cutoff times will be enforced for the riders safety and well being. This also takes into consideration that volunteers and contracted safety staff are also limited in their available time to ensure maximum safety.

Long Course (80km) - Start Time is 9:30am

Aid Station - KM63.8 - Cutoff at 2:00pm (4hr 30min elapsed time) Riders will be subsequently directed to turn right on Davis Lake Main (instead of turning left).



RACE INFORMATION

WHAT TO BRING

While we have aid stations, sweep riders, medical staff, and the support of your fellow participants, be aware that portions of the course do not have cell phone coverage. In the event of an emergency or inclement weather, you'll need to be self-sufficient. Sweeps and marshals can't bring all riders back, it's for those whom have circumstances where they can no longer progress under their own power. Take care of yourself by bringing the following on the ride:

- Rain cape or wind jacket – please bring both to race, and we'll advise at race start on which is recommended.
- Minimum 2 bottles, even a Camelbak type of drinking setup.
- Seat bag, handlebar bag, to store tools food, try not to have all your gear in your back pockets of your jersey.
- 42mm wide Tires are highly recommended in order to avoid pinch flats or punctures.
- Warm layer helmet such as cycling cap to keep your head dry and wind proof.
- Full fingered gloves.
- 2 tubes, 1 patch kit, CO2 and/or pump (a small pump is recommended).
- Bear Spray / Air Horn (We are riding in pristine wilderness and there is always a chance to encounter bears or cougars).
- Multi tool with/and a chain breaker.
- Your preferred race nutrition to supplement between aid stations
- Bicycle GPS with uploaded route, Cell phone / ID
- Arm and leg warmers
- A base underlayer
- A fender or rat-tail.

If you have any other questions about what to bring, reach out to us at info@panachecyclingsports.com



THE ROUTES

ESPERTO

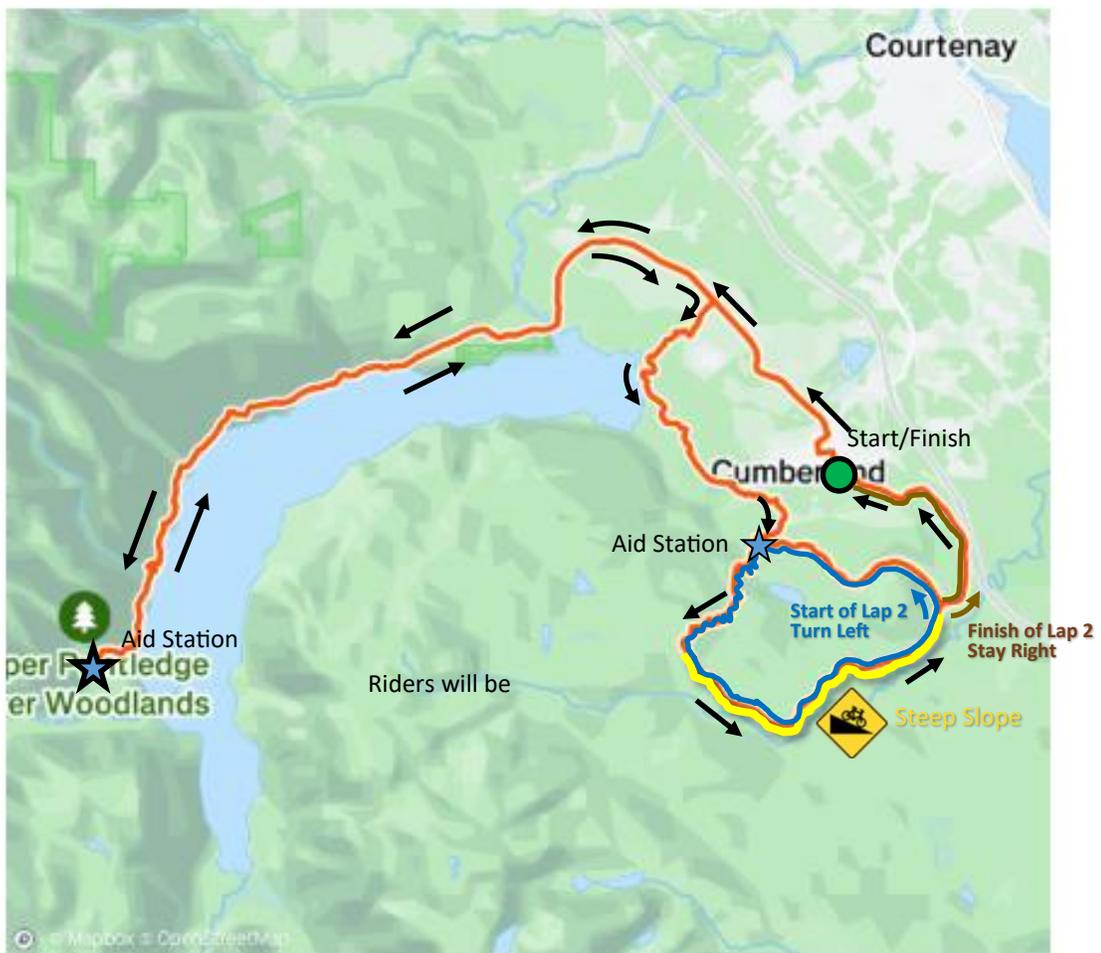


[DOWNLOAD GPX FILE HERE](#)

- 80.1km distance
- 1789m total elevation gain
- 12.4% max grade

· Road Surfaces - 7m wide gravel logging roads, loose gravel on shoulders, singletrack climb with switch-back turns.

80.1 km **1,789 m** **2:55:37**
Distance Elevation Gain Est. Moving Time



THE ROUTES

INTERMEDIO



[DOWNLOAD GPX FILE HERE](#)

- 63.8KM distance
- 1420m total elevation gain
- 12.4% max grade

· Road Surfaces - 7m wide gravel logging roads, loose gravel on shoulders, singletrack climb with switch-back turns.

63.8 km
Distance

1,420 m
Elevation Gain

2:19:54
Est. Moving Time



THE ROUTES

IMPULSO



[DOWNLOAD GPX FILE HERE](#)

- 63.8KM distance
- 1420m total elevation gain
- 12.4% max grade

· Road Surfaces - 7m wide gravel logging roads, loose gravel on shoulders, singletrack climb with switch-back turns.

35.0 km
Distance

770 m
Elevation Gain

1:16:51
Est. Moving Time



THE RULES



- 1** The Forbidden Gravel is a self-supported, bicycle event along the gravel and dirt roads of Cumberland. For the purpose of this event, “bicycle” is defined as “a vehicle consisting of a frame mounted on two wheels one behind the other, and having a seat, handlebars for steering, two hand-operated brakes, and propelled solely by the operator via two pedals connected to the rear wheel by a chain or belt. **“E-Bikes” will be allowed** but will not factor in the top 3 results in each category, but will factor in an exclusive e-Bike Category. Pacing and drafting behind an e-Bike is not permitted.
- 2** The roads are open to logging trucks and other authorized vehicles. For your safety, it is imperative that you be constantly aware of your surroundings. Therefore, **headphones/earbuds are strictly forbidden**. Please show respect and courtesy to other people and give them a warning that you are approaching. Any reports of rude or inappropriate behavior will result in the disqualification of the individual participant.
- 3** ALL participants MUST attend Rider Package Pick Up and Sign-In in person. A valid photo I.D. or Cycling BC license will be required to sign in. Event packets will be given out to registered participants only. No one else can receive your pack for you. For more information on Rider Sign-In, refer to the Schedule of Events on our website at www.bcgravelseries.com
- 4** While limited copies of the course map may be available, participants will be responsible for printing their own course map prior to the event. This document will be the rider’s primary means of navigation. In addition, the course may have a limited number of course markings to reassure participants they are on route. Participants may load the GPX route into their GPS prior to the event, to assist in navigation.
- 5** **Know the feed zone locations.** Esperto (80km) will access the feed zones 3 times at km22, km48, and km64. Intermedio will access the zone 2 times at km22 and km48. Impulso (35km) will access the zone once at km18.8. **Riders are encouraged to be self sufficient and bring sufficient water and food for the duration of the ride.**
- 6** Participants may help other participants with mechanical support, navigational assistance, or by any other means reasonable and in the spirit of fair play. Participants using normal pedal bikes are not to be paced or drafting behind e-Bikes.
- 7** Participants may stock up on food, water, and other supplies at the aid station. Participants may also receive “neutral” assistance from ride ambassadors and bike Medics along the route. “Neutral” is defined as support that is freely offered equally to ALL event participants,

THE RULES

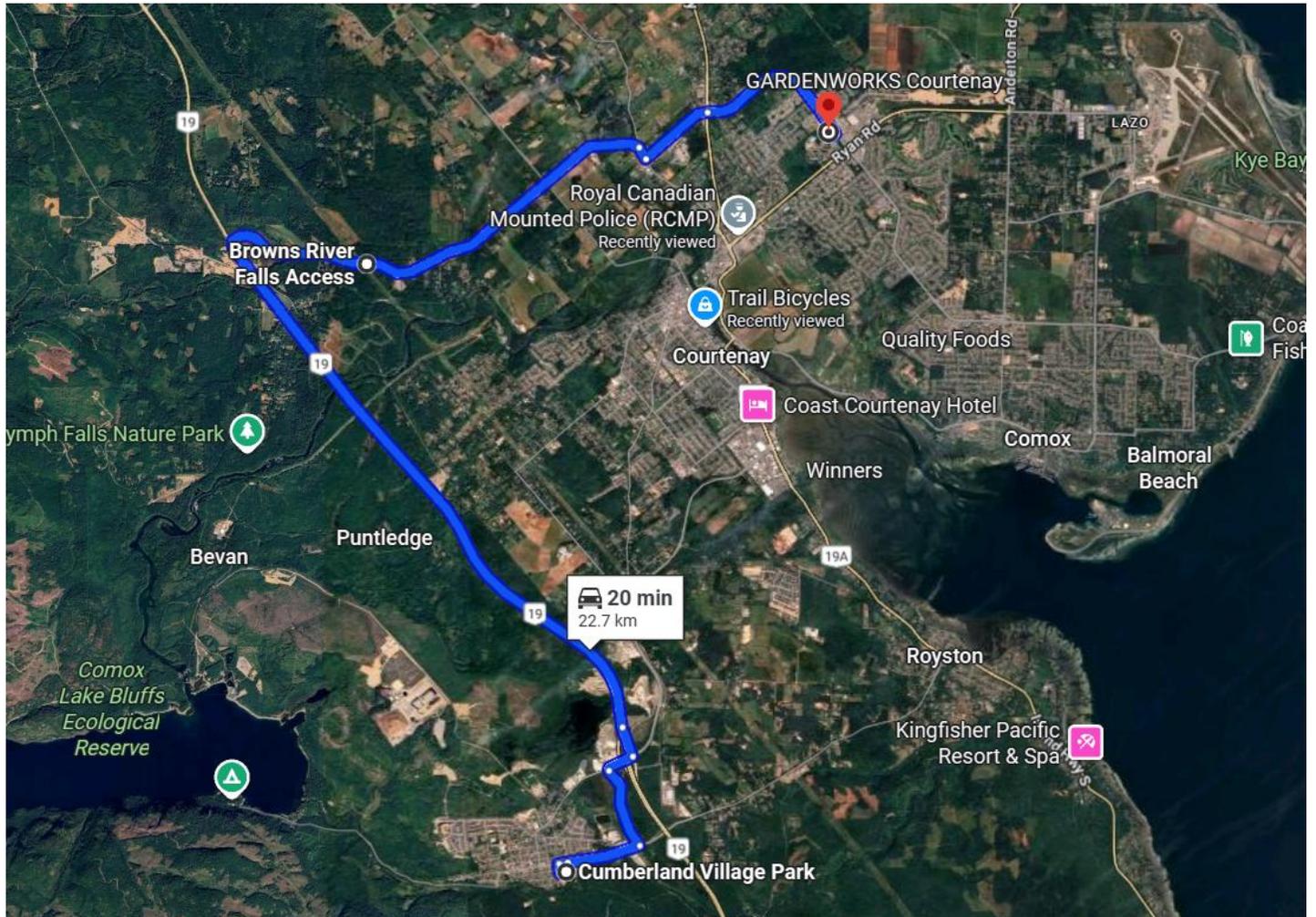


- 8** Participants may not advance along the route by any means other than bicycle, or by foot. There will be no hitching rides unless you are being picked up by the Broom Wagon or require first response emergency first aid and need medical transport.
- 9** The primary route must be followed at all times. No short cuts or alternate routes are permitted. The course may be altered by the event organizer in the event of inclement weather, or other unforeseeable circumstance. Should this occur, participants will be sufficiently advised.
- 10** Riders must remain within the primary boundaries of the gravel road and trail at all times. If the roadway is bordered by fences, stay between them. If the roadway is in open range (no fences), stay out of the ditch and keep on the road. Leaving the roadway is cutting the course.
- 11** You may be required to hop over or maneuver around closed gates on the course.
- 12** If you intentionally exit the course for food, supplies, or any other reason, you must re-enter the course at the same spot at which you left. If you get lost, you shall make every reasonable attempt to backtrack to the point where you left the course; or to re-enter the course as soon as possible and without gaining an advantage.
- 13** Participants must start and complete the entire course on the same bicycle frame. All other components and equipment may be repaired or replaced during the event. Bicycles must be equipped with two (front and rear) fully-functional hand-operated brakes.
- 14** Participants must wear a properly approved helmet while operating their bicycle.
- 15** Participants must obey all local, provincial, and federal laws and rules of the road. If an emergency vehicle is approaching, move to the far right side of the road and stop until the vehicle has safely past by.
- 16** Participants are recommended to have a front headlamp and a red tail light for the duration of the event.
- 17** You are completely on your own. Use your head. Watch for and yield to traffic. All roads are open to public vehicle and/or pedestrian or horseback traffic.



MEDICAL EMERGENCY

AREA HOSPITAL



It is, of course, our hope that no one will need this information.

In the unfortunate chance that you do, print this off and keep it with you and share with family/friends.

North Island Hospital Comox Valley
101 Lerwick Rd, Courtenay, BC V9N 0B9
+1250-331-5900

<https://www.islandhealth.ca/our-locations/hospitals-health-centre-locations/north-island-hospital-comox-valley>

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14-759 Sanctuary Court
Victoria, BC
V8X 5L6

Contact: Jon Watkin
Email: info@panachecyclingsports.com

