



FAQs

What is the Trans Alba Race?

The Trans Alba Race is a self supported bicycle ride spanning over 1,000 miles and over 70,000ft of climbing around Scotland.

It's called a race, but you refer to it as a ride?

Simply there are no prizes for coming first, second, third or a wooden spoon for last place.

Due to the distance it's very much a personal challenge against the clock. You get out what you put into it.

We understand that even if we called it the Trans Alba Ride, it's human nature that someone would want to race it. Ultimately it is the riders choice whether you want to ride fast or slow, as long as you follow the rules, do so safely, and with regular breaks. We recommend a minimum of 6 hours of sleep per 24 hours.

What we can say is that you will experience highs, lows and everything in between. You'll make friends for life and see scenery that will blow your socks off! So, if you're looking for a traditional race, we're not that. We just like the way it sounds!

Self supported?

You are responsible for yourself and your equipment. There are no officials, no marshals, no ride leaders, no direction signs and no rescue services on the route. In short - there is no support. By signing up you acknowledge this and you understand that you ride at your own risk.

Doesn't Trans mean across?

It certainly does. Our route is more around, but we have used the word Trans as a little nod to the races we love. This race wouldn't have existed, in this form, without the Trans America Bike Race.

What does Alba mean?

It's the Gaelic word for Scotland.

What is #talbarsix?

Quite simply a shortened version of 'Trans Alba Race'. It's Alba with the T from Trans and the R from Race! The 'sixth' states we're in our fifth edition!

How much does it cost?

Full Route -

Solo - £355

Pair - £330 per rider (2 Riders)

Do you have a refund policy?

From the date of being offered a place, you will have 28 days to make full payment to accept your spot. A full refund (minus an admin fee of £50.00) will also be offered during these 28 days. This serves as a "cool down period". This is an exciting adventure to be part of, but a huge undertaking. We want you to be sure you know what you've signed up to do!

After the cool down period, a 50% refund minus £50.00 admin fee will be offered until 1st of April 2026.

No refund will be offered after 1st April 2026.

If you are struggling to make the payment in one go, please contact us directly we are happy for you to pay in instalments.

Pairs?

2 riders covering the course together (Pairs may draft each other).

What do I get for the fee?

Administration and Registration costs.

Race safety briefing event with snacks, pizza and tunes!

The famous Trans Alba Musette Bag filled with Trans Alba goodies including a Trans Alba Bidon, Trans Alba Sticker Pack and lots of fun things - We'll even throw a can of Bru in there too!

GPX File of the Trans Alba Race Route.

GPS Device for Live Event Tracking (meaning your friends and family can watch away!)

Finishers Trans Alba Hip Flask (finishers only, can't just be handing these out! Got to earn them!)

Photography (unless you're too quick for us to catch!)

One amazing adventure and some friends for life!

Can I have a film crew / sponsors follow me on the race?

Any media following a particular racer will need to apply for written permission from the Race Director.

Can I ride for charity?

Absolutely, riding for a cause is often extra motivation! Just give us a heads up who you're riding for.

What is the Rider Agreement?

The Rider Agreement is a document that each racer must read, understand and sign to take part in the event. It covers rules, it sets out the terms and conditions of entry. A copy of this will be within the Race Manual.

Next of Kin

Riders must submit a next of kin emergency contact. Trans Alba Race will send all next of kin a copy of the rider agreement and the race Manual. This is to make sure they understand what an undertaking the rider has signed up for.

Do I need insurance?

In a word YES! Personal Accident Insurance and Public Liability are the areas we look to be covered. You must provide evidence of your insurance before you will be allowed to ride.

Remember this isn't for us and not a box checking exercise for you. The insurance is to protect you and your loved ones. Please check with your insurance provider that it is suitable for a multi day ultra endurance ride.

Rules?

Falling inline with the majority of self supported races we've tried to keep the rules similar and as simple as possible.

- 1. RACERS MUST RIDE FROM START TO FINISH FOLLOWING THE TRANS ALBA RACE GPX ROUTE**
- 2. NO DRAFTING (NOT APPLICABLE TO PAIRS)****
- 3. ALL FORWARD TRAVEL MUST BE SELF POWERED**
- 4. ALL RIDERS MUST KNOW, UNDERSTAND AND OBEY LOCAL TRAFFIC LAWS**
- 5. RIDE IN THE SPIRIT OF SELF RELIANCE & EQUAL OPPORTUNITY**
- 6. BE SAFE, BE SEEN**
- 7. BE NICE**

**** pairs may draft however it is limited to their own partner only**

Who enforces the rules?

The Race Director has the final say if there are any major breaches of the rules, but the onus is on you to conduct yourself in an appropriate manner. So follow the rules, be nice to each other and we won't have any problems!

What qualifications do I need to enter?

There are no formal qualifications needed to enter as this is an amateur sport. A background in long distance cycling or another endurance sport is beneficial. Due to the terrain and the varying weather conditions in Scotland this is a challenge that should not be underestimated.

You need to be self reliant, you need to know how to fix your bike and look after yourself.

Is there a time limit?

No, there is no time limit. However we would expect riders to complete the route within 10 days (Jack and I need to go back to work so might not be there to meet you if you're too much later!)

What happens at the registration?

Steps as follows:

1. When you arrive you will give us your name, and we'll provide you a race number. We will double check that you have provided us with next of kin information and that you have insurance. If you do not have appropriate insurance you will not be allowed to ride our event.
2. Your bike will be given a once over by a qualified mechanic. If, for example, your brakes do not work or you have a gigantic crack in the frame you will not be allowed to start. Make sure your bike is in an appropriate condition.
3. Safety check. We want to see a demonstration that your lights work and what reflective gear you have. Make sure you are prepared! We want to see you lit up like Christmas trees!
4. When you pass the above checks we will ask you to sign a physical copy of the racer agreement and waiver.
5. You'll receive your Trans Alba Race swag and GPS tracker.
6. Sign the starters board and get some photos.
7. Hang out, grab a coffee, beer, or both, and wait for the briefing.

What happens at the briefing?

The following topics will be covered:

Route - Any last minute changes / Diversions.

Rules.

Instruction on how your GPS tracker works.

Discuss start and the neutralised portion of the course.

Answer any last minute questions.

All racers are required to attend this. No briefing, no ride!

Why is there a unicorn on the logo?

Unbelievably this is a frequently asked question! So, here's the answer - The unicorn is Scotland's national animal, isn't that awesome? Yes, yes it is... Unicorns...

