

2026 Racer Handbook

UPDATED DECEMBER 2025



WELCOME

We can't wait to welcome you to the 2026 BC Bike Race.

Going into our 20th year of providing exceptional mountain bike experiences, our team of red shirts is busy preparing to give you the best possible week both on and off the bike.

This short guide will give you some pre-race information to help you get to the start line and outline the flow of the week. We will be sending you more information over the coming months to help you further plan your week with us. In the meantime, if you have any questions, Moniera in Racer Relations, will be happy to help. Email her at info@bcbikerace.com.

We are honored and grateful to be riding on the traditional and unceded territory of the Coast Salish people. If you would like to learn more about the first nations groups in the communities we will be visiting, check out [this interactive map](#).



Photo by Deniz Merdano.

GETTING HERE

We will welcome you to Racer Check-in at our first basecamp at Cumberland Village Park.

If you are flying from elsewhere in the world, you will likely arrive in Vancouver. From there, you can take a connecting flight or a ferry to Victoria, Nanaimo or Comox. We recommend you arrive a minimum of one day before the race in case there are any issues with your luggage or bike.

FLYING TO AND FROM VANCOUVER ISLAND

Wherever you're flying in from, you can take a connecting flight to Vancouver Island. The race starts and finishes in 2 different locations so book your flights accordingly.

Day 1 is in Cumberland. The two closest airports are in Comox (YQQ) and Nanaimo (YCD). If you are on our **Transportation Program**, you will need to fly into Comox as this is where we will pick you up on Registration Day, May 22. You are responsible for getting yourself from the airport to your accommodations—see a [list of options](#) on our website—and then to the pick up location (TBA). Comox Airport lists several ground transportation options including shuttles, car rentals, taxis and ride shares [here](#).

Day 7 finishes in Cowichan Valley and the closest airport there is Nanaimo Airport (YCD). This is a regional airport that may have limited connections to major airports like Vancouver and Seattle. Victoria International Airport (YYJ) is a 90-minute drive from basecamp and provides more flight options.

If you are on our **Transportation Program**, we will have shuttles to Victoria on May 30, the day after the race ends. If you book a flight that leaves too early to use the shuttle, you can book your own transportation to either Victoria or Nanaimo airports. The Victoria airport lists several transportation options on their [website](#). Nanaimo also lists several options on their [website](#).

GETTING TO VANCOUVER ISLAND BY CAR

If you are driving, you can get to Vancouver Island using [BC Ferries](#). There are two options:

- Tsawwassen Ferry Terminal – This is the best option if you are travelling from the Vancouver Airport or coming from the south. If you sail to Duke Point (south Nanaimo), you will have a 1 hour and 30 minute drive to our first basecamp in Cumberland. Swartz Bay (Victoria) is a 3 hour and 15 minute drive, but has more frequent sailing times.
- Horseshoe Bay Ferry Terminal* - If you are coming from downtown Vancouver or along Highway 1 (north of Vancouver), it may be easier to take the ferry from Horseshoe Bay to Departure Bay (north Nanaimo). From here, it's a 1 hour and 15 minute drive to the Cumberland.

***We recommend making a ferry reservation no matter which terminal you leave from BUT if you choose to sail from Horseshoe Bay, you MUST make a reservation.**



Before and After the race

If you are planning to be here a few days before or after the race so you can explore Vancouver Island's arts, culture and other attractions, visit [Tourism Vancouver Island](https://www.tourismvancouverisland.com) for ideas and information.

BASECAMPS

We will have 2 basecamps during race week: Cumberland and Cowichan Valley. There are no point-to-point stages, and all stages start and finish in the same place. The race is designed so you can drive your own vehicle all week if you want. Each basecamp hosts services to help make your race as smooth and enjoyable as possible. These amenities are available to all racers, even if you are not staying at basecamp.

Basecamp Amenities:

- Medical: emergency response including hydration
- Wellness: massage therapy, nightly yoga
- Bear's Den: a space to hang out and socialize, charge your devices
- Obsession Mechanical Services: Fee-for-service to help you with mechanicals off the course
- Shower trucks for riders on our Tenting and Vanlife programs
- Washrooms
- Retail
- Beer Garden

ADD-ONS

To truly make this a week that's all about biking, we offer an EASY BUTTON for when you're off the bike: The Basecamp Experience. While you focus on soaking up all the amazing singletrack and enjoying the camaraderie of other riders, let us take care of your accommodations, meals and transportation. You can choose any combination of these options to make your race week exactly the way you want it.

Transportation Program

Leave the driving and navigating to us. We provide a spacious and comfortable coach bus that:

- Picks you up from Courtenay/Comox on May 22 (Day 0)
- Shuttles you between our 2 Basecamps and 4 remote starts
- Drops you off in Victoria on May 30 (Day 8)

Secure bike transportation and luggage storage for the week are also included.

You will need to pack everything you require for race week into the BCBR duffle bag provided at racer check-in. This is the only bag that we will transfer from basecamp to basecamp.

Bike bags and spare luggage that you don't need during the week will be stored on a Day 7 truck that will NOT be accessible during the week. This truck will be unloaded at our Cowichan Valley basecamp in the afternoon on our final day of racing.

Meal Plan

Our Meal Plan provides you with a hearty breakfast and dinner starting with dinner on May 22, Registration Day, and ending with breakfast on May 29, Day 7. The menu satisfies most tastes with options for vegan and gluten-free. We provide delicious, well-balanced, healthy meals with a meat and vegan protein option each day and ensure ample portions so you, as an athlete, can refuel for the next day of racing. You can find the 2026 menu [here](#).

Each day of the race, arrive at the meal hall at your designated meal time and with your meal plan card. If you arrive earlier than your scheduled meal time, you will be asked to come back later.

Meal Plan A: Breakfast @ 7:00am, Dinner @ 6:00pm

Meal Plan B: Breakfast @ 7:30am, Dinner @ 6:45pm

Meal Plan C: Breakfast @ 8:00am, Dinner @ 7:30pm

Scheduled times are subject to change

Day 7 Celebration Dinner

For our 20th year, we are excited to bring back the Day 7 Celebration Dinner! This is a wonderful way to wrap up the week. Enjoy a [delicious catered meal](#) as you reminisce about the journey with all the people you've met throughout the week. The evening will also feature entertainment, including a look back at your epic week of racing and our storied 20-year history.

This is OPEN TO ALL RACERS, alumni and their guests.

Note that this is NOT part of the race week meal plan. If you plan to attend, you will need to purchase a separate ticket.

Basecamp Tents

Stay where the action is in a spacious four-person tent during race week. Each tent is sold as a single unit and you have the option to share a tent with another racer if you both choose. If you are sharing, please let us know who your tent mate is so that your tent tags get labeled correctly. Please note that tents may only be shared with other registered racers, and not with any personal support crew if they are not racing.

Your tent will be set up for you at each of our basecamps. You just have to bring your sleeping bag, pillow and the best sleeping pad you can lay your hands on. Teddy bear optional – we don't judge.

Shower and washroom facilities will be provided at Basecamp. You will also have easy access to on-site pay-per-use services such as Wellness, Obsession (the bike tech team), and meal halls if you opt for the Meal Plan.

Basecamp Vanlife

Our limited number of Vanlife spots for camper vans and trucks with roof-top tents are sold out. We are working on getting additional spots. If you are interested in a Vanlife spot, email Moniera at info@bcbikerace.com to join the waitlist.

Note that there is no electricity, water hook-up or sani-outflow. BCBR Basecamp is not a sanctioned community 'campsite' and will be more restricted than a sanctioned campground.

- Sites are located at Basecamp to ensure excellent proximity to the event and all Basecamp services.
- Sites can accommodate vehicles up to 26ft including bike rack.
- Sites will be issued for the duration of our stay in each location.
- Priority parking at our 4 remote stages.

Please note the [Vanlife rules](#) before purchasing your Vanlife spot. Failure to adhere to these rules may result in losing your Vanlife access and privileges.

Cumberland Basecamp

Our basecamp in Cumberland is located at [Cumberland Village Park](#). This will be our base from May 22 to the morning of May 26.

For all racers, the **bike storage** area in Cumberland will be the tennis courts along Dunsmuir Road, next to the Obsession Bikes Mechanical tents.

If you are on our **Accommodation Plan**, visit the tent host station to check in after you have registered with Racer Relations.

If you are on our **Transportation Program**, we will pick you up at a central location in Courtenay/Comox on the morning of May 22. Exact time and location TBA.

We will transport your bike to and from each remote stage. It will be loaded onto a cube truck the night before and unloaded in a secure area at the remote stage start. We will provide storage for your small racer day bag in at each remote start so you can bring a change of clothes. Please make sure your bag is clearly labeled with your name and racer number.

If you are on our **Meal Program**, food will be served at the Cumberland Recreation Centre, 5 blocks west of basecamp along the main street, Dunsmuir Avenue.

Cowichan Valley Basecamp

After racing at a remote stage in Parksville on May 26, we will finish the day at our second basecamp at the [Cowichan Exhibition Grounds](#), 7380 Trans-Canada Hwy. We will stay at this basecamp for the remaining four nights.

If you are driving yourself, there is plenty of parking here and our parking guides will point you in the right direction as soon as you turn into the grounds off the highway.

Upon arriving at basecamp, if you're on our **Accommodation Program**, visit the tent host. The exhibition grounds have ample washrooms and there will be mobile showers on site for those on our Tenting and Vanlife programs.

For other accommodation options, visit the [Travel and Transportation page](#) on our website.

For those on our **Meal Program**, the on-site meal hall will be clearly identified with signs.

SCHEDULE

Date	Race Location	Travel	Sleep
May 22	Cumberland	None - Registration Day	Cumberland
May 23	Cumberland	None	Cumberland
May 24	Campbell River	Cumberland—Campbell River— Cumberland	Cumberland
May 25	Cumberland	None	Cumberland
May 26	Parksville	Cumberland—Parksville— Cowichan Valley	Cowichan Valley
May 27	Cowichan Valley	CowEx—Mount Tzouhalem— CowEx	Cowichan Valley
May 28	Nanaimo	CowEx—Nanaimo—CowEx	Cowichan Valley
May 29	Cowichan Valley	None	Cowichan Valley

If you have any questions, email Moniera at Racer Relations, info@bcbikerace.com.

We will have more specific race week details for you over the coming months and we are looking forward to seeing you at the start line!