

## **iRide Africa 10 Day Road cycling tour**

### **Tour Duration:**

10 days

### **Tour date:**

20-29 February 2012

### **Tour price:**

R 18 500

### **Level:**

Intermediate to advanced fitness. The distances of the rides range from 70km to 130km. These involve some passes with tight hairpin turns but all roads are in good condition and we try to use the roads with wide shoulders wherever possible. **Of course, if you don't feel like riding on a particular day we can recommend many other options!**

### **Included:**

- Airport transfers
- 9 **nights'** accommodation at 3 and 4 star B&B's
- 7 Fully guided rides with passionate and enthusiastic guides
- Back up van during all rides
- Energy snacks
- All breakfasts
- Entries into Cape Point reserve
- *\*All prices are based on double rooms per person sharing.*
- *\*Single room supplements are available on request.*

### **Not Included:**

- Flights
- Travel Insurance
- Lunch, Dinner and drinks
- Tips

## Day 1

### Welcome to South Africa!



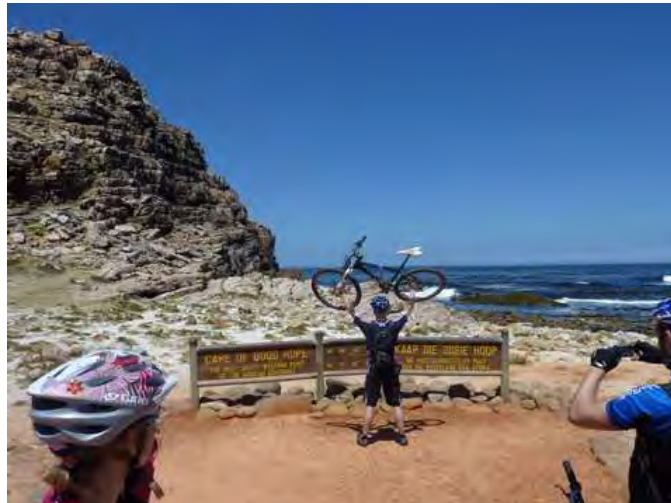
*Expect views like this!*

We will meet you at the airport and transport you to your 4 star B&B based in Tokai, Cape Town. The afternoon can be spent building up bikes or fitting them if you are hiring one of ours. Of course a pool is available to catch your first rays of the African sun!

## Day 2 -100km

### Cape Point

What better way to start the trip than with one of **Cape Town's finest rides**? We start with a beautiful flat section along the coast through past the surfers of Muizenberg and antique stores of Kalk Bay. Before long we cruise through the naval base of Simons Town and stop for a quick peek at the comical African Penguins at Boulders Beach. A few kilometres later, we enter Table Mountain National Park and cycle to the Cape of Good hope –the southern tip of the peninsula and hope that the wind is behind us for the rest of the day! A long stretch of quiet road takes us to Kommetjie and then we prepare for the climb of Ou Kaapse Weg before plummeting down the switchbacks and back to the pool.



*The Cape of Good hope*

## Day 3 -80km (alternative 53km)

### Chapmans Peak

Best to have the camera along on this ride as it is one of the most scenic you will ever cycle! We start by going up Ou Kaapse Weg again-just in reverse this time around. A tough start is rewarded with a great descent into Noordhoek and onto the world famous Chapmans Peak Drive. A nice gentle climb takes us to the summit and we descend into Hout bay for a quick coffee before tackling the infamous

Suikerbossie (not too bad really!). From here you enjoy a long descent with magnificent views of Lions Head and the 12 Apostles mountain range before heading into Cape Town passing the trendy beaches of Clifton and Camps bay. Soon you'll find yourself passing the Victoria and Alfred Waterfront and our huge new football stadium before entering the new West Coast cycle lanes which means traffic free riding for 15km! We enter wine country up the last climb of the day before ending at our B&B in Durbanville.



*Chapmans Peak curves*

#### **Day 4 -86km**

#### **The Swartland**

We start riding Northwards through the 'The Black Lands', so called because of the appearance of the endemic Renosterbos in the region. The wide fertile plain is the bread basket of Cape Town with its wheatfields reaching up to the foot of the mountains, interrupted by wine, fruit and vegetable farms. No major climbs today and hopefully the wind will aid us into the Historic town of Riebeeck Kasteel.



*Heading into the mountains. Local knowledge and advice en route!*

## Day 5 -78km

### The Winelands

Today we hope that the wind is not blowing! We start heading South through rural farmlands towards the village of Wellington. From here we grind over rolling hills behind the huge granite domes of Paarl (Pearl) before entering the Oak village of South Africa -Stellenbosch



*Wine, bikes and mountains*

## Day 6

### Rest Day

Today can be set aside to rest the legs and either go on a Safari day trip (1,5 hours' drive from Stellenbosch), walk around or just relax, do a cycling oriented wine & chocolate tour (just 35km of cycling!), or maybe do some mountain biking at the magnificent Jonkershoek trails.



*It's OK to relax!*

## Day 7 – 107km

### Franschhoek Pass

The legs will feel fresh today and thank goodness for that! We start with a 4km climb of Helshoogte and a descent down the most beautiful wine valley in the region. Good roads speed us along to the French Huguenot village of Franschhoek, where a coffee and cake stop is a must! The cake will give you energy to get up Franschhoek Pass and from here you can enjoy the exhilarating descent through the mountains towards Theewaterskloof Dam. The rest of the ride to the quaint village of Greyton will tax you with its rolling hills but you will be inspired by the beauty of this area!



*Great food is a highlight of many of our visitors*

## Day 8 – 83km

### The Overberg

We set off below the towering mountains of Greyton and say hello to the Overberg region. This area is considered the 'breadbasket' of the Cape due to its wheat farms. Hopefully we will spot the elegant Blue Crane in the fields- South Africa's national bird. Today's ride is a very long stretch of open road with no villages on it until we get near the coast so you can expect great views and lots of time to think to yourself! Once we reach the Botriver Lagoon we are near our destination and can relax near the beach for the first time on the trip.



## Day 9

## Rest Day

Time to relax the weary legs! We can recommend Shark cage diving in nearby Gans bay, Penguin viewing or duneboarding in nearby Betty's bay or just relaxing on the beach!

## Day 10 - 83km

### The winding coastal road



*"This is by far the most beautiful road I have ever ridden"*  
*Niclas from Sweden, December 2009*

Our last ride of the holiday is also one of the best! This narrow road is undulating and the scenery is mind blowing. We will cruise through to Gordon's bay with thoughts of all the miles covered and of experiences shared in this amazing country. Our trip ends with a dip in the ocean (or maybe just an ice cream on the beach if it's too cold for you!)

Unfortunately every holiday must come to an end. **It's** time to pack up the bike and get ready for your flight home.

We will transport you to the airport in time for your flight and wave you goodbye.

*Terms and conditions apply  
Subject to availability  
Itinerary subject to change  
Prices subject to change*