



## ESCAPE CYCLE TOURS

Telephone Number : +27 11 646 9970  
Facsimile Number : +27 (0) 86 606 6943  
Cell Number : +27(0) 83 453 5216  
Cell Number : +27(0) 82 568 6651  
E-mail : [chris@escapecycletours.com](mailto:chris@escapecycletours.com)  
E-mail : [liz@escapecycletours.com](mailto:liz@escapecycletours.com)

### Scheduled Cycle Tours

**Mapungupwe: World Heritage site on the Limpopo River Klein Bolayi Game Lodge: 07-10 June 09**

**Seen on this tour** – biggest BAOBABS in Africa, unusual geology, elephant, lion, 250 bird species, wellness centre, 1200AD cultural sites, SPECTACULAR SCENERY

**Namaqualand Daisies: 25 Jul - 1 Aug 09 Western Cape**

**Seen on this tour** – Thousands of square kilometers of wild flowers, unusual Geology, winelands, Agrabies Falls, mighty Orange river.

**Pre Argus: 25-30 Jan 09 Garden Route – Route 62**

**Seen on this tour** – Spectacular scenery on the Garden Route, worlds highest bungi bridge at Tsitsikamma, Knysna forest and estuary, Sedgfield lake lands, Wilderness and much more.

**Pre Amashova: 15-18 October 09 Gauteng, Freestate, Natal**

**Seen on this tour** – Spectacular mountain passes, rolling countryside, quaint villages, Indian Ocean.

**Karoo Farm: 22-27 April 09 - Eastern Cape**

**Seen on this tour** – Valley of Desolation, wildlife, dramatic scenery, village of Nieu Bethesda.

**Maluti Mountain Tour: 15-18 February 09**

**Seen on this tour** – Unique geological formations of sandstone cliffs, spectacular scenery.

**Tour de Winelands: Western Cape 09-13 March 09  
(follows the Cape Argus cycle race 08 March)**

**Seen on this tour** – Visit famous Cape wineries for wine tasting and exquisite lunches, rolling vineyards.

**Magobeoskloof – Limpopo Province: 15-17 May 09**

**Seen on this tour** – magnificent forests, splendid birdlife, wildlife.





## ESCAPE CYCLE TOURS

Telephone Number : +27 11 646 9970  
Facsimile Number : +27 (0) 86 606 6943  
Cell Number : +27(0) 83 453 5216  
Cell Number : +27(0) 82 568 6651  
E-mail : [chris@escapecycletours.com](mailto:chris@escapecycletours.com)  
E-mail : [liz@escapecycletours.com](mailto:liz@escapecycletours.com)

### About Us

The co-owners of Prima Luce Tours and Sunny Skies Tours have combined their individual strengths, skills and interests to bring you customised cycle tours in the most scenic regions of South Africa, Botswana, Swaziland and Namibia. Both Directors have had many years of cycling experience in South Africa and are both THETA registered National tourist guides.

### Cycle + Safari combination packages traversing through areas listed below

Kruger National Park / Swaziland / Limpopo / Kwa Zulu Natal / Lesotho / Garden Route / Cape Town / Botswana

### What you get whilst on tour

- 3/4 star accommodation
- Breakfasts
- Water/energy drinks
- Dinner (on request)
- Bike Hire (on request)
- Cycling guide
- Back up vehicle

### Frequently Asked Questions

**Q - Who can participate?**

**A -** Anyone who is healthy, reasonably fit and has no adverse medical condition.

**Q - Do I have to be a fast or experienced rider in order to participate?**

**A -** No - all are welcome as long as you are in good health, reasonably fit and can handle a bike.

**Q - I have never done a multi-day cycle before. I don't know if I can cope.**

**A -** In general, one becomes stronger each day. There is always a back up vehicle to assist.

**Q - Will there be a back-up vehicle?**

**A -** Yes, this will carry all luggage, excess drinks, food and spares.

**Q - Who will be in charge?**

**A -** One or two of the organizers (depending on size of group) will cycle with the group, controlling the pace. Back-up vehicle will follow cyclists.

