

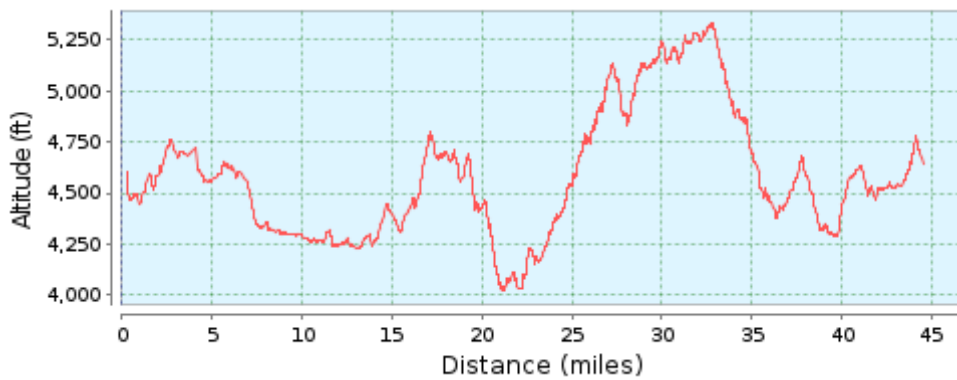
**MTB trail Ngwenya Glass MTB 2016 70k of ngwenyaglass - 44.54 miles - round trip**

Swaziland , Inkhundla Motjane, Sifundza seHhohho

**Altitude range**

1,306 feet (Altitude from 4,022 feet to 5,328 feet)

Total climb: 4,783 feet, Total descent: 4,780 feet



Description

## 70km Marathon

**70 km's of flowing trails consisting of jeep tracks, forest roads, cattle paths (single track) and unused railway lines, with a balance of undulating hills, steep climbs and wicked down-hills.**

With altitude variances from 1350m to 1600m – the route was not for the faint-hearted or weak legged, a couple of cyclists from flatter parts of the country learnt a lesson or two about climbing and pacing themselves. These routes are open to you to come and enjoy throughout the year, give us a shout if you need directions.

We will be scouting for those single track sections to sweeten the route even more.

Starting Coordinates

Ending Coordinates

Latitude: S 26°13.295' / S 26°13'17.718" / N -26.2215884    Latitude: S 26°13.290' / S 26°13'17.437" / N -26.2215103  
 Longitude: E 31°01.917' / E 31°1'55.069" / E +31.0319637    Longitude: E 31°01.917' / E 31°1'55.059" / E +31.0319609