



CAPE WINELANDS

2023

ALL ABOUT EXPERIENCES



SOUTH AFRICA - WINELANDS



OVERVIEW:

The winelands of the Western Cape have historically been the epicenter of mountain biking in South Africa. Home to the Cape Epic race, and southern summer training grounds for the world's best riders, the trail network around the Stellenbosch Mountains is endless. Expertly maintained trails weave between vineyards, streams and indigenous bush as they make their way from one valley to the next. And after the ride is done, the areas superb wines and extensive choice of restaurants finish off a superb day in the beautiful Cape.

DETAILS:

Includes:

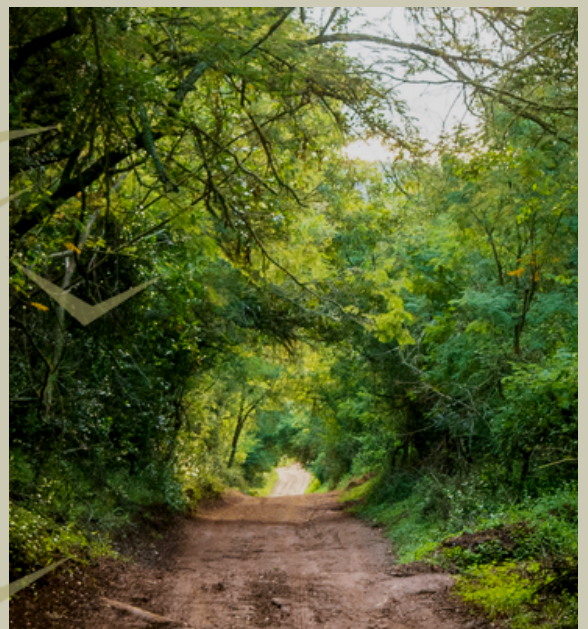
- All transfers
- Accommodation
- All meals (BLD)
- Experienced Guides and back-up vehicle
- On ride snacks
- Sundowner drinks
- Filtered water
- Bicycle repair/ spares if required while on tour

Excludes:

- Flights
- Travel insurance
- Bike rentals
- Additional alcoholic drinks
- Single rooms
- Gratuities

COST:

Contact us for more details



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ITINERARY:

Day 1

ARRIVAL CT - ELGIN VALLEY

Tucked below the Groenlandberg is the Elgin Valley. Natural trails are the first taste of the Cape Trail network. After checking in and a quick welcoming briefing, we'll assemble bikes and hit the trails straight from the hotel and enjoy the uncrowded trails along the Hottentot Holland mountains.

Ride Details: Approx. 25km, 300m elv. 2 hours
Accommodation: Trails End Bike Hotel

Day 2

OAK VALLEY AND PAUL CLUVER

There's a reason why these trails are loved by the Cape Epic route designers. These trails are some of the best in the country and traverse the working farms of Oak Valley and Paul Cluver. The trails here are endless, and the only distraction will be a well-deserved beer at the local pub afterwards.

Ride Details: Approx. 65km, 1100m elv. 6 hours
Accommodation: Trails End Bike Hotel

Day 3

FRANSCHHOEK

After a short transfer, we'll be dropped off at the top of Franschhoek Pass. The view of the historic town gets closer as we descend into the valley. The trails around the dam are rocky and require attention, before we make our way through the beautiful main street. A lunch at one of the wine farms allows us to unwind from the day.

Ride Details: Approx. 50km, 500m elv. 4 hours
Accommodation: La Cabriere Country Hotel (OS)



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Day 4

BOSCHENDAL

We'll head out of Franschhoek on our bikes as we head towards the Pniel Valley. We'll duck into Boschendal and start the climb up the Simonsberg to get the downhill reward on the other side. Across the road the trails continue on towards our night below the mountains.

Ride Details: Approx. 65km, 900m elv. 6 hours
Accommodation: Boschendal Retreat Cottages (OS)

Day 5

BANHOEK TO STELLENBOSCH

We spend time on the famous trails of Banhoek before we climb up to the saddle of Hellshoogte. From here the mountain bike Mecca of Stellenbosch lays below. We'll skirt along the ridges as we descend towards Coetzenberg. The trails don't end when we get into town as they weave along the Eerste Rivier. A quick refreshment stop along the vibey streets of the town is a must before making our way to our nights rest.

Ride Details: Approx. 55km, 1200m elv. 7 hrs
Accommodation: Hotel Krige (OS)

Day 6

STELLENBOSCH & SURROUNDS

Straight from our doorstep we hit the trails of Coetzenberg as we make our way to the beautiful Jonkershoek Valley. The climb up into this secluded valley takes us to the more remote trails of Stellies, before heading back for the last trails of the day. Our final night is a celebration of all the trails along this traverse of the Western Cape.

Ride Details: Approx. 50km, 850m elv. 5 hrs
Accommodation: Hotel Krige (OS)