The 36One MTB Challenge Training Package

Starting Point
Cape Town
Western Cape Province
South Africa

Last Review: Thursday, 11th March 2021

The 36One Mountain Bike Challenge

Cycle Africa Tours Owner, Steve, recently tackled and completed his second ultimate challenge. He had so much fun, decided to design a “training package” for the 36One Challenge. The secret being saddle time AND distance, but more importantly, experiencing as close to the same road conditions as possible. We believe this training tour will help you get into shape for the 36One and showcase the natural beauty the Western Cape has to offer, meet friendly people along the way and sample the hospitality of the Little Karoo. We too have added some single track riding to keep you on your toes...
For more info on the 36One Extreme MTB Challenge, check out Day 13 below

Your Itinerary and abbreviations:
KM = distance cycled by bike, **AM** = altitude climbed by bike, **B/S/D/W** = meals included (Breakfast/Trail snacks/Dinner/ Wine tasting)

Day 1 – Stellenbosch

Meet your guide and driver at Cape Town International or get collected from your accommodation. After introductions we drive to the start of our venture, but also the mountain biking Mecca of Cape Town - Stellenbosch. Here you have time to set your bikes up and time permitting, get those legs moving, and experience the first single trail in Jonkershoek Nature Reserve, Stellenbosch. We spend two nights in a comfortable guest house.

Day 2 – MTB Stellenbosch

Today we venture out and cycle one of the many specially built single track venues. Simonsberg is well known for the flowing nature of the trails and breathtaking views of the wine valley below and Table Mountain in the distance. Here we find trails designed to suit all levels of rider, with well-planned contours making the ascent relatively easy. You can chat with your guide on the day. **(B/S) KM (depending on the route chosen)**

Day 3 – Stellenbosch to Greyton

Today is the start of our back road cycling. We leave Stellenbosch by bike and hit the first of two passes, Helshoogte which connects Stellenbosch to Franschoek, and the iconic Franschoek Pass. We also cycle around the largest freshwater dam supplying Cape Town, Theewaterskloof. The wind can sometimes blow off the water making things a bit more interesting. But as the saying goes “where there is no mountain to climb, there is wind” We finish our first day in the village of Greyton, tucked away in the Riviersonderend Mountains. **(B/S) ± 110km/1450m**

Day 4 – Greyton to Swellendam

After a good breakfast, we head out from our accommodation by bike and follow the base of the Reviersonderend Mountains with undulating gravel roads and lovely views of the surrounding grain growing farms. As we get closer to Swellendam, we start to roughly follow the Breede River. Tonight's accommodation is a comfortable guest house and one which is used by cyclists moving through the area. We spend two nights here. **(B/S) ± 112km/1300m**

Day 5 – MTB Grootvadersbosch Trails

Today we take a rest from our long-distance cycling and hit the trails. We do a short transfer with our vehicle, the area we will be cycling in is a conservancy and dedicated to community upliftment and conservation. There are several trails available to ride, this we can discuss at the start. No matter which trail we do, we will be cycling through some of the countries most productive dairy farms and offers spectacular views of the Langeberg Mountains. There are a few interesting fences crossing to negotiate. Once we are all powered out, we load our bikes and drive to a nearby farm stall for a deserved lunch. **(B/S) ±**

25-39km/75m–900m

Day 6 – Swellendam to Riversdale

This morning the first 30km is tarmac. We then get into the backcountry and the rolling hills. “Heartbreak Hill” will get your pump working but then the downhill is a blast as we enter the Duiwenhoks valley as it follows a fairly flat terrain and the flow of the river. Our day ends in Riversdale and tonight's accommodation is a very comfortable guest house. **(B/S) ± 90km/1500m**

Day 7 – Riversdale to Rooiberg

We depart by bike after a hearty breakfast. The first 20 odd kilometres is tarmac taking us up and over the Garcia Pass. We then hit the gravel and follow undulating country roads through the baron landscape of the Little Karoo. This succulent based landscape turns into a kaleidoscope of colour shortly after the first rains have fallen. There is a chance of spotting the different antelope that live here: kudu, oryx, baboon and klipspringer to name a few. After a short stop in Van Wyksdorp, we continue our cycle to our lodge which is hidden from the outside world and an oasis in the true form. We spend two nights here... **(B/S)± 75km/1120m**

Day 8 – Rest Day

Today we rest and relax our bones. You can go for a hike on the property or just relax. During the late afternoon and early morning hours, there is a good chance of spotting giraffe, zebra, baboon, and bushbuck when they come to drink or attack the flowerbed. **(B)**

Day 9 – Rooiberg to George

Unfortunately, we need to leave our oasis. Today’s cycle is short and sweet (most of today's cycle is on the 36One route) and starts by cycling a gentle hill of about 5km following the less used farm roads as they wind down and over the Gouritz River. The view of both the Swartberg and the Langeberg Mountains will keep you fascinated. This desolate area will keep you wondering how anybody can live out here. We load our bikes after another long but gentle climb and do a transfer to the start of the Garden Route - George. We spend the night in a comfortable guest house. **(B/S) ± 50km/915m**

Day 10 – Montagu Pass and the Outeniqua Mountain

After a delicious breakfast, we head up and over the Outeniqua Mountain via the Montagu Pass, dating back to 1844. This pass still has parts of the original stone walls, an old Tollhouse, and spectacular views. Our route then continues through the dusty Perdekloof as we wind our way back into the Little Karoo with the majestic Swartberg Mountain as a backdrop. Our cycling route (part of today's cycle is on the 36One route) ends at our comfortable lodge on the outskirts of Oudtshoorn, we spend two nights in this stylish lodge. **(B/S/D) +-57km/930m**

Day 11 – Rest Day

With the 36One MTB challenge around the corner, we need to rest and recover. Today is the perfect place. You can use the pool, sauna, and or Jacuzzi. **(B/D)**

Day 12 – Ostrich Capital Oudtshoorn

We have a late start to the day and a relaxing day. After breakfast we do a short transfer into the ostrich capital Oudtshoorn and visit some of the highlights (optional) There are several wildlife orientated options which you can discuss with your guide at the time. Today we use to prep our equipment and clean the bikes, not to mention the taming of those nerves. We take up our base and spend the next three nights in our comfortable guest house. **(B)** (Those interested in a short spin on the bike are most welcome)

Day 13 – Registration and *RACE*

With the race only a few hours away we take things very easy. Leisurely breakfast then head off to the race village to complete the registration and soak up the electric atmosphere. We then head into town for lunch should somebody wish to eat, then back to our accommodation for the last bike preparations and sleep. At around one hour to start, we head over and LET THE GAMES BEGIN...
You can find more information regarding the race by clicking the tabs below. **(B)**

- Registration/ Race Rules
- The Race – how it works
- Race Categories
- Equipment
- Cycle Africa support vehicle

Registration/ Race Rules – After breakfast, we take a drive to the race village. Riders must register in person. Photo ID (Driver's license / ID document / Passport) is compulsory and must be presented at registration. All riders competing in The Challenge (riders who ride the full 361 km) must fill out the medical questionnaire and have it signed off by their GP.

DOWNLOAD RACE RULES

The Race

RACE BOXES –

At registration, you get the normal goodies (bike board, goodie bag, etc). Each rider doing **The Challenge** will be issued with **3 race boxes** at registration and these will be transported to the three Checkpoints. Riders doing **The** Half will be issued with only **1 box** that will be transported to Checkpoint 3. You then pack clothing, personal snacks etc, the equipment you may need during the event. Boxes are not accessible outside of the checkpoints and riders are responsible to ensure that the boxes are correctly marked. All boxes can then be collected from the race village at the end of the event.

BACK-UP, SUPPORT VEHICLE AND CHECKPOINT RULES –

This is a full-service event, so riders participating in the race will not need any back-up. Riders are however welcome to have a back-up team available at the checkpoints. No support outside of the designated checkpoint area will be allowed and any transgression in this regard will lead to disqualification. Support vehicles are allowed at the checkpoints but have to move according to the back-up vehicle route. **Any support vehicle found on the route will result in disqualification.**

ROAD CLOSURES –

We do not have road closure. Riders must adhere to the rules of the road. Marshals are there to warn traffic, but the responsibility lies with the rider to look out for traffic, ride on the left-hand side of the road, stop at all stop signs and intersections, and only proceed when it is safe to do so.

Race Categories

THE CHALLENGE SOLO –

Solo Woman R**2300.00 (**Registration now OPEN**)**
Solo Men. R**2300.00**

THE HALF –

Solo Woman R**1250.00**
Solo Men R**1250.00**

Equipment

- Helmet – If a rider is found at any stage during the race not to be wearing a helmet, immediate disqualification applies.
- Lights – At some stage, you will ride into the night and need lights - so all riders have to ride with a suitable bicycle headlight and a flashing rear red light.
- Bicycle – All sections of the race have to be completed on the same bicycle. Changing bikes for certain stages is not allowed.

Cycle Africa support vehicle

Over the last few days, you have gotten to know our friendly and efficient support vehicle driver. Our same driver will be following us around the route and to be found at the different checkpoints. When Steve cycled this challenge, he found having somebody he knew to greet him at the checkpoints was great motivation but also a goal to look forward to at the next checkpoint.

- Those of you cycling the full distance – **solo**, you will see our support at every checkpoint.
- Those of you cycling **The Half** – you will be brought to the start at Highgate (**CP2)** on time.

Day 14 – The 36One Challenge

Your well on your way and been riding into the late afternoon, come early evening. Your first checkpoint, **CP1 at Louvain (99km) you** should reach around 19:00, here you can get a warm meal and hot drink. Change your clothes don those leg warmers and warm gloves (the next leg will get cold) The next section to Volmoed (**CP2**) at 180.5km, will get lonely. The night is long so either take some tunes along or sing/scream into the night to stay not only motivated but awake. You will probably reach **CP2** between 02:00 and 04:00. Our friendly support driver will be here to welcome you and tend to your every need. Grab a warm meal and drink, get some rest then hit the road. Remember not to hang around too long but dress warmly as it gets **VERY COLD** here.

Those of you who opted for the **Half Challenge**, you start here at Highgate **(CP2)** at 06:00. You will be brought here with the Cycle Africa support vehicle. As above, dress warmly for the first section to Calitzdorp (**CP3**) Those doing the challenge, you should get there sometime around lunchtime or even earlier. You can then leave all that warm clothing here (in your box or give to your support driver) It's then advised to calculate the distance/time to the finish and the possible drop in temperature and coming darkness. **B/L/D (Race support)**

Crossing that finish line will be an emotional event. All your hard work has paid off. Stand proud and smile for that finishes picture as you take possession of your deserved medal. Once your bike is loaded you get driven back to our comfortable guest house and fall into that warm bed.

Day 15 – Departure

Unfortunately, all good things have to end. We arrived as strangers but left as friends. This 36One MTB Challenge will change the way you see things. The friendships made, camaraderie gained, impressions en-route and the hospitality from the local farming communities will stay with you forever. Oh, and the pain… We depart after breakfast and transfer you to the George airport for your flights. **(B)**

Tour Prices (ZAR)

Valid for	Group Size	Per Person	Single Supplement
1st Nov 2020 - 15th Nov 2020	6 - 8	37000.00	5500.00

Available on request

Item	Per Person
Mountain Bike	7500.00

Tour Schedules

No Current Schedules for this tour.
Please contact us for information via the website.

IS THIS ADVENTURE FOR YOU?

Do you enjoy:

* Riding from your accommodation to the next overnight stop
* Exploring some single trails
* Rolling landscapes and back road, country hospitality
* Cycling with like minded people
* The need for adventure
* Sitting on your bike for a good days cycling
* To test your limits (36One Challenge)

THE 36ONE MTB CHALLENGE

The 36One Challenge will do exactly that, put you and your bike to the test.
The event is all-inclusive of hot meals and warm drinks at the checkpoints.
The water points are spaced evenly and serviced with snacks, fluids and local hospitality.
You even get your chain lubed, now how is that for service. Medical personnel and marshals are on the route.

TRAINING PACKAGE - THE ROUTE

* Predominantly gravel country roads with a few blacktop sections
* A day or two of single trail to keep things interesting
* Distances to cycle: 50 – 110km
* Fully supported and guided

WHAT'S INCLUDED

* Collection from the Cape Town airport on day one
* Fully support tour with back up vehicle
* Qualified bike guide
* Water, bananas and isotonic powder for the duration of the tour
* 14 nights accommodation in 3-4 star accommodation B&B
* 2 dinners
* Branded water bottle and cycle top
* Drop off at George airport after the race on day 15

WHAT'S NOT INCLUDED

* Flights to and from South Africa
* Travel insurance
* Meals not mentioned in the tour description
* Beverages of personal nature
* Tips and gratuities
* 36One Challenge entrance fee
* Bike hire

THE TOUR - TO BE BROUGHT ALONG

Cycling kit
* Helmet – no helmet no ride
* Bike shoes
* Standard bike clothes
* If bringing own bike then needed spares for your bike
* Camel pack (very handy for single trail)
* Water bottle/s

General clothing
* Comfortable clothing for the evenings
* Shorts/ T-shirts
* Comfortable shoes
* Swimming gear
* Sun hat & glasses

THE 36ONE CHALLENGE - TO BE INCLUDED IN YOUR KIT

Apart from the cycling kit above:

* Warm clothing, the nights get cold (warm gloves, headwear, arm and leg warmers)
* Good light (**including red tail light – A MUST)**
* Electronics of sorts (Garmin/Polar etc)
* Power bank to charge lights and electronics (if needed)
* **(although the event is fully serviced)**, you may like to bring personnel eats/ isotonic drinks for the race
* A sense of adventure

PACKAGE PRICE AND DATES

This tour runs between the following dates: 01.11 – 15.11.20
* Prices are based on per person sharing (double room)
* The offer is valid for a group size of 6 – 8 guests.
* Prices are subject to the availability of selected accommodation.

WP3 Calitzdorp 280km

The boys before the start

Big sky country

Dusty essentials

Pre start nerves

Well done chaps - done and dusted

Walk the walk - do the ride

Endless up and down

Community based support station help

Support station Ladies