

# Cape Town Cycle Tour 2021 | Training Package

---

Starting Point  
George  
Western Cape Province  
South Africa

Last Review: Thursday, 29th August 2024



Your Itinerary and abbreviations:

KM = distance cycled by bike, AM = altitude climbed by bike, B/L/D/W = meals included (Breakfast/ Lunch/ Dinner/ Wine tasting)

## Day 1 Arrival on the Garden Route

We do a 30min transfer from George airport and head to our comfortable accommodation in the coastal town of Mossel Bay. We do your bike set up before going on a short group ride to get the legs turning and sort out any niggles. Tonight's dinner is included where you get your official welcome and tour briefing over dinner. **(D)**

## Day 2 Robinson Pass to Oudtshoorn

We leave early to take advantage of the heat. Cycle directly from the accommodation through town and head towards the first climb of the tour. We do a refueling stop using a local farm stall at around 35km and the start of the pass. For the next 10km, we climb to the top of the Robinson Pass (860m AMSL). The descent is short before entering into the Little Karoo with its semi-arid landscape and the Swartberg Mountain range as a backdrop. Lunch is at a typical Karoo farm stall before cycling onto our guest house. We spend two nights in Oudtshoorn. **KM: 86km, AM: 1300m (B)**

## Day 3 Meiringspoort and the Swartberg

Depart after breakfast, we do a short 30min transfer to the start of our cycle. For the next few kilometers, we follow a series of bends between steep sandstone cliffs of the Swartberg Mountains. We do a short stop to admire the 60m waterfall (Meiringspoort) before we exit this shady ravine and head onto Prince Albert. A charming town and one of the prettiest in the country. A place of serenity awaits us for lunch. We load our bikes and drive over the Swartberg Mountain (1583m AMSL). One of the steepest gravel passes in South Africa with spectacular views into the Great Karoo to the north and over the Little Karoo to the south, hand-packed retaining stone walls and, striking warped stone formations. For those interested, you can add another 30km (downhill) and cycle back to the guest house. Time allowing you can do a guided, one hour tour of the Cango Caves (optional extra). **KM: 75km (+30), AM: 1430m (B)**

## Day 4 Route 62 and the Little Karoo

An early start today, yes it can get really hot out there in the middle of nowhere. We cycle through the heart of the Little Karoo with its quilted landscape and straight road. The Swartberg to the north and the Langeberg Mountains to the south. We stop for lunch in Calitzdorp before continuing over the 13km Huisrevier Pass, known for the impressive sandstone formations and thick lush vegetation. The elusive Cape Leopard still roam these mountains. We spend tonight on a working wine farm tucked away in the Dwarsrivier Valley at the foot of the Towerkop Mountain. **KM: 110km, AM: 1360m (B)**

## Day 5 Ronnies and the Tradouw Pass

After a filling farm breakfast, we leave the farm and continue our cycle along the R62. At first, taking advantage of a fast descent through a hilly landscape before things open up giving way to a few interesting table type formations and an undulating road. We do a quick pit stop at the famous "Ronnies" before reaching Barrydale for lunch. Our next destination is Swellendam, but first, we need to climb the Tradouw Pass. The road climbs through a narrow gorge into the heart of the Langeberg region before the descent into the little village of Suurbraak, a great spot for a cold beverage before continuing. We load our bikes and do a short transfer into the third oldest town in South Africa, Swellendam. We spend one night in a comfortable guest house. **KM: 110km, AM: 1000m (B)**

## Day 6 The Breede Valley to Robertson

Leaving Swellendam by bike we slowly enter the Breede Valley, known for the fruit and wine farms which get their water from the Breede River. There is no adjective to describe the valley, as far as the eye can see, vineyards and fruit plantations with towering mountain ranges for a backdrop. Our lunch stop is at Viljoensdrift vineyard. You can enjoy your lunch during a one hour boat cruise (included) and give your legs a deserved break while taking in the scenery. We then continue to finish our tour 10km down the road in Robertson. Tonight's accommodation has a good kitchen. If you would like a massage, let us know at the time of the booking so we can arrange it (optional extra). **KM: 80km, AM: 800m (B)**

## Day 7 Two Passes into Stellenbosch

With the Cape Town Cycle Tour only days away, we start toning down our rides. Our only long transfer today, a 100km trip through the heart of the Breede Valley. Our cycle starts at the Theewaterskloof Dam, the seventh-largest dam in South Africa with a surface area of 48 square kilometers. The Franschhoek Pass awaits, heart-stopping of the passes for views and vistas of the surrounding valleys, gorges, and mountains. The descent into Franschhoek will keep you concentrated. We stop here for lunch before continuing through the valley and over the Helshoogte Pass into Stellenbosch. Our ride finishes in the center of the old town. A comfortable guest house awaits us for one night. **KM: 56km, AM: 740m (B)**

## Day 8 The Mother City

Today we do a gentle ride of about 30km before stopping for a wine tasting at a prominent estate. We then load our bikes and transfer into Cape Town where you have time to take in the sights. A trip up Table Mountain in the afternoon or just walk around the V&A Waterfront and soak up the atmosphere. Your guide will gladly help with suggestions and arrangements. **KM: 30km, AM: 300m (B/W)**

## Day 9 Calm before the storm – RELAX

The countdown is running! Today is your chance to relax and get ready for the biggest timed race in the world. Meet your guide after breakfast for a city tour on foot, and then you can do as you please. If you did not go up Table Mountain yesterday then today is your chance. (weather permitting) Once again, your guide can advise. We meet again during dinner and get your briefing for the expo and registration tomorrow. **(B)**

## Day 10 CTCT Expo & registration

Our last leg loosener this morning along the Atlantic Seaboard offers amazing views of Robben Island and the Twelve Apostles. Once our bikes are stowed we head to the Cape Town stadium and complete the registration, collect your starter packs, and enjoy the expo. The afternoon is free to do those last-minute bike checks. Before we head off for some carbo-loading we meet up and chat about the start location and logistics, with 35000 participants it helps to know how things work. **KM: 20km (B)**

## Day 11 Race Day

Good luck to all of you. We meet up later at our accommodation and during an African dinner (included), we can exchange experiences over a cold beer or two. **(B/D)**

## Day 12 Departure

Unfortunately, all good things come to an end. It was a pleasure having you on tour with us. Depending on your flight times you may still have time to get that last-minute shopping done. We then take you to the airport for your flight home. **(B)**

## Tour Prices (ZAR)

Valid for 4th Mar 2021 - 15th Mar 2021	Group Size 4 - 8	Per Person 42000.00	Single Supplement 3860.00
<i>Available on request</i>			
Item Road Bike		Per Person 6500.00	

---

## Tour Schedules

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

## PACKAGE DURATION

Our trip runs over twelve days. We start to shorten the rides the closer we get to Cape Town. The longest ride being 110km. One full rest day after our arrival in Cape Town with a short leg loosener the morning of registration for those interested, otherwise its a free day to get your bike and kit prepped.

## ROUTE INTENSITY

How long is a piece of string? Our roads are good quality tarmac. One or two of the passes could get your breathing out of sync but you do not have to race them. Our groups are small (max 8) and from experience the smaller the group the more harmony in terms of strengths. Should somebody decide to split off then that's fine, remember we run with a support vehicle who has your back.

## ROUTE

We start our cycle from Mossel Bay then head over to Oudtshoorn.  
Cycle the length of the Little Karoo following Route 62 to Swellendam. From here we head via the Breede Valley to Robertson before venturing over the Franschhoek Pass and onto Stellenbosch and Cape Town.

## NOT INCLUDED

- \* Flights to and from South Africa
- \* Medical insurance – suggest all guest to have a comprehensive plan
- \* Meals other than stated in the itinerary
- \* Beverages of personal nature
- \* Tips and gratuities
- \* Road bike rental

## INCLUDED

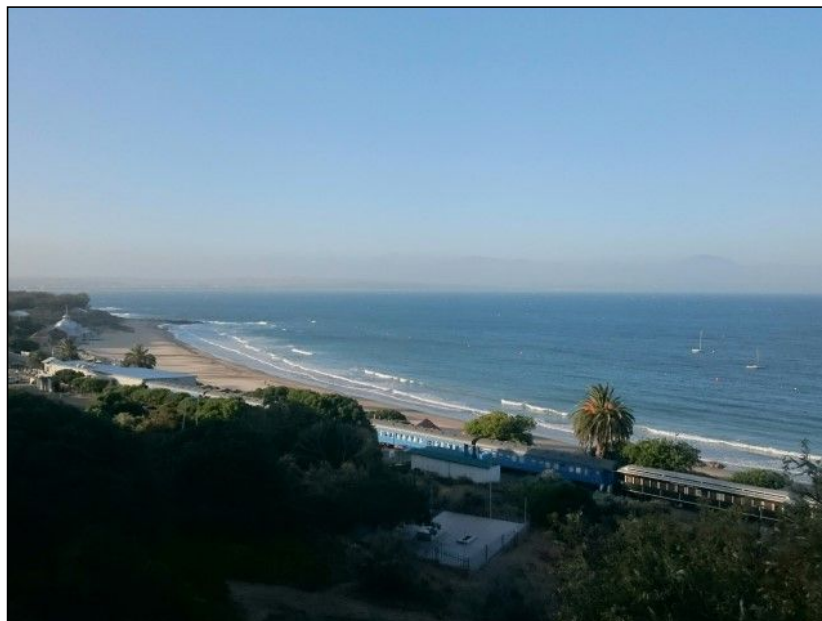
- \* Airport collection and drop off
- \* Transport of persons and luggage for the duration of the tour
- \* Bike guide
- \* Support vehicle driver for the duration of the tour
- \* 11 nights accommodation on B&B basis using 3-4star
- \* 2 x dinner and 1 wine tasting
- \* Water, banana's, energy bars and isotonic powder for the cycling days
- \* Branded water bottle and cycle top
- \* Transport to the expo for race pack collection
- \* Help with all CTCT race registration

## CYCLE TOUR REGISTRATION

\* Guaranteed **International** entry into the race

The 2021 International entry fee is ZAR 1100.00 from experience, and for ease of sorting any issues out, you let us do the booking for you. We will require additional details but these we can do at a later stage and during your Training Package payment.





Diaz Beach Mossel Bay



Cycling a country road



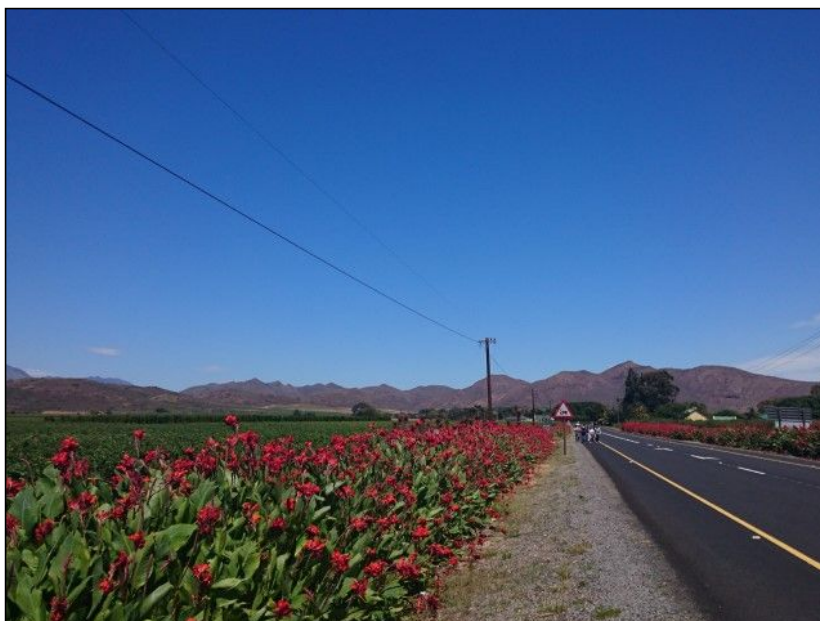
Comfortable guest house



Route 62



Stellenbosch Old Town



Breede Valley





V&A Waterfront

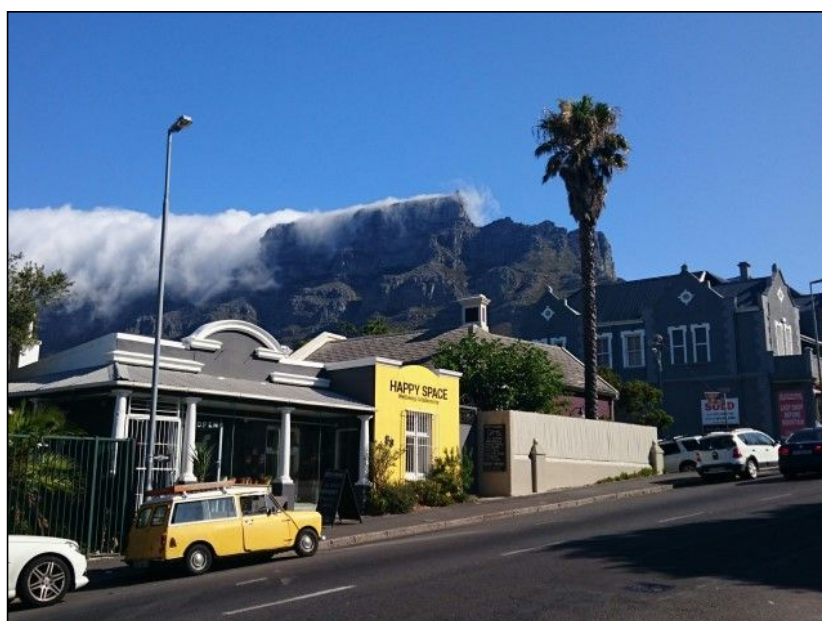


Table Mountain



The mother city





Early start CTCT



For young and old