

Hi again!

We've planned the following awesome singletrack trip over 10 days from 18-27 February 2010.

We design the trip to allow you to unpack at a 'base' every few days. This format allows us to 'road-trip' a bit of the country that people normally wouldn't see but the drives are never more than an hour or two long.

The quote includes 3-4 star accommodation, all breakfasts, 5 lunches and 4 dinners (drinks for own account). Transfers, transport and guides are included as well.

Please find the basic overview of the trip below:

**18 Feb - Thursday:**

Picking up/transfers/bike preparation and travel to your accommodation in Cape Town.

We'll build up the bikes, enjoy an ice cold drink in the sun and get to know each other a bit better.

**19 Feb - Friday:**

A ride in the van to the beautiful Silvermine Nature Reserve will start the morning. After a quick cup of coffee overlooking the dam, we blast down through Tokai forest. About 15km of mainly downhill but a few good 'ups' to keep us honest! Lots of singletrack ranging from tame to gnarly. The van will pick us up at the bottom of the run and transport us to the slopes of Table Mountain where we recommend you get the cable car to the top of the mountain and down again.

Once you've got the photos of one of the most amazing views in the world we can hop on our bikes and start a good 20km hack overlooking central Cape Town. This ride will include mostly technical gravel roads, some singletrack and (maybe) some tar. As we traverse the slopes of Table Mountain, the views get better and better so don't forget your camera!

The ride ends, bombing down the steep slopes of Devils peak, down some very gnarly singletrack (alternative options available!) and you will get picked up by the iRide Africa van and shuttled back home for a well deserved beer and laze in the afternoon sun.

**20 Feb - Saturday:**

Early transfer to the sport-addicted town of Stellenbosch in the heart of the wine lands.

Once you've settled into your new home, we'll go to Delvera wine farm for a fantastic 10-15km hack through the vineyards and up a small mountain to sample some fine singletrack (and jumps and north shore obstacles if you want). A picnic lunch and some wine tasting on the premises round off a good morning!

In the afternoon, we ride the 10km out to Jonkershoek reserve to sample some of the finest trails in the Cape. Big mountains, big climbs and big smiles! Unfortunately a lot of trails are out of bounds at the moment because of a huge fire earlier this year. There's still about 15km of singletrack to keep you (and us!) smiling from ear to ear, though!

**21 Feb - Sunday:**

Rest day- just walk/cycle around Stellenbosch and enjoy the sunshine on your back and the carefree attitude of this student town. In the evening we'll treat you to an African dinner in a unique setting!

### **22 Feb - Monday:**

Travel for one hour out to the Wellington area where there is an incredibly fun (brutal climbs though!) 35km trail in the mountains through fynbos and forest. These trails will keep you on your toes (and hopefully not on your back!) We'll split the ride in two and have a picnic lunch on the farm (and some more wine tasting if you are inclined to do so).

After the day is done we'll take a magnificent drive to the town of Ceres where we'll be staying 2 nights on a farm riddled with purpose made singletrack.

### **23 Feb - Tuesday:**

Today's riding will exhaust you! There is about 60km of singletrack, through a huge variety of terrain types. We'll have lunch back at base (or on the banks of a dam if it's very hot) and ride again in the afternoon if the legs will turn. The evening will consist of beers, bonfires, burning stars and brilliant food!

### **24 Feb-Wednesday:**

Early morning rise and a 'safari day' spent at a local game farm trying to spot the Big Five (optional extra). A full day affair with a lunch included. In the evening we'll drive you to a cottage in the mountains of Greyton where we'll stay the night.

### **25 Feb-Thursday:**

We ride the newly made trails in the quaint village of Greyton- a great mix of flat and mountain singletrack. The food and drink in this town is not to be missed so we enjoy a lunch as well as a dinner at local restaurants.

### **26 Feb - Friday:**

We travel from our 'mountain nest' to the Grabouw region. Here, we ride on the Oak Valley trails -about 25km of pristine trails ranging from green (easy) to black (tough). We'll freshen up and enjoy a picnic lunch at the trailhead before moving on to Lebanon trails just a few kilometers away, for a 20km afternoon ride through pine forests and fynbos.

The tour rounds off by traveling back to Stellenbosch where the last night is spent sleeping soundly as your body and legs ache from so much good riding!

### **27 Feb - Saturday:**

It's time to pack the bikes and say our goodbyes. Of course, if your flight is late in the day, you can do what you please in Stellenbosch. We'll transfer you to the airport at your convenience.

### **MTB tour 10 days:**

R15250 each (based on min. 4 people)

The quote includes 3-4 star accommodation, all breakfasts, 5 lunches and 4 dinners (drinks for own account). Transfers, transport and guides are included as well as the best rides in the country!

**Extras:**

Safari Day R1225

Bike hire hardtail - 10 days: R2500

Bike hire full suspension Trance X- 10 days: R4000

Bike hire full suspension Anthem X- 10 days: R3500

We recommend the full suspension bikes because some of the trails can be very rough and technical but if you are used to hardtails, then they'll do the job just as well- it's all up to your budget and body!

Look at our [blog](#) if you would like to use a currency converter and get a feeling of the trails we ride.

Join our [facebook fan page](#) for more information and current news.

Please let us know what you think!

We look forward to hearing from you soon.

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