

CYCLE MAP



2017 EDITION 8

12 Albert Road Commuter Route © Arne Purves



This printed Green Map presents a selection of options – for more listings, further information and current news please visit www.capetowngreenmap.co.za



CapeTown Green Map encourages you to live and play more sustainably and to make greener lifestyle choices. All sites are listed free on www.capetowngreenmap.co.za. If you meet the criteria, please submit your information online and stand the chance of being featured on the website and in future print editions.

@capetowngreenmap
Capetowngreenmap



The Cape Town Green Map grew out of Green Goal 2010, the award-winning environmental programme of the 2010 FIFA World Cup™.



The CapeTown Green Map is part of Green Map System's global community of local green maps found online. All print maps, including Cape Town's, are archived in the New York Public Library. www.opengreenmap.org



Responsible Tourism is tourism 'that creates better places for people to live in, and better places to visit' www.responsiblecapetown.co.za



CapeTown Green Map is a flagship project of 110% Green, an initiative of the Western Cape Government, calling organisations to commit to the 'green economy'.



CapeTown Tourism
Cape Town Live it! Love it! GREENER!
www.capetown.travel



Publishers of special interest maps partnering with the City to bring you the Cape Town Green Map. To view all their maps visit www.mapmyway.co.za
T +27 83 783 1003
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CAPE TOWN GREEN MAP: CYCLE YOUR CITY

A City in which people walk and cycle is a more vibrant and integrated one, with cleaner air and a healthier population. Cycling is a great way to stay fit and healthy and a smart way to reduce your impact on the environment.

Non-motorised transport (NMT), which includes walking and cycling, is a fundamental mode of transport within Cape Town's transport network. The City of Cape Town is committed to improving and promoting non-motorised transport as it plays a significant role in Cape Town's transport system.

THIS EDITION OF THE CAPE TOWN GREEN MAP SHOWCASES

- Commuter Routes
- Recreational Routes
- Off Road Routes

Use the Cycle Your City Map to plan your daily commute by bike and to plot your weekend scenic and mountain biking adventures!

WHY BIKE?

- CHEAPER.** Cycling is much more economical than using a car because bicycles don't require expensive fuel or costly maintenance and repairs. And parking is free.
- GREENER.** Using a bicycle is an effective way of reducing your impact on the environment. Unlike driving a motor vehicle, a bicycle does not produce harmful pollution and therefore has a substantially lower impact on local air quality and global warming.
- HEALTHIER.** Cycling is great exercise and supports a healthy lifestyle by boosting physical fitness, maintaining a healthy weight and supporting psychological well-being.
- QUICKER.** During peak hours bicycles can be significantly faster than motor vehicles. A bicycle can travel 5 km in approximately 20 minutes.
- BETTER.** Cycling around a city contributes to a better, more sustainable urban environment and supports a balanced transport system.

PEDAL POWER ASSOCIATION

<http://www.pedalpower.org.za/safe-cycling-initiative>

In 2011, the Pedal Power Association launched a national campaign lobbying for the safety of cyclists and a minimum distance with which motorists should pass cyclists. In 2013, a "1m" passing distance was gazetted in the Western Cape.

PPAs "STAY WIDER OF THE RIDER" campaign further aims to promote mutual respect and tolerance amongst all road users through various SHARE THE ROAD initiatives. Read more on www.pedalpower.org.za.



CYCLING RULES OF THE ROAD & SAFETY TIPS:

RULES OF THE ROAD FOR COMMUTER CYCLISTS

Be aware that not all our roads are designed to accommodate cyclists and motorists safely, and it's important for both cyclists and motorists to have respect for the Rules of the Road. This and common sense can make cycling a safe and enjoyable activity.

Bicycles are regarded as vehicles, this means there are rules which cyclists must obey in terms of the National Traffic Act 93 of 1996 and the National Road Traffic Regulations.

- Riding without a helmet is illegal. Make sure your helmet is properly fitted and worn correctly.
- Always stop at all red traffic lights and all stop streets, and give way to pedestrians.
- You must ride in single file.
- You may not deliberately swerve your bicycle from side to side.
- The law says you must ride on the left of the road. However, this does not mean the edge of the road – ride a safe distance from the edge to avoid glass, cats' eyes, manhole covers and drains.
- You must be seated in your saddle.
- If you are riding on a public road where there is a cycle lane, you must use that lane.

KEEP THE FOLLOWING SAFETY TIPS IN MIND

- Carry identification and your emergency contact details.
- Motorists should ensure that they have at least a 1 m distance between your bicycle and their vehicle on the road at all times.
- Be visible. Wear reflective gear. If you plan on riding after sunset or before sunrise, place flashing lights both at the front and rear of your bicycle. Always assume that you have not been seen by motorists.
- Remember your manners. Indicate your intentions and check if drivers have seen you. Make eye contact with motorists at intersections – smile and nod your head so that they know you are there.
- Be prepared. If you are going to be cycling for a long time, make sure you have sufficient water and something to eat.
- Carry spares. And know how to use them. A spare tube, tyre lever and pump are the bare minimum.
- Be vigilant. Ride in a group or with other people. Do not venture into known trouble areas alone. If you are feeling unsafe or even just unsure, turn back.
- Check your bicycle before you start your trip. Check for anything that may cause a flat tyre, check your brakes and check for any loose nuts and bolts.
- Remember to keep hydrated at all times.

CITY OF CAPE TOWN



MAP KEY

- Table Mountain National Park
- Nature Reserves & Parks
- Southern Line Tourism Route Stops
- Public Transport Hub
- MyCiTi Bus Routes
- MyCiTi Bus Stop
- Railway
- Visitor Info Centre
- Activity Permits
- Cycle Routes

ICONS

- NATURE
- Bird and Wildlife Watching
- Eco-tour/Nature Walk
- Indigenous Plants
- Natural Corridor
- Nature Reserve
- Scenic Vista
- National Park
- Wildlife Habitat

SUSTAINABLE LIVING

- Bicycle Site
- Healthy Dining
- Organic/Local Food

CULTURE & SOCIETY

- Cultural Site

EMERGENCY NUMBERS

City of Cape Town:
Telephone: 107

Telephone from mobile:
021 480 7700 or 112 (toll free)

South African Police:
10111

Table Mountain National Park:
085 110 6417

USEFUL LINKS

FIND YOUR WAY ONLINE HERE!

Cape Town Bicycle Map: These online maps provides recommended commuter routes throughout the City.

www.rideafrica.com/trail-maps
www.mtroutes.co.za
www.tablemountainbikers.co.za/routes-trails/

BICYCLES ON PUBLIC TRANSPORT

Combining bikes and public transport gives commuters freedom of mobility, placing more destinations within reach of cyclists and enabling public transit stops to be easily accessed via bicycle instead of walking. This is a great way to explore the city.

METRO RAIL

Bicycles are permitted on Metrorail trains in Cape Town during off-peak hours (09:00 - 15:00 and 19:00 - until last train run), on weekdays and all day on weekends. The cost is R20 per bike for any one direction (in addition to your ticket price).

For timetables and more information visit www.metrorail.co.za/Timetables.html

MyCiTi BUSES

Although bicycles may be carried free of charge on MyCiTi buses, you need to have a myconnect card. As a courtesy to fellow customers, cyclists are however requested to avoid the use of heavily congested MyCiTi buses, and to not bring bicycles onto MyCiTi vehicles during peak times (06:30 - 09:00 and 15:30 - 18:00, Mon-Fri).

Customers transporting bicycles must ensure that the bicycles do not impede the access and flow of fellow passengers, and ensure that the safety and comfort of passengers is not affected.

RED CITY SIGHTSEEING BUSES

City Sightseeing Buses do not have racks to secure bikes, but are happy to accommodate passengers with bikes if place available.



BICYCLE ROUTE CLASSIFICATION

Class 1: Path on independent alignment and reserved for either cyclists, or cyclists and pedestrians only.

Class 2: Path which is located within a road reserve and separated from other traffic and for the use of cyclists, or cyclists and pedestrians only.



Class 3: Path forming part of a street or carriageway and marked accordingly. This path is known as a cycle lane.

Class 4: Path located on a low volume street to serve as a link in a network of bicycle paths. The path is indicated by signs and markings.

COMMUTER ROUTES

The City has over 400 km of cycle ways, and aims to make Cape Town a city where all people feel safe and secure to walk and cycle. The NMT routes are placed around the city's public transport networks for easy access and connections to the buses and trains. Cyclists can ride on almost all public roads, but not on freeways including the M3, M5, N1, N2, N7 and R300.

We have selected 5 commuter routes (1 to 5) that link to the CBD, but there are many more which can be found at the "useful links" intro box.

01 CAPE TOWN CITY CENTRE



Explore the CBD on your bike. Be alert to traffic in the CBD. Class 3 painted green lanes on Bree Street and Class 2 bike lanes on Adderley St, St Georges Mall, Shortmarket St, Waterkant St, Hans Strijdom Ave.

Connect through to the Waterfront, crossing at the bridge at bottom of Lower Bree St, and onto Dock Rd or take Waterkant St through to Somerset Rd to Green Point Stadium and the Green Point Urban Park and link through to the Sea Point promenade.

02 ALBERT ROAD



A Class 3 cycle lane, Albert Rd cycle lane connects the CBD with the Liesbeek Parkway cycle lane on green painted lanes. It's a busy road and cyclists should be cautious at all times.
GPS: -33.924290, 18.443305
-33.928119, 18.458744

03 LIESBEEK PARKWAY



The Liesbeek Parkway Class 1 bicycle lane links through to Malta Rd and to Albert Rd Class 3 bicycle lanes.
GPS: -33.959480, 18.478328
-33.930963, 18.471522

04 LIESBEEK RIVER TRAIL



This trail is a shared facility (walking and cycling). Start at the intersection of Dean St and Main Rd. The cycle path follows the river all the way to Belmont Rd. From there (heading north) the path is less well defined or head down Belmont Rd to join the Liesbeek Parkway.
GPS: -33.971484, 18.465416
-33.961519, 18.470680

05 WEST COAST CYCLE LANE FROM CITY TO BLOUBERGSTRAND



A Class 2 cycle lane starts at Old Marine Drive and follows the cycle lane that runs alongside the Bus Rapid Transit (BRT) route on the West Coast Rd (R27) all the way to Sandown Rd in Bloubergstrand. This is a scenic route, with great views of Table Mountain, Table Bay and the City. Beat the traffic and commute into town by bicycle!
GPS: -33.924858, 18.432780
-33.806508, 18.483576

RECREATIONAL ROUTES

Cape Town's scenic beauty is its greatest asset. Exploring by bike is a great way to visit many of the City's attractions and keep fit and healthy! These popular routes are mostly without designated cycle lanes. Ride with caution! Ride in groups of 3 or more.

06 CAPE TOWN CYCLE TOUR ROUTE



The Cape Town Cycle Tour is the largest, timed cycling event in the world. It celebrates its 40th year in 2017 when, on the morning of Sunday, 12 March, 35 000 cyclists will line up to ride the 109 km route through some of the world's most spectacular scenery that includes iconic Table Mountain as a backdrop. Cape Town Cycle Tour was the first cycling event in the world to incorporate a comprehensive Environmental Management Plan.

You can ride most of this route at any time, except on the freeways, and enjoy the spectacular scenery around the Cape Peninsula.

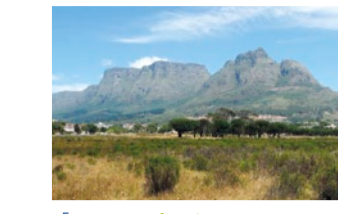
GRADING: Intermediate. Tar road with moderate climbs and descents.
START/FINISH: The race officially starts on Hertzog Blvd and finishes in Green Point, but you can start/finish at any point and enjoy sections of the route at your leisure.
ACCESS: Free

07 SEA POINT PROMENADE



Flat riding on a paved surface along the Sea Point promenade. Share the space with runners, dog walkers, skateboarders and tourists.
GRADING: Easy
ENTRY/EXITS: Sea Point Promenade
GPS: -33.900134, 18.404415
-33.924789, 18.377354
ACCESS: Free

08 RONDEBOSCH COMMON

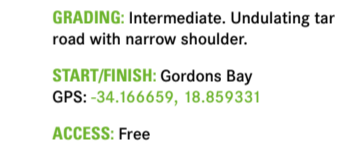


A flat, tarred track around the perimeter of Rondebosch Common. Perfect for kids and families.
GRADING: Easy
ENTRY/EXITS: Campground Rd, Rondebosch
GPS: -33.953909, 18.481665
ACCESS: Free

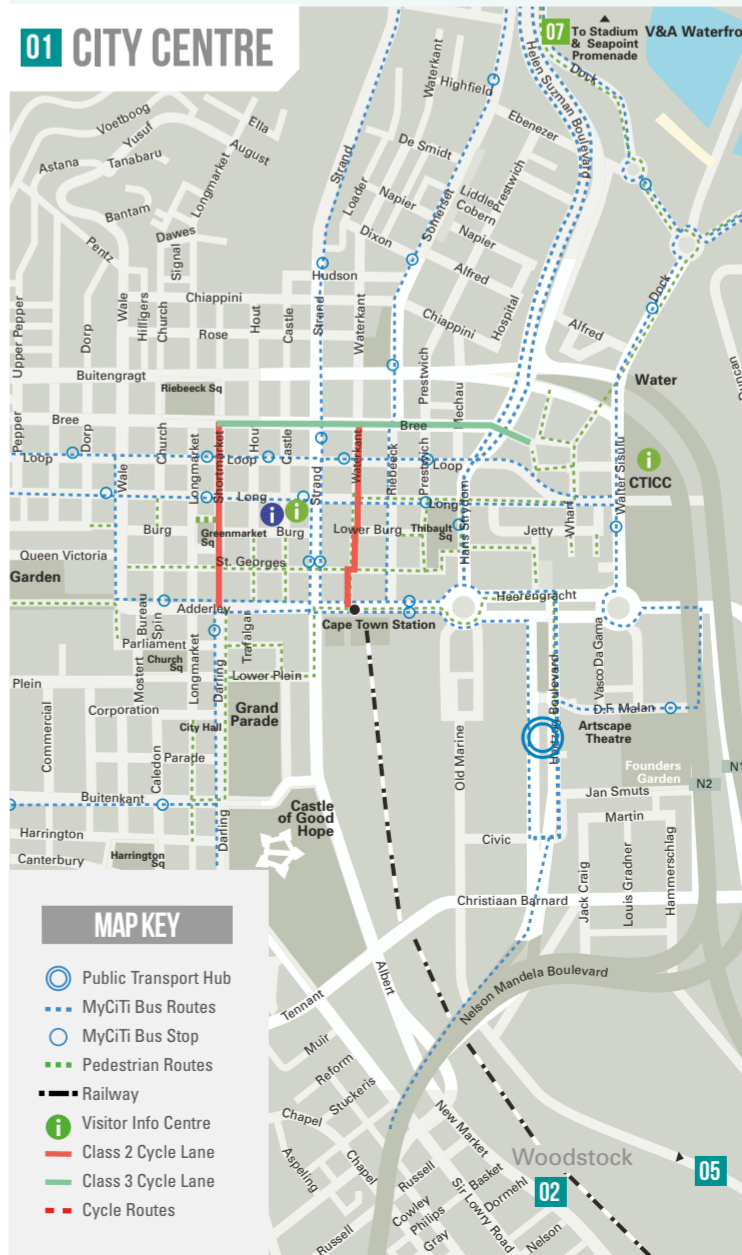
09 GORDONS BAY - FAURE MARINE DRIVE



A scenic ride along Clarens Drive in Gordons Bay, taking in the splendour of False Bay and the ruggedness of the Steenbras and Kogelberg mountains. Catch a glimpse of Southern Right whales in the bay.
GRADING: Intermediate. Undulating tar road with narrow shoulder.
START/FINISH: Gordons Bay
GPS: -34.166659, 18.859331
ACCESS: Free



Blade is a new outdoor bike parking system created by Capetonian designer Rotem Shachar



OFF ROAD ROUTES

CYCLING



CapeTown and surrounds is blessed with superb mountain biking terrain. There are few better ways to enjoy the outdoors than on your bike. Exploring your city and wilder terrains on a bike is a must do! Here is a selection of off road routes, listed by area:

TABLE MOUNTAIN NATIONAL PARK ROUTES: 10 - 21

Exquisite fynbos and natural forests, magnificent mountains that plunge into crystal seas fringed with the bleached white sands of the Cape Peninsula. Mountain biking in theTMNP is an experience not to be missed. Users of the Park are asked to respect the environment and fellow users at all times and to assist in protecting the unique natural heritage for the benefit of current and future generations. The MTB trails consist of paved roads, gravel tracks and single track. Many of the routes are shared trails.

Entry is subject to the Park's Indemnity Notice. A TMNP Activity permit is required for all cycling in theTMNP. A full list of trails and Code of Conduct are detailed in the Environmental Management Programme for Road Cycling and Mountain Biking in the TMNP | www.sanparks.org/parks/table_mountain



Table Mountain National Park MTB Trail Maps: www.capetowngreenmap.co.za/usefulinks

GET YOUR DAILY OR ANNUAL TMNP ACTIVITY PERMIT HERE:

Cape Town Tourism sales sites for the & 'My Activity Permit'

1 CITY CENTRE: Pinnacle Building, Cnr Burg & Castle Streets t: +27 (0)21 487 6800 e: central@capetown.travel Mon - Fri 08h30 - 16h30, Sat 08:30 - 13:00

1 SOMERSET WEST: Southey's Vines, 186 Main Road t: +27 (0)21 840 1400 e: somerwest@capetown.travel Mon - Fri 09:00 - 18:00, Sat & Sun 09:00 - 13:00

1 KIRSTENBOSCH: Gate 2, Kirstenbosch National Botanical Garden t: +27 (0)21 762 0687 e: kirstenbosch@capetown.travel Mon - Sun 08:30 - 16:30

1 CAPE TOWN INTERNATIONAL AIRPORT: Visitor Information Kiosk t: +27 (0)21 762 0687 e: airport@capetown.travel Mon - Fri 06:00 - 21:00, Sat & Sun 08:00 - 20:00

1 SIMON'S TOWN: 111 St George's Street t: +27 (0)21 786 8440 e: simontown@capetown.travel Mon - Fri 08:30 - 17:00, Sat & Sun 09:00 - 13:00

10 SIGNAL HILL & LION'S HEAD



Steep gravel track, leading up from Bo-Kaap. Enter at Poyser Rd, adhere to the directional signage on this route. Link from Quarry Hill Rd, along the firebreak path to Schotische Kloof quarries with optional entry or exit points on De Hoop Ave, Poyser Rd and Milner Rd.

From top Glengarriff Rd along Pat's Track to Signal Hill Kramat. Or continue to Fresnaye following the trail above Clifton around to Kloof Nek Rd above Camps Bay Glen.

GRADING: Moderate to hard. Steep climbs and descents, rocky technical single track.

ENTRY/EXITS: Poyser Rd GPS: -33.923801, 18.405384 Milner Rd GPS: -33.923040, 18.404231 Quarry Hill Rd GPS: -33.934991, 18.399784 Glengarriff Rd GPS: -33.913206, 18.399655 Signal Hill Kramat GPS: -33.928599, 18.394612

11 CAMPS BAY



Cycle along the PipeTrack with optional exit or entry points via Theresa Ave or Camps Bay Drive.

GRADING: Moderate. Rocky single track on shared trail. Gravel tracks. Portage sections.

ENTRY/EXITS: Kloof Nek GPS: -33.942461, 18.394744 Camps Bay Drive: GPS: -33.949822, 18.39436 Theresa Ave GPS: -33.962966, 18.384222



14 NEWLANDS FOREST TO CONSTANTIA NEK VIA KIRSTENBOSCH



Ride along the M3 cycle track towards Rhodes Memorial towards Newlands. Enter Newlands Forest at the designated MTB gate. Follow the route signage on this undulating gravel track with steep ascents and descents. A short steep portage brings you to the Kirstenbosch section of the trail. Gravel tracks with single track sections and boardwalks through indigenous forests, over river crossings and spectacular views towards False Bay and Constantiaberg mountains and vineyards. Past Kirstenbosch, enter Cecilia level 5 management track to Constantia Nek.

GRADING: Moderate to hard. Steep climbs and descents, loose gravel, portages and wooden boardwalks.

ENTRY/EXIT: Newlands Forest MTB Gate GPS: -33.972970, 18.446292 Constantia Nek GPS: -34.010263, 18.406122

15 CONSTANTIA NEK TO CECILIA CAR PARK



From Constantia Nek follow the lower management track to Southern Cross Drive. You can exit here and join the Greenbelt Cycle Route (See 23), or remain on the single track adjacent to the cork oaks alongside Rhodes Ave to Cecilia car park.

GRADING: Moderate. Steep gravel climbs and descents, loose gravel, rocky single track.

ENTRY/EXIT: Constantia Nek GPS: -33.972970, 18.446292 Cork Oaks GPS: -34.007115, 18.417527 Cecilia Car Park GPS: -33.998487, 18.426410

16 LOWER TOKAI



A flat 4 km gravel cycle path around Lower Tokai Park. Perfect for families with kids. Links to Greenbelt Cycle Route (See 23).

GRADING: Easy

ENTRY/EXIT: Orpen Rd, Tokai GPS: -34.055215, 18.428737

17 TOKAI



The Tokai MTB trails wind their way up the side of the Constantiaberg Mountain. The trails are a mix of gravel jeep track and inter-linking single track. If you head up to the mast, the last few km's are very steep tar. The views are breathtaking! Picnic and braai facilities in Tokai Park.

GRADING: Moderate to Extreme, gravel tracks and rocky single track.

ENTRY/EXIT: Tokai Picnic Site, Tokai Forest. Tokai Rd GPS: -34.061224, 18.414942



18 SILVERMINE



Park at the MTB parking area and head up the gravel road trail along a one way track. After the very steep switchbacks the gradient eases up a little. Enjoy fantastic views over False Bay, Hout Bay and Noordhoek. Head back down and enjoy a dip in Silvermine Dam before a final short single track section takes you back to the start.

GRADING: Moderate to hard. Steep climbs and descents, loose gravel.

ENTRY/EXIT: Rhodes Memorial St GPS: -33.963439, 18.458829

ENTRY/EXIT: MTB Parking, through Silvermine gate entrance GPS: -34.086982, 18.420472



CAPE TOWN & SURROUNDS

10 TO 24 SEE SIDE ONE AND BELOW

ICONS

- NATURE**
 - Bird and Wildlife Watching
 - Eco-tour/Nature Walk
 - Indigenous Plants
 - Natural Corridor
 - Nature Reserve
 - Scenic Vista
 - National Park
 - Wildlife Habitat

- SUSTAINABLE LIVING**
 - Bicycle Site
 - Healthy Dining
 - Organic/Local Food

- CULTURE & SOCIETY**
 - Cultural Site

USEFUL LINKS

Find your way online here! Cape Town Bicycle Map: These online maps provides recommended commuter routes throughout the City.



Download detailed maps online. Download a comprehensive map of the City of Cape Town's NMT cycle projects completed and planned. www.rideafrica.com/trail-maps www.mtbtrails.co.za www.tablemountainbikers.co.za/routes-trails/

SHARED TRAILS ETIQUETTE:

- Only ride on marked trails.
- Be considerate and polite.
- Be "Seen and Be Heard": Ring your bell or say "Hello".
- Yield to all other users.
- Keep Left - Pass Right when safe to do so.
- Ride at a sensible speed at all times.
- Pass other users slowly and safely. Get off your bike if necessary.
- Ride single file on narrow trails.
- Slow down ahead of corners and anticipate other users.
- Don't scare animals and give them room, especially horses and dogs!

CONSTANTIA

23 CONSTANTIA GREENBELT CYCLE TRAIL



A 10 km cycle route through the Constantia Valley greenbelts. Route follows a clearly marked trail and is mostly single track at an easy gradient, the last km is steep and more technical riding ending on Southern Cross Drive. Trail is bi-directional.

GRADING: Easy

ENTRY/EXIT: Bottom Lismore Ave, Tokai GPS: -34.056658, 18.445173

ACCESS: R50/ rider

24 THE BIKE PARK



Learn the essential mountain bike skills on this custom built pump track, currently totaling 2.8 km's. There are beginner jump lines all the way to expert drop-offs, rock gardens, a wooden berm, rollers and a suspension sky bridge (that tracks the canopy of the trees) ending in a corkscrew exit. Open 7 days a week, from 08h00 until 18h00. Offers cyclists of all ages and skill levels laps and laps of fun.

GRADING: Beginner - Intermediate

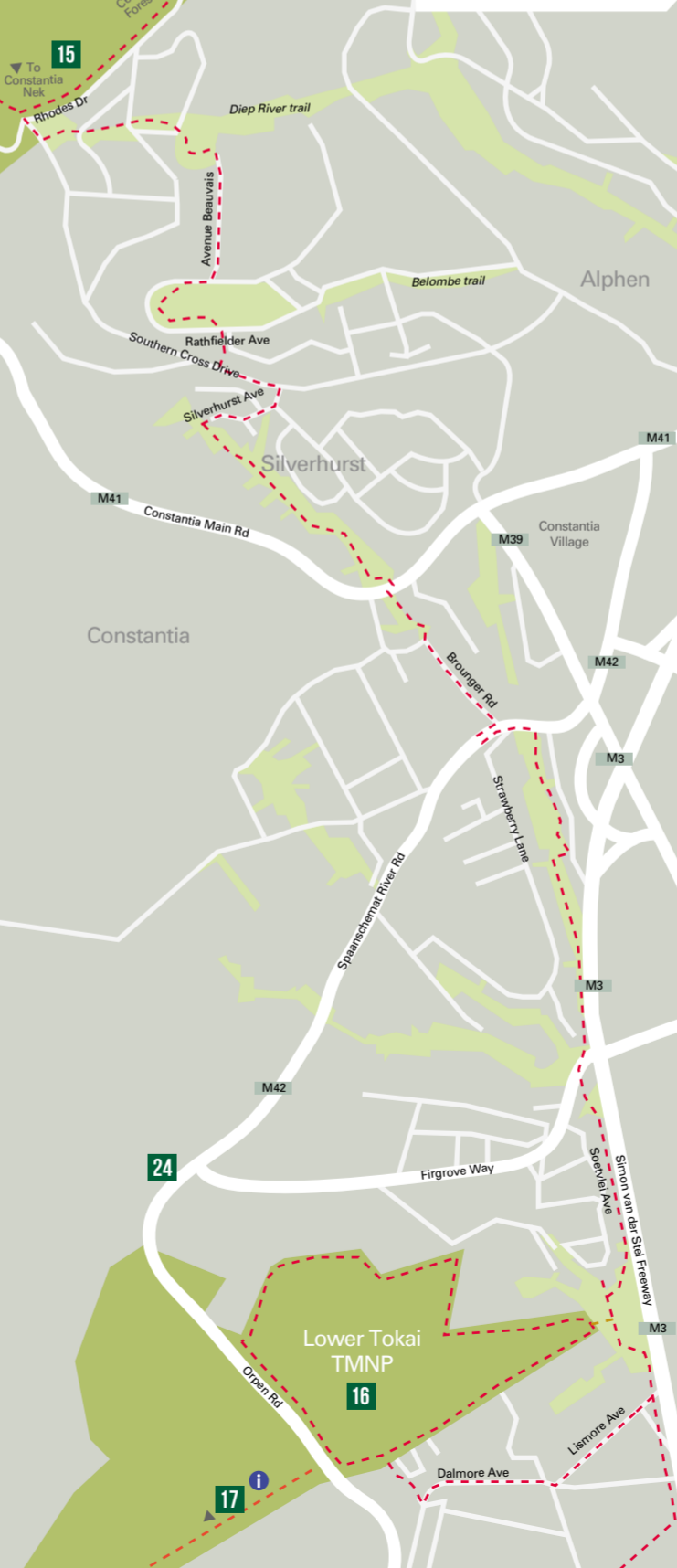
START/FINISH: The Bike Park, Constantia Uitsig, Orpen Rd, Constantia GPS: -34.047601, 18.422828

ACCESS: R50/ rider

www.bikeparkatuitsig.co.za



23 GREEN BELT



BELLVILLE / DURBANVILLE HILLS / TYGERBERG

These trails form part of the Tygerberg Mountain Bike Club trail network. For detailed trail information, club membership and downloadable maps please visit www.tygerbergmtb.co.za

25 MAJIK FOREST

This is the perfect place for an after-work ride. It is just a minute or two away from the Tyger Valley Shopping Centre, and has a nice combination of tough climbs to make those leg muscles burn, and single track... with everything in between - fast, smooth paths, rocky sections, bridges, drop-offs and some of the twisty-turny forest trails can be very exciting!

GRADING: Easy - Moderate

START/FINISH: Corner of Jip de Jager Drive and Van Riebeeckshof Rd, Durbanville GPS: -33.859830, 18.626927

ENTRY: Free www.tygerbergmtb.co.za

26 BLOEMENDAL

A selection of different trails is available to cater for most levels of ability and ages.

GRADING: Easy - Extreme

START/FINISH: Bloemendal, Tygerberg Valley Rd, Durbanville GPS: -33.827965, 18.598753

ENTRY: Day permits or club membership required. www.bloemendal.co.za



27 HILLCREST

This is a medium length but challenging ride with amazing views spanning from Robben Island to Hangklip that make the climbs worthwhile. The single track is flowing and fast in sections which makes for a very enjoyable roller-coaster ride!

GRADING: Easy - Intermediate

START/FINISH: Hillcrest farm, Tygerberg Valley Rd, Durbanville GPS: -33.827056, 18.590674

ENTRY: Tygerberg Club membership required. www.hillcrestfarm.co.za

28 CONTERMANS KLOOF



Well-built single track trails that meander up and down the mountain. There are various options depending on your skill level. Finish your ride off with coffee and the famous Dairy Shed's carrot cake.

GRADING: Intermediate - Difficult

START/FINISH: The Dairy Shed, Contermans Kloof Rd, Durbanville GPS: -33.803060, 18.589848

ENTRY: Day permits available or Tygerberg Club membership required. www.tygerbergmtb.co.za

29 MEERENDAL

The trail has been designed for the whole family to enjoy. The route is made up of three inter-leading trails of 5 km (Yellow), 12 km (Red) and 18 km (Blue), and takes 1-2 hours to complete depending on your pace. Single track galore.

GRADING: Easy - Intermediate

START/FINISH: Boschendal Wine estate, Helsehoogte Road, Franschhoek GPS: -33.878116, 18.973712

ENTRY: Permits available at the Boschendal Farm Shop & Deli www.boschendal.com

30 HOOGEKRAAL

A single track playground, with names like "Spykers" Hill, Beware Alley and Widow Make, you will have the fittest rider's legs burning. Technical sections have chicken runs, making the trail fun for a wider level of rider skill.

GRADING: Intermediate - Difficult

START/FINISH: Hoogekraal Farm, Vissershok Rd, Durbanville GPS: -33.783863, 18.591340

ENTRY: Day permit (Honest Box) or Tygerberg Club membership required www.tygerbergmtb.co.za

31 KOEBERG TRAILS

Wide gravel roads suitable for all riders. Trails are clearly marked and comprise a 7 km and 21 km route option.

GRADING: Easy

START/FINISH: Koeberg Power Station Visitor Centre, R27, West Coast Road, Melkbosstrand GPS: -33.625196, 18.436849

ENTRY: Free

32 HELDERBERG MTB TRAILS



Set on a private farm on the slopes of Helderberg Mountain in Somerset West, the MTB trails caters for all skill levels. Test your riding skills while enjoying the spectacular views. There is a tea garden and braai facilities.

GRADING: Easy - Extreme

START/FINISH: Helderberg Farm, Klein Helderbergpad Rd, Raitby GPS: -34.032505, 18.833913

ENTRY: Entry Fee payable at Tea Garden www.helderbergpaas.co.za

WEST COAST

31 KOEBERG TRAILS

Wide gravel roads suitable for all riders. Trails are clearly marked and comprise a 7 km and 21 km route option.

GRADING: Easy

START/FINISH: Koeberg Power Station Visitor Centre, R27, West Coast Road, Melkbosstrand GPS: -33.625196, 18.436849

ENTRY: Free

SOMERSET WEST

32 HELDERBERG MTB TRAILS

Set on a private farm on the slopes of Helderberg Mountain in Somerset West, the MTB trails caters for all skill levels. Test your riding skills while enjoying the spectacular views. There is a tea garden and braai facilities.

GRADING: Easy - Extreme

START/FINISH: Helderberg Farm, Klein Helderbergpad Rd, Raitby GPS: -34.032505, 18.833913

ENTRY: Entry Fee payable at Tea Garden www.helderbergpaas.co.za

WINELANDS

33 JONKERSHOEK

Manicured single track, gravel forestry roads and breathtaking riding awaits in this commercial pine plantation.

GRADING: Intermediate - Technical

START/FINISH: Jonkershoek Nature reserve main gate, Jonkershoek Road, Stellenbosch GPS: -33.968646, 18.934615

ENTRY: Day permit for MTB trails from gate

34 BOSCHENDAL MTB TRAILS



The marked trails consist of a large percentage of well-maintained single track, mountainside jeep track and some farm road. Riders are welcome to make use of the 30 to 40 km's of unmarked tracks and farm road to create their own circuits and longer rides.

GRADING: Intermediate - Technical

START/FINISH: Boschendal Wine estate, Helsehoogte Road, Franschhoek GPS: -33.878116, 18.973712

ENTRY: Permits available at the Boschendal Farm Shop & Deli www.boschendal.com

35 DELVERA & DIRTOPIA TRAIL CENTRE



There are several trail options on wine farms in the area, including Delvera Farm, Simonsberg Conservancy (Uitkyk, Muratie & Delheim), and L'Avener & Nootgedacht Trails.

Delvera Farm: Option for beginners from 75km and intermediate riders of 14.5km with over 6km of singletrack. Dirtopia Trail Centre and Cafe is open every day for permits of the Simonsberg Conservancy trails, bike hire and outdoor accessories.

START/FINISH: Delvera Trail Centre, R44 between Stellenbosch & Klipmuts GPS: -34.168679, 19.085344

ENTRY: Day permits: Available at our main gate from 6h00 to 15h30 7 days a week. Year permits: Available at office or contact +27 (0) 21 844 0605 www.dirtopia.co.za | www.delvera.co.za

36 SIMONSBERG CONSERVANCY



Fun green and blue rated single track that are perfect to introduce beginners to the sport and give intermediate riders the confidence to go faster on trails. The 'never say never ending again' trail has to be one of the most iconic trails in the Cape!

START/FINISH: Muratie Wine Estate - R44 between Stellenbosch & Klipmuts GPS: -33.870767, 18.875735

ENTRY: Free www.muratie.co.za

37 L'AVENIR & NOOTGEDACHT TRAILS:



The hillier L'Avener Loop is 4.4 km while the flatter Nootgedacht loop is 8 km. Do both and you ride just over 12 km or do the Nootgedacht loop again to do a full 20 km.

START/FINISH: L'Avener Estate - R44 between Stellenbosch & Klipmuts GPS: -33.885755, 18.844100

GRADING: Easy - Technical

ENTRY: Permits available at Dirtopia Trail Centre www.dirtopia.co.za

38 LEBANON FOREST MTB TRAILS

The trails offer unique riding, combining undulating orchards, forested pine ridges and mountain fynbos with breathtaking views over the Elgin valley and surrounds. There are four distances and route gradings to choose from.

GRADING: Intermediate

START/FINISH: Oak Lane Cottages, Grabouw GPS: -34.213989, 19.080307

ENTRY: Trail permits available at start (Honesty Box) www.lebanonmtbtrails.co.za

39 THANDI & PAUL CLUVER



The trails start in the amphitheatre treating the rider to Raka and The Swing, one a bridge built on a massive tree trunk, the other a suspension bridge. The fun continues with lots of berms, flowing singletrack with some technical riding. Look out for the Mamba, a rollercoaster through a river valley with 6 bridges. There are some lung busting climbs rewarded with magnificent vistas over the Elgin valley.

GRADING: Intermediate

START/FINISH: The Amphitheatre, Paul Cluver Estate GPS: -34.168679, 19.085344

ENTRY: Day permits: Available at our main gate from 6h00 to 15h30 7 days a week. Year permits: Available at office or contact +27 (0) 21 844 0605 www.cluver.com www.elginmtb.co.za

CYCLING EVENTS CALENDAR

www.pedalpower.org.za/events/ www.bicycling.co.za/race-calendar/

BIKE RENTALS AND TOURS

Hire a bike and enjoy the roads and trails in and around Cape Town