

South Africa Road Cycling – 11 Days

Port Elizabeth to Cape Town along the Garden Route



The tour covers Africa's premier road bike ride: 'The Garden Route' of South Africa's Western Cape with all its pristine beauty, unparalleled scenery and excellent riding routes. Join us for the introduction to this gem the only way that makes sense – on the saddle! Experience the tranquility of the back roads, the rush of descending from the mountain passes, smell the sea breeze and feel the heat of the dry interior.

Our 11-day cycle tour kicks off with – YES – a non-cycling day. On arrival in Port Elizabeth we experience Africa on a game drive to Addo Elephant National Park. We commence the riding on the Eastern most portion of the Garden Route with four days on the N2 and digress to various places of interest including the Storms River Mouth, Blou Krans Bridge, Natures Valley, Plettenberg Bay, Knysna and Mossel Bay. The following days lead us inland over imposing Mountain Passes – which repay the effort with breathtaking vistas – to the Ostrich Capital of the world and home to the Cango Caves in Oudtshoorn. We journey East on Route 62 through a changing environment that turns from barren sun scorched earth to fertile valleys and carpeted tracts of vineyards. Overnighting in the quaint hamlets of Barrydale and Montagu is sure to bring the reality of the "no rush in Africa" syndrome home. We continue with a ride through the fabulous Bains Kloof and toward the towering 'Welcome, of Table Mountain. The tour finishes with a 'world-class' ride from Cape Town around the Cape Peninsula.

On the tour our back-up vehicle is always available to offer support and the occasional lift for weary legs or to simply sit back and watch the world go by. Based on predominantly 4-star accommodation you are guaranteed to have a comfortable and relaxing evening and night. Our specialist local guides will assist you with their knowledge, general information and interpretation to ensure this tour 'goes beyond cycling'.

So, go beyond the average and touch a piece of Africa on the highways and by-ways – see the world on two wheels!

Tour Itinerary

Day 1: Port Elizabeth

Arrive at Port Elizabeth airport by lunchtime (about 12:00 am), where your driver guide will meet you and transfer you to your accommodation for the night.

Accommodation: Guest House **Meals:** None

No cycling



Day 2: Addo Elephant National Park (ex Port Elizabeth)

We will transfer (1hr) to nearby Addo Elephant National Park for a game viewing drive in open Landrover. You can expect to see buffalos, elephants, ostriches, elands and zebras. After the National Park visit we shuttle back (1 hr) to our comfortable guest house close to the beachfront.

Accommodation: Guest House **Meals:** Breakfast

No Cycling:

Day 3: Jeffrey's Bay to Stormsriver

Our bike tour starts with a short transfer (45 min) out of the city to Jeffrey's Bay, famous among surfers for its long tube. We cycle on a undulating road past Humansdorp and Clarkson to Stormsriver. We stay at a comfortable lodge, built in log cabin style.

Accommodation: Log Cabin (Lodge) **Meals:** Breakfast, Lunch, Dinner

Elevation/Cycling: 800m up, 107km / 66 mi, 4hrs riding

Day 4: Stormsriver to Plettenberg Bay

This morning, we cycle across scenic Stormsriver bridge followed by a short walk to the nearby giant 800 year old yellow wood tree. After the walk, we carry on down to scenic Tsitsikamma National Park where we hike to the Stormsriver Mouth. After lunch at a rocky beach (great spot for watching the waves breaking on the shore), we cycle back up onto the plateau, past Coldstream and again down into Bloukrans Valley. From the valley floor, we climb up the other side through lush rain forest and descent into Nature's Valley, with a beautiful 5km long beach. Before the end of the ride we have to climb over another coastal hill, ride through nice coastal Fynbos and will arrive into Plettenberg Bay at your comfortable accommodation for the night.

Accommodation: Hotel **Meals:** Breakfast, Lunch, Dinner

Elevation/Cycling: 800m up, 105km / 65mi, approx. 4hrs riding

Day 5: Plettenberg Bay to Mossel Bay

We cycle directly from Plettenberg Bay on a busier road past Knysna, the Lake District National Park, the town of Wilderness to George. From here we turn into a quiet road to Mossel Bay. The small town is nestled on the only north-facing beach of the Garden Route and boasts more sunshine hours than Hawaii! A visit to the local Maritime Museum with its replica of the caravel used by the seafarer Bartholomew Diaz is highly recommended. We stay at a beautifully situated accommodation from where – with some luck of course - whales and dolphins can be spotted.

Accommodation: Hotel **Meals:** Breakfast, Lunch, Dinner

www.innovative-travel.com

Trade Reservations: 0508 100 111

Elevation/Cycling: 1500m up, 153km / 95mi, approx. 6-7 hrs riding

Day 6: Mossel Bay to Oudtshoorn

After breakfast, our 'peleton' heads out and up to beautiful Robinson Pass (850m). The descent leads us into the semi desert via Klein Karoo to Oudtshoorn. After lunch, we take an excursion up the Schoemanspoort to the magnificent Cango Caves. Tonight we stay at a stylish Guest House.

Accommodation: Guest House **Meals:** Breakfast, Lunch, Dinner

Elevation/Cycling: 1000m up, 150km / 93mi, approx. 6.5 hrs riding

Day 7: Oudtshoorn to Barrydale

Today we have an easy start: the first 50 km are flat until Calitzdorp followed by a long downhill into Gamka Canyon. From here, the work starts with a long climb leading up to Huisriver Pass (680m). After our lunch stop in the town of Ladismith, we ride a hilly road leading past "Ronni's Sex Shop" - a funny and popular pub and not sleazy at all - to the tiny village of Barrydale. Here we stay at a cozy lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch, Dinner

Elevation/Cycling: 1300m up, 178km / 110mi, approx. 8hrs riding

Day 8: Barrydale to Montagu

The morning features a beautiful ride through Tradouws canyon, which is deeply cut into the Langeberg Mountains, to the old Mission Station of Suurbraak. In the nearby settlement of Swellendam (3rd oldest European settlement of South Africa) the main road is lined with many beautiful houses. In fact, most of them are protected as National Monuments. Further down the road we turn into the wide and flat Breede River Valley, popular for its red wines. Towards the end of the ride, the valley narrows and we ride through pretty Cougmans Gorge to the charming village of Montagu. We stay at a stylish guesthouse.

Accommodation: Guest House **Meals:** Breakfast, Lunch, Dinner

Elevation/Cycling: 800m up, 124km / 77mi, approx. 6hrs riding

Day 9: Montagu to Cape Town

Today's stage takes us back to the Breede River Valley, which we follow up-stream to Worcester, popular for the largest Brandy cellars in the world. From Worcester we follow a narrow road into the spectacular Bainskloof canyon and climb past steep, rocky cliffs up to the end of the valley (601m). An exhilarating downhill ride takes you to the town of Wellington, almost in the outskirts of Cape Town. We like to spare you the thrills of Cape Town's traffic and are loading the bikes here! After a short shuttle ride, we arrive at our final destination: Cape Town's central district. We stay in a comfortable accommodation for the final 2 nights of the tour.

Accommodation: Hotel **Meals:** Breakfast, Lunch, Dinner

Elevation/Cycling: 700m up, 125km / 78mi, approx. 6hrs riding

Day 10: Around the Cape Peninsula

In the morning we transfer to Muizenberg, a suburb in the south of Cape Town. From here, we start the last ride around the Cape Peninsula (partly following the race route of the Cape Argus Race). Our first stop is Simonstown, which is home to a large penguin colony. The second stop on the ride is the popular Cape of Good Hope and Cape Point – the ideal lunch spot. After our break, we cycle back on the Western side of the Cape Peninsula along Chapman's Peak Drive (if open) to Hout Bay. This is without doubt the most beautiful stretch of the South African coastline. We complete the ride and the tour by rolling along the Atlantic shore back to the Hotel.

Accommodation: Hotel **Meals:** Breakfast, Lunch

Elevation/Cycling: 950m up, 120km / 74mi, approx. 6hrs riding



Day 11: Cape Town: Departure

After breakfast you will have to pack up your bike and we will transfer you to the airport.

Should you stay on for a few days, you could spend the day in Cape Town with time for shopping or more sight seeing. A cable car ride up Table Mountain, Cape Town's famous landmark is recommended (not included). Alternatively, you could just relax at the Cape Town Waterfront.

Accommodation: Hotel Meals: Breakfast

No Cycling

Tour Information

Included in 11 day tour:

- 10 nights in 3-4 star hotels, guest houses and lodges (based on twin share)
- All meals as indicated in itinerary
- Backup vehicle & luggage trailer
- Airport transfers on arrival and departure day
- Professional guide/mechanic
- Entrance fees to Addo Elephant Park, Tsitsikamma National Park, Chapmans Peak (when open) and Cape Point
- South Africa Tour Riding Jersey

Not Included:

- Drinks & snack bars
- Travel insurance
- Laundry
- Passport or travel visa requirements
- Bike rental is not available for this tour

Tour Grade:

This tour is graded **4 challenging to hard** (on a scale of 1-5 with 5 being extreme) – there are options for participants with a range of fitness levels & technical ability.

Grade Description

* **Hard Tours** are for those looking to have some of the hardest days possible. Terrain will be steep and the adrenalin factor will be extreme. The strenuous effort will be well and truly rewarded when you reach the top but there will be some sweat lost and kilojoules burnt getting there

* **Fitness Required:** You will be very fit prior to the trip and even fitter when you get back!

Grade 1 = easy, few inclines, short distances (20-40km), no technical difficulty

Grade 2 = moderate some inclines, moderate distances (40-60km), no technical difficulty

Grade 3 = challenging, several inclines, longer distances (100km RB / 50km MTB), some technical difficulty (e.g. single trail or hair pin turns)

Grade 4 = hard, long inclines, long distances (100km+), technical difficulty

Grade 5 = HIGH ALTITUDE (4000M +)

Recreational Riders & Sightseeing Passengers:

Whilst this tour is graded moderate, we are happy to cater to a small number of recreational riders who may wish to take part with shorter daily rides. We also welcome limited numbers of non-riders on our tours. If you are keen to experience South Africa, but prefer to do this on four wheels rather than two, please do not hesitate to check our availability on your departure of choice.

Cape Argus Race

Interested riders can extend the tour and stay for two more nights in Cape Town to participate in the annual Cape Argus Cycle Race (one of the worlds biggest cycle events), which starts on day 12 of the above itinerary. Please contact us for more details.

PLEASE NOTE: You will have to complete your own online entry for the race. We advise to do this as early as possible, because the start slots for this race are selling very fast. Please go to : www.cycletour.co.za/ for more information on the race.

Tour Dates and Prices

COUNTRY: South Africa
DAYS 11
CODE SAFCY
FROM Port Elizabeth
TO Cape Town
TOUR GRADE: 3-4
PRICE
SINGLE SUPPLEMENT
BIKE HIRE Not available
DEPARTURES: 2010: 03 MAR

Tour Map

