



## Mountain Biking South Africa Newsletter August 2012

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Go big or go away! That was my predicament.

South Africa has a vast active mountain biking population. Add to this the uncountable number of riders from abroad and you get a massive group of people who share a passion for adventure, nature and good health. If only 1% of these riders come to South Africa to do a mountain bike tour and 1% of those people do a tour through Mountain Biking South Africa we will be out on our bikes 24/7. So what happened...we decided to go big.

Our mission for the future is to help to make South Africa known as 'the mountain bike destination' of the world. Not only a destination for the serious rider but also for the recreational rider. There are endless opportunities to race your bike in South Africa. Mountain Biking South Africa appreciates this opportunity but decided that there are so many extraordinary places to see in South Africa that to race past them will be a sin.

Therefore we offer tailor made mountain bike tours where you can ride your bike at your own pace while enjoying the beauty that surrounds you. Helping us in reaching our goal we welcome a new team player. Of course, she is also of the fairer sex. Mene is a well known athlete and cyclist in the running and cycling fraternity. 11th Lady in the Comrades marathon and XC champ in her age group are a few of her sporting highlights. She is a fundy in marketing and her skills and warm personality is a wonderful asset for us.

During the past 6 months we have had riders from all over the world visiting and touring with Mountain Biking South Africa. We have many promises of them coming back with friends and family. They love the sunshine. They love the country. One rider from Brazil said he wants the whole of Brazil to come to South Africa. Our riders were not only from abroad. We had wonderful riders from all over South Africa. The Mega Baviaans Tour challenged the legs and minds. To stay on the bike when riding through thick and slimy

mud and your wheels are double their normal weight is an exercise for body and mind. To finish this mountain bike tour gives you a high that no drug can do. Well done, especially to the girls.



So what do you pay for a bike trip abroad? A five day tour in Italy riding from Venice to Florence where the only support is the transfer of your luggage, maps and the pre booked accommodation will today cost you R10500 pp. This does not include meals, transfers or any other support like a vehicle following you with snacks and drinks. If you do this during their summer you will be in the middle of a crowd most of the time. Makes you think....Baviaanskloof here I come!



South African riders



European riders

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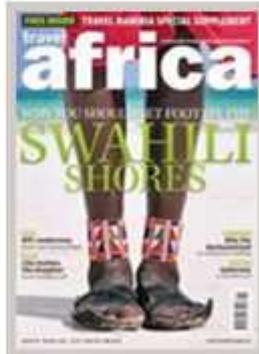
The Baviaans kloof tours are still our signature tours. However there is a new twist in the tail. A new tour that starts in Plettenberg Bay, goes up the Prince Alfred pass, follow the route through Uniondale to enter the Baviaanskloof.

The route goes through the kloof and finish near Patensie. Prince Alfred pass is no easy piece of riding especially in the south-north direction so be prepared if you do this one. The good news is that you can bring your family and leave them in the beautiful Plettenberg Bay while you ride.

This time there will be no complaining about you being away on your bike.

**MUST READ!:** why? **Mountain Biking South Africa** tours in both! See the latest

edition of Travel Africa!



### Travel Africa

Award-winning writer and photographer Dale Morris gives our readers another great reason to visit South Africa's Eastern Cape.

Follow him as he explores the Baviaanskloof by bicycle.

### Freewheeling

Southern Africa's best multi-day MTB trails  
Fiona McIntosh

From short, easy one-night escapes suitable for the whole family, to hard-core mountain adventures that will test even the most experienced, competitive racers, the 34 trails of southern Africa's best multi-day trails and wilderness journeys featured in this book cover the full spectrum of mountain bike tours on offer in South Africa and neighbouring countries.

**You are training for a multistage race but are fed up and bored with your old training routes.**

Mountain Biking South Africa loves to ride. We love the people who love to ride. Therefore we are more than willing to share our knowledge of routes and trails in the area with you.

A few ideas:

- Harkerville routes
- Petrus se Brandt
- Cairnbrougie Farm
- Prince Alfred routes

Ideal months to come to Plettenberg Bay to ride your bike: We have a secret season in Plettenberg Bay. The winter months are mild and sunny. Statistics show that we have 280 sunny days per year. Rain can fall any time of the year. Accommodation is very affordable and you have the mountain bike trails to yourself. Locals are very friendly and Mountain Biking South Africa are keen to join you or direct you.

Spend a week riding through the forest or up and down the magnificent Bloukrans Pass. Montaque Pass is an hour and a half drive from Plettenberg Bay. This you can ride

while your family is doing shopping in George or watching a movie. Training under these conditions is a blessing. If you look at the good guys you will notice that Plettenberg Bay only delivers some of the best!

...then again, any month is a good month in Plettenberg Bay!

**So what you have to do:**

Go to [www.selfatplett.co.za](http://www.selfatplett.co.za), book accommodation, contact us to organize a tour or a ride, pack your bike and family and there you go!

*Self at Plett* SELF CATERING ACCOMMODATION

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**We ride...then we eat!**

If and when you are in the Cape Town area, whether you have just finished a ride or are simply hungry be sure to spoil yourself to a meal at the new Arugula Bread & Bistro. Young chef Neil, previously from a 'Top Ten' restaurant in Stellenbosch area has ventured out to start this trendy restaurant in the Welgemoed area. Take the Jip de Jager turn off from the N1 to the Welgemoed Forum where you will find Arugula on the top floor. A restaurant with a wonderful open kitchen in a light modern setting. Fresh and locally sourced food with an artistic flair. No corkage fee on your first bottle of wine. [www.arugula.co.za](http://www.arugula.co.za)



### Upcoming Tours:

We host a few local Plettenberg Bay cycling weekends. You are off course more than welcome to contact us to organize one of these on any date that suits you.

#### **Plett mountain bike long weekends:**

9-12 August 2012 (winter special rates)

16-18 November 2012

15-18 December 2012

10-13 January 2013

25-30 January 2013



### **Mega Baviaans tour (new route)**

12-15 March 2013

The Cape Argus mountain bike race is on the 3rd of March 2013 and the Argus road race on the 10th of March. Why not spend a few days after the Argus exploring the Garden route and Baviaanskloof (on your bike of course!). Catch a plane to George and we will transfer you to Plettenberg Bay. From there you hop on your bike and ride up the Prince Alfred Pass. We go via Uniondale to enter the Baviaanskloof and ride the Mega Baviaans in 4 days. For more detail on this exciting tour contact us as soon as possible. Hurry as we can only accommodate 12 riders. NB you have to be fit for this one!

*As Winston Churchill said 'I have nothing to offer but blood, toil, tears and sweat'*

14-19 April 2013 (this will get you ready for the sani2c)

### **Other tours and dates:**

Please contact us for any other date. We need a group of 8-12 riders to organize you a special tour through the Baviaanskloof or Garden Route. For Plett tours we can accommodate any amount of riders. The 5 day Slow Living Baviaans Tour is ideal for the recreational rider. The Mega Baviaans tour can be done in 4 or 5 days depending on the fitness of the group.

## Team Building:

Nothing better than doing a Slow Living Baviaans tour with your colleagues or workforce to learn how to work together as a group. We offer a specially designed tour to accommodate your team.



Please contact us for more details on any of the above options.

Warm regards

Linette and Mene

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