



FULLY SUPPORTED - FULLY CATERED

## ***MOUNTAIN to OCEAN***

**WINELANDS - CEDERBERG - WEST COAST NATIONAL PARK**



Our tour covers a 350 km long route that takes you deep into the heart of the mountains, passing through epic landscapes and conquering stunning mountain passes.

We will end our tour at the famous West Coast National Park, renowned for its lagoon with turquoise water and magnificent and diverse flora and fauna.

Along the way you will have the opportunity to meet friendly locals, swim in crystal-clear mountain streams, relish the local cuisine and indulge in world-class, award-winning wines.



***Embark on the adventure of a lifetime to one of  
the best cycling destinations in Africa.***





## ***Fully Supported***

### **YOU RIDE - WE DO THE REST**

We love looking after you!  
We understand the importance of a seamless and worry-free experience. That's why we take immense pride in offering you an exceptional journey that leaves you with nothing but great memories. Our fully supported tours include transport for your luggage and refreshments during the rides. With a support vehicle in tow, we are ready to handle any unforeseen events, from mechanical issues to tired legs.

***Join us for an adventure of a lifetime!***



## ***Good Food - good mood***

We are passionate about good food. Our meals are carefully crafted to fuel your body and keep your energy levels high on even the longest bike rides. You can expect nothing less than the best of authentic South African cuisine - from hearty breakfasts to refreshing picnic lunches and mouthwatering traditional braai dinners.



## ***Unwind & Relax***

After a long day of cycling, you can unwind with an ice-cold beer or one of the award-winning wines from the region. Sit by the campfire and enjoy the breathtaking starry sky while sharing stories from the day.



## ***Trip summary***

### **Duration:**

Basic Tour: 5 days / 5 nights

Basic Tour plus Winelands Tour: 8 days / 7 nights

### **Dates:**

Basic Tour: 13 - 18 November 2024

Basic Tour plus Winelands Tour: 11 - 18 November 2024

**Region:** Cape Winelands, Cederberg and West Coast National Park, Western Cape, South Africa

**Age:** 18+

**Fitness level:** good fitness level (E-bikes available)

**Riding level:** moderate

**Language:** German and English

**Group size:** 15 participants

**Price:** from R14,950 for a Basic Tour in a shared room

## ***Included services*** ***Basic Tour***

- Accommodation for 5 nights (Good quality chalets & cottages)
- 5 days of guided gravel cycling (300 km in total)
- All meals, from dinner on day 1 to breakfast on day 5

- Support vehicle
- Trailside repairs
- Transfer of luggage
- Drinks and snacks en route daily
- English and German-speaking local female tour guides (10 years guiding experience, qualified first aiders and internationally certified MTB coaches)

**R14,950**

## ***Excluded services***

- Drinks (we will have an honesty bar stocked with local beers, wines and soft drinks.)
- Bike parts
- Tips
- Cancellation costs and travel insurance



## OPTIONAL EXTRAS

### Winelands Tour



- Add 2 nights accommodation at Laborie Heritage Wine Estate (11-13 November)
- Welcome Dinner
- 2 x Breakfast in the Stoep Restaurant overlooking the beautiful vineyards
- Option to visit the Paarl Trails Adventure Hub next to the hotel to stock up on bike apparel
- Guided ride from the hotel up to the vineyards into the Paarl nature reserve
- Sundowner on the famous Flat Rock
- Meet and greet your tour guides at a Pizza and salad dinner at Cucina di Giovanni at Laborie

*We highly recommend this package to all our international visitors. The beautiful Cape Winelands are the perfect place to acclimate after overseas travel. Spoil yourself with good food and wine, a scenic ride, a swim in the pool, and fantastic views before we embark on our cycling adventure.*

**Winelands Tour in a shared room (price per Person)**

**R9,000**

### Transport Package



- Transport from Cape Town International Airport to Laborie Heritage Wine Estate (45 minutes)
- Transport from Laborie Heritage Wine Estate to Clanwilliam (2.5 hours)
- Transport from Clanwilliam to West Coast National Park (2.5 hours)
- Transport from West Coast National Park to Cape Town International Airport or City Centre (2 hours)

**All Transport (price per person including transport of bike)**

**R8,750**

### Premium Bike Rental

- Full suspension analogue, i.e. SCOTT Spark
- Gravel analogue, i.e. SCOTT Addict 30
- Full suspension E-bike, i.e. SCOTT Patron
- Gravel E-Bike, i.e. SCOTT Solace



**Price per person  
including set-up  
and 8-day rental**

Analogue **R5,600**

E-Bike **R8,800**

### Single Room Supplement

- Single room for 5 nights (Cederberg and West Coast)
- Single room for 7 nights (Laborie, Cederberg and West Coast)

5 nights **R5,000**

7 nights **R8,000**

## **Day 1 - Laborie Heritage Wine Estate**

*part of your optional Winelands Tour*

### **WELCOME DINNER & MEET AND GREET**

We will transport you from Cape Town International Airport to Laborie, which is located in the beautiful Cape Winelands. It is the perfect place to escape the hustle and bustle of the city. To kick off our adventure, we'll enjoy a welcome dinner to introduce ourselves and discuss the exciting days ahead.



***“Jobs fill your pocket.  
Adventures fill your soul.”***

*— Jaime Lyn Beatty*



## **Day 2 - Exploring the Winelands**

*part of your optional Winelands Tour*

We will start our day with breakfast in the Stoep Restaurant. Our bike set up and handover will take place at our Adventure Hub next to the hotel. Our cycle will take us from the hotel up to the vineyards into the Paarl nature reserve and continues onto neighbouring farms, taking us on a full loop back to where we started. We will finish the day with a sundowner on Flat Rock before we have a pizza and salad dinner at Cucina di Giovanni at Laborie.

**Distance: 30 km**

**ADVENTURE AWAITS**

## ***Day 3 Clanwillian to Sanddrif - Start of the Basic Tour***

Our day on the bike starts in Clanwilliam, the heart of the Cederberg conservancy and will take us deep into the Cederberg mountains, renowned for its unique rock formations and the abundance of fynbos floral species. Our journey will lead us to Algeria, where we'll pause at the riverbanks for a well-deserved lunch picnic. Following our break, we'll ascend the spectacular Uitkyk Pass, offering us breathtaking views of the valley from its summit. Once we reach the top, our cell phone signals will fade out, and we'll be free from any digital distractions for the next few days to enjoy nature's splendour and tranquillity. After the pass, we'll cycle down through several settlements and a wine farm. We will have a traditional South African braai and campfire to end off our second day of cycling.

**Distance: 56 km**



UP THE SPECTACULAR UITKYK PASS

***Ride big, Ride long,  
Ride Free.***



### ***Cederberg Winery***

Our overnight stay is at the beautiful cottages of Sanddrif Holiday Resort, situated on the picturesque farm of Dwarsrivier, home to the renowned Cederberg Wines. We will enjoy an unforgettable wine-tasting experience in their unique tasting room, savouring award-winning wine ranges in a comfortable, eye-catching environment. Or you can enjoy a crafted natural beer made with the purest ingredients from the Cederberg Brewery.

**UNPLUG   RECHARGE   RESTORE**

## ***Day 4 - Rock painting & Stadsal Caves***

### UNIQUE SOUTH AFRICAN HISTORY

Our visit takes us back in time to some of the Cederberg's remarkable examples of San and Khoi rock art and the Stadsaal Cave, a unique and special part of South African history. This cavernous dome has been carved out of the rock by thousands of years of wind erosion and other weather factors and were used for shelter in prehistoric times.



### ***Local Trails & Rock jumps***

On our third day of cycling, we will explore the stunning landscapes and landmarks around Dwarsrivier. Our cycling route will take us past the renowned rock formations called "Lot's Wife" and "Window Rocks". In the afternoon, we will visit Maalgat, a vast natural swimming pool with cliffs that are 6m and 13m high. Those who are daring enough can jump off the cliffs and take a refreshing dip in the pool.

**Distance: 30 km**

***EXPERIENCE AWE***

## ***Day 5 - Sanddrif to Enjo Nature Farm***

LUNCH STOP AT WUPPERTHAL - HOME OF THE VELDSKOEN

After a hearty breakfast, our cycle will take us through the small town of Wuppertal, famous for the Veldskoek shoe. Here, we will have a lunch break. Our journey will end at Enjo Nature Farm, a secret spot far off the main tourist tracks in the wild and unspoiled land of the Cederberg. We will spend the rest of the day relaxing, swimming in the spring-fed dam, listening to the peaceful sounds of sheep and gazing at the stars.

**Distance: 74 km**



***“Live life with no excuses,  
travel with no regret”***

*Oscar Wilde*

## ***Day 6 - Enjo Farm to Clanwilliam***

On our fifth day of cycling, we'll traverse through magnificent, rugged terrain, ascending the renowned Pakhuis Pass, from where we will be blessed with breathtaking views of the weathered sandstone and rock formations that characterise the Cederberg landscape. The pass's highest point is 922m above sea level, and it offers incredible panoramic views of the surrounding areas all the way into the Karoo. From there, it's mostly downhill towards Clanwilliam. After a well-deserved lunch, we'll transfer to the West Coast National Park, in the pre-booked shuttle or in your own vehicle.

**Distance: 65 km**



***DISCOVER NATURE***

## ***Day 7 - West Coast National Park***

We begin our day with a morning coffee, while savouring the beautiful view of the lagoon. After breakfast, we embark on a 60 km ride through the West Coast National Park, which includes both gravel and tarmac roads. Along the way, we will be visiting several bird hides. Our evening sundowner overlooks the Atlantic Ocean, followed by our farewell dinner.

**60 km**

***The world is yours  
to explore.***



## ***Day 8 - Farewell***

We will enjoy our last breakfast together before we make our way back to Cape Town, stopping at Blouberg Beach for a photo opportunity with the best views of Table Mountain.

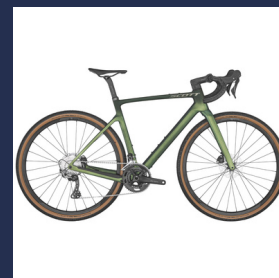
***EXPLORE***

## ***Meet the fleet***



### ***Scott Addict Gravel***

The ALL NEW Addict Gravel 30 is light, can handle rough terrain, fits chunky tires and has enough mounts to carry all the liquids and freeze-dried chicken curry you want. What's really important, though is what this bike allows you to do. Now, perhaps more than ever, the Addict Gravel 30 is your ticket to adventure when you need it most. Find yourself, get lost.

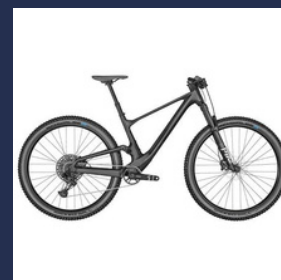


### ***Scott Solace Gravel eRide***

The Solace Gravel eRIDE has a confidence-inspiring geometry with an endurance-focused riding position. Together with the lightweight carbon frame, generous tire clearance and the SCOTT Addict Gravel heritage, the Solace Gravel eRIDE offers a riding experience which encourages the exploration of every trace of gravel.

### ***Scott Spark***

The Spark is not only one of the most successful full-suspension bikes on the World Cup circuit, it's also SCOTT's most popular bike for non-racers. Light, capable, fast – a cross-country dream.



### ***Scott Patron e-bike***

The all-new Patron eRIDE was designed as a system optimized for all day trail riding. Supreme integration and painstakingly chosen geometry paired with a powerful new Bosch drive unit deliver much more than a great ride. What you get, rather, is a sublime experience up and down the mountain, time and time again. Patron eRIDE - boss the trails.

***Nikki Haywood***

Nikki is a mountain bike enthusiast and the owner and founder of Trail Angels. She has inspired, encouraged and empowered hundreds of women to participate in MTB. She is fascinated by the psychological effects of MTB and how it boosts confidence and facilitates personal growth.

***MTB Coach &  
Pilates Teacher***

Nikki has a Human Movement Science degree and has been teaching Pilates for the last 19 years. She is a qualified and BICP accredited MTB coach. She was born in Cape Town and knows the trails in and around Cape Town like the back of her hands. Nikki has been guiding club rides for the past twelve years. She has completed four Cape Epics, six Wines2Whales, three Sani2C, the Imana Wild Ride and has cycled 2000km across South Africa with a friend for three weeks through the bush, unsupported.

***YOUR HOSTS******Lena Ronge***

Lena is a paediatrician originally from Germany and moved to Cape Town 10 years ago.

She has been a member of the Trail Angels for the past five years. She is passionate about the benefits of mountain biking for general fitness and how it can positively impact mental wellbeing.

***MTB Coach &  
Medical Doctor***

She is a qualified and PMBIA accredited MTB coach and is one of our club ride leaders and a highly regarded skills coach. Lena loves technical riding and has competed in several XCO races. She has done three Wines2Whales and the Tankwa Trek.





***“Of all the paths you take in life, make sure a few of them are dirt.” — John Muir***

## ***SAFETY & SECURITY***

Ensuring the safety of our clients is our top priority. In the rare event of an incident, our guides are trained in first aid and equipped to handle any minor injuries that may occur. We also have access to immediate emergency medical services.

## ***OUR PASSION***

It is a collaboration between Nikki Haywood and Lena Ronge from Trail Angels sharing their passion for mountain biking, adventure, outdoors, great food & wine, wellbeing and personal development.

## ***Terms and conditions***

It is important that you read our terms and conditions below when signing up for the "Mountain to Ocean" event. All events are operated by Trail Angels and affiliated parties ("the Company", "us", "our", "we") and are sold to the client ("the Client", "you") subject to the following conditions. By making a booking, you understand and agree to these Terms and Conditions.

### **Payment and Booking**

Payment for the event will be made up front in full via the dedicated booking system unless otherwise indicated at the time of booking.

A contract shall exist between you and the Company when a booking is received and you have received your event confirmation.

One person may accept the booking Terms and Conditions on behalf of a group if more than one place is being booked. The same terms and conditions will apply for all other participants of that group.

### **Client Cancellation**

Cancellations greater than 28 days before the start of an event will receive a 80% refund.

Cancellations between 15-28 days in advance of the event will receive a 50% refund.

Cancellations within 14 days of the event commencing are non-fundable.

### **Client Amendments**

Names can be changed up to 14 days prior to the tour commencing.

### **Cancellation by the Company**

Should an unforeseen event require the Company to cancel your booking, a full refund will be provided minus booking fees. Where possible your booking will be transferred to an alternative date. The Company will only cancel if forced to do so by circumstances beyond our control. For example, but not limited to: riot, war, pandemic, adverse weather conditions, fire or other natural disaster.

To maintain the quality of our events, we may require a minimum number of participants. If the minimum numbers have not been met 2 weeks before the event date we reserve the right to cancel. In these circumstances you will first be offered an alternative date. If this is not acceptable to you the Company will offer you a full refund for your booking. We will not be liable for any other expenses you may have incurred as a result of your booking being cancelled.

### **Event Details**

We will endeavour to stick to the event details as sold, however unforeseen circumstances may force changes to the planned schedule. These decisions will generally only be taken when considering the safety and comfort of the group.

We will keep all parties informed of any changes to the event - these may include changes to timing, room changes.

### **Insurance and Liability**

All sports involve an element of risk and your booking represents acceptance of this.

It is advised that all participants have adequate personal accident insurance cover to cover them for participating in the event and any incidents arising from such an activity.

The Company accepts no liability for personal accident, loss or damage to personal equipment of clientele participating in our event.

Participants take part in our events at their own risk and they must abide by the rules laid down by the hosts at the present time.

### **Medical and Fitness**

When booking on to an event it is your responsibility to ensure you are at the minimum fitness and skill level required to participate in the event. You are required to read the event information. When signing up you accept that you have understood the event details.

Any medical conditions affecting your participation in the activity should be notified to the Company. You must notify us of any specific medication and dietary requirements at time of booking. Participants take part in events at their own risk and they must abide by the rules laid down by the hosts at the present time.

### **Participants (Minimum Age Restrictions)**

Unfortunately any person under the age of 18 is unable to sign up for the event.

### **Personal Equipment**

No equipment is provided and it is the participants responsibility to have all required kit to take part. A suggested kit list is provided in the event information but is not limited to items on the list.

Personal protective equipment at a minimum must include a helmet. These must be worn at all times during the ride.

Additional personal protective equipment (eg gloves, eyewear, knee pads) are at rider's discretion.

We will not be held liable or responsible for any damage to personal or hired equipment damaged by you as a result of taking part in our event.

### **Hired Bikes**

Hired bikes are available for participants.

The Company is not responsible in any way or form from instances arising from hired bikes.

### **Complaints**

You have up to 28 calendar days to issue a complaint following an event. We value your feedback on all events and will respond within a reasonable time frame and no more than 60 days after receipt of your complaint.



## ***MOUNTAIN to OCEAN***

### ***Contact us***

Please feel free to contact us via phone, WhatsApp or email for any questions regarding the tour. We are happy to assist you.

***Nikki Haywood***



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