



South African

LADIES MTB SKILLS CAMP

created by women for women

Our goal is to make you a better rider by improving your technique and increasing your confidence.

SKILLS

CONFIDENCE

FUN



Trip summary

Duration: 8 days / 7 nights

Dates: all year – on request

Region: Paarl, Cape Town

Age: 18+

Fitness level: 1.0 (E-bikes available)

Riding level: 1.0

Language: German and English

Group size: 6-10 participants

Price: 2.100 €

Included services

- 7 nights in luxury accommodation on Laborie Wine farm – double rooms with en-suite bathroom
- 7 breakfasts
- 4 lunches
- 4 dinners
- 1 wine tasting
- 2 sundowners
- Snacks and drinks on the trail
- 5 guided MTB rides
- Skills assessment
- 4 dedicated skills sessions
- 3 Pilates sessions
- Support vehicle and transfers
- Trail side repairs
- Entrance fees and trail permits as per program
- English and German speaking local female tour guides (10 years guiding experience, qualified first aiders and internationally certified MTB coaches)
- Italian and French speaking guides available on request
- Tour garment

Excluded services

- Flights to/from Cape Town
- Any meals not listed above (4 lunches, 4 dinners)
- Drinks
- Rental bikes
- Rental helmet
- Bike parts
- Optional excursions
- Tips
- Cancellation costs and travel insurance

Additional services

- Full suspension analogue SCOTT Spark
- Full suspension E-bike SCOTT Patron
- Single room supplement



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MTB skills for women

Join Trail Angels for their MTB skills tour at Laborie, situated in the heart of Paarl, a rapidly emerging mountain biking destination in South Africa that boasts over 40 unique, curated routes.

Skill up

This women's MTB-specific coaching camp is an excellent opportunity to enhance your riding skills, regardless of your experience level. You'll have the chance to meet other female riders and make lifelong friends while enjoying a great week of riding.



Gain confidence

Our experienced instructors will help you improve your balance and stability, increase your flow in corners, teach you how to ride rocks with confidence and correct technique, and master switchbacks up and down with ease. Our goal is to make you a better rider by improving your technique and increasing your confidence.

Although a sporty level of fitness is required, you don't have to be an experienced mountain biker to join this tour. This tour will focus on coaching proper riding techniques and is also suitable for experienced riders who have never done skills training before.

If you want to ride on easy to moderate singletrack trails safely and with flow, this is the perfect tour for you.



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Skills & Riding

Each day you'll have a dedicated skills session in the morning, with personalised feedback from your coaches, including video analysis to help each rider develop as much as possible.

The morning skills sessions will be approximately 2 hours and we will cover everything from basic body position, braking, shifting, climbing and descending to cornering technique and riding rocks.

Every woman will be progressed individually, according to her skill level, confidence and mindset on the day.

The focus of the afternoon will be more on riding, but you'll be encouraged to put into practice what you've learnt during the morning.



Skills

BODY POSITIONING

BALANCE IN CHANGING TERRAIN

BRAKING

TECHNICAL CLIMBING

CORNERING

SWITCHBACKS

SPEED AND CADENCE

TECHNICAL DESCENDING

LINE CHOICE

WHEEL LIFTS

ROLL-DOWNS

BERMS

UP AND OVER LOGS AND ROCKS

PUMP TRACKS

PUMPING AND FLOWING

BUNNY HOPS

Trails

Paarl - Stellenbosch - Franschhoek

Spice Route

Diamant

Laborie

Rhebokskloof

Jonkershoek

Boschendal

Banhoek

Eden

G-Spot

Mont Marie

Dornier

Ernie Els

Polkadraai Skills Park

Each day, we will ride a mix of jeep and single track, about 30-40 km and 600-800 m elevation.

All our routes can be shortened or lengthened as needed, depending on energy levels.
Important: we reserve the right to adjust the tour depending on weather conditions.

Explore Cape Town

We will have one day off the bike. You have two options: A walk from Muizenberg along the catwalk to swim in the beautiful St James tidal pool. After your swim, you can change in the colourful bathing booths. We head out to Simon's Town, the home of our naval base and enjoy a picnic lunch on the beach with the locals (penguins). Or you can do a shopping excursion to the V&A Waterfront.



Local cuisine

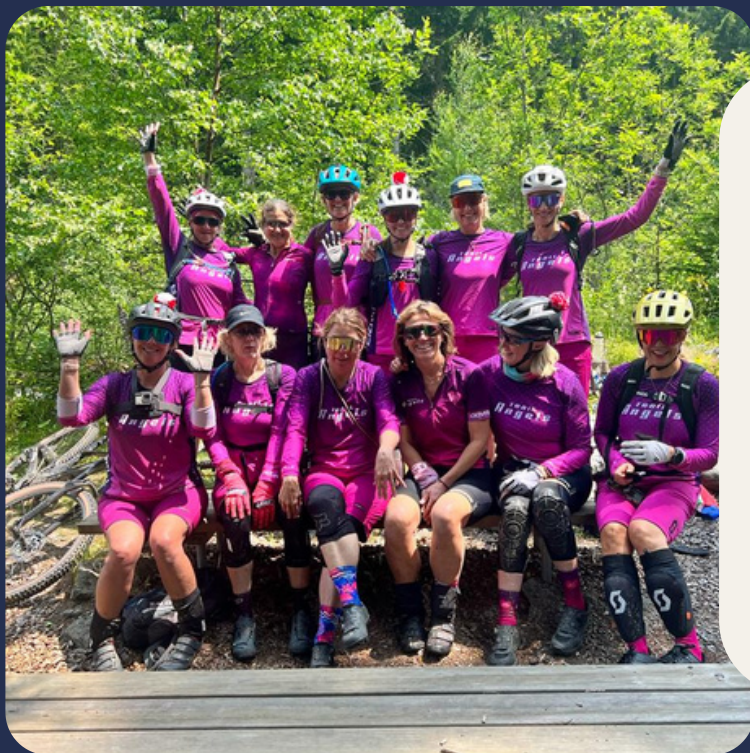
We will savour the tastes of our gourmet local restaurants, enjoy a sunset picnic on the famous Paarl Flat Rock and appreciate our world-class South African wines.

You can relax under the twinkling lights at the Boschendal Night Market and enjoy your dinner and wine under the historic oak trees while listening to live music.

Relax and unwind

In the afternoon, you can spend time relaxing and connecting around the pool, sharing stories from the day and enjoying the warm African sun. You will have the opportunity to treat your tired body to a rejuvenating massage.





Trail Angels

We are the biggest ladies Mountain biking club in the southern hemisphere, based in Cape Town, South Africa. We have been operating since 2012. Our goal is to get more women on bikes, making sure they are having fun, feeling brave, belonging to a community of like-minded people, sharing their passion, feeling the love and exploring places only accessible by bike.

What we offer

We offer ten club rides per week, weekend getaways, trips abroad, bike maintenance courses and we have the coolest kit bringing a feminine touch to the cycling industry.

Our seven internationally qualified coaches encourage women to sign up for our skills sessions increasing fun, flow and confidence on the trails.



Accommodation

We will stay at Laborie – a heritage wine estate in the heart of Paarl. The elegant Luxury Rooms offer charm and modern comforts with en-suite bathrooms and an outside veranda with stunning views. Laborie offers three restaurant options surrounded by lush vineyards and breath taking views of the Paarl Rock.

Turning fear to fun

Fun, fresh air and freedom are at the core of everything we do. Our tour encourages you to push beyond your limits in a safe and nurturing environment.

We will inspire you to overcome your fears and build courage and confidence.

“Life begins at the edge of your comfort zone”





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OUR SCOTT BIKE FLEET

We have partnered with one of the leading bike brands in the world to offer you the best possible experience.

Today SCOTT bikes compete at the highest level internationally and has become the world leader in MTB technology. These are all premium, current bike models that are meticulously maintained. We have a wide variety of riding experiences in the fleet of more than 40 high end bikes



YOUR HOSTS



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 18 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 eleven 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.

Lena Ronge

Lena is a paediatrician originally from Germany and moved to Cape Town 9 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 events.





“Don't limit your challenges; challenge your limits.”

— Tony Robbins

AMAZING MTB TRAILS

We will spend the week on the Paarl and Stellenbosch trail networks. These trails traverse many wine farms and offer jeep tracks and exciting single tracks. Your skills sessions will prepare you for the various trails that we visit throughout the week. You will be riding features you never thought possible by the end of the week.

OUR SKILLS COACHES

We have been coaching ladies for the last 10 years. We understand how women learn. Our coaches are internationally qualified MTB instructors who coach on a weekly basis in our Trail Angels ladies club. We strive for women to feel brave, confident and most importantly to have fun on their bikes. Turning fear into fun is what we are aiming to achieve.

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.



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BIKE RENTAL



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.



Terms and conditions

It is important that you read our terms and conditions below when signing up for the "Ladies MTB skills camp" 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.



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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.

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