

Iconic Cycling Events

Bike Cape Town 2017 - Rider information



What is Bike Cape Town?

A fantastic, week long, cycling experience in and around Cape Town brought to you by Iconic Cycling Events. Limited to a select few international places in 2017 this exclusive event has been devised to offer both a challenging, yet highly sociable cycling experience for the enthusiastic cyclist, all set against a spectacular African backdrop and supporting the local communities we ride through.

Cape Classic 380 – 3 days of cycling covering 380km and fantastic terrain from the remote Koo Valley to the vineyards of the Robertson wine region. Riding in a protected peloton, riders will enjoy a fully supported event with ride captains who keep the group together by managing the pace, offering advice and sharing their vast experience. Along the rides are a number of optional challenge elements. This element to the event has 60 ride places.

and

The Cape Peninsula ride, a 120km leisurely guided tour of the Cape peninsular for international riders only.

What to take

Cycling kit including bike, helmet (must wear), and suitable clothing for 3 days of Cape Classic riding and the final Cape Peninsular Ride. Be prepared for all conditions as the mornings can be cool and chilly, the afternoons, warm or hot. Rain is always possible and can be heavy. Support vehicles are on hand to assist on the rides.

Casual clothing for dining out in the evening and the free day Monday. The evenings can be chilly.

Any preferred nutrition or hydration products.

Montagu Country House Hotel (www.montagucountryhotel.co.za)

The hotel in Montagu has all that a cyclist needs. Beds, a bar, wi-fi and an outdoor pool. Massages (at own expense) can be pre-booked for the afternoons. We will eat in the evening in local restaurants. Accommodation is based on twin sharing unless requested.



Bike Cape Town programme includes:

Wednesday 25 Oct

Transfer from Airport to Montagu
Lunch in Montagu
in the afternoon (optional)

Thursday 26 Oct

Short ride
Evening register for Cape Classic 380
Evening dinner

Friday 27 Oct

Cape Classic 380 – a 7am start sees riders heading up to the Koo Valley taking on the Burgers and Rooihogte Pass's and completing 140km. Two pelotons are fully supported with pre agreed food and drink stations. If riders experience mechanical or other problems the support vehicles will manage riders back into the peloton or to the finish.

Saturday 28 Oct

Cape Classic 380 -100km ride through the Breede River valley in a circuit from Montagu around Bonnieval

Sunday 29 Oct

Cape Classic 380 -144km Montagu to Ceres through the spectacular Slanghoek Valley before taking on the final climb up Mitchell's Pass for a celebratory CC380 awards and lunch. Transfer from Ceres to Cape Town for post event celebrations...or sleep!

Monday 30 Oct

The Cape Peninsula ride, 120km peninsula route with ride guide and support vehicle following the famous coast road, Chapman's Peak and the Cape Reserve. Look out for baboons, penguins and ostriches! Transport to airport or...

Tuesday 31 Oct

Free (Sightseeing tours can be arranged ie: Robben Island, Table Mountain, V&A Waterfront etc.)

Transfer to Airport

What's included:

- Transfers from airport to Montagu
- Meet host for duration of the event
- Entry to Cape Classic 380 Event
- Cape Classic 380 personalised cycling jersey
- Finisher's t shirt – all riders will finish!!
- Transfer to Cape Town
- 2 nights in 3 star accommodation in Cape Town
- Cape Peninsula guided ride
- Transfer to airport
- Complimentary entry to 2018 ICE events (Bike Oxford, Bike Bath, Bike Chester events)

Not included:

- Flights
- Bike hire
- Evening meals
- Single occupancy supplement
- Drinks
- Free day activities
- Accident or travel Insurance.
(Copy to ICE before departure)

Cost

£1800 (incl VAT)

Iconic Cycling Events

Iconic Cycling Events is a division of Breathing Space Activities Ltd

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2018 ICE events

May 20 th	Bike Oxford
June 10 th	Bike Chester
July 1 st	Bike Bath