



UNIQUE MOUNTAIN BIKE ADVENTURE
THE PREPARATION

Ride with the locals

October 2024 - May 2025

[MTBSOUTHAFRICA.COM](https://mtbsouthafrica.com)



Ride with the locals

YOU'RE GOING TO SOUTH AFRICA!

You just booked your adventure!

The preparation can begin, and we would like to assist you with this. With good and timely preparation, we can get the most out of this wonderful adventure together.



You should have received the following attachments from us by now:

- This pdf with important information including practical tips
- A practical checklist on which you can tick everything off
- Geometry document for MTB rental (if you rent an MTB)

General terms and conditions and indemnity disclaimer

You accepted the General terms and conditions and disclaimer during your booking. If you want to read these, please send an e-mail to: booking@MTBsouthafrica.com





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Important information to prepare for your adventure

Passport

Your passport must be valid for 30 days upon departure from South Africa.

Insurance

Adequate travel and cancellation insurance gives you peace of mind and security. To prevent difficult situations, we also make this mandatory. It is important to be sure that mountain biking is covered within your insurance policy. Cancellation insurance can often be taken out for an amount of your choosing.

Flight ticket

If you have not booked your flight ticket yet, then we advise you to do so as soon as possible. Our experience has shown that booking late can yield a price advantage, but booking early gives certainty about availability, and that is important.

Book mountain bike transport

If you do not rent an MTB but bring your own, then it is very important that you inquire about the possibilities, terms and conditions for booking a bike with your relevant airline. Do this before you book a flight ticket.

Ministry of Foreign Affairs Travel advice

We advise you to check the website from the Ministry of Foreign Affairs and Customs for travel advice to South Africa, when this is available in your country.

Medication

If you use medication, it is advisable to read all the information under the heading, "Health" on the webpage from the Ministry of Foreign Affairs, so that you are well prepared for your trip. A declaration may be required to allow you to take your medication to South Africa. You can apply for a medical passport from your GP or pharmacy.

Health and allergies

The Western Cape is characterized as a malaria-free area. There are no specific vaccinations required, but you can choose to take precautions depending on the vaccinations you have already had. If you want extensive advice, you can consult the Public Health Service in your country.

If you suffer from an illness or allergy, you must report this to the South African MTB organization before participating. See also the general travel conditions.





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Money matters

It is important to check whether you need to activate your bank card for use outside Europe. You can withdraw and pay money with your regular bank card almost everywhere. Withdrawing money with your regular bank card is cheaper than with a Visa or MasterCard. It is wise to have a credit card on hand. Practical tip: Activate Apple or Google Pay on your mobile phone. You do not need to physically carry cards with you.

Withdrawing money

When you arrive at Cape Town Airport there are ATM's available. If you want to have cash with you, we advise you to withdraw from your bank before your trip.. A small amount is sufficient. 2000 RAND is approximately €100.

Unburdening "No payment hassles"

For smooth logistics after lunch and dinner we are willing to settle the bill, we take a picture of it and keep track of everything in a Cost Split app and at the end of the Tour we will settle the bill with you at once. On average this is around €350 - €400 for the entire tour.

Telephone and Internet

To manage expectations; network coverage in South Africa is not perfect and poor in areas where we ride. Your accommodation, YEBO Boutique Guesthouse, has Wi-Fi in both your room and in the public areas.

It is advisable to inquire with your own service provider about costs before you leave and to understand which telephone and internet options there are available to use via the South African network.

Alcohol consumption

Consuming alcohol while mountain biking is not permitted. We assume that as a passionate mountain biker you want to have optimal concentration after lunch in order to safely enjoy the beautiful trails. After biking you can of course enjoy a delicious South African Black Label beer or a glass of some of the best South African wine from the local wine farms.

Social riding and safety

During your booking you have accepted that you participate entirely at your own risk. Safety is our highest priority. We mountain bike according to the Social Riding principle, "ride out together, come back together." Waiting for each other is no problem at all. You will be accompanied by experienced guides who have a license, but you are, and remain responsible for assessing situations yourself. Our advice: if in doubt, get off and walk a tricky section that you might not be comfortable with.

Tour Duration

The travel duration is stated in whole days, both on the website and in your booking confirmation. If you do not use the transport which we offer to and/or from the airport, the trip starts or ends at the accommodation.





Equipment recommendations

The trails you are going to ride require a good setup of your MTB. You will regularly ride climbs with a gradient between 8-15%, and on short stretches this can go up to 18-20%. It is nice to have the gearing of your MTB in good order. The surface on most trails is rocky. Having tires fitted with a slightly stronger sidewall and fresh tubeless sealant that is topped up is recommended. It is mandatory to have a dropper post on your bike to be able to safely ride the steep downhill switchbacks. For this reason, we advise you to have your bike inspected by your retailer for good advice.

Minimum requirements for a good bike setup

- A dropper post (must have)
- Tubeless tires (must have)
- Airliners (for consideration | not a must have)

The costs for a dropper and tubeless tires can be seen as an upgrade and investment for your bike, and not wasted money.

If you rent a MTB then this is important

Bring your own pedals, they are adjusted to your preference!

- If you rent an E-MTB, then its mandatory to bring a hydration pack - there is only 1 bottle cage on an E-MTB, far too little to prevent dehydration
- If you rent a full suspension, bring a 750ml and a 500ml bottle
- Bring an extra set of cleats
- You have received an email from us with a link to a Bike Geometry document. It is important that you fill this in within a week and return it to: booking@MTBsouthafrica.com

Are you going to bring your own mountain bike?

What do you need to bring yourself?

- Extra derailleur hanger
- 2 sets of brake pads
- Missing link for your chain
- Specific tools that are only suitable for your brand of bike

What do we stock?

We have CO2 cartridges, Smoove lube Latex Sealant for your tubeless tires and bike wash facilities at the small workshop at the guesthouse. You don't have to pay for this. There is also a bike workshop available.





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Changed your mind about bringing your bike

The availability of quality rental mountain bikes is still limited in the Western Cape. We currently work with Specialized Experience Centre these people well and have made agreements about delivery of the bikes to the Guesthouse and the servicing of the bikes. If you initially wanted to bring your own MTB but then changed your mind, then we can make a plan. Please contact us ASAP to see if we still have a MTB available. If we no longer have any availability, then we will try to organize one for you.

Bicycle insurance

We highly advise you to take out proper bike insurance for your bicycle for the tour, we have very secure storage for your bike at the guesthouse where you will be staying for the entire time.

Rent an EVOC bike case

We highly advise you to rent a EVOC bike case. We would like you to refrain from using carton boxes for transporting your bicycle since there is a high likelihood of damage by the airlines and it is also very difficult to transport it in the carton boxes.

Prepare your MTB for transport

Our advice is to pack your bike well, an EVOC offers good protection. A few tips:

- Let the air out of your tires.
- If you remove the wheel, put the axle back.
- Place brake pad spacers if you remove the wheels.

Remove the rotors from your wheels to prevent it from getting bent by the transport.

Back-up bike

Something can break on both your own MTB and a rental MTB. In both situations we are not 100% sure whether the bike can be repaired or replaced for participation the next day. In South Africa everything is not as tightly regulated as it might be in your country. We will of course do our utmost to find a solution in such a situation.





Ride with the locals

Fitness and skill level

Adventurous, social, and safe

You will bike the most beautiful and adventurous trails in the Western Cape under the guidance of certified guides. We ride according to the principle of ride out together, come home together Safety is always paramount. You will receive a good briefing every day of what to expect. We aim for maximum fun but with guidelines! We all want to complete the tour and enjoy this beautiful country.

Preparation Fitness and Skill level

The South Africa MTB Experience is not for beginners, but you do not have to be an expert either. What is fit? You must be able to mountain bike for 4-6 hours in one day and have a good estimate of your own technical skills and ability. We regularly climb for an hour with an average gradient of 6-8%. We ride switchbacks uphill and downhill singletracks with berms and switchbacks. Most mountain bikers in the group will improve their technical riding ability.

Fitness and skill level test / guidance

If you have doubts about your fitness or skill level, you can consider having a test done. If you want guidance from a fitness and MTB skills coach, you might be able to discuss this with a bicycle specialist in your own area.

Sports Nutrition

We mountain bike for a maximum of 2 to 3 hours between breakfast and lunch. After lunch, you also cycle for a maximum of 2 to 3 hours. Be sensible and make sure you always have some bars or gels with you. Start eating on time!

Our advice is to bring your own electrolyte drink without sugar that you can always have in your 1 bottle since the Cape can get hot during our rides. It's easier to drink an electrolyte drink than water which also will help prevent dehydration and catch up with you after consecutive riding days. Our aim is to ensure you have a fantastic experience on the bike each day!

Hydrating

It can be hot so you should stay hydrated during the event. Dehydration happens quickly. You don't always notice that you are sweating a lot and therefore lose a lot of fluid.

If you want to be 100% sure that you have enough to drink with you, a Hydration pack is the solution. If you rent a full suspension MTB, take a 750ml and a 500ml bottle with you. There is not always space for two 750ml bottles on the frame. If you have rented an E-MTB, it is mandatory to bring a Hydration pack. There is no room for a second water bottle.





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WhatsApp group

We will create a WhatsApp group for your event. In this we will share relevant information that is important before departure and during the tour.

Aankomst in Zuid-Afrika

Arrival Cape Town Airport - South Africa

When you land at Cape Town airport you will go through passport control, then you walk into the baggage hall where at the back left, the odd size luggage and the bicycle cases are delivered on the conveyor belt. Then past an extra checkpoint where random travelers are asked to open or scan their suitcase. Once you have passed this checkpoint, you will arrive in the central reception hall where we will receive all participants. You will recognize us by a sign saying South Africa MTB Experience.





Ride with the locals

Practicalities YEBO accommodation

Check-in at YEBO Boutique Guesthouse

Once we have arrived at our accommodation you can go to the room that you have been given in advance by us. You will be told a few weeks in advance which room you will be staying in. Believe us, they are all beautiful. For those who still have the energy can have a drink to toast the arrival.

Facilities in your room

There is a TV with internet connection, a JBL music box and a Nespresso machine with coffee pods. Feel free to bring your favorite Nespresso pods. Each room is equipped with a small refrigerator with water, soft drinks and beer.

Water, soft drinks, beer, house wine

These are included in the price during your entire stay. In your room, at the outdoor bar and in the living room there are small refrigerators with water, soft drinks and beer. Feel free to help yourself!

Special Wines and other drinks

There is a wine fridge in the living room where you can choose a South African wine. Place a sticker with your name and room number on the bottle you chose. We will put this on the Cost Split, of which you will receive a bill upon your return.

Internet

Wi-Fi is available throughout the accommodation. The code is in your room upon arrival.

Loadshedding

South Africa has been dealing with loadshedding (power outages) for two years. Eskom is the (only) electricity supplier and has neglected to maintain the infrastructure over the years. There is more demand than the network can handle, and that is why the country has been divided into areas. Each area is often disconnected from electricity daily in order to protect the network from a total collapse. We know exactly when the power will go out. In order to continue to enjoy all the comforts, we have invested in a back-up facility that continues to provide us with electricity. Loadshedding lasts a maximum of 4 hours and a minimum of 2 hours and sometimes occurs twice every 24 hours.





What works and what doesn't during loadshedding

Everything that is necessary for us to keep the Guesthouse operational continues to work. Think of our large refrigerators and washing machines. The ceiling lights in and around the Guesthouse remain on, all terrace lighting and the garden lighting around. WIFI works 24/7. The coffee machine and kettle stays on in the breakfast room of the Guesthouse. The air conditioning and sockets in the rooms do not work during loadshedding.

Tip: bring a power bank as a backup for your phone.

Room sharing

If you have booked room sharing. The beds are large, have two separate mattresses and are made up with two single bedding. The beds cannot be taken apart but are equipped with a 'spoon resistant' bed splitter. And yes, this really works well.

MTB clothing washing

You can rinse your cycling clothes in the shower, there are washing racks outside on your balcony to let it dry. You can also have cycling clothes washed. There will be two laundry bags in each room.

MTB Shoes with cleats

Please never walk with cleats under in your room or in the main house unless you have flat shoes with integrated cleats.

MTB Storage

If you bring your own MTB, your EVOC will be received and placed in the secure storage behind the Guesthouse. You can start assembling your MTB the next morning from 06:30. There is a bike workshop available with tools. It is always useful to have the most important brand-specific tools with you.

Receiving rental mountain bikes

If you have rented an MTB, it will be ready or delivered early the next morning.

Bike service

We ensure that there is sufficient Smoove chain lube available for maintenance of the chain and sprockets, as well as Slush for (refilling) tubeless tires. Abraham will offer to wash your MTB several times per event.

Alarm

The Guesthouse is equipped with an alarm for the night hours from 24:00. At this time you can't walk freely around the guesthouse, but you can on your own balcony. If the alarm goes off, stay calm, and close your doors if you have an outside room. Neighborhood security will always come and take a look.





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Safety

YEBO Boutique Guesthouse is located in a beautiful neighborhood where it is safe. You can take a nice walk through the neighborhood after or before mountain biking. South Africa remains a country of contrasts and unfortunately there are also many people who have a hard time. People in that situation sometimes do strange things. So always stay alert. 95% of the people are friendly and have good intentions.

Address and contact details accommodation

YEBO Boutique Guesthouse

28 Berrydel Ave. / 7130, Briza, Somerset-West

Tel. / WhatsApp: +27 073 302 4336 (ZA)

of +31 653 8996 48 (NL)

E-mail: booking@YEBOguesthouse.com

Eigenaar: Susan Harmeling





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The trail program (concept)

We can draw on a huge number of cool trails spread over 6 areas. Depending on the weather situation, the condition of the trails and the composition of the group, our guides will decide whether we follow the event program or choose an alternative. A month before the start of your event, you will receive the 'final' trail program via the WhatsApp group.



A selection from our trail program

- Lourensford MTB Trails
- Winelands MTB Trails
- Banhoek trails
- Boschendal MTB Trails
- Plaisir MTB Trails
- Oak Valley MTB Trails
- Jonkershoek trails
- Tokai trails
- Bottelary trails
- Hermanus trails
- Trails end Gantau pass

What do the days look like?

You can start the day with a biker's breakfast. Think of scrambled eggs, cereals, bread and fruit in buffet form so that we keep it practical. We have a fixed time at which the buffet breakfast is ready, which is 07:00. Depending on the weather, we may deviate from this. This will be announced by the guides a day in advance. Every day we start and end with a briefing of what to expect. You will also receive this briefing via the WhatsApp group app.

Lunch

We will visit many beautiful lunch locations. Here you can also refill your water bottle or Hydration pack.

Here are a number of websites:

www.boschendal.co.za

www.montmarie.co.za

www.somerbosch.co.za





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Dinner

We will visit very nice restaurants in beautiful places and alternate this with casual restaurants, pubs and a delicious braai (South Africans talk about a braai instead of a BBQ). The hospitality is great, the food is a culinary highlight, and the prices are very affordable. South Africa is known for its fantastic wines. In the region where our trails are located there are very famous wineries on beautiful estates. We will visit many special places. To name a few so that you can already take a look:

www.longridge.co.za

www.ernieelswines.com

www.tokara.com



Finally:

With this information you can arrive well-prepared in South Africa. We are looking forward to having an unforgettable experience together and making memories for life. If you have any questions, feel free to contact us. A WhatsApp works easiest.

Good luck, have fun and enjoy the preparations.



