

SABIE CYCLE TOUR

3 DAYS | 364KM | 7,000M

TOUR MANUAL

2nd – 4th October 2026

WELCOME TO THE SABIE CYCLE TOUR

Welcome to the 2026 Sabie Cycle Tour.

Over three days, you'll take on 364 kilometres and almost 7,500 metres of climbing through some of the most spectacular cycling terrain in Mpumalanga. This isn't a closed-road race. It's a challenging cycling adventure through some of South Africa's most beautiful mountain roads, with support throughout the route. Ride hard, enjoy the scenery, look after your fellow riders and most importantly , enjoy the journey.

THE TOUR AT A GLANCE

START / FINISH

Merry Pebbles, Sabie

DAILY START

06:00

TOTAL DISTANCE

364KM

TOTAL ELEVATION

+7,497M

NUMBER OF STAGES

3

SUPPORT

3 Support Vehicles + Medical Team

WATER POINTS

4 roaming water points per day

THE THREE DAYS

DAY 1 104KM | +2,028M

Hendriksdal Pass • Spitzkop Pass

DAY 2 148KM | +3,068M

Mac Mac Pass • Bonnet Pass • Robbers Pass • Long Tom Pass

DAY 3 112KM | +2,401M

Mac Mac Pass • Kowyns Pass • Bergvliet Pass

WEEKEND SCHEDULE

THURSDAY / 1 OCTOBER

- **17:00–18:00** REGISTRATION
- **18:00–18:30** RACE BRIEFING
- **18:45** DINNER

FRIDAY / 2 OCTOBER

05:00 BREAKFAST

06:00 DAY 1 START

18:00 DAY 2 RACE BRIEFING

18:30 DINNER

SATURDAY / 3 OCTOBER

05:00 BREAKFAST

06:00 DAY 2 START

18:00 DAY 3 RACE BRIEFING

18:30 DINNER

SUNDAY / 4 OCTOBER

05:00 BREAKFAST

06:00 DAY 3 START

PLEASE NOTE

Times may be adjusted if required due to weather, road conditions or operational requirements. Any changes will be communicated to riders by the event team.

BEFORE YOU RIDE

REGISTRATION

Registration takes place at the Merry Pebbles Conference Venue on **Thursday 1 October** between **17:00–18:00**. All participants must attend Registration and the Race Briefing. If you are unable to attend, please contact the event team in advance.

YOUR RACE PACK

Each cyclist will receive a race pack containing:

- Athlete bag & Athlete shirt

ACCOMMODATION

The Sabie Cycle Tour starts and finishes at Merry Pebbles in Sabie. If you have booked the accommodation package, you will be allocated a cabana for the weekend.

Merry Pebbles

Ou Lydenburg Road

Sabie, Mpumalanga, 1260

Tel: 013 764 2266

For riders arranging their own accommodation, Sabie and the surrounding area offer a wide range of hotels, lodges, guesthouses and B&Bs. For more information about Sabie and the surrounding area, visit **sabie.co.za**.

TRAVEL

Approximate driving distances:

Pretoria → Sabie: 336KM

Johannesburg → Sabie: 380KM

Allow enough time for your journey and aim to arrive in Sabie with plenty of time to register, settle in and prepare for the first stage.

WHAT TO BRING

We recommend that riders arrive with:

- Cycling helmet — **mandatory**
- Hydration
- Cycling nutrition / energy food
- Spare tubes
- Pump or CO₂
- Basic bike repair equipment
- Sunscreen
- Phone
- ID
- Warm layer / jacket
- Suitable cycling clothing
- Lights for early morning riding

Do not rely entirely on the water points. Make sure you start each stage with enough hydration and nutrition for your planned ride.

SAFETY & SUPPORT

The Sabie Cycle Tour takes place on public roads. Riders must obey all traffic laws and follow instructions from marshals and support vehicles.

SUPPORT

3 support vehicles will operate throughout each stage with:

- Water
- Snacks
- Rider support
- Space for personal items

A **medical team** will also be following the riders.

IMPORTANT

Ride left. Ride predictably. Take care on descents and blind corners.

This is **not a closed-road event**.

MEDICAL: JC 076 524 9348

EVENT CONTACT: Sean 073 613 2984

THE ROUTES

DAY 1

104KM | +2,028M

Hendriksdal Pass — 1,499M

Spitzkop Pass — 1,484M

Water: 12KM | 43KM | 60KM | 87KM



Medical Aid Drinks Hot Food
Cold Food Rest Stop

Total Distance: 103.97 KM

Made with ElevProf (elevprof.vercel.app)

DAY 2

148KM | +3,068M

Mac Mac Pass — 1,348M

Bonnet Pass — 1,620M

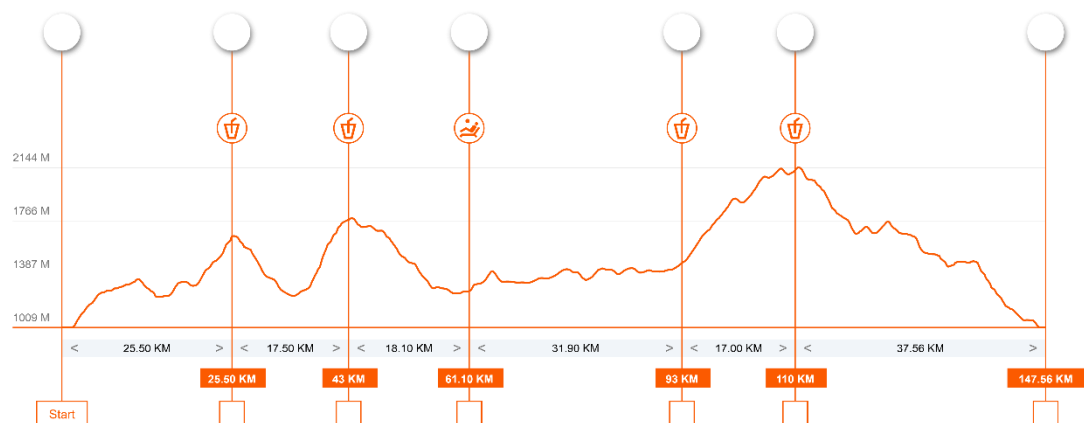
Robbers Pass — 1,789M

Long Tom Pass — 2,114M

Water: 25KM | 43KM | 93KM | 110KM

⚠️ MANDATORY STOP — 61KM

Stop at the R63 T-junction before Mashishing and wait for the support vehicle.



Medical Aid Drinks Hot Food
Cold Food Rest Stop

Total Distance: 147.56 KM

Made with ElevProf (elevprof.vercel.app)

DAY 3

112KM | +2,401M

Mac Mac Pass — 1,348M

Kowyns Pass — 1,448M

Bergvliet Pass — 996M

Water: 29KM | 39KM | 66KM | 86KM

⚠ SHARP TURN — 39KM

Right turn onto the R535 towards Hazyview at the bottom of Kowyns Pass.



Made with ElevProf (elevprof.vercel.app)

MASSAGES & SABIE

RECOVER. RELAX. EXPLORE.

MASSAGES

Danielle and Amy will be available after each stage.

Danielle: 065 582 2871

30 min — R380

60 min — R580

90 min — R780

Book in advance or at registration.

THINGS TO DO AROUND SABIE

Close by:

Sabie Falls • Long Creek Falls • Bridal Veil Falls • Mac Mac Falls

A little further:

God's Window • Pinnacle • Lisbon Falls • Berlin Falls • Pilgrim's Rest • Graskop Gorge

Further afield:

Blyde River Canyon • Three Rondavels • Bourke's Luck Potholes