



SABIE CYCLE TOUR

3 DAYS | 364KM | 7,000M

TOUR MANUAL

4th – 6th October 2024

TABLE OF CONTENTS

HOW TO GET THERE AND ACCOMMODATION.....	3
SCHEDULE.....	4
GENERAL INFORMATION.....	5
REGISTRATION.....	5
RACE PACK.....	5
COURSE DESCRIPTION.....	6
SUNRISE and SUNSET TIMES.....	6
Day 1 (4 th October).....	7
Day 2 (5 th Oct).....	9
Day 3 (6 th Oct).....	11
GENERAL ITEMS.....	13
MASSAGES.....	13
SAFETY, SUPPORT AND MECHANICS.....	13
AFTER EACH DAY.....	13

HOW TO GET THERE AND ACCOMMODATION

The Sabie Cycle Tour is a 3-day tour which starts and finishes at Merry Pebbles, Sabie. The Sabie Town and surrounding areas have plenty of hotels, lodges and B&Bs to choose from, so make the most of Sabie and the surrounding tourist attractions.

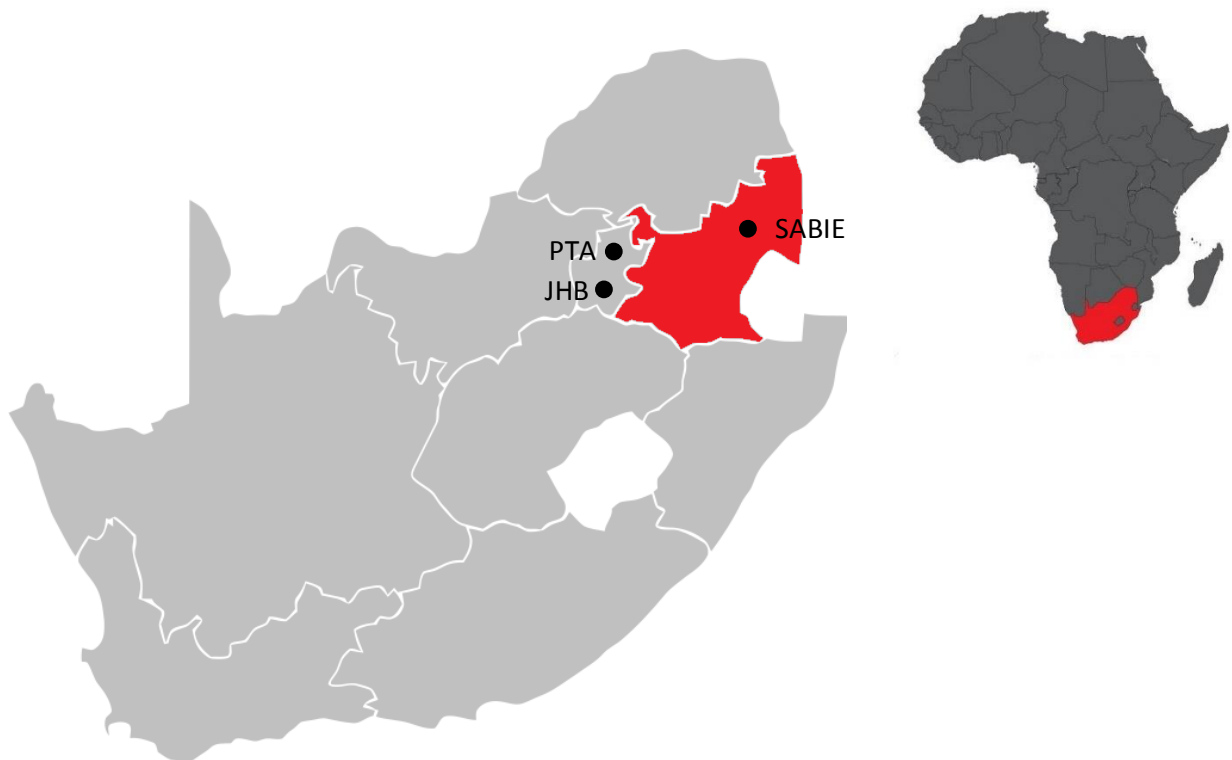
Merry Pebbles

Ou Lydenburg Rd, Mpumalanga, Sabie, 1260

013 764 2266

When planning your travel to and from the race, keep in mind the fact that the travelling distance from Pretoria is 336km and Johannesburg is 380km.

For more information and links to useful resources, go to <https://www.sabie.co.za/>



SCHEDULE

Thursday 3rd Oct	Race Registration, Merry Pebbles	17:00 – 18:00
	Race Briefing, Merry Pebbles	18:00 – 18:30
	Dinner, Merry Pebbles	18:45
Friday 4th Oct	Breakfast, Merry Pebbles	05:00
	Race Start, Merry Pebbles	06:00
	Race Briefing, Merry Pebbles	18:00
	Dinner, Merry Pebbles	18:30
Saturday 5th Oct	Breakfast, Merry Pebbles	05:00
	Race Start, Merry Pebbles	06:00
	Race Briefing, Merry Pebbles	18:00
	Dinner, Merry Pebbles	18:30
Sunday 6th Oct	Breakfast, Merry Pebbles	06:00
	Race Start, Merry Pebbles	07:00

GENERAL INFORMATION

REGISTRATION

Registration for cyclists will take place in the conference venue at Merry Pebbles, between 16h00 – 18h00 on Thursday the 3rd October. All participants must be present for Registration and Race Briefing. If you are unable to attend, please let us know.

If you have booked the full package option, you will be allocated a cabana for the weekend.

RACE PACK

Each cyclist will receive a race pack. Each race pack will include the following items (please double check you have everything:

- Athlete bag
- Athlete shirt

COURSE DESCRIPTION

The Sabie Cycle Tour is a 3-day tour over some of Mpumalanga's famous passes, starting and finishing at Merry Pebbles, Sabie. There are 3 separate routes which take cyclists through varying terrain, scenery and small South African towns. The concept of the Sabie Cycle Tour is to push cyclists to their mental and physical limits on a safe and enjoyable tour.

There will be a race briefing prior to each Day explaining the route, challenges, expectations, towns and other important points to discuss.

Total Distance

364 km (226.18 Miles)

Total elevation

+7,497m (24,596ft)

SUNRISE and SUNSET TIMES

SUN RISE	SUN SET
Friday 4 th Oct	Friday 4 th Oct
05H33	17H57
Saturday 5 th Oct	Saturday 5 th Oct
05H32	17H58
Sunday 6 th Oct	Sunday 6 th Oct
05H31	17h59

Day 1 (4th October)

104KM | 2,028M GAIN

Start time - 06H00

Cyclist's will ease into their journey and follow an anticlockwise route taking them over two passes - Hendriksdal Pass and Skitzkop Pass.

Hendriksdal Pass – 1,499m

Hendriksdal Pass is located just to the south of Sabie and is a fairly long pass at 9,5 km . It presents an altitude variance of 218m via 22 bends, corners and curves. The pass is named after the original farm in the area, which later also gave its name to a railway station dating back to the 1920s.

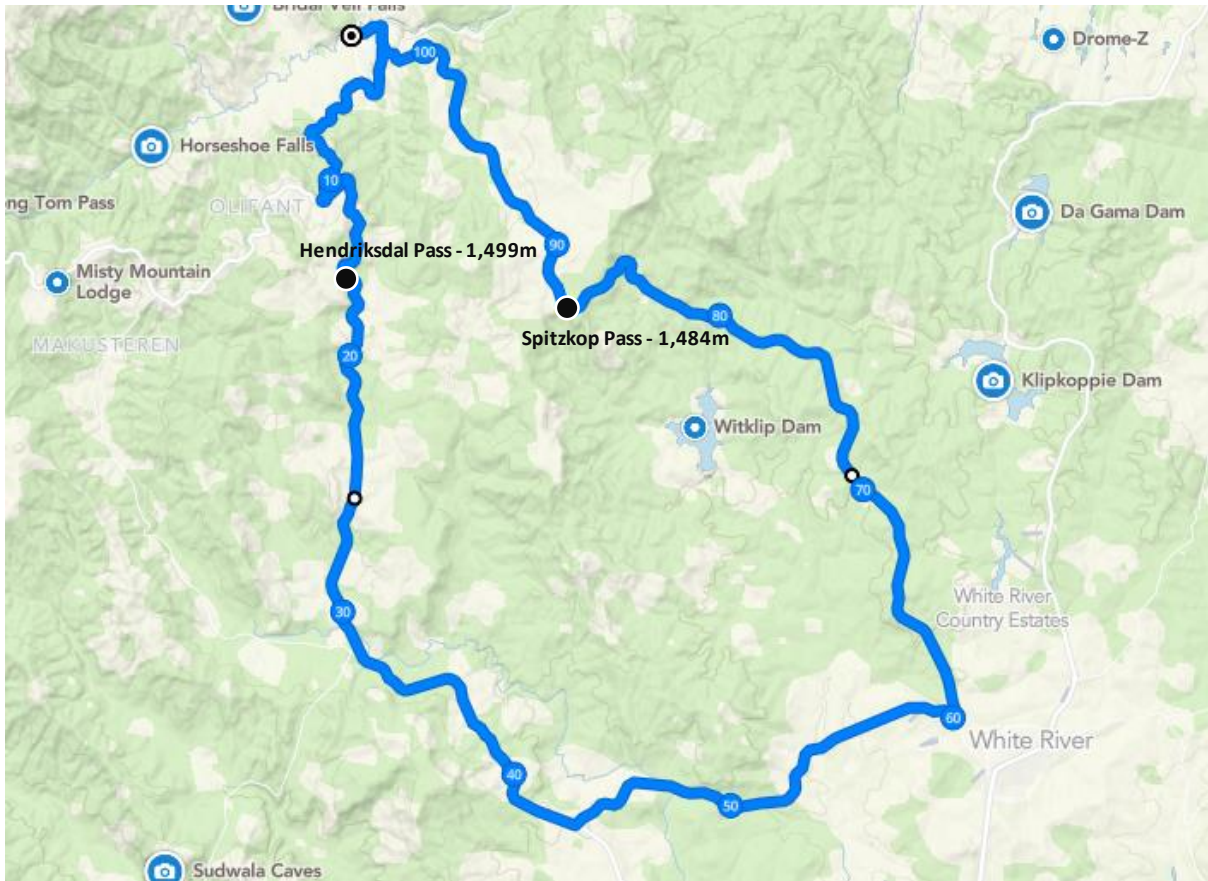
Spitzkop – 1,484m

Is slightly harder than Hendruiksdal with a long climb from White River to the top of Spitzkop Pass but an easy 15km downhill return to Sabie.

Water Points

There will be 4 roaming water points along the route:

1. 12KM
2. 43KM
3. 60KM
4. 87KM



Day 2 (5th Oct)

148km | 3,068m

Start time - 06H00

Day 2 is the toughest day of the Sabie Cycle Tour where riders will start off early and cross over some of Mpumalanga's top passes.

Mac Mas Pass – 1,348

Is a lovely tarred pass with its sweeping curves and grand views with magnificent scenery in a picture-perfect Lowveld setting.

Bonnet Pass – 1,620

Between Graskop in the east and Pilgrim's Rest in the west. The scenery is breath-taking, with forests, waterfalls, ghost towns, old mines and birdlife in abundance.

Robbers Pass – 1,789m

This pass offers diverse scenery through an area steeped in history and of course, stories of robbers. It is a long pass of 20,6 km which includes a summit height of 1789m ASL and 68 bends.

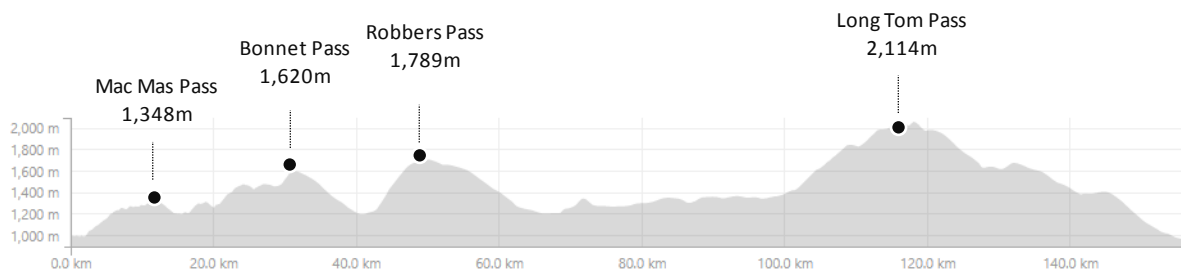
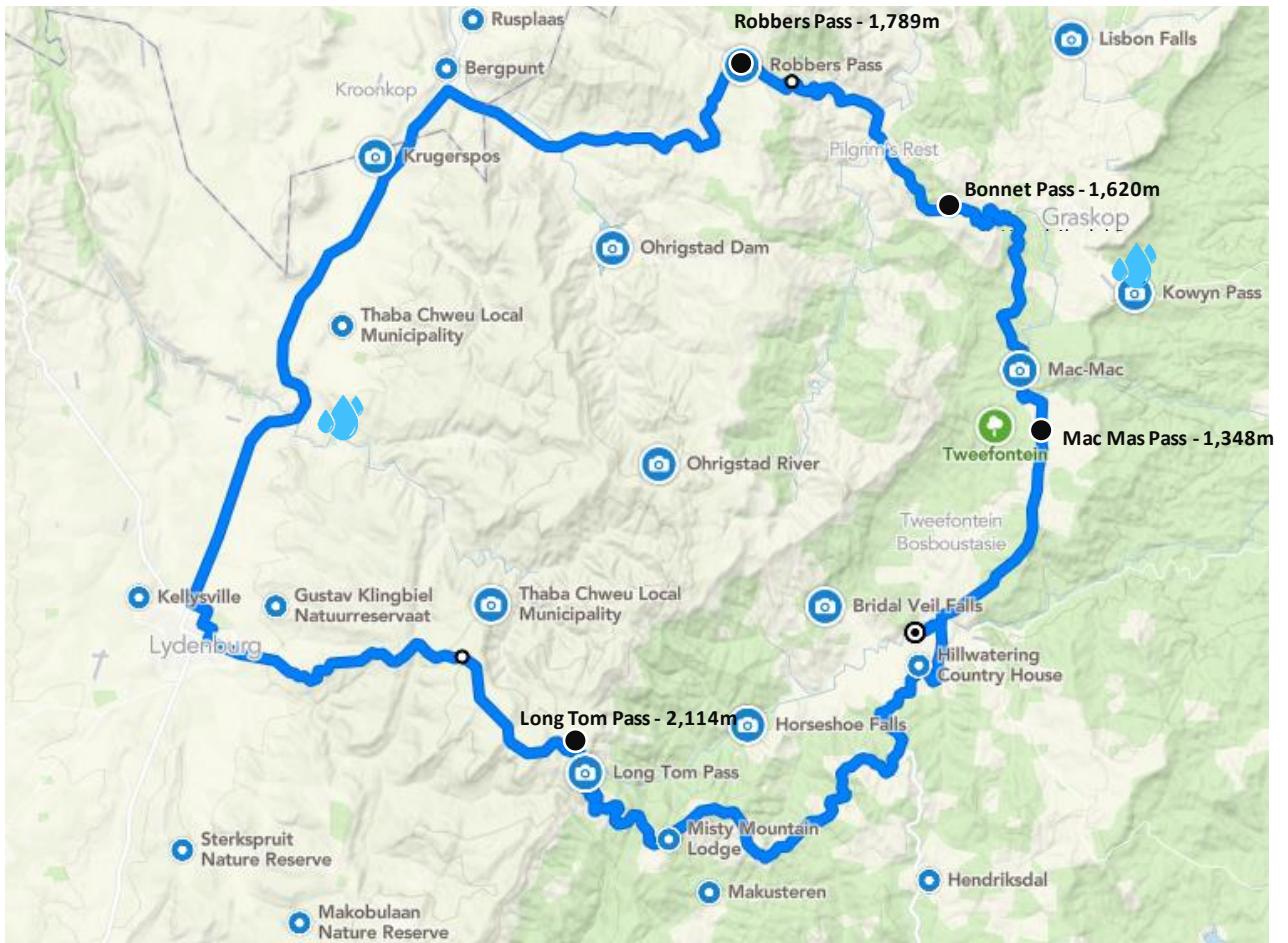
Long Tom Pass – 2,114m

This is undoubtedly the most famous pass in Mpumalanga. It is 26,2 km long and has an altitude variance of 671 vertical meters through a complex network of curves as it ascends up the Drakensberg escarpment between Lydenburg and Sabie.

Water Points

There will be 4 roaming water points along the route:

1. 25KM
2. 43KM
3. 93KM
4. 110KM



NB NOTE - Mandatory Stop

The road leading into Mashishing (Lydenburg) is busy and dangerous. Riders are required to stop at the T-Junction at the R63 (61KM) and wait for a support vehicle. Riders will then ride in a bunch in front of the Support vehicle for the 27KM stretch into Mashishing.

Day 3 (6th Oct)

112km | 2,401m

Start time - 06H00

Day 3 starts off with a tough climb back out of Sabie towards Grazkop before descending down Kowyn's pass and heading towards Hazyview then returning to Sabie via Bergvliet Pass.

Mac Mas Pass – 1,348

Mac Bergvliet pass with its sweeping curves and grand views is located midway between Sabie and Graskop and also provides access to the renowned Mac Mac Falls and Mac Mac Pools.

Kowyns Pass – 1448m

Another famous Mpumalanga pass with stunning views and an altitude drop of 512m through the Drakensberg escarpment over 7,8 km., producing an average gradient of 1:15. This is a steep pass in places with gradients in excess of 1:11. The area around the pass is truly 'out of this world' with a wide range of attractions for the traveller.

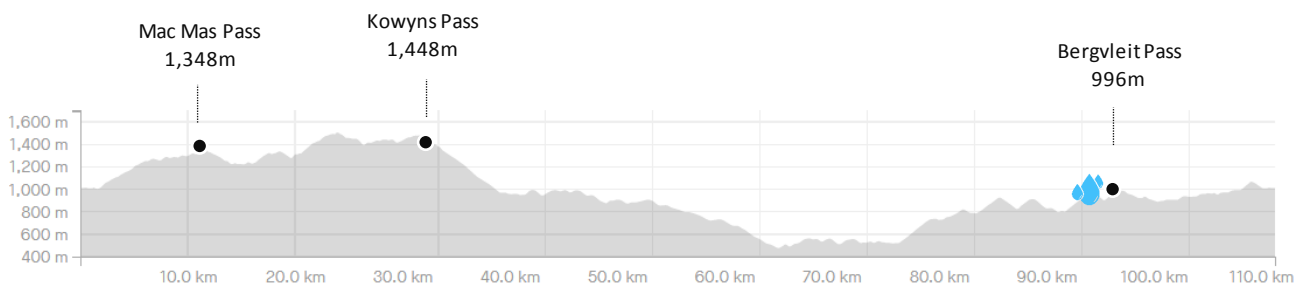
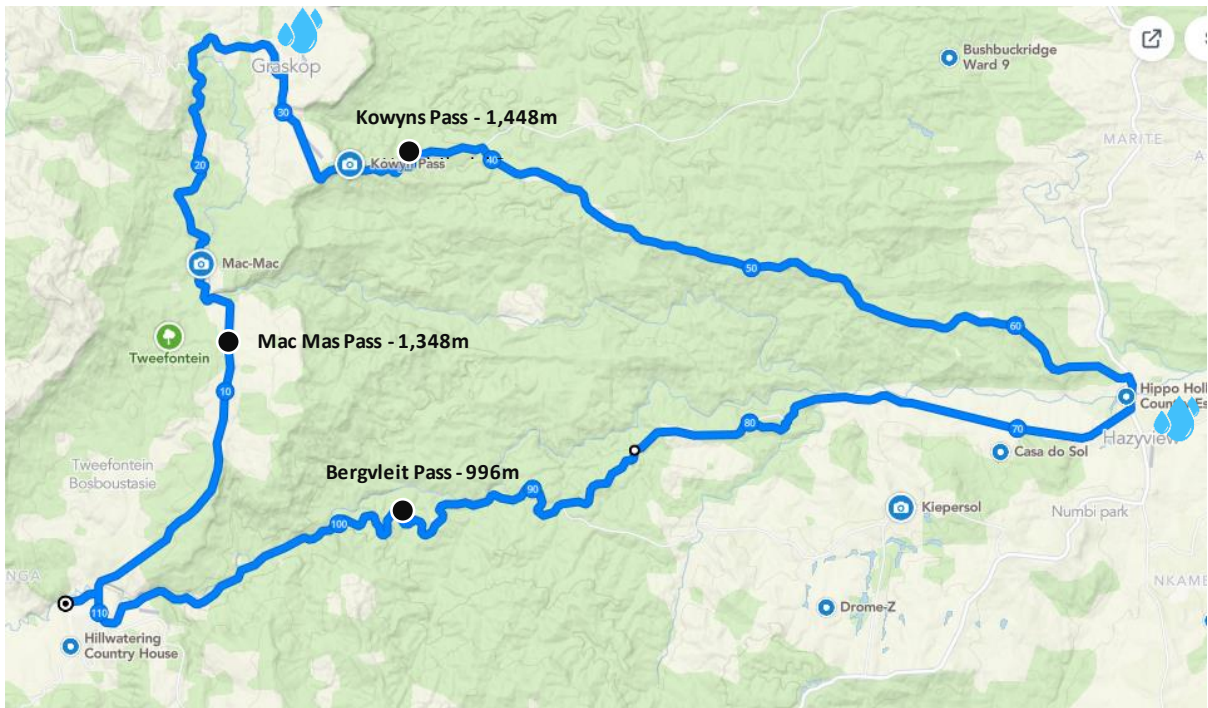
Bergvliet Pass

Bergvliet Pass lies between Hazyview and Sabie and is named after the Bergvliet plantation through which it traverses. This pass forms the most curvy and scenic part of the "Infamous 22". This stretch of road is 22 km long (hence the name).

Water Points

There will be 4 roaming water points along the route:

1. 29KM
2. 39KM – Sharp turn
3. 66KM
4. 86KM



NB NOTE – Sharp turn

At the bottom of Kowyns pass (39KM), cyclists are required to turn right on the R535 towards Hazyview. Keep an eye out for the turn as it is on a fast decent and easy to miss. A car will be stationed there.

GENERAL ITEMS

MASSAGES

Danielle and Kristin will be available after each day for any massages. If you would like to book in advance, please contact them directly. Else bookings can be made at registration or before / after each ride.

Danielle - **065 582 2871**

Kristin - **082 941 9857**

R350 per 30min or R550 per hour

SAFETY, SUPPORT AND MECHANICS

Three support vehicles will have water and snacks for cyclists during the ride. Cyclists may also place any items they need in the vehicles. A Medical Team will also be following the cyclists.

AFTER EACH DAY

Sabie and the surrounding area offer some of South Africa's most picturesque tourist attractions. Participants can either relax after a hard day's cycle or go visit the local attractions.

Near Sabie

Sabie Falls | Long Creek Falls | Bridal Veil Falls | Mac Mac Falls | Long Tom Gun

A Little Further Out

Pinnacle | God's Window | Lisbon Falls | Berlin Falls | Pilgrim's Rest | Robbers Grave
| Graskop Gorge Lift

Even Further out

Blyde River Canyon | Three Rondavels | Echo Caves | Bourke's Luck Potholes