

# SOUL

navigation

**CYCLING**

adventures

**live this life**

## ROUGH ITINERARY

### DAYS 1 - 2

We will cycle out of Port Elizabeth along the Ironman Africa bike course en route to St Francis Bay taking in incredible sea views of the Indian Ocean and rugged coastline. On day two we will head inland for the Kouga Mountain Range and the Baviaanskloof, a 200km valley that lies between the Kouga Mountains to the South and Baviaanskloof Mountains to the North. The name Baviaanskloof, although derived from the Dutch "Valley of Baboons", is associated with pristine nature, narrow gorges and flowing streams, steep mountain passes, vast plains with waving grasslands and views of unspoilt wilderness. Nature has taken its course over thousands of years to create what is today universally recognised as the Baviaanskloof World Heritage Site.

### DAYS 3 - 5

Expect some hard riding over the three days that it will take to ascend through the Baviaanskloof to the Karoo town of Willowmore. We will camp in designated rest camps for two nights within the Kloof itself.

### DAYS 6 - 7

On day six we will have an easy 110km stretch of flat gravel road over vast plains of the semi-arid Klein Karoo, with views of the Swartberg (Black Mountain in Afrikaans) Range in the distance. A highlight is the descent of the Meiringspoort to the quaint little town of De Rust. In the process, we will have crossed from the Eastern Cape Province to the Western Cape. On day seven we will cycle back up the Meiringspoort and on to the Prince Albert Valley that leads through vineyards, fruit and Olive farms to the tiny hamlet of Prince Albert on the southern border of the Great Karoo.

### DAYS 8 - 9

On day 8 we will descend the 19th Century Swartberg Pass towards Oudtshoorn veering off on a steep descent into the Gamkaskloof valley, commonly known as "De Hel", which will be our overnight stop. A steep climb awaits us the following morning as we head back up to the Swartberg pass and continue our descent towards Oudtshoorn stopping to explore the Cango Caves in the afternoon.

### DAYS 10 - 11

On day ten we will wake up in the Karoo town of Oudtshoorn, famous for its Ostriches, before heading down the Montagu pass to the beautiful coastal town of Wilderness that is nestled within the Wilderness National Park. The coastal views are beyond words on this section and we will stop at lookout points to spot for Whales and Dolphins. After overnighting in the beautiful Wilderness, we continue along the coast to Knysna where we will tour Thesen Island and view the Knysna heads and lagoon.

### DAY 12 - 13

The following morning, we will head into the Knysna forest en route to the Tsitsikamma National Park where we will overnight at the spectacular Storms River Mouth. From Storms River, we will backtrack to The Craggs and Natures Valley before turning inland for a traverse of the Prince Alfred pass to the De Vlugt Valley.

### DAY 14 - 15

We will stay overnight in the valley before climbing the steepest section of the pass to Avontuur (Adventure) and crossing over Route 62 and down another beautiful pass to the town of Uniondale. After a short break in the town we will continue on to Hot Springs for an overnight stop. After a leisurely breakfast, we will continue along a trail of dirt roads to the Karoo town of Steytlerville.

### DAY 16 -17

We will make our way to the town of Kirkwood near Addo that borders the Addo National Park. It is fitting that we end our African tour exploring parts of these 180 000 hectares of Elephant and other wildlife sanctuary.

### DAY 18 - 19

Sundays River to Port Elizabeth (Nelson Mandela Bay)