

# GUIDED MTB PRICING 2024

Please note, this is a guided MTB trail service only.

Choose your bike from the selection and one of our guides will bring it to the venue and take you on your adventure.

## WHAT'S INCLUDED

1. Experienced Expert MTB Guide
2. High-Performance Full Suspension Mountain Bike, featuring
  - Dropper Post
  - Flat Pedals (SPD on Request)
  - Suspension Setup
3. Protection Gear
  - Helmet
  - Gloves
  - Limited quantity of Knee Pads (first come first serve)
4. Hydration Bottle - Filtered Water Provided

## WHAT'S EXCLUDED

1. Trail Access Fees - (See last table for fees and other information.)
2. Mountain Biking Shoes

## TOUR OPTIONS

### 1. TOUR OPTION - JUST RIDE

This is a standard MTB ride at one of our select trail venues.

**Distance:** Rides range from between 10km (6 miles) and 35km (22 miles). Based on our overall experience, the typical distance for most riders is around 20km (12 miles).

**Time:** The duration of a ride can be anywhere between 1h00 and 3h30, depending on distance and speed.

**Terrain:** The MTB trails around Cape Town are often situated on elevated or undulating terrain, often encompassing hilly or mountainous landscapes. These trails typically necessitate a notable ascent or climb from their starting point, offering a challenging experience for riders. This means Cape Town MTB riders are rewarded with exhilarating downhill trails that never fail to offer riders a thrilling return ride.

**Difficulty:** Cape Town has trails for every rider, with grades from Green to Double Black, however, the vast majority of our trails are in the Blue grade, giving intermediate and above riders the greatest selection.

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**Our Approach:** Our guides have over 25 years of MTB experience and will quickly assess your riding ability early on in the ride. Once identified, they will tailor the ride to your ability and choose appropriate trails to maximise your safety and enjoyment.

## JUST RIDE - PRICING TABLE

Bike	Frame	Year	Size	Table Mountain	Tygerberg	Stellenbosch & Elgin
Trek Top Fuel 9.8	Carbon	2023	M/L	R2,300	R2,600	R2,800
Trek Fuel EX 9.8	Carbon	2023	M	R2,300	R2,600	R2,800
Trek Fuel EX 9.8	Carbon	2019	M	R2,000	R2,300	R2,500
Specialized Stumpjumper	Carbon	2021	M	R2,000	R2,600	R2,500
Trek Fuel EX 8	Aluminium	2021	L	R2,000	R2,300	R2,500
Trek Slash 8	Aluminium	2022	L	R2,000	R2,300	R2,500
Trek Fuel EX 5	Aluminium	2019	L	R1,800	R2,100	R2,300

## 2. TOUR OPTION - RIDE & WINE

This mountain biking tour encompasses a standard mountain bike ride on trails on or, very near to, wine tasting venues.

### VENUE OPTIONS

Ride Venue	Wine Tasting Venue
Tokai MTB	Steenberg Wine Estate
Bloemendal	Bloemendal
Meerendal	Meerendal
Muratie Simonsberg	Muratie
	Delheim
Banhoek	Clouds Estate
	Thelema Mountain Vineyards
	Tokara
Oak Valley	Oak Valley

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## RIDE AND WINE - PRICING TABLE

Bike	Frame	Year	Size	Tokai	Tygerberg	Stellenbosch & Elgin
Trek Top Fuel 9.8	Carbon	2023	M/L	R3,000	R3,300	R3,500
Trek Fuel EX 9.8	Carbon	2023	M	R3,000	R3,300	R3,500
Trek Fuel EX 9.8	Carbon	2019	M	R2,700	R3,000	R3,200
Specialized Stumpjumper	Carbon	2021	M	R2,700	R3,300	R3,200
Trek Fuel EX 8	Aluminium	2021	L	R2,700	R3,000	R3,200
Trek Slash 8	Aluminium	2022	L	R2,700	R3,000	R3,200
Trek Fuel EX 5	Aluminium	2019	L	R2,500	R2,800	R3,000

### 3. TOUR OPTION - JUST GUIDE ME

Do you have your own bike and just need someone to guide on Cape Town's epic trails?

Please note, this service only applies to the Table Mountain Trail Systems. For Tygerberg, Stellenbosch and Elgin trails, bike rental must be included.

MTB Guide Service Only Price	
Tokai MTB	R900
The Missing Link	R1,250

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## TRAIL VENUES, ACCESS FEES AND MORE

Trail Region	Trail System	Access Fee	Showers	Coffee	Food	Energy	Beer
Table Mountain Trails	Tokai	R105	No	Yes	Yes	Yes	Yes
	The Missing Link	Free	No	No	No	No	No
Tygerberg	Hoogekraal	R60	No	Yes	No	No	No
	Contermanskloof	R60	No	Yes	Yes	No	Yes
	Meerendal	R60	Yes	Yes	Yes	No	Yes
	Bloemendal	R60	Yes	Yes	Yes	Yes	Yes
Stellenbosch	Banhoek	R100	Yes	*	*	No	*
	Jonkershoek	R60	No	Yes	**	Yes	No
	Bottelary Hills	R80	No	Yes	Yes	No	Yes
	Eden and G-Spot	Free	No	No	No	No	No
	Helderberg	R100	No	*	**	*	No
Elgin	Oak Valley	R70	Yes	*	*	No	*

\* Facility is not at the trailhead but nearby.

\*\* Confectionary only