



**CAPE
TOWN CYCLE TOUR**

ROTARY • PEDAL POWER ASSOCIATION

EVENT GUIDE



10 MARCH 2024
109km & 42km



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#CTCYCLETOUR

www.capetowncycletour.com

CAPE TOWN CYCLE TOUR 2024 *event guide* • 01

WELCOME



From the Chairperson

The successful annual staging of the Cape Town Cycle Tour enables the Cape Town Cycle Tour Trust to source much-needed funds for its two beneficiaries, the Pedal Power

Association and Rotary Club of Claremont. They apply the surplus proceeds for social upliftment projects and the development and promotion of cycling and safe cycling initiatives throughout South Africa and for the benefit of all.

The Cycle Tour has been a must-do event for me for the better part of a decade and I know there are riders out there who feel the same. With full road closure and incredible roadside support – from fans and organisers – Cycle Tour is simply the best day you can have on a bike in Cape Town. I trust you are all well-trained and ready to tackle the 109km or the 42km on race day. I look forward to sharing the road with you all, as this will be my 13th Cycle Tour. Good luck to all participants and remember, simply by taking part in the Cycle Tour, you are playing a valuable and essential role in cycling development and community upliftment.

Madelé Van Heerden

Chairperson: Cape Town Cycle Tour Trust



From the Mayor

The City of Cape Town is delighted to welcome the cycling world to the Mother City for the 46th installment of the Cape Town Cycle Tour. Aside from the spectacular

scenery, with the ride taking in both the False Bay coastline and the Atlantic Ocean coast, this race is also about sharing a wonderfully unique experience with tens of thousands of other cyclists. The spirit and camaraderie on the day make for an unforgettable experience.

We are also extremely grateful for what this race means for Cape Town's economy and for all the jobs that are created in the process. For many visiting cyclists and their families, this will not be their first trip to Cape Town, and I hope we can make the same positive impression on new visitors so that we may see them return in the future.

I wish the cyclists and the organisers of the race a wonderful 2024 Cape Town Cycle Tour. May Cape Town bless you with good weather, beautiful scenery and special memories that will last a lifetime.

Geordin Hill-Lewis

Mayor, City of Cape Town



From the Alderman

In Cape Town, we pride ourselves in hosting world-class events where participants enjoy a seamless experience. Through a collaboration between the City of Cape Town's

Events Coordination Committee, the Cape Town Cycle Tour and other roleplayers a lot of work is done behind the scenes in implementing measures to ensure the Cape Town Cycle Tour riders experience a smooth event.

Our Safety and Security personnel from Traffic Services, Metro Police, Law Enforcement and Disaster Risk Management will be deployed throughout the Peninsula to ensure your journey goes off without a hitch.

The Cycle Tour is an opportunity to create employment, provide prospects for local businesses and promote our city as a premier events and tourism destination.

We are thrilled to host you here in our beautiful city and we wish you a smooth race as you go for your personal best.

JP Smith

Mayoral Committee Member for Safety and Security, City of Cape Town



MESSAGES



From the Premier

The 46th edition of the Cape Town Cycle Tour – one of the Western Cape's most iconic and beloved sporting attractions – comes at an opportune time. Following a bumper festive

season exceeding all expectations, the Cycle Tour will add to this spectacular economic momentum, attracting thousands of cycling enthusiasts, spectators and supporters to our beautiful Mother City.

The Cycle Tour will add to this spectacular economic momentum, attracting thousands of cycling enthusiasts, spectators and supporters to our beautiful Mother City.

As an avid cyclist myself, I always make a point of supporting local businesses whenever I take to the road. A coffee here, perhaps a sneaky croissant there; every bit counts in making our province an even bigger success than it already is.

To all those taking part in the ride, good luck. And to all the spectators and visitors, please take advantage of the beautiful atmosphere and all our city has to offer.

Alan Winde

Premier of the Western Cape



**Western Cape
Government**
FOR YOU



From the Minister

It is my great honour and privilege to welcome all cyclists and supporters to the Mother City on behalf of the Western Cape Government for the Cape Town Cycle Tour.

This is a highlight on the Western Cape sports calendar and we hope all of you enjoy the beauty and the vibe only Cape Town can offer. The Western Cape is quickly succeeding in its goal to be South Africa's sports events capital, and the Cycle Tour

The Western Cape Government promotes wellness as one of its key values, and cycling is one of the sports which we favour as an excellent way to ensure people's wellness.

plays its role in making that ideal a reality. The Western Cape Government promotes wellness as one of its key values, and cycling is one of the sports which we favour as an excellent way to ensure people's wellness. It provides social interaction, excellent exercise and an opportunity to put the natural blessings of our province to good use.

We hope that you enjoy the ride – and that the weather behaves itself!

Anroux Marais

Western Cape Minister of Cultural Affairs and Sport



**Western Cape
Government**
FOR YOU



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THE CAPE TOWN CYCLE TOUR AND MORE EVENTS AT YOUR FINGERTIPS

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The art of CYCLING SLOWLY

On Cycle Tour Sunday, you get to ride around a beautiful city without having to worry about motor vehicles. Why rush to finish, then?

A time-honoured tradition within South African cycling circles is to ask a Cycle Tour participant for their PB for the event. Essentially, as soon as you find out a rider is taking part in the Cycle Tour, you immediately ask "So what's your PB." But we think you've been doing it wrong. Instead, we think you should be asking "So, know any good coffee spots along the way?..." Make 2024 your year for a sedate Cycle Tour and get the most out of the all-day road closures.



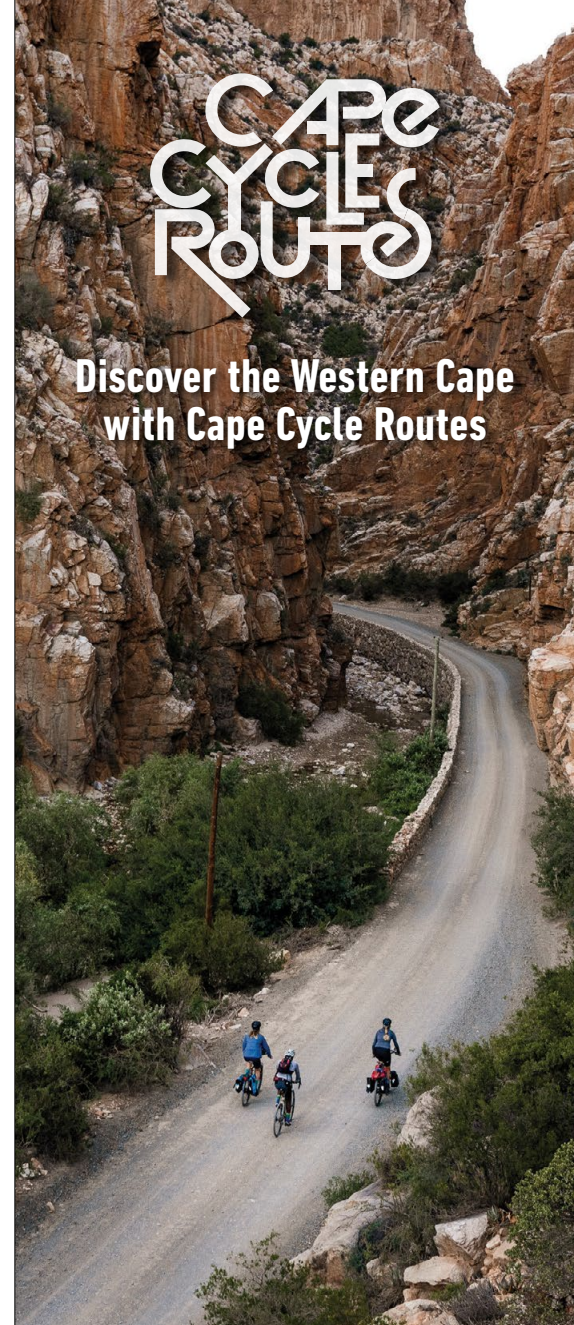
Kalk Bay

approximately 25km into the ride

You want to build up a slight thirst or hunger before your first pit stop. Kalk Bay is a great place to pull over and watch some cyclists go by while you sip on a flat white or nibble on some banana bread. Simon's Town is slightly further into the day's riding but is also a viable option.

CAPE
CYCLE
ROUTES

**Discover the Western Cape
with Cape Cycle Routes**



www.capecyclerroutes.co.za

#CapeCycleRoutes

EASY RIDERS

Scarborough

approximately 60km into the ride

After the climb out of Simon's Town and up Smitswinkel, you generate some serious pace past Cape Point Nature Reserve and towards Scarborough. No one wants to stop when they're doing 50km/h with minimum effort. But once in "Scarbs" you'll definitely want to pull into the Village Hub. Last year this spot was humming with Cycle Tourists taking it slowly and enjoying cake and coffee on the sidelines.

Noordhoek Farm Village

approximately 78km into the ride

This comes hot on the heels of Scarborough, but it's well worth a visit. The crowd support is excellent at this stage of the ride and it's a beautiful location to hop off the bike, chat

to some supporters, grab a snack and watch thousands of people pedaling.

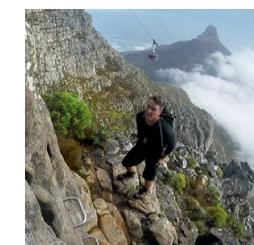
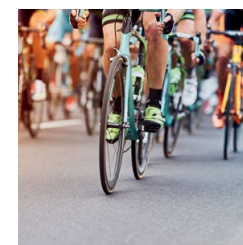
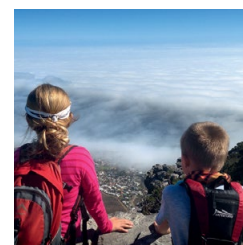
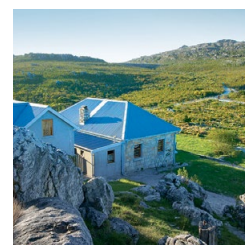
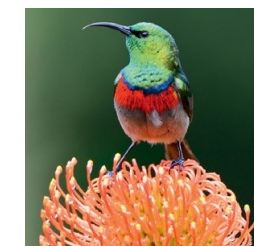
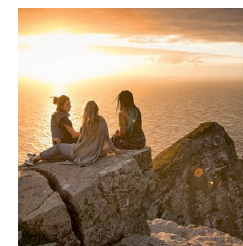
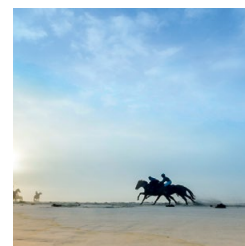
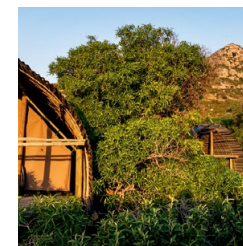
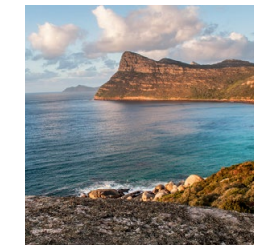
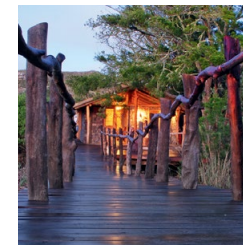
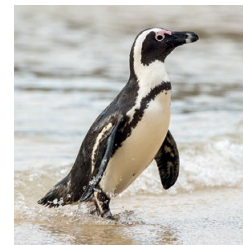
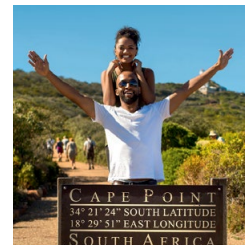
Hout Bay

approximately 88km into the ride

You've just conquered Chappies! You deserve a break! Last year, Hout Bay - Dario's in particular - was absolutely rocking. With only a handful of kilometres to go, you could even enjoy a sneaky beer by now. Beware of the locals, though. They like to keep you in their "hometown" for as long as possible. Victoria Avenue in Hout Bay – which eventually becomes Victoria Road and the hill you know and fear as Suikerbossie – is also a festive zone, maybe too festive. A word of caution – if you do stop on Victoria Avenue, your restart will be on a slight uphill. Ugh.

Flat(tish) to the finish

You could take a timeout in Camps Bay before the finish line, but in our experience, once you smash Suikerbossie, you're quite keen to klap it all the way home. And why not? A large beer tent awaits, full of cyclists ready to share their stories from a day of super cycling. 🚴



A world of wonder in one city.

Once you've seen Table Mountain National Park from your bike, come experience the rest of the attractions in South Africa's most visited national park.

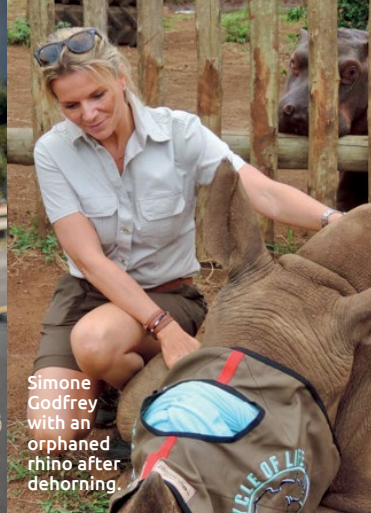


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A helping hand for rhino conservation.



Simone Godfrey with an orphaned rhino after dehorning.



CYCLE OF LIFE - RIDING FOR RHINOS

It's a well-known fact that rhinos can't ride bicycles - thankfully, big-hearted humans can and they do it in aid of rhino conservation!

10 years ago three friends decided it was time to do something about the rhino poaching crisis that was sweeping through South Africa. To raise awareness and much-needed funding for conservation efforts, they entered the Cape Town Cycle Tour. Three more friends joined their cause. A year later their Cycle Tour crew was 61-people strong. By 2017, 112 riders, dressed head-to-toe in Cycle of Life cycling kit could be seen tackling the 109km route of the Cycle Tour, all to raise awareness of the plight of rhinos in South Africa. What started as a once-off fund-raiser, has now grown into an annual event, with the interest and encouragement increasing each year.

Notable achievements from the group include ongoing rhino dehorning projects in several areas of South Africa. Surveillance equipment, number plate recognition cameras and solar-powered security gates have been installed, as well as provision of accommodation facilities, uniforms and equipment for anti-poaching units. Contributions have been made to provide orphaned animals with food, covering medical costs and most recently a boma facility. A large animal trailer also provides transport for injured or sick animals. This year, Cycle of Life celebrates a decade of fund-raising efforts through its involvement with the Cape Town Cycle Tour, with the team aiming to take their message to more riders, Cycle Tour supporters and animal lovers across South Africa.

CTCT: How has participating in the Cape Town Cycle Tour helped the cause of Cycle of Life?

Cycle of Life: CTCT has always been supportive of charitable organisations and being able to ride in the event and raise awareness was a fantastic way to get Cycle of Life off the ground. #helpushelpourrhinos.

Why did you choose the Cape Town Cycle Tour as your vehicle to raise funds?

It's always a good idea to have fun and enjoy sporting activities and at the same time, do good! The CTCT is well known for combining the two as it is an international event and has a tremendous reputation for raising funds for a variety of causes.

How rewarding has it been to see the differences you have been able to make?

It's been incredibly rewarding to see that we can make a difference by showing initiative and being consistent in a drive for a cause! Through the encouragement of our donors, who have been loyal supporters over all these years, we have managed to keep going with our different projects. It has been fantastic to see how we have been able to assist on so many different levels of rhino conservation.

What more would you like to achieve with Cycle of Life?

We would like to collaborate with other organisations to make sure that our rhino population grows and that we can help keep the genetics diverse. This is an ongoing project which involves relocating rhinos to areas where they were extinct or moving the rhinos between the different reserves.

What message do you have for next year's riders who are considering riding for a worthy cause?

Ride for us and make a difference – rhino conservation never ceases; therefore, we need all the support we can get to continue what we are doing. 🦏

GET INVOLVED

- thecycleoflife.co.za/shop/
- thecycleoflife.co.za/charity/
- www.facebook.com/TheCycleofLifeCapeTown/
- www.instagram.com/thecycleoflifect/



René Lanfear, Faye Elliott and Simone Godfrey.



The Cycle of Life ensures an injured rhino gets proper veterinary care.

REGISTRATION AND EXPO



BEFORE YOU RIDE

Get ready for the ride of your life at the Cape Town Cycle Tour Registration and Lifecycle Expo.

WHAT YOU NEED TO ENTER REGISTRATION:

- ID
- Entry confirmation

We are thrilled to have you riding with us for the 46th anniversary of the Cape Town Cycle Tour on 10 March 2024. Your first stop at the Cape Town Cycle Tour is the registration at the Lifecycle Expo, the largest health and fitness exhibition in Africa. Not only will you register and collect your race pack at the Expo, but you'll also be able to find anything you may need to improve your Cycle Tour performance. From energy gels to last-minute kit additions to slick sunglasses, spend some time at the Expo to find it all. You must please ensure you make

it to the Expo (or someone does on your behalf) as you may not participate without the items in your race pack.

Dates and times

Riders can collect their race packs from the DHL Stadium on the following dates:

- **Thursday, 7 March 2024** 9:30am – 7pm
- **Friday, 8 March 2024** 9am – 7pm
- **Saturday, 9 March 2024** 9am – 4pm

Entry fee

- **Adults (not entered):** R50
- **Kids (under 12):** Free
- **Entered cyclists:** Free

FinishTime

- Our new timing partners provide road racing boards with cutting-edge technology to ensure your results are immediate.
- As well as providing all riders with instant results, friends and family of riders will be able to track them using our new SportSplits Tracker Mobile App. (See pages 14 to 16.)



Parking and Thule Bike Park

■ In and around the DHL Stadium there will be public parking available for participants, as well as limited parking at P3 which is situated opposite McDonald's on Fritz Sonnenberg Road. Dedicated disabled parking bays have been reserved at P5.


■ Parking will be available at the CTICC, in P1, with a MyCiTi shuttle service running from the CTICC to the DHL Stadium and back throughout each day during the Expo. Normal CTICC parking rates will apply.

■ Please do not park illegally as the traffic authorities strictly monitor these areas. Also please ensure that if you have your bicycle on a bike rack, it's locked and secured!

■ For those cycling to Registration – the secure Thule Bike Park will be operational. It is important to note that you may not leave your bicycle in the bike park overnight.

Please note

■ If you are collecting a race pack for another participant, please ensure that you have a copy of their ID and entry confirmation.

■ No substitutions will be done at registration, the substitution process closed in February. 

NEW! INTERNATIONAL COLLECTIONS

This year there will be a new dedicated area where international riders should collect their race packs. Look out for it on your right as you reach the top of the ramp that first takes you into the registration area.

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IT'S ABOUT TIME



Get familiar with two new additions to the Cycle Tour's race day timing – the FinishTime timing board, and the SportSplits Tracker Mobile App.



HOW TO MOUNT YOUR FINISHTIME TIMING BOARD



1 UNPACK

Your FinishTime road racing timing board pack comes with rubberised bike board holder, a bike board with a high frequency timing chip embedded in it and two cable ties.



2 PREPARE

Work out where you are going to mount it on your bike. Line up the holes of the mount and the holes in the board, with the number the correct way up. Push the cable ties through the holes.



3 MOUNT

The best mounting point is on your seat post, below your saddle and saddle bag. The number must be clearly visible from the side, and the board must be horizontal and unobstructed for the most accurate results. Some smaller bikes might require a more creative solution, if there is not a lot of seat post visible – look for options mounting it around the frame but **always with the board horizontal.**



4 FINISH

Make sure the board is pointing backwards, parallel to the rear wheel direction, so that it is out of the way of your powerful legs. Pull the cable ties tight and trim them so that they don't interfere with your thighs as you pedal. And, you are done.

**WHEREVER YOU MOUNT IT,
KEEP IT HORIZONTAL!**

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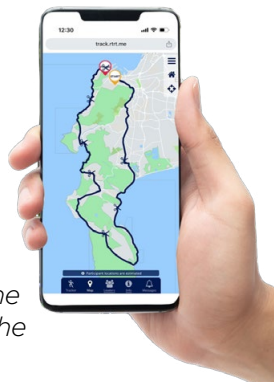
southernsun.com

RACE DAY TIMING



FOLLOW THE RACING AND RIDING WITH OUR ALL-NEW TRACKING APP

The 2024 Cape Town Cycle Tour proudly presents the latest in real-time race tracking with live results via the SportSplits Tracker Mobile App.



To further enhance our rider and fan experience, friends and family of riders can now keep track of Cycle Tour participants via the SportSplits Tracker Mobile App.

Features include:

Live Web Tracker – See times and current pace within seconds of a participant crossing each split point. Estimated times will be provided based on the rider's current pace.

Live Leaderboard – Stay up to date on the racing and the race leaders via the Live Leaderboard. Top riders in each category will be displayed in real-time as they lead the way through the course.

Live Map Tracking – Participant locations will be plotted on the Interactive Course Map as progress is made on the route. The position

of each participant is estimated based on the most recent timing received from the board read. **NOTE:** Participants do not need to carry their phones for this feature to work.

Text2Follow® – Follow participants in real-time via text notifications to your mobile phone.

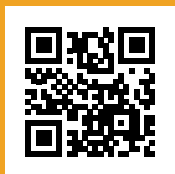
Mobile App – Features include Live Participant Tracking, Push Notifications, Leaderboards, Map Tracking, Event Messages, Event Info and more!

PLEASE NOTE: Times posted during the event are unofficial. Official results will be posted upon completion of the Cape Town Cycle Tour.

Whether you're a participant or a spectator there's valuable information to be found on the app!

DOWNLOAD THE APP

Download the SportSplits Tracker Mobile App and select the 2024 CTCT event.



<https://rtrt.me/app/4262>

USE THE ONLINE TRACKER

You can also view the timing online here:



<https://rtrt.me/ulink/SSPLA/SSPL-CTCT-2024>



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AT THE START

Prepare to be the perfect pen pal.

Don't leave home without...

- ☒ **Your number board.** To be cable-tied to your handlebars, facing forward.
- ☒ **Your race number.** To be worn low down, pinned to the back of your cycling shirt.
- ☒ **Your FinishTime timing board.** The FinishTime timing board **MUST** be affixed to your bicycle horizontally and visible, preferably on your seat post below your saddle (see page 14).
- ☒ **Your helmet.**
 - ☒ The Grand Parade is quite exposed; even if the breeze is light don't forget to **pack a lightweight gilet to stay warm.**
- ☒ **Your front wheel,** if you have taken it off to load your bike (this has happened, more than once).
- ☒ **Your shoes.**
- ☒ **Your water bottle.**
- ☒ **Your sense of humour,** and the ability to 'Hoopla'. A lot.

TAKE NOTE OF THE FOLLOWING OTHER IMPORTANT DETAILS:

- **No smoking.**
- **No form of triathlon or time trial bars.**
- **No littering! Please use the chuck zones or keep litter on you.**
- **No personal music systems.**
- **A rider must participate with a timing board and shall not ride with another rider's number or timing board.**
- **A rider may not start or attempt to start before his/her designated start group. Any rider who does so may be disqualified.**
- **A rider may however start later than his/her designated start group to ride with a friend or family member without penalty.**

RACE PACK ESSENTIALS

Get familiar with the printed material that ensures you're official and ready to ride.

▼ Start sticker sheet, including number sticker

PS. Have your Action Photo SA sticker visible so they are able to identify you in their race day images.

▼ Race number



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AT THE START

START TIMES

We suggest you arrive a minimum of 30 minutes before your start time.



GROUP TIME DESCRIPTION

78km START TIMES

- * 06:00 U17 Boys
- % 06:05 Elite Women 17-40 Racing

109km START TIMES

- \$ 06:15 Elite Men 17-40 Racing
- @ 06:20 Racing Men 40-49 plus 17-29 not in \$
- & 06:24 Racing Men 50+ plus 30-39 not in \$
- # 06:27 Racing Tandem
- 1A 06:30 Seeded
- 1B 06:33 Seeded
- 1C 06:36 Seeded
- 1D 06:39 Seeded
- 1E 06:42 Seeded
- 1F 06:45 Seeded
- 2A 06:48 Seeded
- 2B 06:51 Seeded
- 2C 06:54 Seeded
- 2D 06:57 Seeded
- 2E 07:00 Seeded
- 2F 07:03 Seeded
- 3A 07:06 Seeded
- 3B 07:09 Seeded
- 3C 07:12 Seeded
- 3D 07:15 Seeded plus racing Hand Cycles
- 3E 07:18 Seeded
- 3F 07:21 Seeded
- 4A 07:24 Seeded
- 4B 07:27 Seeded
- 4C 07:30 International not seeded higher
- 4D 07:33 International not seeded higher
- 4E 07:36 International not seeded higher
- 4F 07:39 Seeded
- 5A 07:42 Seeded plus over 75s

5B 07:45 Seeded plus over 23 tours

5C 07:48 Seeded plus over 70s

Du 07:51 Unicycles

Ds 07:51 Buggies

5E 08:00 Seeded plus 21-23 tours

5F 08:03 Seeded plus 17-20 tours

6A 08:06 Seeded

6B 08:09 Seeded plus 14-16 tours

6C 08:12 PPA Safe Cycling Group

6D 08:15 Seeded plus 11-13 tours

6E 08:18 Seeded plus 9-10 tours

6F 08:21 Seeded plus 7-8 tours

7A 08:24 Seeded plus 6 tours

7B 08:27 Seeded plus 5 tours

7C 08:30 Corporate and Charity Groups

7D 08:33 Seeded & PPA

7E 08:36 PPA

7F 08:39 PPA

8A 08:42 Open

8B 08:45 Open

8C 08:48 Open

8D 08:51 Open

8E 08:54 Open

8F 08:57 Open

42km START TIMES

- 9A 10:00 Seeded
- BS 10:03 Buggies
- 9B 10:06 Open
- 9C 10:09 Open
- 9D 10:12 Open
- 9E 10:15 Open
- 9F 10:18 Open

introduce
the rider
you are today
to the one
you'll be
tomorrow



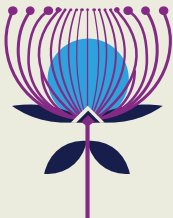
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ROAD CLOSURES

Cape Town Cycle Tour riders and their supporters should take note of these weekend road closures.

SATURDAY, 9 MARCH 2024

Area	Details	Time of closure
Cape Town CBD 	Castle Street between Strand Street & Darling Street	Saturday, 14h00 – Sunday, 16h00
	Darling Street between Lower Plein & Buitenkant Street	Saturday, 15h00 – Sunday, 12h00
	Corporation Street between Darling Street & Caledon Street	Saturday, 15h00 – Sunday, 12h00
	Parade Street between Darling Street & Caledon Street	Saturday, 15h00 – Sunday, 12h00
	Strand Street & Newmarket Street between Lower Plein Street & Russell Road	Saturday, 21h00 – Sunday, 16h00
	Nelson Mandela Boulevard incoming Strand Street off-ramp	Saturday, 19h00 – Sunday, 16h00
Green Point	Helen Suzman Boulevard from Beach Road to Traffic Circle (City-bound carriageway)	Saturday, 14h00 – Sunday, 21h00
Noordhoek, Hout Bay	Chapman's Peak Drive (M6) and Noordhoek Road (M6) to Princess Street	Saturday, 18h00 – Sunday, 18h00



Travel advisory information is brought to you by SANI Car Rental, the Official Car Rental Partner of the 2024 Cape Town Cycle Tour.



SUNDAY, 10 MARCH 2024

Area	Details	Time of closure
Cape Town CBD 	Strand Street & Newmarket Street between Adderley Street & Russel Road	04h00 – 16h00
	Buitenkant Street between Darling Street & Caledon Street	04h00 – 12h00
	Sir Lowry Road between Canterbury Street & Christiaan Barnard Boulevard	04h00 – 09h00
	Hanover Street between Darling & Tennant Street	04h00 – 09h00
	Adderley Street (from Strand – Riebeeck)	07h00 – 16h00
	Riebeeck Street (Westbound – between Adderley & Long Street)	07h00 – 16h00
	Riebeeck Street (full closure – between Long & Loop Streets)	07h00 – 16h00
	Riebeeck Street (Eastbound – between Bree & Buitengracht Street)	07h00 – 16h00
	Long Street (closed at Riebeeck Street)	07h00 – 16h00
	Somerset Road – (one lane closure between Buitengracht & Ebenezer Street)	10h00 – 15h00
	Darling Street between Adderley Street & Lower Plein Street	04h00 – 12h00
	Lower Plein Street between Strand Street and Darling Street	04h00 – 12h00

AT THE START

SUNDAY, 10 MARCH 2024 *(continued)*

Area	Details	Time of closure
Woodstock, University Estate	Phillip Kgosana Drive (M3) • <i>Outbound between Roodebloem Road and Hospital Bend. Traffic will be diverted to Main Road</i>	05h30 – 12h30
CBD, Woodstock	Nelson Mandela Boulevard (N2) Eastbound	05h30 – 12h30
Hospital Bend (N2, M3) Interchange	Settlers Way (N2) to Muizenberg (M3) ramp (Southbound)	05h30 – 12h30
	M3 on-ramp from Groote Schuur Hospital	
	(Anzio Road – Southbound)	
Mowbray, Rondebosch, Newlands, Claremont, Bishopscourt	M3 (Rhodes Drive, Union Avenue, Paradise Road, Edinburgh Drive) Southbound • <i>Including all on-ramps between Nelson Mandela Boulevard up to Trovato Link</i>	06h00 – 13h30
Wynberg, Constantia, Tokai	M3 Freeway (Blue Route) • <i>Southbound, including all on-ramps between Trovato Link and Steenberg Road</i>	06h00 – 13h30
Tokai	Steenberg Road (M42) • <i>M3 off-ramp to Main Road</i>	06h15 – 12h30
Tokai, Lakeside	Main Road (M4) – Between Steenberg Road & Clairvaux Road	06h15 – 12h30



Travel advisory information is brought to you by SANI Car Rental, the Official Car Rental Partner of the 2024 Cape Town Cycle Tour.



Area	Details	Time of closure
 False Bay Coast to Cape Point and Scarborough 	Main Road (M4) • <i>Clairvaux Road to Fish Hoek Traffic Circle</i>	05h45 – 12h50
	Main Road (M4) • <i>Fish Hoek Traffic Circle to Glen Road, Glencairn</i>	05h45 – 12h30
	Main Road (M4) • <i>Glen Road to Simon's Town</i>	05h50 – 12h30
	Main Road (M4) • <i>Simon's Town to entrance of Cape Point Nature Reserve</i>	06h00 – 14h00
	Main Road (M4) • <i>Entrance of Cape Point Nature Reserve (M4) to Perdekloof (M65)</i>	06h15 – 14h00
	Main Road (M4) – <i>Perdekloof to Soetwater</i>	06h30 – 14h00
Cape Point, Scarborough, Kommetjie, Ocean View	Slangkop Road (M82) • <i>Soetwater to Kommetjie Road (M65)</i>	06h45 – 14h00
Kommetjie, Ocean View, Masiphumelele	Kommetjie Road (M65) • <i>Slangkop Road to Ou Kaapse Weg Extension</i>	06h45 – 14h00
Noordhoek, Sun Valley	Ou Kaapse Weg Extension (M64) • <i>Kommetjie Road (M65) to Noordhoek Main Road</i>	06h45 – 15h00
	Noordhoek Main Road (M6) • <i>Ou Kaapse Weg Extension (M64) to base of Chapman's Peak Drive</i>	
Hout Bay, Llandudno, Camps Bay, Bakoven	Victoria Road (M6) - Northbound and Southbound • <i>Princess Street, Hout Bay, to Camps Bay</i>	07h00- 17h30

SUNDAY, 10 MARCH 2024 *(continued)*

Area	Details	Time of closure
Camps Bay, Clifton and Bantry Bay	Victoria Road (M6) - Northbound and Southbound • <i>Between Houghton Road and Camps Bay Drive</i>	07h00 – 17h30
	Victoria Road (M6) - Northbound and Southbound • <i>Between Camps Bay Drive and The Meadway</i>	04h00 – 17h45
	Victoria Road (M6) - North and Southbound • <i>The Meadway to Lower Kloof Road</i>	07h30 – 18h00
	Victoria Road (M6) - Northbound and Southbound • <i>Lower Kloof Road to Queens Road, Sea Point</i>	07h30 – 17h45
Bantry Bay, Sea Point	Queens Road (M6) • <i>Victoria Road to Beach Road</i>	05h00 – 17h45
Sea Point, Green Point & Mouille Point	Beach Road (M6) - City bound carriageway • <i>Queens Road Circle to St Johns Road</i>	05h00 – 18h30
	Beach Road (M6) - City bound carriageway • <i>St Johns Road to Helen Suzman Boulevard (M6)</i>	
	Beach Road and Beach Road towards Fritz Sonnenberg Road	

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Area	Details	Time of closure
Green Point area	Fritz Sonnenberg Road between Beach Road and Granger Bay Boulevard, Green Point Circle (controlled access point)	07h30 – 19h30
	Bill Peters Drive at Bay Road LOCAL ACCESS ONLY	Saturday, 14h00 – Sunday, 21h00
	Helen Suzman Boulevard (M6) – • <i>Eastbound from Beach Road to Green Point Traffic Circle</i>	Saturday, 14h00 – Sunday, 21h00

Area	Details	Time of closure
Wynberg, Constantia, Tokai	M3 Freeway inbound (Blue Route) • <i>Southbound & Northbound, including all on-ramps between Steenberg Road and Trovato Link</i>	10h00 – 15h00
Mowbray, Rondebosch, Newlands, Claremont, Bishopscourt	M3 inbound (Rhodes Drive, Union Avenue, Paradise Road, Edinburgh Drive) • <i>Including all on-ramps between Trovato Link up to Nelson Mandela Boulevard</i>	
Hospital Bend (N2, M3) Interchange	M3 inbound to Settlers Way (N2) • <i>Groote Schuur Hospital on-ramp from M3 (Anzio Road – Northbound)</i>	
Nelson Mandela Boulevard (after top of Hospital Bend)	Nelson Mandela Boulevard inbound • <i>Including on-ramps and off-ramps between top of hospital bend to CBD</i>	



PARKING RESTRICTIONS

BAKOVEN, CAMPS BAY

Victoria Road from Camps Bay to Seacliff Road.

Midnight Sat, 9 March – 18h00
Sun, 10 March (both sides)

SEA POINT

Beach Road from Queens Road to Beach Road (Mouille Point).

Midnight Sat, 9 March – 18h00
Sun, 10 March (beach side only)

CBD

Darling, Strand, Adderley & Riebeeck Streets.

Midnight Sat, 9 March – 18h00
Sun, 10 March (both sides)

The Cape Town Cycle Tour Trust, organisers of the Cape Town Cycle Tour, appeals to all residents in Muizenberg, St James, Kalk Bay, Clifton, Bantry Bay and Sea Point (including Victoria Road and Beach Road) not to park along the Main Road. Please use alternative side roads or designated parking areas.

Travel advisory information is brought to you by SANI Car Rental, the Official Car Rental Partner of the 2024 Cape Town Cycle Tour.



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AT THE START

Directions to the start

Coming from Atlantic seaboard...

■ Head for Strand or Darling Streets, and the City Hall. There will be excessive signage, and people to ask for directions should you get lost.

Coming from the Southern Suburbs...

Please note – Riders taking part in the 109km and 42km event need to be at the start precinct 30 minutes before the start. There will be traffic delays from Hospital Bend from 08h00, so please ensure you leave enough time to get to the start.

■ Head in on the M3, and take the Philip Kgosana Drive split at Hospital Bend, and drop into the top of Town from the Roeland Street side. There will be traffic delays from Hospital Bend from 08h00, so please ensure you leave enough time to get to the start. You can split right down Nelson Mandela Boulevard, but the Strand Street off-ramp will be closed, and you will then have to merge with the

Northern Suburbs traffic coming off the N1. From here, follow the signage down Strand, Plein or Darling Streets to filter into the start area in the shadow of the City Hall, in Darling Street.

■ If you are riding from the Southern Suburbs, head straight up the Main Road, with the Good Hope Centre and the Castle on your right before filtering into the start chutes in front of the City Hall. If you have come through on the Lower Main Road, you will need to filter up to Main before it goes under the freeway and becomes Newmarket, and then Strand Street; there will be no access to the start from the railway side.

Coming from the Northern Suburbs

■ If you are driving in, follow the N1 through to the Waterfront intersection and you will find ample parking in the CBD. From here, follow the signage down Strand, Plein or Darling Streets to filter into the start area in the shadow of the City Hall, in Darling Street.

■ If you are riding in from the North, use the bike paths, which will guide you to the south side of the Cape Town Station. Turn left up Adderley Street, and left again into Strand or Darling, and follow the Hooplas!

Race day parking

■ Please refer to the detailed parking layout available on the app. There is limited parking available within the DHL Stadium, tickets for this area will be on sale (at a cost of R50 – cash only) on a first come first served basis in the registration area at the Cape Town Cycle Tour Lifecycle Expo (7-9 March 2024).

■ There will be parking available at the CTICC, in P1, riders must cycle to the start from there. A MyCiTi shuttle service will be running from the DHL Stadium back to the CTICC, Thibault Square and Civic Station to take riders back to their vehicles after the finish. This is a free service and bikes are allowed on board. Normal CTICC parking rates will apply.

We encourage you to cycle to and from the event or use public transport. We also encourage you to carpool or arrange that you are dropped off at the start and collected from the finish.

There is plenty of legal parking within the Cape Town CBD, and between the start and finish precincts, so there is no need to risk a ticket – the traffic department will show no leniency on any vehicle parked in a way that is dangerous or obstructs traffic flow, resident and business driveways. Please don't leave anything visible in your vehicle, if you have to leave anything at all.

Please note

The Cycle Tour will not be liable for parking fines. If you park at the finish and ride to the start, please keep left and stop at traffic lights on the way there. The same applies to cyclists who park at the start area and ride back after they have finished. 🚲



The Department of Cultural Affairs and Sport aims to create a socially inclusive, creative, active and connected Western Cape. The department is committed to supporting sporting events in order to achieve this vision.



We are proud to be able to support the Cape Town Cycle Tour, as it encourages participants to live active, healthy lifestyles. Major sporting events such as this one also bring an economic boost to our province, creates jobs for many and encourages tourism in drawing more visitors to our beautiful province.

We are privileged to be able to boast with this unique cycle route, which showcases the natural beauty of Cape Town. The Western Cape Government continues to support major sporting events to ensure we can continue growing our province as the sporting hub of excellence in the country.

To find out more about what our department does, please visit our website at www.westerncape.gov.za/cas or follow us on Facebook at [@culturalaffairsandsport](https://www.facebook.com/culturalaffairsandsport)





STRAND STREET

STRAND STREET

Golden Acre Mall

Golden Arrow Bus Terminus

START

NEWMARKET STREET

Castle
Of Good
Hope

The Grand Parade

Country

gates

Entry gates

100

DARLING STREET

DARLING STREET

City Hall

RABADE STREET

BUITENKANT STR

HARRINGTON STREET

KEYS

START CHUTE

DIRECTION ARROWS

TOILETS

BIKE MECHANICS

MEDICS

INFO

TOG BAG DROP

WATER

NO VEHICLE ACCESS

AT THE START

THE START PRECINCT

The Grand Parade Precinct will once again welcome riders to start their 109km Cape Town Cycle Tour journey. This is also the start venue for the 42km route (the finish for the 42km is now in Riebeeck Street).



Tog bag drop-off for 109km riders

■ You can drop off your tog bag, with clean clothes and walking shoes, and it will be taken to the race village in the DHL Stadium Precinct to await your arrival. The first Tog Bag Vehicle

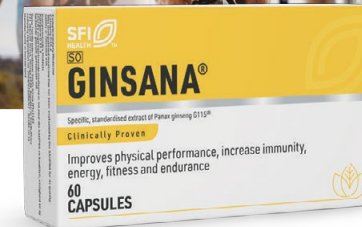
PS. At the start you'll find coffee, pancakes, muffins and light breakfast items on sale.

based inside the Start Precinct will arrive at the forecourt opposite the DHL Stadium near P5 by 08h00. The second Tog Bag Vehicle also based within the Start Precinct will arrive at the forecourt near P5 opposite the DHL Stadium by 09h30.

■ If you are starting early and will most likely finish before 09h30, you will need to make sure you indicate which drop-off time you prefer.

Info tents

■ There will be three info tents prominently placed at the Start Precinct. Last-minute bike shop repairs can be done near any of the three info tents, where timing board and number issues can be addressed. Toilets will be available across the Grand Parade and in the holding areas. 🚲



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109KM ROUTE



*All you need to know
for the Big One.*

ON THE ROUTE

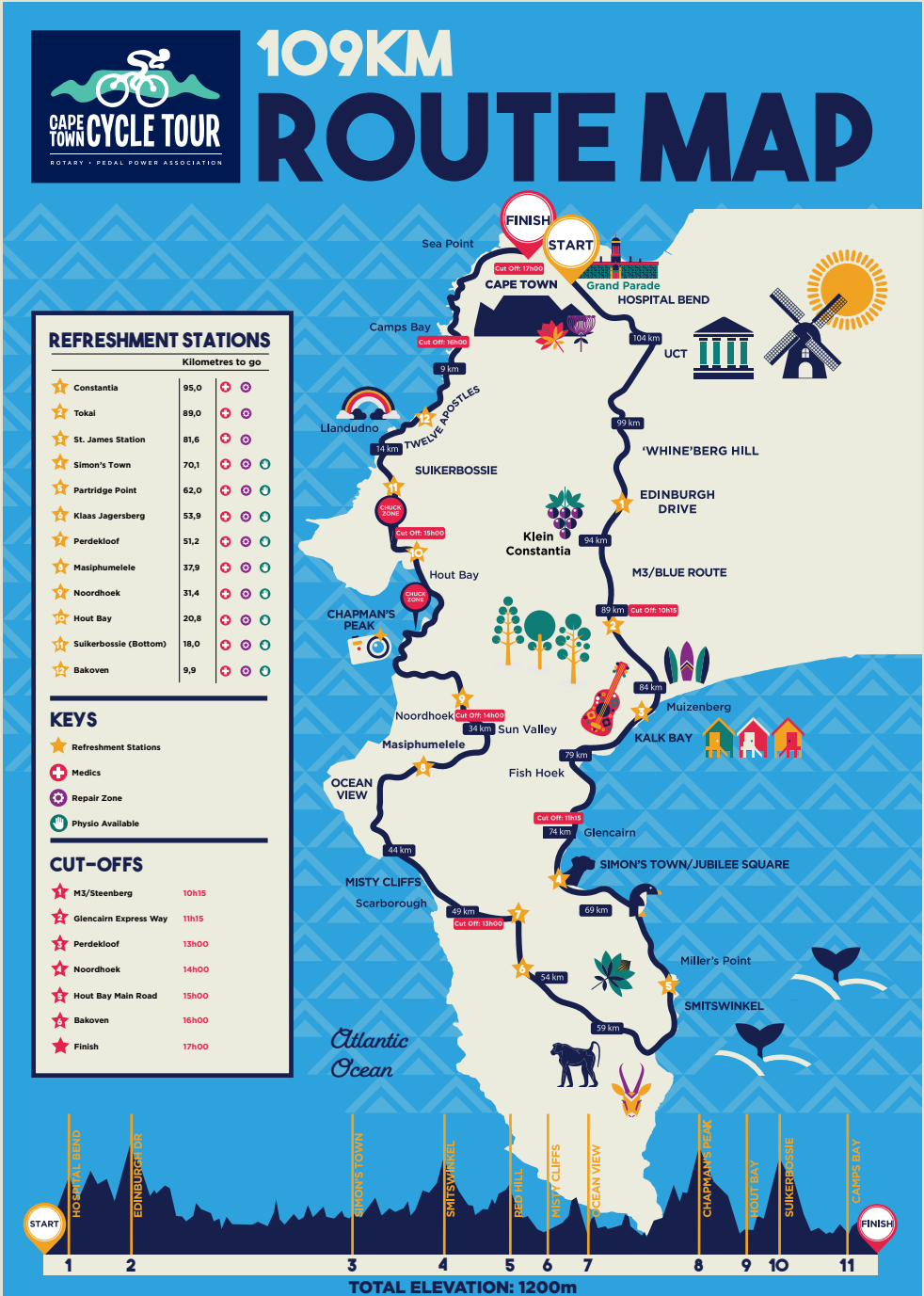
Be prepared for your day on the bike.

109km Route description

■ Head past the Castle before hitting Nelson Mandela Boulevard. It's a slight ascent, but enough to wake you up. Fly down Hospital Bend, before spinning past UCT and Newlands Forest, and then it's Wynberg Hill. This short, steep lung buster reminds you why you had to train. After Wynberg Hill it's the M3 (locally known as the Blue Route), then Main Road through "Muizies", Kalk Bay and onto Simon's Town. Arguably, the real riding begins at Smitswinkel but before you know it, you're soon soaring through Scarborough and Misty Cliffs. Enjoy the view because things soon get interesting with the Chapman's Peak/Suikerbossie double feature.

■ Chapman's Peak is a two-part trial; Little Chappies is short and steep, but over quickly and buoyed by the spectator support at its foot. The main climb is longer, but flatter, and offers distractions aplenty (force yourself to look) as you ride one of the world's most beautiful roads. After a speedy descent into Hout Bay, it is time to face the demons of Suikerbossie.

■ A kilometre-and-a-half of crazed climbing is over sooner than you think, and then it is fifteen glorious downhill and flat kilometres to the finish, through Bakoven, Camp's Bay (the little kick up to the old finish in Maiden's Cove will wake your legs up), Clifton and Sea Point.



RIDING THE ROUTE



Due to the 42km Cape Town Cycle Tour, riders will no longer be able to ride the 109km twice.

Support along the route

The map key on the route map (page 39) indicates what type of assistance is provided at each of the 12 refreshment stations.

- All Refreshment Stations stock Coke, Powerade and water along with medical and mechanical support. Remember to bring your reusable water bottle as cups will not be available at the Refreshment Stations.
- Physiotherapy is available from Refreshment Station number 4 onwards.
- Please ensure you carry enough bike spares on you and be as self-sufficient as possible. There will be mechanics on motorbikes carrying limited spares on the route.

On the route

The Cape Town Cycle Tour is a logistical marvel. To safely usher so many cyclists around the 109km route requires precision planning. To that end, cut-offs are strictly enforced with sweep vehicles at the ready to pick up tired bodies and bikes that the on-route mechanical and medical angels can't fix.

Cut-offs

To ensure your safety, and that of other road users, several cut-off points have been established.



Unfortunately, if you have not reached a specific cut-off point in time you will have to get onto one of the sweep buses provided, which will take you and your bike back to the finish at Green Point. The Sweep drop off point will be in the A-track parking opposite McDonald's.



CUT-OFF TIMES

- End of M3 10h15
- Glencairn expressway (Black Hill Road, Glencairn) 11h15
- Refreshment station 7 (Perdekloof) 13h00
- Refreshment station 9 (Noordhoek) 14h00
- Hout Bay (Main Road and Princess Road Circle) 15h00
- Bakoven 16h00
- Finish Line 17h00

Riders are required to complete the Cycle Tour course within seven hours of their starting time to be awarded a result and finishing certificate unless the race organisers determine otherwise.

Sweep operations

The **Mega and Mini Sweep plan** is in place to collect cyclists who are unable to complete the event and need to return to the finish village. This operation comprises 17 Mini Sweep vehicles and 16 Mega Sweep buses.

The Mini Sweep vehicles are shuttle-type vehicles and can accommodate between eight and 20 passengers with trailers for bicycles. These vehicles drive the route collecting cyclists unable to complete the event. Mini Sweep vehicles are also stationed along the route in strategic places and are scheduled to leave at different times, to ensure a constant flow of Mini Sweep vehicles travelling the route at any one time.

■ The Mega Sweep buses are provided to the Cycle Tour by MyCiTi, and are made up of commuter 60-seater buses. Large trucks follow these buses to transport bicycles. These buses are strategically positioned along the route to collect cyclists from Mini Sweep vehicles and return them to the finish village.

■ Cyclists who do not make the cut-off at the times specified are requested to board a Mega Sweep bus. All cyclist's race numbers are recorded when boarding the vehicle/bus which allows the race control team to identify which cyclists have been collected by sweep vehicles.



E-bikes

E-bikes have been embraced by the Cape Town Cycle Tour for a number of years, to give those who might not be able to achieve 109km conventionally a chance to be part of the magic of race day.

If you've entered on an e-bike you need to make sure you've ticked the requisite box during the entry process to let us know you will be taking part on an e-bike. If you are unsure of this, please check at registration.

You will receive a sticker in your race pack, to be placed on your race number, which will identify you as an e-bike rider.

- E-bikes will only be seeded from group 3A and backwards.

- E-bikes may not complete the route under 3h50 mins.

We encourage all e-bike riders to embrace the spirit of participation and not to see it as a racing opportunity.

E-bike battery backup

To keep you riding at maximum velocity, Giant will be strategically positioned on the route with your backup e-bike battery.

- E-bike riders can hand in their FULLY CHARGED spare battery to the Giant team, who will have a stand at Registration in the DHL Stadium from 7 - 9 March 2024.

- You will be able to collect your spare battery from them on the route on race day. Look out for the @giantbicyclesza van, which will be parked 1.1km before the Noordhoek Refreshment Station. They will take your used battery back to the finish for you

- Once all batteries are swapped out, the Giant

vehicle will proceed to the finish where participants can retrieve their used batteries at the Info Tent on the forecourt. Any batteries not collected on race day will be made available for collection at the Giant store in Cape Town. If you are unable to collect your battery after the event, please arrange for a courier to collect it from the store.

- All batteries will be marked with the rider's race number when handed in, along with your name and ID number. The same will apply for collection (race number, name and proof of ID are required).

- Any make of e-bike and their batteries are welcome (that is, you do not need to be riding a Giant e-bike to make use of this service).





Cape Town Cycle Tour route conditions

The Cape Town Cycle Tour circles the most beautiful bike route in the world. But much of it is through high-traffic, big-city road infrastructure that is constantly being repaired and improved. The City of Cape Town pulls out all the stops to make sure the route is perfect on the day, but there are still some points to be aware of.

MAIN ROAD

After you have negotiated a very short, but bumpy and narrow hurdle in Lakeside, just after the right turn onto Main Road, the stretch from Muizenberg to Glencairn is essentially road works-free, after many years, but still has plenty of narrow sections and man-hole covers to avoid.


SIMON'S TOWN

Be on the lookout for beach sand in the road as you approach Simon's Town from Glencairn – clean-up crews are working tirelessly to remove it all, but the wind doesn't always listen to us. It will be cleared for Sunday morning, but if the wind is blowing, Mother Nature may have returned some.

CHAPMAN'S PEAK

Enjoy the view while tackling the climb. It's a pleasure to ride "Chappies" without cars on the road. Take it easy through the toll booths, as the road narrows. The toll-masters will have removed the plastic speedbumps before you head through.

SEA POINT

The technical challenge is no longer the tight circle at the bottom of Queens Road, but the concrete road shortly thereafter. There are subtle changes in surface and bumps – the early start groups need to pay attention here. Keep your eyes peeled for pedestrians attempting to dart across the road as you make your way to the finish. 

Hopefully, you can make it around the Cape Town Cycle Tour route in time and enjoy a great day on the bike. If for some reason, you can't, help is at hand.

MEDICAL EMERGENCY

087 820 2911

GENERAL

087 820 2453

WHAT TO DO IF THERE'S A MEDICAL EMERGENCY ON THE ROUTE?

Contact Emergency Services

Contact emergency services on the numbers above. You can also find these important contact details printed on your race number.

Find a Marshal

Our trained marshals are there to help. If you witness an emergency out on the course inform them and they will alert our control centre who will dispatch the relevant help.



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PARTNERS WITH PASSION

chain in order for the wax to penetrate the pins and rollers of the chain. A light degreaser (such as Squirt Cycling's Biodegradable Concentrated Bike Cleaner) and medium brush can be used to do this. Once the chain is dry, shake your bottle of Squirt Chain Lube well, apply lube to the inside of your chain, and let it dry again before applying a second layer. After the initial Squirt Lube application, use only Squirt Lube and drybrush the chain and derailleur pulley wheels occasionally to clean.

SANParks Honorary Rangers

When you tackle the 109km Cape Town Cycle Tour this year you'll be riding through SANParks turf on sections of the route, the most visible being the Table Mountain National Park entrance to Cape Point as you crest Smitswinkel. But Table Mountain

ALONG THE WAY



Look out for these Cycle Tour partners along the route on race day – they're here to make your ride as smooth as possible!

Squirt

Squirt Cycling Products will be on hand at the 2024 Cape Town Cycle Tour with their world-famous chain lube to keep you riding smoothly.

■ Look out for the Squirt Cycling Products team at the start of Cycle Tour and Smitswinkel (and at the Alphen interchange on the 42km route).

They also provide practical advice here on how to lube a chain:

First-time users > For Squirt Chain Lube to work optimally, it is very important that the chain is properly degreased before initial application. All other oils and lubes must be removed from the



PARTNERS WITH PASSION

National Park and SANParks are all around you in the Cycle Tour – when you fly through Simon's Town, when you look out over the ocean, and, of course, when you look towards Table Mountain. SANParks and the SANParks Honorary Rangers have been great supporters of the Cycle Tour over the years, with the Honorary Rangers playing an important role at the Cycle Tour in the year the event was cut short by fires. The Honorary Rangers are always a popular sight along the route and will once again be prominent when you're cycling this year – look out for them and be sure to give them a huge cheer. The SANParks Honorary Rangers movement has a rich history. The first volunteers were active in the Kruger National Park as early as 1902, where they helped alleviate the workload of full-time rangers. The organisation was officially established on 5 May 1964 but functioned informally until 1987 when the Association of Honorary

Rangers was formed with 301 Founding members. Today, there are over 2000 SANParks Honorary Rangers – all volunteers – based in 31 regions around the country and working in 19 national parks.

Oakley

The world's most popular sports eyewear brand will be on the Cape Town Cycle



Tour route again this year, providing a sunglasses-cleaning service for all riders!
■ The Oakley cleaning service will be located near the Noordhoek Farm Village, about 78km into the ride.

Racefood (Farbar and Fastbar)

Farbar is ideal for endurance events demanding large amounts of energy for long periods while Fastbar is a real food energy bar giving optimal energy release from simple and complex carbohydrates for endurance athletes.
■ These tasty bars will be on offer at the Simon's Town Refreshment Station, the Perdekloof Refreshment Station and Klein Suikerbossie Refreshment Station. On the 42km, you'll get your Racefood fix at the Alphen interchange.

Ryder Innovation

Ryder Innovation was born out of a desire to create products that are innovative, functional and affordable. Their products are designed, manufactured and tested in the Western Cape – where some of the world's best riding and testing grounds are to be found. With years of experience in the cycling industry, Ryder Innovation is now applying its expertise and passion for cycling to developing innovative solutions that answer cyclists' needs for better-performing accessories and tools. Two such tools are the Groove-Tool Pro with Chain Breaker and the Luberetta lube applicator. Both of these Ryder innovations have recently walked away with the prestigious Eurobike Innovators Prize within the accessory category in recent years, showing that South African ideas are truly world-class.
■ You will find the Ryder team in the souvenir section of the Expo this year, where you can purchase their products.

OAKLEY
Be Who You Are

GEAR UP
AND RIDE

Make every mile count with Oakley cycling gear





AT THE FINISH

Time to celebrate 109km.

Tell your patiently-waiting family and friends to head over to the Grand Stand on the Finish Line to watch the pros (Men's and Women's Elite, and U/17 Boys) who come in between 08h10 and 08h50.

Elite podium media prize-giving

■ The media prize-giving for the top five riders in the Elite Men, Elite Women and the U/17 Boys racing categories will take place on the commentary deck on the finish line at 10:00 am. All podium prize winners



are to please report to the Powerade Pause Lounge for post-race interviews. We invite all elite licensed riders to join the post-race celebrations in the Winner's Circle until the conclusion of the podium prizegiving.

■ Prize-giving for age group category winners will take place on Monday, 11 March at 09h00 at Southern Sun, The Cullinan. Winners will be contacted on Sunday afternoon after the race.

Once you've crossed the finish line

After you've crossed the finish line, please keep moving. Collect your medal and your coke and head towards the finish hospitality area which will be buzzing with tired and happy faces. There will be a SAB beer tent, picnic areas for clubs, a kids play area with granny gears obstacle course, live entertainment and shaded public seating areas for families. Stay and enjoy the day with us and celebrate the phenomenal achievement of riders crossing the finish line. Comtel will be providing free wifi at the start and finish villages. This is the perfect opportunity to join our Strava club and upload your ride.

Mediclinic medical area

Got a few aches and pains after cycling 109km? Visit the medical area in P6 outside the Green Point Cricket fields, and the awesome team from Mediclinic.

Bike Park

No bikes are allowed in the Race Village, so you are encouraged to leave your bike in the secure Bike Park at Green Point Cricket Fields. Please ensure that your number board is cable-tied to your handlebars, so you can check your bike in at the Bike Park. 🚲

Live coverage

Join us for the live coverage of the Cape Town Cycle Tour on Sunday, 10 March 2024! Don't miss any of the race day action, the live streaming link will be posted on our social media channels and capetowncycletour.com the day before the event.

■ Live streaming starts at 06h00 and finishes at 11h00.

■ There will be no live coverage on TV.



Get familiar
with the finish...



FINISH AREA

KEYS

- DIRECTION ARROWS
- TOILETS
- MEDICS
- INFO
- TOG BAG COLLECTION
- NO VEHICLE ACCESS



SHOW YOUR COMMITMENT

Last year we launched a new range of 'loyalty' rider jerseys, designed and produced by Ciovita. These jerseys, celebrating 10, 21, 30 and 40 Cycle Tours are your way to show the rest of the cycling world how committed you've been in completing the 109km Cycle Tour year after year.

VISIT THE LOYALTY CLUB LOUNGE

For those who have done 10 or more Cycle Tours, there will be a Loyalty Club Lounge at the Expo where you, our special guests and most dedicated riders, will be able to sit, relax, unwind and spend time together to tell tales of Cycle Tours gone by, recall former glories and plot future successes. *If you have ordered a Loyalty Jersey, it can be collected at the Loyalty Club Lounge.*



10-Tour Jersey

Inspired by Table Mountain. As a 10-year-or-more veteran, you're on your way to Cycle Tour legend status. You can proudly claim to be a Cycle Tour pro who shows no fear in the face of Smitswinkel or Suikerbossie.



21-Tour Jersey

Inspired by the scenic and much-loved Chapman's Peak portion of the route, the 21-Tour jersey is an item all cyclists aspire to own. Once you reach the 21-ride milestone, you've proven yourself as a cyclist who never misses Cycle Tour Sunday.



30-Tour Jersey

Inspired by Lion's Head, the 30-Tour Jersey is the next logical step for the 21-Tour rider. Why stop at 21 when you can complete 30 Cycle Tours? Why indeed.

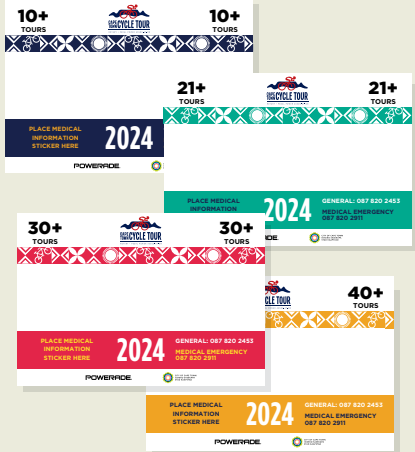


40-Tour Jersey

Taking inspiration from the Cape Peninsula and the entire route, owning a 40-Tour jersey is your only aim in life. You've finished work for good, the kids have left the house, your time is your own and that time is spent riding a bicycle!



Did you know?
Experienced riders who have completed their 10th, 21st, 30th or 40th Tour, can be identified by their different coloured race number.



Riders who are reaching one of these milestones this year can collect a special commemorative medal from the Info Tent at the DHL Stadium Forecourt, after collecting their 2024 finishers medal.





42KM ROUTE



Gear up for the short route.

THE 42km CYCLE TOUR

It's not short on thrills.

Start Precinct

The 42km Cape Town Cycle Tour will start at the Grand Parade and finish on Riebeeck Street. Due to the 42km route closures on the M3 inbound, riders taking part in the short route need to be at the start *at least 30 minutes before the start* to make sure they do not get caught out by these closures. There will be traffic delays from Hospital Bend from 08h00, so please ensure you leave enough time to get to the start. **(See all M3 inbound road closures on page 27.)** There will be no racing groups or prizes awarded for the 42km event, though age category winners will receive official recognition from the event organisers.

42km START TIMES		
GROUP	TIME	DESCRIPTION
9A	10:00	Seeded
BS	10:03	Buggies
9B	10:06	Open
9C	10:09	Open
9D	10:12	Open
9E	10:15	Open
9F	10:18	Open

Tog bag drop-off for 42km riders

There will be a tog bag drop-off facility at the info tent on the Grand Parade, ready for you to collect some clean clothes and walking shoes after the ride. These tog bags will be transported to the finish area in Riebeeck Street to await your arrival. They will not be transported to the Green Point Precinct with the 109km tog bags.

▼ Medical & photographer stickers

Please complete your medical details on the sticker below and stick it to the front of your race number in the box provided.

Name & Surname: _____

Allergies: _____

Chronic Medication: _____

Other Notes: _____

CAPE TOWN CYCLE TOUR 2024

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▼ Number board sticker

#CTC cycleTour2024

5A

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POWERRADE

CITY OF CAPE TOWN
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2024-2025

▼ Race number

42km

CAPE TOWN CYCLE TOUR

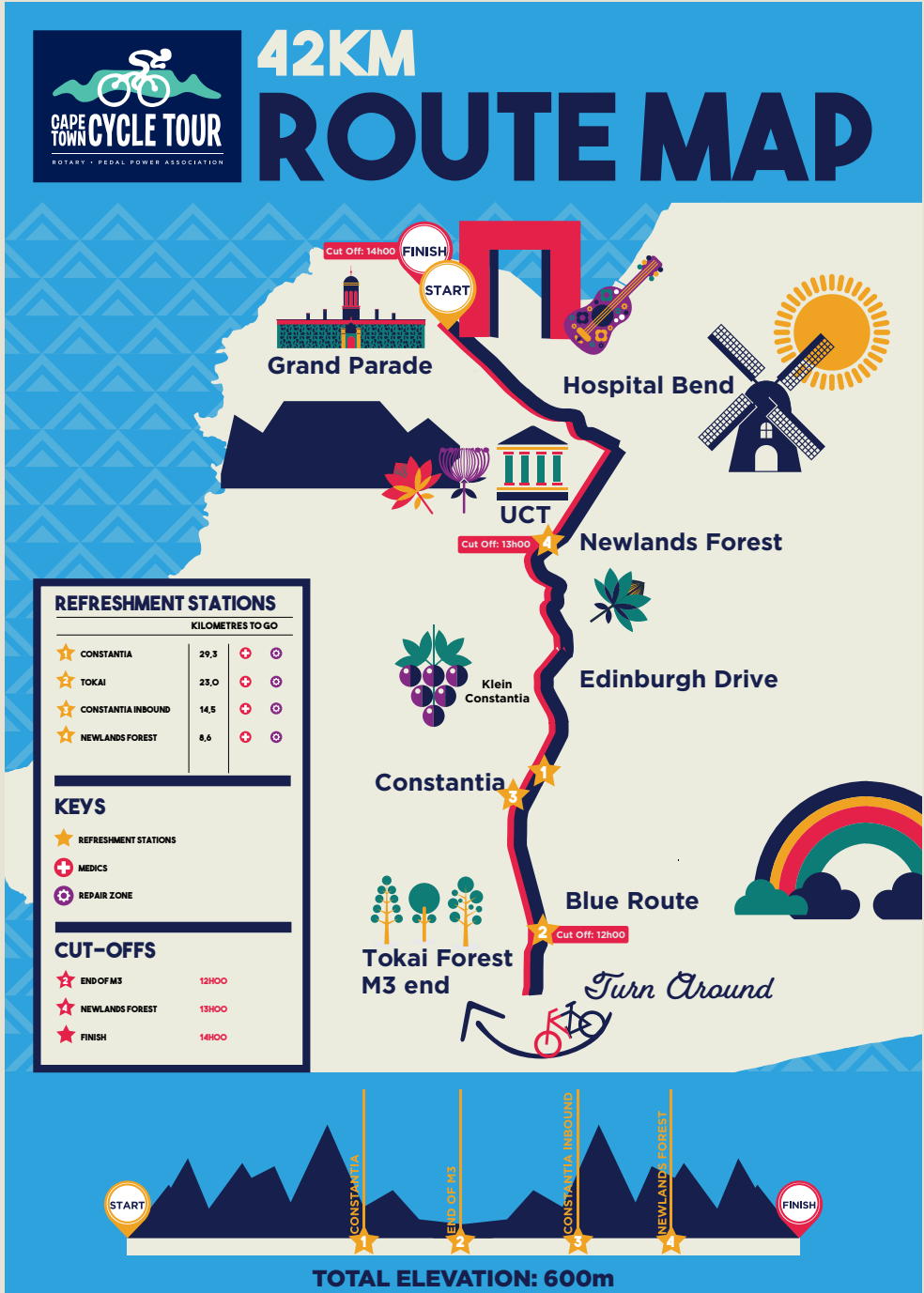
42km

PLACE MEDICAL INFORMATION STICKER HERE

2024

GENERAL: 087 820 2453
MEDICAL EMERGENCY 087 820 2911

POWERRADE



THE 42KM ROUTE



Cut-offs

To ensure your safety, and that of other road users, several cut-off points have been established.

Unfortunately, if you have not reached a specific cut-off point in time you will have to get onto one of the sweep buses provided, which will take you and your bike back to the 109km finish area at Green Point. The Sweep drop off point will be in the A-track parking opposite McDonald's.



THERE ARE THREE CUT-OFF POINTS ON THE 42KM ROUTE:

- 1 END OF M3
Cut-off time: 12h00
- 2 NEWLANDS (Refreshment Station 4; entrance to Firebase at Newlands Forest)
Cut-off time: 13h00
- 3 FINISH (Riebeeck Street, CBD)
Cut-off time: 14h00

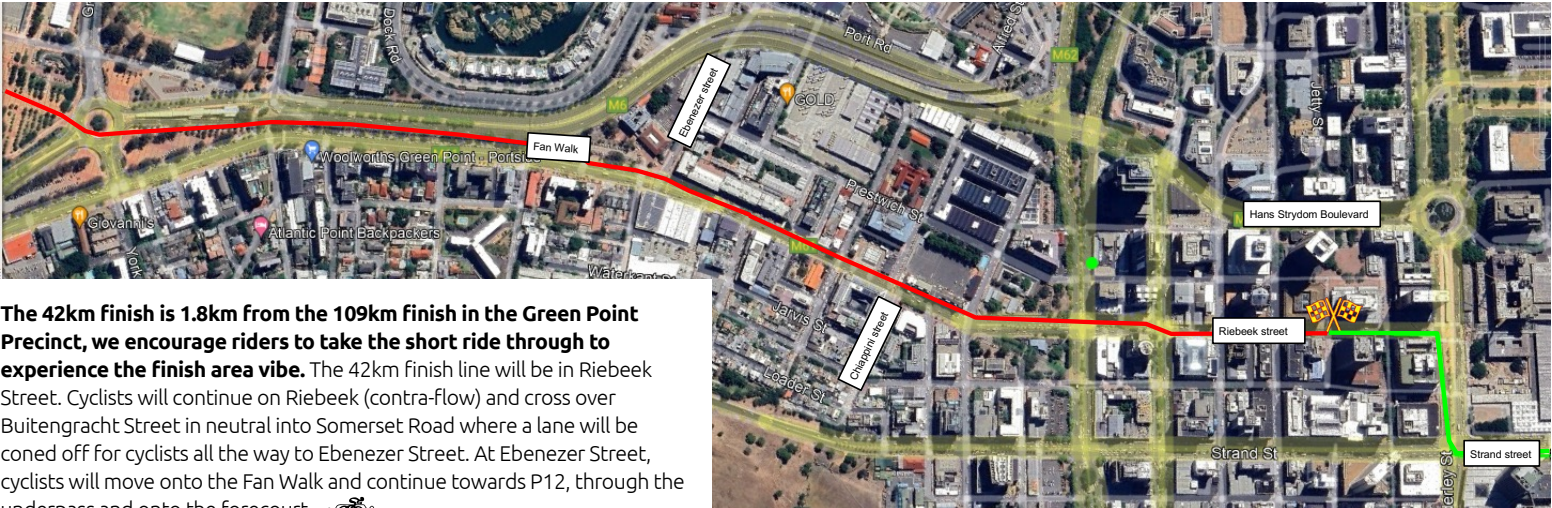
AREAS OF CAUTION

Please take note of these areas of caution along the 42km route.

- 1 HOSPITAL BEND OUTBOUND – Steep and fast downhill with a sharp right turn at the bottom, be cautious of cones and cat's eyes.
- 2 PARADISE MOTORS – Fast descent into shade, be cautious, it is faster than you think.
- 3 BOTTOM OF EDINBURGH DRIVE ON THE RETURN – Steep downhill with a sharp right turn.



How to get to Green Point/DHL Stadium after finishing the 42km Cycle Tour



The 42km finish is 1.8km from the 109km finish in the Green Point Precinct, we encourage riders to take the short ride through to experience the finish area vibe. The 42km finish line will be in Riebeeck Street. Cyclists will continue on Riebeeck (contra-flow) and cross over Buitengracht Street in neutral into Somerset Road where a lane will be coned off for cyclists all the way to Ebenezer Street. At Ebenezer Street, cyclists will move onto the Fan Walk and continue towards P12, through the underpass and onto the forecourt.



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42KM FINISH AREA



GET OFF TO A FLYING START WITH FOOD LOVER'S



These goji berry breakfast jars will give you a pre-ride jolt.



Start your day with a healthy and delicious breakfast that's easy to prepare. These Breakfast Jars with Goji and Chia Seeds are packed with wholesome ingredients and are perfect for those busy mornings when you need something quick and easy. Made with oats, almond milk, goji berries, and chia seeds, this recipe is a nutritious and tasty way to fuel your day.

INGREDIENTS

- 500 g Lancewood double thick yoghurt
- 2 cups Food Lover's Honey and Almond Muesli
- 2 tbsp You First Xylitol
- 300 g You First Goji berries
- 150 g Strawberries, topped and halved
- 150 g Blueberries
- 4 Bananas, skins removed and cut into slices
- 1 tbsp You First Chia seeds

DIRECTIONS

- Heat 1/2 cup of water in a small pot and add the Goji berries, strawberries, blueberries and xylitol.
 - Simmer on the heat for 10-15 minutes or until the fruit is soft but still whole.
 - Once cooked, remove the pot from the heat and allow the compote to cool down for about 10-15 minutes.
 - Start with a layer of muesli first, then add some sliced bananas, chia seeds, yoghurt and then the compote.
 - Repeat this process until the jars are filled to the top.
- You can garnish your jars with some freshly sliced fruit just before serving.* 🍌



SIP AND CYCLE

POWERADE.

Staying hydrated is key to enjoying the Cape Town Cycle Tour.

If you're new to cycling or new to the Cape Town Cycle Tour, you might not have your hydration habits dialed in yet. There's no need to be nervous though because the Cycle Tour has 12 refreshment stations out on the 109km route serving Powerade, Coca-Cola and water. You'll have to ride around the course at least four times and avoid every table to go thirsty at this event. What is important, though, is remembering to drink enough and knowing when to do it.

- 1 You should drink between 400 and 600ml per hour on a warm day.
- 2 Drink small amounts regularly (the American College of Sports Medicine recommends 240ml every 20 minutes).
- 3 Get your electrolytes in. For rides of under 60 minutes, water is fine but, for longer rides or in hot conditions, you'll want to add electrolytes.
- 4 Don't wait. Start drinking early and drink regularly throughout your ride.
- 5 Don't leave your bottle at home. This happens more frequently than you think. 🍌

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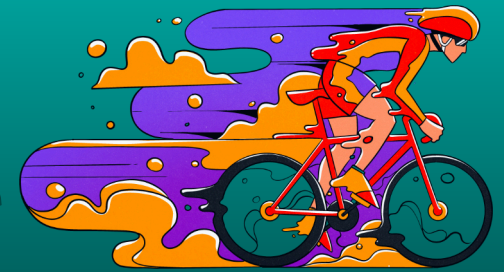
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