



**CAPE TOWN CYCLE TOUR**

ROTARY • PEDAL POWER ASSOCIATION

**109KM**

# ROUTE MAP

## REFRESHMENT STATIONS

Kilometres to go

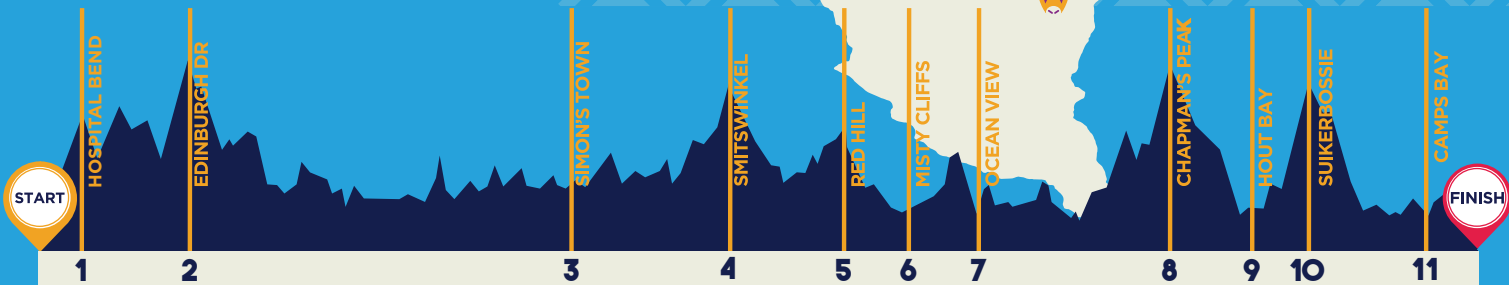
★	Constantia	95,0	+	⚙	
★	Tokai	89,0	+	⚙	
★	St. James Station	81,6	+	⚙	
★	Simon's Town	70,1	+	⚙	👤
★	Partridge Point	62,0	+	⚙	👤
★	Klaas Jagersberg	53,9	+	⚙	👤
★	Perdekloof	51,2	+	⚙	👤
★	Masiphumelele	37,9	+	⚙	👤
★	Noordhoek	31,4	+	⚙	👤
★	Hout Bay	20,8	+	⚙	👤
★	Suikerbossie (Bottom)	18,0	+	⚙	👤
★	Bakoven	9,9	+	⚙	👤

## KEYS

- ★ Refreshment Stations
- ⊕ Medics
- ⚙ Repair Zone
- 👤 Physio Available

## CUT-OFFS

★	M3/Steenberg	10h15
★	Glencairn Express Way	11h15
★	Perdekloof	13h00
★	Noordhoek	14h00
★	Hout Bay Main Road	15h00
★	Bakoven	16h00
★	Finish	17h00



**TOTAL ELEVATION: 1200m**