



# EVENT GUIDE



 **GRAN FONDO  
WORLD SERIES**  
CAPE TOWN | SOUTH AFRICA

**8 MARCH 2026** • 42km & 109km  
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**CAPE TOWN CYCLE TOUR**

# POWERADE



Proud Hydration Partner  
of the Cape Town Cycle Tour

PAUSE IS POWER



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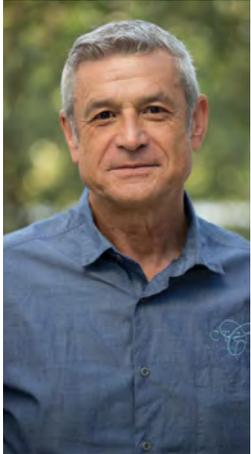
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# WELCOME



### From the Chairperson

On behalf of the Pedal Power Association, it is my pleasure to welcome you to the 2026 Cape Town Cycle Tour. Since the first Tour rolled out in 1978, this event has grown into a global celebration

of cycling, bringing together riders from around South Africa and across the world to experience one of the most iconic routes on the planet.

We are delighted to welcome all riders taking on the 109km and 42km events. Whether you're lining up for the full Cycle Tour or choosing the shorter option, you are part of something special.

As you make your way around the breathtaking Cape Peninsula, please remember that your participation directly supports PPA's ongoing work in cycling safety, advocacy and access. Every entry helps us create safer roads and better riding conditions for cyclists nationwide.

Wishing you a safe, memorable and thoroughly rewarding ride.

**Steve Hayward**  
Pedal Power Association Chairperson



### From the Mayor

What a joy it is to welcome every rider and supporter to what we consider the greatest cycle race in the world – the 48th edition of the world's largest timed cycling event, and the pride of our city!

*Beyond the thrill of race day, this event also plays a vital role in driving tourism.*

Whether you are tackling the iconic 109km route around the Cape Peninsula or embracing the energy of the 42km challenge, you are part of a tradition that unites passion, perseverance and community spirit. From the world-class organisation and the vibrant roadside support to the breathtaking ocean views along Chapman's Peak Drive, this is truly a bucket-list ride.

Beyond the thrill of race day, this event also plays a vital role in driving tourism, supporting local businesses and sustaining many jobs across our city. To every rider: may you ride strong, ride safe and cross the finish line with pride.

Welcome, and good luck!

**Geordin Hill-Lewis**  
Cape Town Mayor



Standard Bank



## Ride with Purpose at the 2026 Cape Town Cycle Tour

The Cape Town Cycle Tour is more than a race. It is a powerful demonstration of preparation, commitment and purpose. These values reflect what it takes to grow individuals, businesses and communities.

We're proud to sponsor the 48th Cape Town Cycle Tour on Sunday, **8 March 2026**, continuing our support of an event that delivers meaningful impact well beyond race day. Through its partnership with Rotary and the Pedal Power Association, the Tour funds social upliftment initiatives, cycling development and road safety programmes that benefit communities across the Cape Peninsula.

The event also plays a significant role in the local economy, injecting approximately R500 million annually into the Western Cape and creating opportunities for businesses.

To every rider taking on the challenge, whether it's your first start line or your fiftieth, ride with purpose, trust your preparation and believe in how far you can go. We're behind you every kilometre of the way.

**Let's Keep Growing Together.**



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**From the Alderman**

Cape Town Cycle Tour is the one occasion where the Mother City's roads, including major highways, are closed to traffic and opened exclusively for cyclists to explore this beautiful city on two wheels.

Cycling safety has been at the

forefront of public discourse over the last few months, and the Cape Town Cycle Tour has long been a platform advocating for the well-being of riders on our roads. The City of Cape Town works daily to ensure our roads are safe for all users – including cyclists, motorists and pedestrians.

Our goal is to ensure that all participants have a seamless experience and can navigate the journey through the peninsula in a safe environment.

We have deployed our Safety and Security personnel from Traffic Services, Metro Police, Law Enforcement and Disaster Risk Management along the route to support a safe and smooth race experience for every rider.

We will be there every step of the way to help make your experience truly memorable.

**JP Smith**

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



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**From Golazo**

This year marks an exciting milestone as the Cycle Tour proudly becomes part of the UCI Gran Fondo World Series – a recognition that positions this iconic event among the world's premier mass-participation cycling experiences.



At Golazo, we are honoured to partner with the Cape Town Cycle Tour team to help elevate this event on the world stage. We hope the journey around the Cape Peninsula fills you with pride, joy and unforgettable memories.

To all of you lining up for the 109km or 42km routes, whether this is your first Cycle Tour or one of many, you are part of a global celebration of cycling that brings together riders of all ages and abilities against one of the most breathtaking backdrops on the planet.

Ride strong, ride safe and enjoy every kilometre!

**Christophe Impens**

*Director of International Cycling, Golazo*





**From the Premier**

Cyclists are already deep into their training, preparing for one of the most iconic cycling events in the world. For some, it is a fiercely contested race that demands dedication and discipline. For

others, it is a chance to take to the open road, embrace the joy of movement, soak up the breathtaking beauty of our region, and connect with our community of fellow riders.

For all of us, the Cape Town Cycle Tour remains a cherished highlight on the sporting calendar of the Mother City and the Western Cape. It is a celebration of our landscapes, our people, and, of course, the transformative power of cycling. Beyond the ride itself,

*It is a celebration of our landscapes, our people, and, of course, the transformative power of cycling.*

the event plays an important role in driving economic growth and opportunity across Cape Town and the province.

More than a race, it is a symbol of unity. To everyone taking part, ride strong, take care, and enjoy every kilometre. We will see you on the road.

**Alan Winde**  
Western Cape Premier



**From the Minister**

It is a great pleasure to welcome every rider to the Cape Town Cycle Tour – a proudly South African event that showcases not only world-class cycling but also the unique beauty of Cape Town and the

best of the Western Cape’s spirit.

*That is how we build the next generation of champions, not only in sport, but in life.*

As the Western Cape Government, we are especially proud of the Cape Town Cycle Tour’s commitment to youth development. This year, 500 free entries have been made available to school learners, creating life-changing opportunities for young people to experience this iconic race. That is how we build the next generation of champions, not only in sport, but in life. To every rider on the start line: thank you for being part of something bigger than a race. You inspire our communities, promote healthy living and demonstrate the power of sport to bring people together. We hope you enjoy the ride and, more importantly, return next year with family and friends to experience it again.

**Ricardo MacKenzie**  
Western Cape Minister of Cultural Affairs and Sport



# WHERE CYCLING IS A VISUAL FEAST



# THE PRELUDE CHALLENGE IS BACK

*The Prelude Challenge is your chance to earn your medal and secure official finisher credit, no matter where you are in the world.*



### Here's how it works:

- **1.** Enter through the Cape Town Cycle Tour entry portal.
- **2.** Complete 109km in a single ride within 7 hours.
- **3.** Upload your ride to STRAVA and email the link to info@cycletour.co.za for verification by 28 February 2026.
- **4.** Ride outdoors or hop on a stationary bike in a virtual environment – your choice!

All participants will receive a medal, and their effort will be officially listed in the 2026 list of finishers.

Cape-based cyclists can swing by the Cape Town Cycle Tour Expo to collect their goodie bags, race numbers and medals.

This is the perfect opportunity for those abroad, tied up with work, travel, or religious commitments, to join the #CTCycleTour family.

■ **Mark your calendar: 7 – 28 February 2026.**

*Let's ride together, no matter where you are.*

## VOTED AFRICA'S BEST VINEYARD

Klein Constantia, named Africa's Best Vineyard 2025 and ranked No. 6 in the World's Best Vineyards Top 50, is placed among the world's most celebrated wine destinations. This recognition goes beyond accolades. From our most celebrated wines to the setting that shapes them, Klein Constantia pairs world-class vintages with a setting designed for unhurried moments, elevated hospitality, and the kind of experience you'll want to return to.

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# Ride like a WORLD CHAMPION



Ride hard, get the rewards and recognition.

In 2026, the Cape Town Cycle Tour takes a significant step onto the global cycling stage as an official UCI Gran Fondo World Series event. It's a milestone that places the world's largest timed cycle race alongside the most prestigious mass-participation events on the planet – and gives everyday riders a genuine pathway to the UCI World Championships.

The UCI Gran Fondo World Series is a global collection of UCI-sanctioned races, launched in 2011, designed for amateur and masters cyclists. With around 35 qualifying events held across multiple continents, the series allows non-professional riders to compete under international standards and, crucially, qualify for the UCI Gran Fondo World Championships – where age-group world titles and the coveted rainbow jersey are awarded.

Qualification is straightforward but meaningful: riders finishing in the top 25% of their age group, as well as the top three riders per category, earn a place at the World Championships. Age-group winners also receive the official UCI Gran Fondo World Series leader jersey, a rare and prestigious prize in amateur cycling.

For Cape Town Cycle Tour riders, this changes the narrative. The route remains the same iconic journey around the Cape Peninsula, but now, your performance can carry international recognition. A strong ride in Cape Town could see you lining up at the 2026 UCI Gran Fondo World Championships in Niseko, Japan.

## 2026 UCI Gran Fondo World Series – Qualifier Events

- **08 Mar 2026**  
Cape Town Cycle Tour  
*Cape Town, South Africa*
- **22 Mar 2026**  
The Millars Gran Fondo  
*Castellón, Spain*
- **28 Mar – 29 Mar 2026**  
Granfondo Leiria Region – Sico Lands  
*Pombal, Portugal*
- **29 Mar 2026**  
Granfondo Belgium  
*Lac de l'Eau d'Heure, Belgium*
- **03 Apr – 05 Apr 2026**  
Cyprus Granfondo  
*Paphos, Cyprus*
- **11 Apr 2026**  
Istria Granfondo  
*Umag, Croatia*
- **12 Apr 2026**  
Tour de Brisbane  
*Brisbane, Australia*
- **18 Apr – 19 Apr 2026**  
Neusiedler See Radmarathon  
*Mörbisch am See, Austria*
- **23 Apr – 25 Apr 2026**  
66 Degrés Sud  
*Saint Estève, France*
- **25 Apr 2026**  
3RIDES Gran Fondo  
*Schweigen-Rechtenbach, Germany*
- **09 May – 10 May 2026**  
Sudety Tour  
*Broumov, Czechia*

### ■ 16 May – 17 May 2026

Cheaha Challenge Granfondo  
*Jacksonville, Alabama, USA*

### ■ 17 May 2026

Granfondo Vosges  
*La Bresse, France*

### ■ 23 May – 24 May 2026

UCI Gran Fondo Hangzhou | Qiandao Lake  
*Hangzhou, China*

### ■ 29 May – 31 May 2026

Tour de Matra  
*Gyöngyös, Hungary*

### ■ 30 May 2026

Schleck Granfondo  
*Mondorf-les-Bains, Luxembourg*

### ■ 07 Jun 2026

CRC 506 Gran Fondo of Costa Rica  
*Jacó, Costa Rica*

### ■ 07 Jun 2026

Tartu Rattaralli  
*Tartu, Estonia*

### ■ 07 Jun 2026

Granfondo Novi Sad  
*Novi Sad, Serbia*

### ■ 12 Jun – 14 Jun 2026

Maraton Franja BTC City  
*Ljubljana, Slovenia*

### ■ 13 Jun – 14 Jun 2026

Tour de Fukushima  
*Fukushima, Japan*

### ■ 21 Jun 2026

Granfondo Bulgaria  
*Velingrad, Bulgaria*

### ■ 10 Jul – 11 Jul 2026

The Majestic  
*Villars-sur-Ollon, Switzerland*

## UCI Gran Fondo World Championships (Final)

**26 Aug – 30 Aug 2026**

UCI Gran Fondo World Championships  
*Niseko, Japan*

## CYCLE TOUR WILL TAKE YOU PLACES!

*Taking Cape Town to the World.*

The Cape Town Cycle Tour has partnered with Golazo, a global sports marketing and event organisation company founded in Belgium, with deep experience in staging major athletic and cycling events around the world.

At its core, Golazo's mission is to inspire healthier, happier communities by creating shared sporting experiences that bring people together – from grassroots participants to passionate amateurs and elite athletes alike.

In the cycling world, Golazo is best known for its long-standing partnership with the Union Cycliste Internationale (UCI) – jointly organising the UCI Gran Fondo World Series and the UCI Gravel World Series, which allow amateur riders around the world to compete in high-quality, globally recognised events and qualify for World Championships.

Golazo's involvement in the 2026 Cape Town Cycle Tour marks a major step in the event's evolution. Their expertise in large-scale event logistics, international marketing and audience engagement will help raise the Tour's global profile, attracting more international riders and partners than ever before.

By aligning the Cycle Tour with the UCI Gran Fondo World Series – a network of over 35 qualifying events worldwide – Golazo will support the Tour's growth as a world-class cycling festival, enhance operational excellence, and showcase South Africa's most iconic ride to a broader global audience.

GO WITH

GOLAZO

# 7 STEPS TO SUCCESS

## Get the Most Out of Your Cape Town Cycle Tour Day

*Scenic, social and sometimes brutal (depending on the weather or your training), the Cape Town Cycle Tour is a breeze if you approach it with the right attitude and a small amount of strategy.*

**1 Pace Smitswinkel, don't race it**  
Smitswinkel comes early and can feel deceptively manageable. Keep your effort controlled, shift to an easier gear, and resist the urge to chase wheels. Burning matches here will haunt you later.

**2 Eat before you're hungry**  
Start fueling within the first 30 minutes and stick to it. Aim for small, regular intakes rather than one big stop. The Cape sun and rolling terrain make energy dips arrive fast.

**3 Use the bunch, but ride smart**  
Drafting saves energy, but only if you're comfortable. Stay predictable, hold your line, and don't surge unnecessarily. A smooth bunch is faster – and safer – for everyone.

**4 Enjoy Chapman's Peak, don't fight it**  
Chapman's Peak is long, exposed and iconic. Settle into a steady rhythm, keep your head up, and take in the views. It's a climb that rewards patience more than power.



**5 Save something for Suikerbossie**  
Suikerbossie is short, sharp and comes late, when legs are already tired. Shift early, stay seated where possible, and focus on getting to the top smoothly rather than heroically.

**6 Hydration is non-negotiable**  
March conditions can change quickly. Drink early and often, and top up whenever you can. Dehydration creeps in quietly and steals performance long before you notice it.

**7 Remember why you're here**  
Yes, times matter – but so does the experience. Smile at the crowds, thank the volunteers, and soak it in. Very few rides in the world feel like this one.

Ride within yourself, respect the course, and the Cape Town Cycle Tour will give you a day you'll remember long after the legs have recovered.



# LEARN THE CYCLE TOUR LINGO

**HOSPITAL BEND**

Named for the hospital on the bend, it's the first descent of the Cycle Tour. Please remember to take it easy here and ride with caution.

**BUNCH**

That group of cyclists who you thought were your equals but who are actually just slightly better than you, so you spend 95 of the 109km desperately chasing them, only to blow horrifically on Suikerbossie

**\$**

The symbol of the Elite. The best of the best. The fastest. The finest. Also, a dollar sign, the currency of the United States, until it's changed to DonCoin.

**CHAPPIES**

Popular South African bubblegum with interesting facts printed on the wrapper. Also, a major climb at the Cycle Tour, which tends to deceive novices with its false finish.

**GRAND PARADE**  
Your meeting point for the start, but also your chance to parade your swish road bike and effortlessly styled matching kit in front of other Cycle Tour entrants.



**TANDEM**  
The bike that couples use for a fun day out, and where the partner at the back just loves to hear comments like, "hey, your wife/husband isn't doing any pedalling" – also, a great way to introduce Cycle Tour to your kids.

**SCARBS**

Hippie hangout, famous for being the Cape Town suburb that Capetonians only visit during Cycle Tour.

**SUIKERBOSSIE**

The last hurrah. A final challenge. One last bump before 14 blissful kilometres of speeding to the finish line.

**HOLD YOUR LINE**

What you'll hear from faster riders if you start zig-zagging on the descents, climbs or flats. Keep it steady; no sudden movements!

**BOULDERS**

Penguin Luxury Estate just past Simon's Town.

**BLUE ROUTE**

Shopping mall. And the local name for the highway (the M3) that takes you towards Muizenberg. Called the Blue Route because you're either blue in the face if cycling into the South Easter wind here or feeling blue if your group has dropped you.

**MISTY CLIFFS**

The most scenic part of the Cycle Tour (if there's no mist).

**PASSING RIGHT**

Similar, but mostly heard on the climbs when faster riders want to pass. Don't be afraid and don't look back – simply 'hold your line' and let the riders pass.

**@ AND &**

The most serious okes on the course – the Vets and Masters. Used to be the best of the best, now they use Cycle Tour to show they've still got it. Legs always shaved. Always.



## EASY RIDERS



## Refreshment Station Etiquette

**When it's time to stop and refuel, please think of your fellow riders!**

**Approach with awareness:** As you approach a Refreshment Station, decide in advance whether you'll stop. If not, move to the opposite side of the road to allow space for those who intend to stop. Always check behind you before changing your position to avoid collisions.

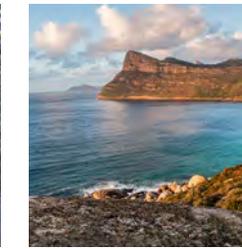
**Maintain forward momentum:** If you plan to stop or slow down significantly at a refreshment station, signal your intentions and move to the side to prevent hindering other riders. Abrupt stops without warning can lead to accidents, so always be considerate of those around you.

**Proper bike placement:** When stopping at a refreshment point, avoid leaving your bike near the water containers or food tables, as this can obstruct others and pose safety risks. Instead, pedal just beyond the station and park your bike off the riding route.



**Dispose of waste responsibly:** After hydrating, if there's a trash can nearby and it's safe to access without cutting off other riders, dispose of your waste (e.g., gel packets) there. Always be mindful of the environment and avoid littering in undesignated areas.

**Look out for (rider) traffic:** When departing a Refreshment Station, don't cycle blindly back onto the route. Make sure no cyclists are approaching or wait for a gap before re-entering the race. Be mindful of your fellow participants.



## 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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# DON'T LET YOUR YAY END UP IN HAY

Hay bales are strategically placed at key points during the Cycle Tour to enhance safety by providing cushioning in case of crashes. In total, just under 600 hay bales will be placed along the 2026 Cape Town Cycle Tour route.

You'll notice them in strategic locations like the top and bottom of Nelson Mandela Boulevard/Hospital Bend, at the Chapman's Peak toll gate and at the bottom of Queens Road in Sea Point as you enter the traffic circle.



## Why Are Hay Bales Used?

- **Impact absorption:** Hay bales act as soft barriers to reduce the severity of crashes when cyclists lose control, especially on fast descents or sharp corners
- **Protection from hard obstacles:** They're placed in front of hazards like poles, barriers, pavements, or walls that could cause serious injury if hit directly.
- **Cornering safety:** Many tight turns, hairpins, or chicanes in a course require extra protection in case riders misjudge their speed.
- **Crash-prone zones:** Used in high-risk sections, such as steep descents, technical corners, or congested feed zones, where accidents are more likely.
- **Visibility aid:** They serve as a visual cue that a dangerous section is ahead, helping riders adjust their approach.



## What Should You Do When Approaching Hay bales?

- 1 Stay alert:** If you see hay bales ahead, it's a sign of a potentially dangerous section. Scan the road, anticipate the turn or obstacle, and adjust your speed accordingly.
- 2 Control your speed:** Brake before entering the turn, not mid-corner, to avoid skidding or losing traction.
- 3 Follow the racing line:** Stay on the safest, most efficient line through the turn, avoiding sudden swerves that could push you into the hay bales.
- 4 Watch for other riders:** At Cycle Tour there are often large groups riding together. Signal intentions and maintain a predictable line to prevent collisions.

In short, when you see hay bales, be extra cautious, slow down if necessary, and respect the road conditions to stay safe during your ride. 🚴

LIFESAVING AWARENESS



# REMOVE ANY DOUBT WITH SKIN-SCAN

*Building a lasting legacy of early detection.*

Last year at the Cape Town Cycle Tour, in a world first for a mass participation sporting event, between 1500 and 2000 entrants were invited to attend a free melanoma screening conducted by dermatologists at the Expo. The initiative was inspired by the untimely passing of former *Bicycling* editor Tim Brink from skin cancer.

A total of 1408 participants were ultimately assessed, with 504 clinically significant lesions identified and 12 malignant melanomas detected. These outcomes demonstrated the critical

importance of early detection among cyclists who spend extended periods outdoors.

In 2026, the Cape Town Cycle Tour will build on the success of its melanoma screening – called Skin-Scan – and will continue to offer free screenings for entrants at the Expo. Entrants will have received an email invitation to complete a pre-screening questionnaire that will help identify those most at risk and best suited for assessment.

This approach will continue to strengthen early detection efforts for cyclists, a group particularly vulnerable to skin cancer due to

*Did you know?*

**OUR IMPACTFUL 2025 SCREENING IDENTIFIED:**

**504**  
SIGNIFICANT  
LESIONS

**12**  
MALIGNANT  
MELANOMAS



prolonged exposure to ultraviolet light.

As Dr Michael Mol explains, melanoma is the deadliest form of skin cancer, yet remains one of the few cancers that can be seen with the naked eye. Identifying it early, before it spreads, significantly improves survival rates and treatment outcomes. His guidance reinforces the message that early action should never be overlooked.

Skin-Scan is proudly presented by Clicks, with the support of Dermalogica, Bioderma, La Roche-Posay, ISDIN and Heliocare, underscoring the importance of proactive skin health management for an outdoor sporting community.

Screening results will be shared directly with each participant, with high-risk cases fast-tracked for follow-up care. 🚴



## REGISTRATION AND EXPO



# BEFORE YOU RIDE

Visit 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 48th anniversary of the Cape Town Cycle Tour on 8 March 2026. 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.

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.

### Expo dates and times

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

- **Thursday, 5 March 2026:** 9:30am-7pm
- **Friday, 6 March 2026:** 9am-7pm
- **Saturday, 7 March 2026:** 9am-4pm

### Entry fee

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



### FinishTime

You will not receive a timing board in your race pack; this would have been purchased during your entry process if you do not have one. You may use your permanent Finish Time timing board that you received at the 2024 Cape Town Cycle Tour.

Our timing partners provide road racing boards with cutting-edge technology to ensure your results are immediate. Timing boards to be collected at the FinishTime counter at the end of the registration hall.

### Parking and Thule Bike Park

Limited Expo parking will be available in P9. P3 Parking is no longer available. Limited Public Parking will be available in Green Point, V&A Waterfront 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.

Dedicated disabled parking bays have been reserved at P13, accessible from Main/Somerset road.

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. The Thule Bike Park is located in P5, opposite the Expo entrance.

### 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.
- If you have ordered merchandise online, remember to collect your purchased items at the Online Merchandise collection counter in the registration hall. 🚲

# IT'S ABOUT TIME



Get familiar with Cycle Tour's race-day timing.



Race-day timing will be done by FinishTime. No other timing devices can be used.

## HOW TO MOUNT YOUR FINISHTIME TIMING BOARD

**1 RE-USE** If you cycled last year and have your FinishTime number board, you can use that board again (and forever).



**2 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.



**3 PREPARE** Work out where you will mount the board 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.



**4 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.**

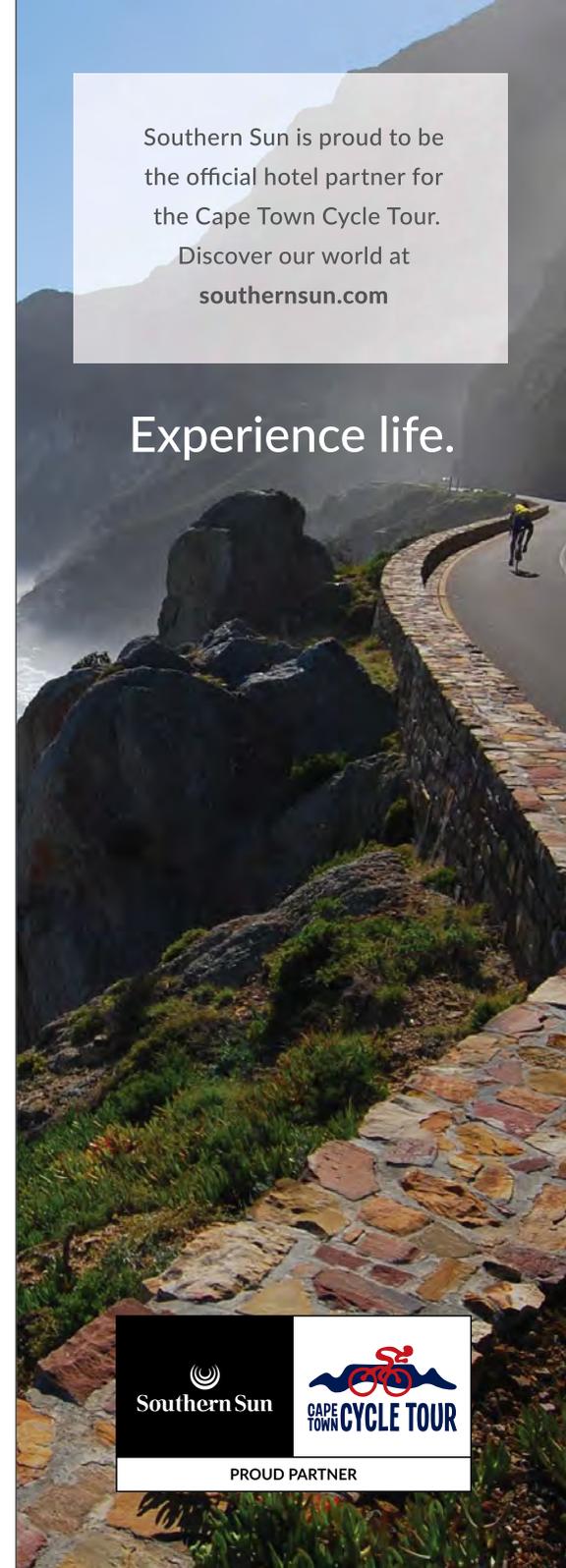


**5 FINISH** Make sure the board is pointing backwards, parallel to the rear wheel direction, so that it's out of the way of your powerful legs. Pull the cable ties tight, and trim them so they don't interfere with your thighs as you pedal. And, you are done.

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

Southern Sun is proud to be the official hotel partner for the Cape Town Cycle Tour. Discover our world at [southernsun.com](http://southernsun.com)

Experience life.





# AT THE START

Cool heads prevail.

## 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 be visible, preferably on your seat post below your saddle (see page 22).
- 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.**

## 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.**

www.capetowncycletour.com

## RACE PACK ESSENTIALS

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

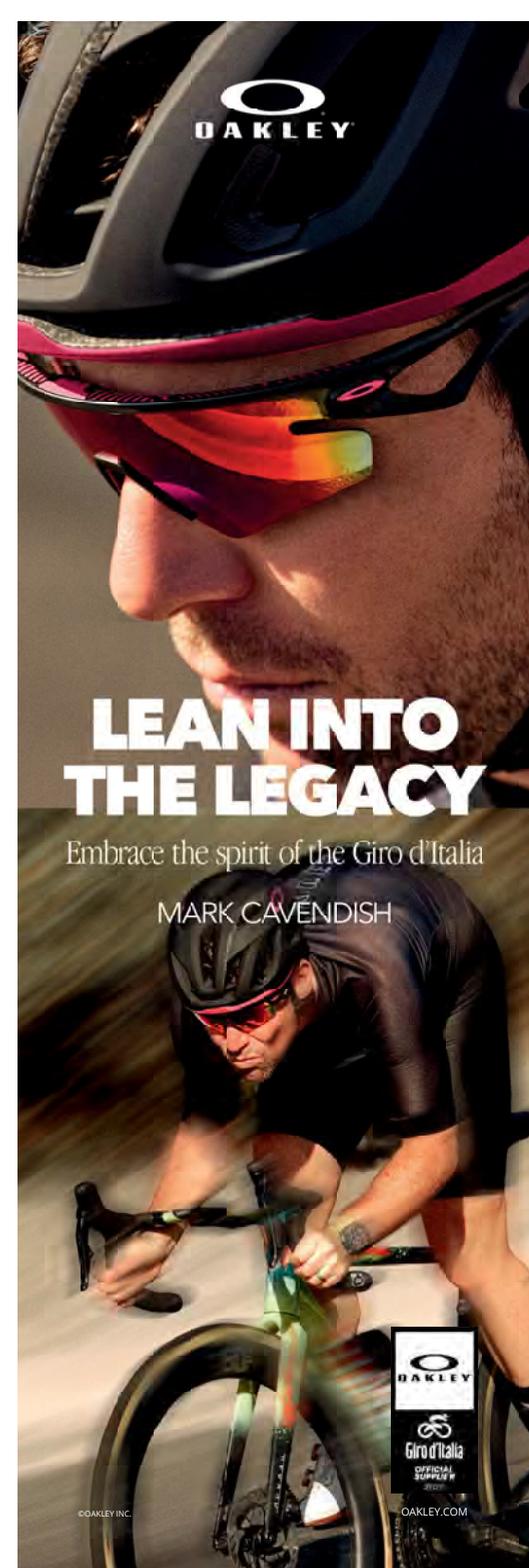
### ▼ Start sticker sheet, including number sticker



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

### ▼ Race number

www.capetowncycletour.com



AT THE START

# START TIMES

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



**GROUP TIME DESCRIPTION**

**78km START TIMES**

- \* 06:15 U17 boys Fish Hoek start
- % 06:20 Racing women 15-49 Fish Hoek start

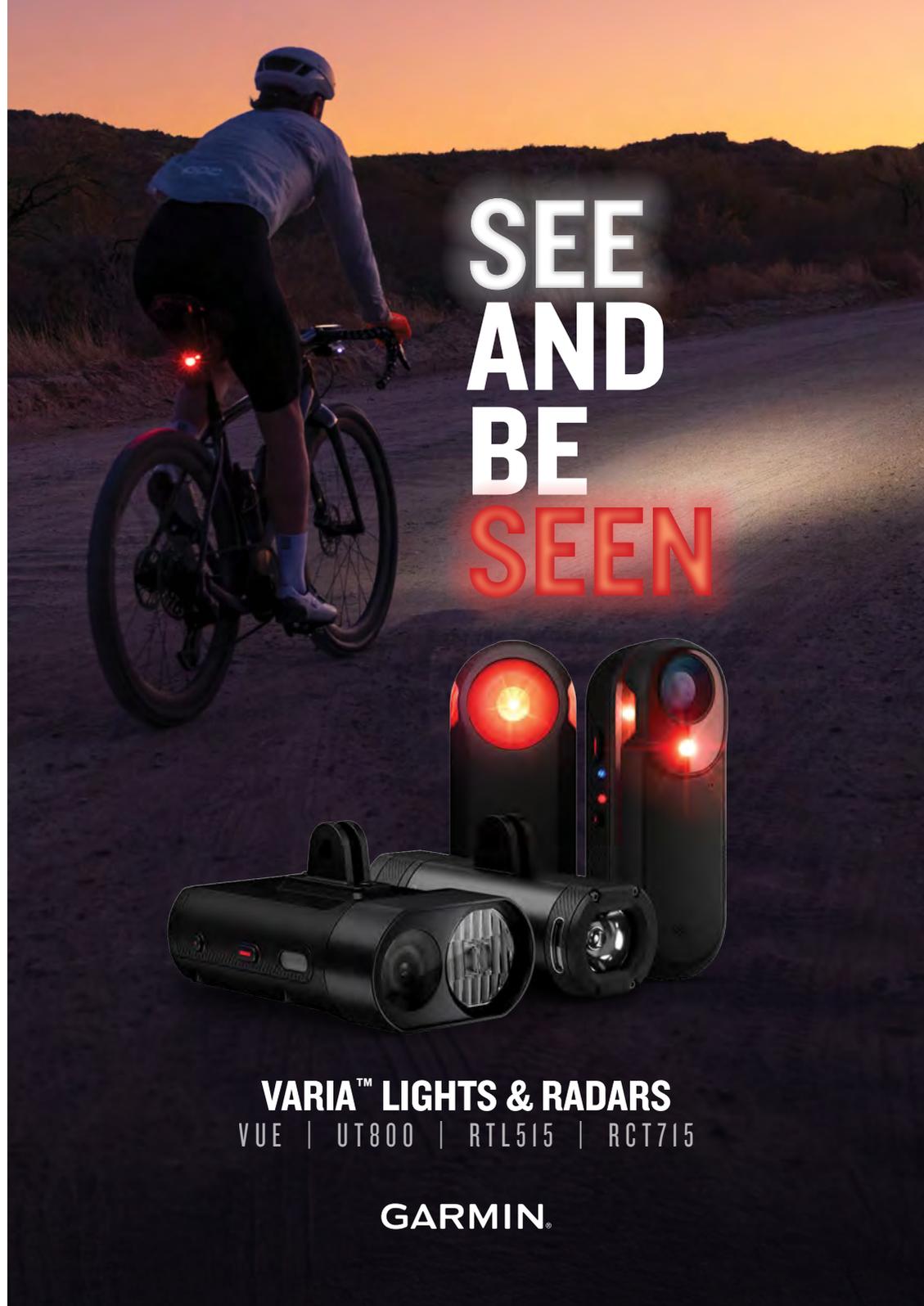
**109km START TIMES**

- \$ 06:15 Elite Men 17-39
- @ 06:20 Racing men 40-49 and 17-29 not in \$
- & 06:24 Racing men 50+ and 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
- Dh 07:15 Hand Cycles (start at back of 3D group)
- 3E 07:18 Seeded
- 3F 07:21 Seeded
- 4A 07:24 Seeded
- 4B 07:27 Seeded
- 4C 07:30 International (Overseas)
- 4D 07:33 International (Overseas)
- 4E 07:36 International (Africa & Overseas)
- 4F 07:39 Seeded

- 5A 07:42 Seeded and over 75
- 5B 07:45 Seeded and done 24+ tours
- 5C 07:48 Seeded and over 70
- 5D 07:51 PPA Safe Cycling
- Ds 07:51 Buggies (start at back of 5D group)
- 5E 07:54 Seeded and 21-23 tours
- 5F 08:03 Seeded and 17-20 tours
- 6A 08:06 Seeded
- 6B 08:09 Seeded and 14-16 tours
- 6C 08:12 Seeded
- 6D 08:15 Seeded and 11-13 tours
- 6E 08:18 Seeded and 9-10 tours
- 6F 08:21 Seeded and 7-8 tours
- 7A 08:24 Seeded and 6 tours
- 7B 08:27 Seeded, PPA and 5 tours
- 7C 08:30 Corporates and charities
- 7D 08:33 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
- 9B 10:03 Open
- BS 10:03 Buggies (start at the back of 9B)
- 9C 10:06 Open
- 9D 10:09 Open
- 9E 10:12 Open
- 9F 10:15 Open



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AND  
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# ROAD CLOSURES

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

Travel advisory information brought to you by SANI SIXT Car Rental, the Official Car Rental Partner of the 2026 Cape Town Cycle Tour.



## THURSDAY, 5 MARCH – SUNDAY, 8 MARCH 2026

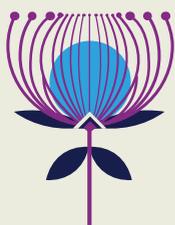
Area	Details	Time of closure
Green Point	Fritz Sonnenberg Road between Beach Road and Granger Bay Boulevard (Local Access only)	Thursday, 06h00– Sunday, 21h00
	Vlei Road between Helen Suzman Boulevard and Fritz Sonnenberg Road	

## FRIDAY, 6 MARCH 2026

Area	Details	Time of closure
Cape Town CBD	Castle Street between Darling Street and Strand Street	Friday, 19h00 – Saturday, 06h00
	Castle Street between Strand Street & Darling Street	

## SATURDAY, 7 MARCH 2026

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 Street (City-outbound carriageway)	Saturday, 17h00 – Sunday, 16h00
	Newmarket Street & Strand Street between Russell Street & Lower Plein Street (City-inbound carriageway)	Saturday, 17h00 – Sunday, 16h00
	Nelson Mandela Boulevard inbound, Strand Street off-ramp	Saturday, 17h00 – Sunday, 16h00



## SATURDAY, 7 MARCH 2026 (continued)

Area	Details	Time of closure
Green Point	Helen Suzman Boulevard from Beach Road to Traffic Circle (City-inbound carriageway)	Saturday, 14h00 – Sunday, 21h00
Noordhoek, Hout Bay	Chapman's Peak Drive (M6) from Noordhoek Main Road (M6) to Princess Street	Saturday, 18h00 – Sunday, 18h00

## SUNDAY, 8 MARCH 2026

Area	Details	Time of closure
Cape Town CBD	Strand Street & Newmarket Street between Adderley Street & Russell Street	04h00 – 16h00
	Buitenkant Street between Darling Street & Caledon Street	04h00 – 12h00
	Sir Lowry Road between Christiaan Barnard Street & Canterbury Street (Inbound to city)	04h00 – 09h00
	Hanover Street between Tennant & Darling Street (Inbound to city)	04h00 – 09h00
	Adderley Street between Strand Street & Riebeeck Street (northbound carriageway)	09h00 – 16h00
	Adderley Street between Adderley Street Fountain Circle & Strand Street (southbound carriageway)	07h00 – 16h00
	Riebeeck Street between Adderley Street & Bree Street (full closure)	07h00 – 16h00
	Riebeeck Street (eastbound carriageway) between Bree Street and Buitengracht Street	07h00 – 16h00
	Long Street between Hans Strijdom Avenue and Riebeeck Street (Local access up to Prestwich Street)	07h00 – 16h00



## AT THE START

### SUNDAY, 8 MARCH 2026 *(continued)*

Area	Details	Time of closure
<b>Cape Town CBD</b>	Loop Street between Strand Street and Riebeek Street (Local Access up to Waterkant Street)	09h30 – 14h30
	Somerset Road (one lane closure between Buitengracht Street & 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
<b>Woodstock, University Estate</b>	Phillip Kgosana Drive (M3) • <i>Outbound between Roodebloem Road and Hospital Bend. Traffic will be diverted to Main Road</i>	05h30 – 12h30
<b>CBD, Woodstock</b>	Nelson Mandela Boulevard (N2) outbound from city	05h30 – 12h30
<b>Hospital Bend (N2, M3) Interchange</b>	Settlers Way (N2) to Muizenberg (M3) ramp (southbound)	05h30 – 12h30
	M3 on-ramp from Groote Schuur Hospital	
	Anzio Road – southbound	
<b>Mowbray, Rondebosch, Newlands, Claremont, Bishopscourt</b>	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
<b>Wynberg, Constantia, Tokai</b>	M3 Freeway (Blue Route) southbound • <i>Including all on-ramps between Trovato Link and Steenberg Road</i>	06h00 – 13h30



**Safe cycling for anyone, anywhere, anytime.**



**The PPA stewards a national mandate to ensure that cycling is recognised, respected and supported as a safe, accessible and legitimate mode of travel and recreation for all South Africans.**

## AT THE START

### SUNDAY, 8 MARCH 2026 (continued)

Area	Details	Time of closure
<b>Tokai</b>	Steenberg Road (M42) • M3 off-ramp to Main Road	06h15 – 12h30
<b>Tokai, Lakeside</b>	Main Road (M4) – Between Steenberg Road & Clairvaux Road	06h15 – 12h30
 <b>False Bay Coast to Cape Point and Scarborough</b> 	Main Road (M4) • Clairvaux Road to Fish Hoek Traffic Circle	05h45 – 12h50
	Main Road (M4) • Fish Hoek Traffic Circle to Glen Road, Glencairn	05h45 – 12h30
	Main Road (M4) • Glen Road to Simon's Town	05h50 – 12h30
	Main Road (M4) • Simon's Town to entrance of Cape Point Nature Reserve	06h00 – 14h00
	Plateau Road (M65) • Entrance of Cape Point Nature Reserve (M4) to Red Hill Road (Perdekloof)	06h15 – 14h00
	Red Hill Road & Main Road (M65) – Plateau Road to Slangkop Road (Soetwater)	06h30 – 14h00
<b>Cape Point, Scarborough, Kommetjie, Ocean View</b>	Slangkop Road (M65) • Main Road (Soetwater) to Kommetjie Road	06h45 – 14h00
<b>Kommetjie, Ocean View, Masiphumelele</b>	Kommetjie Road (M65) • Slangkop Road to Ou Kaapse Weg Extension	06h45 – 14h00
<b>Noordhoek, Sun Valley</b>	Ou Kaapse Weg Extension (M6) northbound • Kommetjie Road (M65) to Noordhoek Main Road	06h45 – 15h00
	Noordhoek Main Road (M6) • Ou Kaapse Weg Extension (M64) to base of Chapman's Peak Drive	

Travel advisory information brought to you by SANI SIXT Car Rental, the Official Car Rental Partner of the 2026 Cape Town Cycle Tour.



Area	Details	Time of closure
<b>Hout Bay, Llandudno, Camps Bay, Bakoven</b>	Victoria Road (M6) • Princess Street, Hout Bay to Camps Bay	07h00- 17h30
<b>Camps Bay, Clifton and Bantry Bay</b>	Victoria Road (M6) • Houghton Road to Camps Bay Drive	07h00 – 17h30
	Victoria Road (M6) • Camps Bay Drive to The Meadway	04h00 – 17h45
	Victoria Road (M6) • The Meadway to Lower Kloof Road	07h30 – 18h00
	Victoria Road (M6) • Lower Kloof Road to Queens Road, Sea Point	07h30 – 17h45
	<b>Bantry Bay, Sea Point</b>	Queens Road (M6) • Victoria Road to Beach Road
<b>Sea Point, Green Point and Mouille Point</b>	Beach Road (M6) inbound to city • Queens Road circle to St Johns Road	05h00 - 18h30
	Beach Road (M6) inbound to city • St Johns Road to Helen Suzman Boulevard (M6)	
	Beach Road and Beach Road Intersection closed (where the Beach Road double carriageway becomes Helen Suzman Boulevard)	

## AT THE START

### SUNDAY, 8 MARCH 2026 *(continued)*

Area	Details	Time of closure
Green Point area	Fritz Sonnenberg Road between Beach Road and Granger Bay Boulevard (Controlled Access point)	07h30 – 19h30
	Bill Peters Drive at Bay Road <b>LOCAL ACCESS ONLY</b>	Saturday, 14h00 – Sunday, 21h00
	Helen Suzman Boulevard (M6) inbound to city • <i>Beach Road to Granger Bay Boulevard Circle</i>	Saturday, 14h00 – Sunday, 21h00
	Helen Suzman Boulevard (M6) outbound from city • <i>Granger Bay Boulevard Circle to Three Anchor Bay Road</i>	04h00 – 18h00

### SHORT ROUTE (42KM) INCOMING – M3 TO CBD

Area	Details	Time of closure
Wynberg, Constantia, Tokai	M3 Freeway inbound (Blue Route) • <i>Including all on-ramps between Steenberg Road and Trovato Link</i>	10h00 – 15h00
Mowbray, Rondebosch, Newlands, Claremont, Bishopscourt	M3 Freeway 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 Freeway inbound to Settlers Way (N2) • <i>Groote Schuur Hospital on-ramp from M3 and Anzio Road northbound</i>	
Nelson Mandela Boulevard (after top of Hospital Bend)	Nelson Mandela Boulevard inbound • <i>Including all on-ramps and off-ramps from top of Hospital Bend to CBD</i>	

**SANI SIXT**  
RENT A CAR



# POWERING THE CYCLE TOUR.

SANI SIXT, the ride to your paddle.

## AT THE START



### PARKING RESTRICTIONS

#### BAKOVEN, CAMPS BAY

Victoria Road from Camps Bay to Seacliff Road.

Midnight Sat, 7 March – 18h00 Sun, 8 March (both sides)

#### SEA POINT

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

Midnight Sat, 7 March – 18h00 Sun, 8 March (beach side only)

#### CBD

Darling, Strand, Adderley & Riebeeck Streets.

Midnight Sat, 7 March – 18h00 Sun, 8 March (both sides)

The organisers of the Cape Town Cycle Tour, appeal to all residents and businesses in Muizenberg, St James, Kalk Bay, Clifton, Bantry Bay, Sea Point (including Victoria Road and Beach Road) and Adderley, Darling, Strand and Riebeeck Streets not to park along Main Road/the Cycle Tour route. Please use alternative side roads or designated parking areas.

Travel advisory information brought to you by SANI SIXT Car Rental, the Official Car Rental Partner of the 2026 Cape Town Cycle Tour.



www.capetowncycletour.com

# TRAINING DAY

*Skip the traffic. Arrive ready to ride.*

PRASA Western Cape will operate additional trains for the 2026 Cape Town Cycle Tour on 08 March 2026. For just **R50 return**, cyclists can travel safely and affordably to the race start, while spectators can enjoy a **R20 return** trip to catch the action from their favourite viewing spots along the route. Catch the People's Train and be part of the excitement. See [www.capetowncycletour.com](http://www.capetowncycletour.com) for train timetables.



Return train trip cost

Cyclist : R50  
Commuters/  
Spectators : R20

Catch the People's Train to the Cycle Tour

*Skip the traffic. Arrive ready to ride.*



www.capetowncycletour.com

## AT THE START

### Directions to the start

#### Coming from Atlantic seaboard...

■ Head for Strand or Darling Streets, and the City Hall. There will be plenty of 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 yourself enough time to get to the start.*

■ Head in on the M3, 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 yourself 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

■ 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 (5-7 March 2026).

■ There will be parking available at the CTICC, in P1 and Civic Centre Parking. 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, park and ride 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 WESTERN CAPE MOVES YOU.

# ONE JOURNEY. ONE HIGHLIGHT. THE WESTERN CAPE.



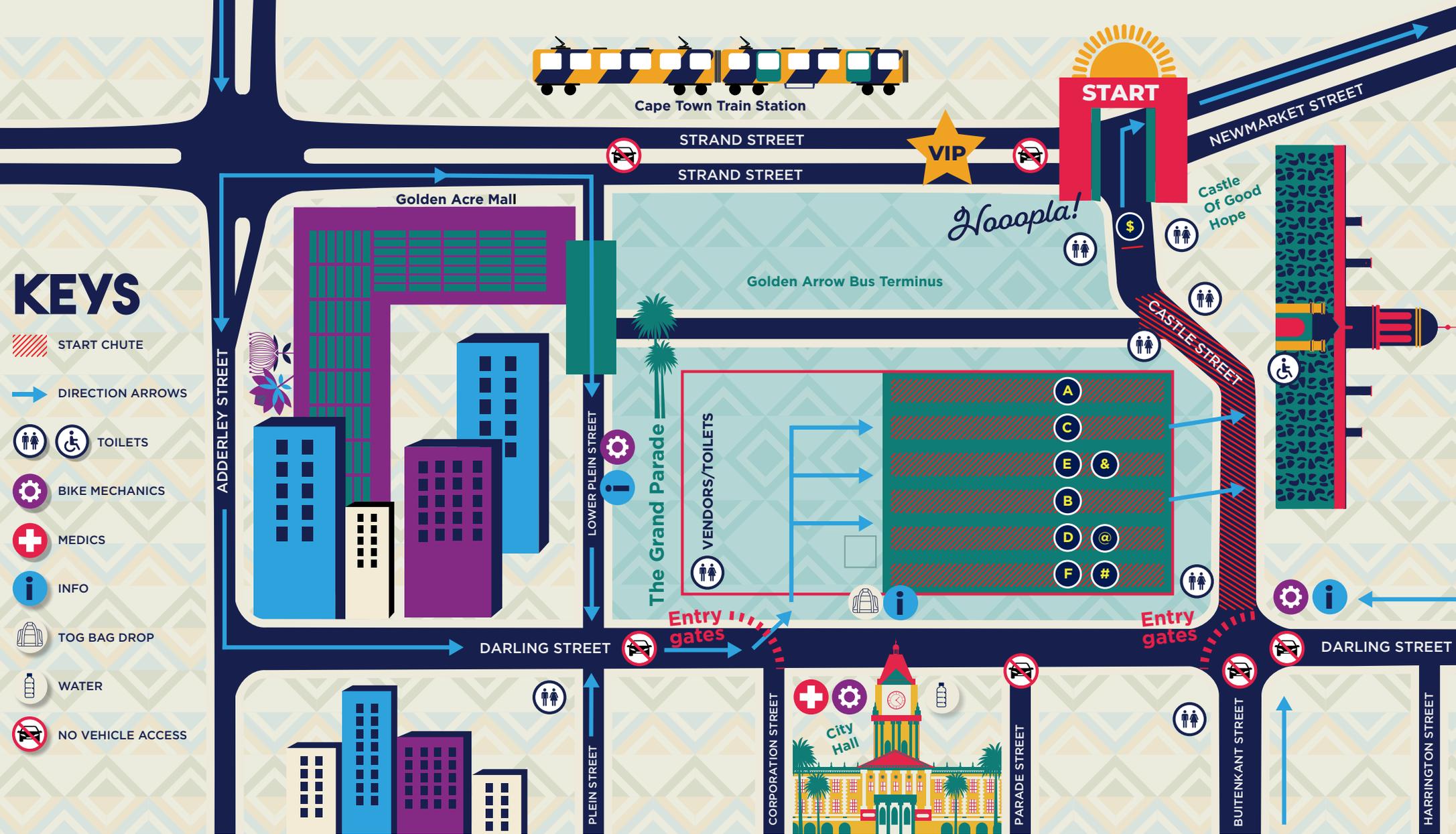
**From global championships to community rides, the Western Cape is a destination built for movement, adventure and sporting excellence.**

More than sport, the Western Cape is a region of innovation, partnership and opportunity with strong economic, tourism and investment potential driven by its people.

Whether you come to compete on the world stage, explore new landscapes, invest in growing industries or connect with dynamic communities, the Western Cape offers a journey that goes beyond the finish line.



# START AREA



## 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 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 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. 



# COOLING CHAMPIONS AT THE FINISH LINE

• OFFICIAL ICE CREAM PARTNER OF THE CAPE TOWN CYCLE TOUR •

Polar Ice Cream proudly joined the Cycle Tour, celebrating endurance, community, and refreshment. Our presence at the event reflects our commitment to active lifestyles and bringing joy to every moment, whether you're crossing the finish line or enjoying time with family.



• SHARE THE HAPPINESS •



## WHERE TO BUY POLAR ICE CREAM

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- OTTERY • CRAVENBY • STEENBERG • MAITLAND • LANSDOWNE •
- WOODSTOCK • GATESVILLE • GRASSY PARK • STELLENBOSCH • BISHOP LAVIS •




# 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 Muizenberg, 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



### On the route

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.

### 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 with you and be as self-sufficient as possible. There will be mechanics on motorbikes carrying limited spares on the 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 finish at Green Point. The Sweep drop off point will be in the A-track parking opposite McDonald's.

■ 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 18 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 60-seater commuter 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 cyclists' 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.

■ Sweep vehicles will return to the Green Point precinct at the A track.



### 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



*"It's my first time on the e-bike, highly-recommend it for the ballies. I keep coming back because it's in Cape Town, the gees and vibe is so great. It's such a well organised race. Today the camaraderie on the route, the weather has been fantastic, and the organisation is top drawer, it's been so good." – Rammy Govender, Durban, Four Tours*

RIDER QUOTE



### E-bikes

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 3B and backwards.

### E-bike pacing

We encourage all e-bike riders to embrace the spirit of participation and not to see it as a racing opportunity. The fastest time that a cyclist, using an e-bike, may complete the ride is 1hr 50min for the 42km event and 3hr 50min for the 109km event.

### 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 5-7 March 2026.
- 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 near 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.



**RIDING THE ROUTE**



**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 manhole 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 speed bumps 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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## THE FINISH LINE



# AT THE FINISH

*Time to celebrate 109km.*

### MEDIA PODIUM CEREMONY

Please pay close attention to the NEW podium ceremony arrangements & times.

**Venue:** Commentary Deck at the Finish Line

**Time:** 10:00

- All podium prize winners are requested to report to the Powerade Pause Lounge within the Media Precinct for post-race interviews.
- We invite all elite licensed riders to join the post-race celebrations within the Media Precinct.



### MEDIA PRECINCT PODIUM SCHEDULE

**Venue:** Powerade Pause Lounge – Media Precinct

All winners are to gather here before their respective time slots.

#### 09:30

- Cape Town Cycle Tour U/17 Boys & Girls (Top 3 only)
- Cape Town Cycle Tour U/19 Men & Women (1st in age category only)
- U/23 Men & Women (1st in age category only)

#### 10:00

- Cape Town Cycle Tour Women Elite (Top 5)
- Cape Town Cycle Tour Men Elite (Top 5)

#### 10:30

- UCI Gran Fondo World Series 19–34 Men & Women (Top 3 only)

#### 11:00

- Blind Tandem (1st only)
- Mixed Tandem (1st only)
- Women's Tandem (1st only)



- Men's Tandem (1st only)
- Handcycle (1st only)
- 1st International Rider (not entered into the Elite races)

### UCI GRAN FONDO WORLD SERIES PODIUM

**Venue:** Gran Fondo World Series Podium – Hospitality Village

**Time:** 12:30

- The top 3 men and women in each of the following UCI-recognised age categories will be recognised on the podium.
  - The 1st place finisher in each age category will be presented with the UCI jersey.
- Age Categories:** 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94

**NEW!** All age-group category winners must report to the Info Tent on the forecourt after collecting their medals. Your results will be confirmed there, and you will be directed to

the commentary deck next to the finish line for your prize presentation.

### Mediclinic medical area

For aches and pains, visit the medical area in P6 outside the Green Point Cricket fields.

### Bike Park

Find the 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

The Cape Town Cycle Tour will be streamed live on YouTube. Find the link on our website or go directly to <https://www.youtube.com/@CTCycleTour>

- Live streaming starts at 06h00 and finishes at 12h00.
- 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



*Keep moving along...*

# EVERY JERSEY TELLS A STORY

Our loyalty jerseys let the rest of the world know what they are missing out on. Wear yours with pride.



### 10-Tour Jersey

For the serious Cycle Tour rider coming of age.



### 30-Tour Jersey

The veterans who just don't know when to quit.



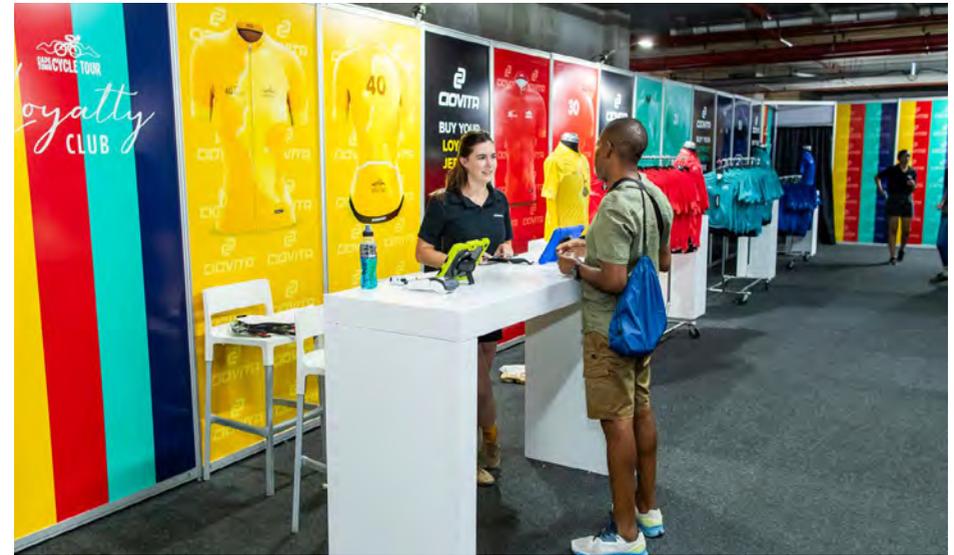
### 21-Tour Jersey

A rider of significant fortitude and stamina.



### 40-Tour Jersey

The ultimate Cape Town Cycle Tour fanatic. We salute you.



## 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 can unwind and spend time with other Cycle Tour legends.

**If you have ordered a Loyalty Jersey, please collect at the Loyalty Club Lounge.**

## MEDAL MAGIC

Riders who are reaching the 10, 21, 30 or 40-year milestone this year can collect a special commemorative medal from the Info Tent at the DHL Stadium Forecourt, after collecting their 2026 finisher medal. 🚴





# 42KM ROUTE

*Gear up for  
the short route.*

THE 42KM ROUTE

# THE 42km CYCLE TOUR

Shorter, but as much fun.

## 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 35.)** 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

<b>9A</b>	10:00	Seeded
<b>9B</b>	10:03	Open
<b>BS</b>	10:03	Buggies (start at the back of 9B)
<b>9C</b>	10:06	Open
<b>9D</b>	10:09	Open
<b>9E</b>	10:12	Open
<b>9F</b>	10:15	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: \_\_\_\_\_

REMEMBER TO STICK YOUR ACTION PHOTO STICKERS ON THE FRONT OF YOUR HELMET FOR SPEEDY IDENTIFICATION. VIEW AND ORDER IMAGES ON [www.actionphotosa.com](http://www.actionphotosa.com)

CAPE TOWN CYCLE TOUR 2026

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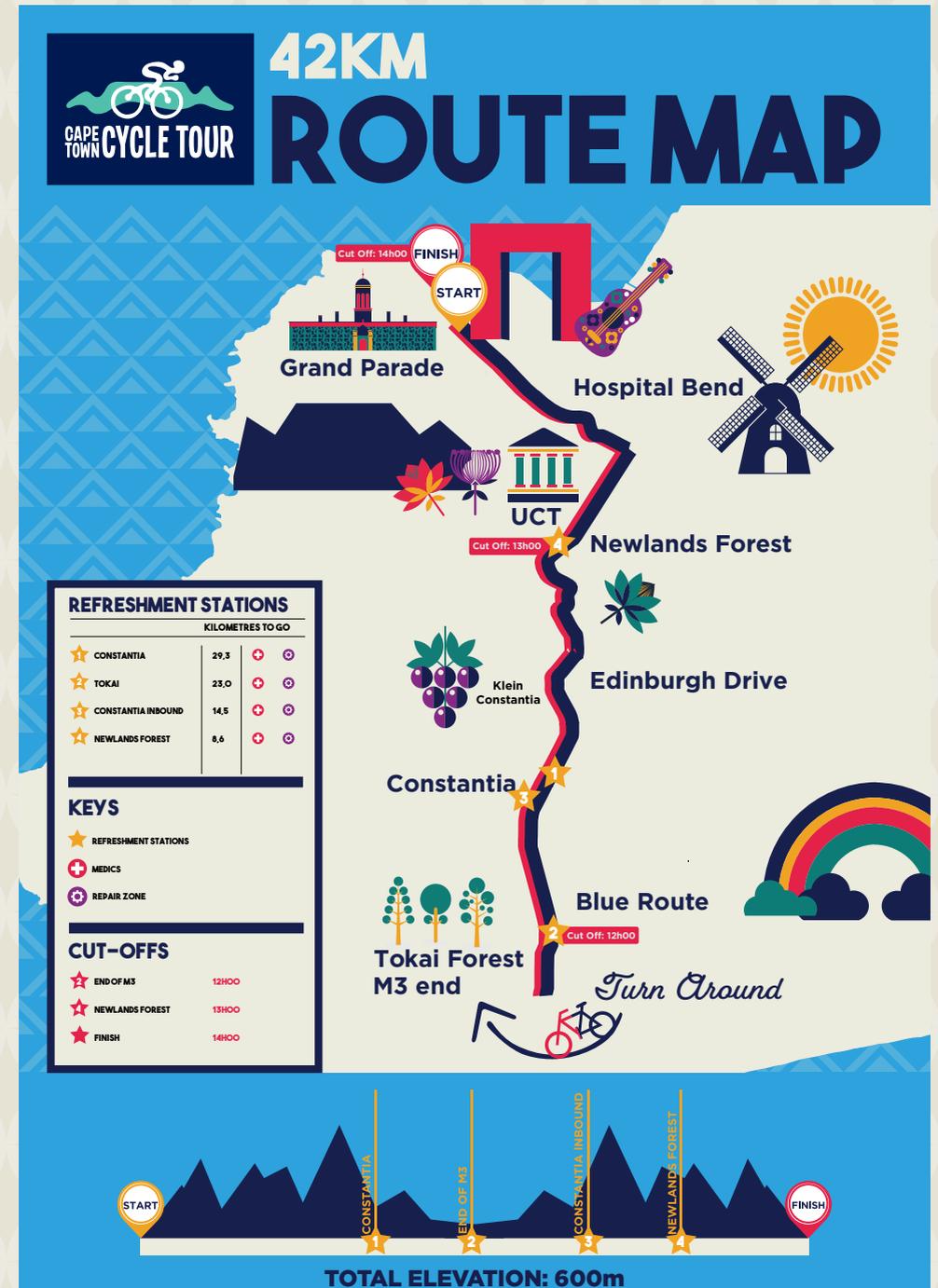
OFFICIAL PHOTOGRAPHER

Remember to stick your Action Photo sticker on your helmet for speedy identification. View and order images on [www.actionphotosa.com](http://www.actionphotosa.com)

## Number board sticker



## Race number



## THE 42KM ROUTE



### Cut-offs

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. Ride with caution.
- 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. 🚲



FOOD  
LOVER'S  
MARKET

WITH  
YOU  
FROM  
START TO  
FINISH



# 42KM FINISH AREA





# NUTRITION TIPS TO FUEL YOUR RIDE

By Registered Dietitian **Roslynn Steenkamp**

Proper fuelling and dietary strategies can make a significant difference in how you feel and perform on race day. Here are some tips to help you optimise your nutrition.

## Days before the race

- Choose healthy, balanced meals and drink plenty of fluids.
- Increase carbohydrate intake to maximise fuel stores in the days leading up to the race.
- 'Carb load' with 10-12 grams of carbs per kg of body weight per day (g/kg/day) 24 hours before the race begins.

## Pre-Race Breakfast

- This meal should be high in carbohydrates (1-4 g carbs/ kg body weight) and consumed 1-4 hours before the start of the race.
- It should also be low in fat, protein, and fibre to avoid digestive discomfort. However, if you don't typically experience gut issues while cycling, you can opt for a higher-fibre option.
- Remember to sip on carbohydrate and

electrolyte-containing fluids in the hours leading up to the race.

## PRE-RACE BREAKFAST EXAMPLES:

### Higher-fibre options

- FUTURELIFE® Smart food™
- Weet-Bix with sugar/honey
- Weet-Bix breakfast biscuits
- Granola/muesli
- Oats and fruit
- Whole-grain bread with spread of choice

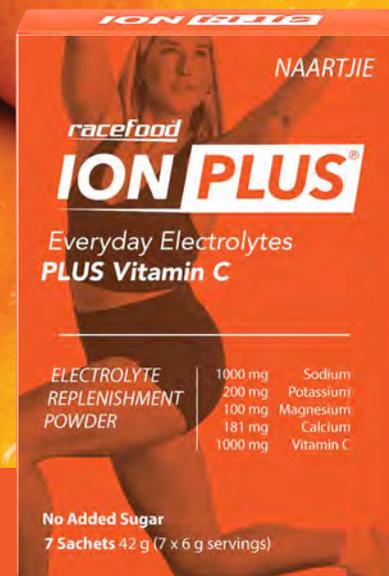
### Lower-fibre options

- Rusks with coffee
- White bread or rolls with jam or honey
- White Star® Instant Maize Meal
- Cornflakes with sugar
- FUTURELIFE® ENERGIZE Drinking Meal

*"The camaraderie on the road keeps me coming back, and the excitement, I love to be around all the people on the road. The water stations have been the best part! My favourite snack along the way is a banana." – Allister Roode, Heathfield, 17 Tours*



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## OUR TOP 5 RACE-DAY TIPS



### 1 Remember to hydrate!

Dehydration of just 2% negatively affects exercise ability. Aim to drink between 400-800ml of carbohydrate and electrolyte-containing fluid every hour.

### 2 Replenish your electrolytes

Replenishing electrolytes can help maintain hydration and prevent cramping. Most commercial sports drinks have sufficient electrolytes to replace losses. For sodium intake during prolonged exercise, start with around 300–600 mg per hour (equivalent to 1.7–2.9 grams of salt).



### 3 Carbs are your best friend

Consuming carbs throughout the race is important for fuelling and prevents 'hitting the wall' later. Aim to consume 30-60g (up to 90g) of carbohydrates per hour. Sports drinks, as well as gels, energy bars (e.g. FUTURELIFE® HIGH ENERGY Bars) and carbohydrate-rich foods can help you reach this target!

### 4 Include whole food options

It's a long day in the saddle, and whole food options can be great for both fuelling and curbing hunger. Salted baby potatoes, marmite sandwiches, bananas, crackers, and biscuits are all great choices.

### 5 Nothing new on race day!

You've probably heard this before, and it holds for nutrition as well! Ideally, you should have tested your nutrition plan during a similar training ride. Avoid trying new foods or drinks on race day, and stick with what you know works for you!

### After the race

Nutrition support shouldn't end after the finish line! Recovery nutrition focuses on refuelling, rehydrating and recovery. Carbs and fluids help replenish glycogen and maintain hydration, while good-quality protein aids muscle repair and speeds recovery. Great post-race options include flavoured milk, FUTURELIFE® High Protein Shake, smoothies, or a balanced meal like rice with lentils and veggies, a braai, or your favourite pasta dish.

Best of luck – and remember, **good nutrition fuels great performance!** 

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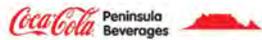
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