STELENBOSCH MOUNTAIN BIKE TOURS

BOSCHENDAL WINE ESTATE
BANHOEK CONSERVANCY
OLD BETHLEHEM
Situated below the magnificent Simonsberg and Hottentots Holland Mountain ranges, this friendly university town is, at 300 years old, the second oldest and best historically preserved town in South Africa. It is a prime tourism destination and the heart of the country’s famous wine industry.

Stellenbosch is also referred to as the City of Oaks or Eikestad in Afrikaans and Dutch. This is due to the large number of oak trees that were planted by its founder, Simon van der Stel, to grace the streets and homesteads.

Situated close to the N1 and N2 and surrounding arterial roads, Stellenbosch is conveniently placed for accessibility to the Boland towns of Paarl, Franschhoek Wellington and 15 minutes from Somerset West and Strand. The City of Cape Town with all of its attractions and Cape Town International are 50 kilometers away. It is also home to the Stellenbosch University, or Maties as it is affectionately known, one of South Africa’s leading universities with over 30,000 students. It is renowned for offering world class food and wine experiences and activities and events for young and old, adventurer, nature lover, music, art lover and history buff. This, combined with the unique vibrancy of the cosmopolitan town centre, make Stellenbosch the place to stay while visiting the region.

The recent UCI Mountainbike World Cup on the slopes of the Coetzenberg Mountain attracted nearly 300 of the world’s best XCO riders, and the near countless number of day and multi-stage races in the area make Stellenbosch a mountain biking heaven.

It is a recreation and sporting mecca or leisure enthusiasts and professional athletes alike. With its abundance of world class infrastructure and medical and scientific facilities and amenities, many international choose the town as their training base away from the Northern Hemisphere winter. So don’t be surprised if you rub shoulders with a world champion or two on your ride or run. It also certainly helps that you are able to get out and hike, run or mountain bike almost every day of the year.

Oh yes. The wine isn’t half bad either.
WHAT TO SEE & DO

- Iziko Museum, Planetarium and Slave Lodge
- Market at the Old Biscuit Mill in Woodstock
- Kirstenbosch National Botanical Gardens
- V&A Waterfront + Two Oceans Aquarium
- Robben Island & District Six Museum
- Table Mountain & the Cable Car
- Company's Gardens
- National Gallery
- Cape of Good Hope
- Boulders Beach Penguins
- Rhodes Memorial
- South African National Gallery
- The World Of Birds
- CityRock Indoor climbing centre
- Green Point Flea Market
- Castle of Good Hope
- Artscape Theatre
- Air Force Museum
- Golf at De Zalze Winelands Golf Estate
- Walks on Strand Beach
- Cape Canopy Tours
- Bottelary Hills Nature Reserve
- Jonkershoek Nature Reserve
- Sundowners at Camps Bay
- Babylonstoren
- Franschoek Motor Museum
- Drive along Clarence Drive
- Hermanus Whale Watching
Boschendal Farm Estate is nestled in one of the most picturesque valleys in the Cape. It offers visitors a unique experience with its spacious grounds and a wine-making tradition spanning over 330 years. Boschendal is located in the centre of Franschhoek, Paarl and Stellenbosch. The farm is only a 45 minutes drive from Cape Town City Centre and 40 minutes drive from Cape Town International Airport.

The Drakenstein Valley was inhabited by nomadic Khoisan communities for tens of centuries prior to colonisation of the Cape. Boschendal was first granted to the French Huguenot Jean le Long in 1685 by Simon van der Stel, the first governor of the Cape Colony. It was subsequently bought by Abraham de Villiers in 1715 and remained in their family for 164 years.

The De Villiers family developed Boschendal into a flourishing wine farm and built the manor house and outbuildings. In 1897 custodianship of Boschendal passed into the hands of the mining magnate Cecil John Rhodes who saw a lucrative opportunity in fruit farming. Rhodes Fruit Farms was established and began exporting deciduous fruit to Britain on a large scale. In 1976 the beautifully restored Boschendal farmstead and winery were opened to the public for the first time and began to emerge as the icon it is today of the Cape Winelands.

Set in the Drakenstein Valley surrounded by dramatic mountain landscapes, lush gardens and vines, the original farmstead complex is now a national monument with a rich and intriguing history of more than 330 years.

In 2013 Boschendal was purchased by a consortium led by Sam and Rob Lundie, with the intention of rejuvenating this magnificent property. Over the past five years they have attracted a team of talented people who share their dream of making Boschendal into a top agricultural farm; a farm that produces sought after naturally produced food and great wines; and a farm where the natural environment thrives and local communities prosper.

Today, Boschendal is a Cape Winelands icon and an acclaimed wine and food destination. Their commitment to serving wholesome farm-to-table food is reflected by their vineyards, fruit trees, vegetable gardens, free-range chickens and herd of grass-fed Angus cattle.
The BMT Trail Centre situated on the magnificent Boschendal wine estate offers visitors the opportunity to hire bicycles and insight into the various trail options. Visitors can explore the farm’s beautiful surrounds on their own, or with the assistance of professionally trained guides. All permit fees get reinvested in the building and maintaining of trails. Trained staff are equipped to handle any mechanical hassles should they arise. The Trail Centre also offers a bike service and wash on a Thursday. Parking is free and secure. Shower facilities are also available.

Boschendal is a family-friendly farm offering various activities for non-riders. Activities include; farm-to-table dining at The Deli and The Werf Restaurant, wine tasting, picnics, horse or pony rides, a stroll in The Werf Food garden and the opportunity to purchase farm produce at the Farmshop & Butchery.

OPENING HOURS:
Open 365 days. Monday-Friday 08:00-17:00 and Saturday-Sunday 08:00-15:00. Day permits available from 08:00 Monday to Sunday.

PERMITS & MAPS:
Permits are available from the Boschendal Trail Centre and Rhodes Avenue. All permit fee goes towards building and maintaining trails. Permits will be checked by security at the Rhodes Avenue gate. No permit no ride.

CONTACT:
trailcentre@bmtsa.co.za or telephone 021 001 9401

Please note that the trails are constantly changing and riders should use these trails with caution. No helmet no ride. Riding is at your own risk and both Boschendal Estate and the BMT Trail Centre do not accept liability for damages or injury.
Boschendal proudly hosted the Cape Epic in 2016 for two days and opened the new Boschendal MTB Trails to the riding public in 2017. With single track by Bennett Nel, Pieter van Wyk and Shaun Havenga riders can expect some sweet riding. The trails are designed to suit casual, intermediate and advanced riders. The world-class black route is proving to be a hit with intermediate to advanced riders.

The Boschendal MTB trail network is divided neatly into two by the Helshoogte road (R310). To the North, one finds the Boschendal MTB Trail network and to the South the Banhoek Game Trail. Both trails are well marked and consist of a large percentage of a well-maintained single track, mountainside jeep track and some farm road. Riders can create their own circuits and longer rides by making use of the almost 40 km’s of unmarked tracks and farm road. On the longer black route riders can expect to climb over 700 metres with spectacular views of the Dwarsriver Valley below.

Highlights include the 3.7km Inferno downhill single track through the forested slopes of the Simonsberg, the sweet Sugar Bowl with its fast technical sections, the pure-fun Porcupine single track corkscrewing through a forested section and the 1km Orchards skills track with its sweeping berms, camel backs, table tops and gap jumps.

There are five marked trail routes to be found on the Northern side under the beautiful fynbos-covered Simonsberg mountain. The 4km Yellow, 9km Green and 11km Blue routes for easy to moderate riding. The 15km Red route is for the slightly stronger, fitter riders and the 23km Black route for more advanced riders. A Black XL route adds a few trickier terrain sections, an addition of between 7 to 10km’s of riding, for those looking for a bit more adventure.

Secure parking and showers facilities are available. Riders can also enjoy a drink or bite to eat at The Deli and The Werf Restaurant.
TRAIL RULES

- NO HELMET - NO RIDE
- NO PERMIT - NO RIDE
- No littering
- No smoking or fires
- Ride courteously
- No pets on the trails
- Respect owners property
- Keep on the trails
- Ride within your ability
- Have loads of fun

DISCLAIMER

By entering on this race course and / or surrounding area, you declare to understand and accept that 1.) all activities undertaken by you on the race course, trail and/or surrounding areas will be entirely at your risk. 2.) You are aware of the risks, dangers and hazards associated with the race course, trail and/or surrounding areas. 3.) Neither you or your executors and/or assignees will have any claim, suit or demand whatsoever nature and you hold harmless the Stellenbosch Trail Fund, Stellenbosch University, Stellenbosch Municipality as well as Private Land Owners, for any loss, damage or injury of whatsoever nature that you might suffer as a result of your utilisation of the race course, trail and/or surrounding areas. 4.) You agree to utilise the race course, trail and/or surrounding areas subject to the regulations issued by the Stellenbosch Trail Fund: http://www.stellenboschtrailfund.co.za

TRAIL INFO

1. YELLOW - 4km
2. GREEN - 9km
3. BLUE - 11km
4. RED - 15km
5. BLACK - 23km

TRAIL RUN - 5km
BANHOEK CONSERVANCY

www.banhoekconservancy.org/

Founded in 2013 and registered in 2015, the Banhoek Conservancy was established by a group of farmers in an attempt to protect the environment, to uplift the community and to re-establish a balance between human activities and nature.

The Banhoek Conservancy is located within the Banhoek valley, outside Stellenbosch in the Western Cape, South Africa. The conservancy generates an income by providing well designed, permanently marked off-road tracks for multisport athletes to train on. These tracks may be used for mountain biking, trail running, hiking and walking and have been host to events such as The origins of Trails, the ABSA Cape Epic, the Liberty Cape Winelands Encounter and the Bartinney to Bartinney Trail run. The cornerstone of this thinking is that by creating funding through events, permits and memberships, monies can then be returned back into building trails, clearing aliens and re-establishment wetlands and pristine riverine areas in the Banhoek valley.

A couple of years ago like-minded land owners decided to get together and put heads together and decide what can we do to, as a community, kind of share what we have. We are all, well, many of us are passionate mountain bikers. So we kind of asked who wanted to be members, who wanted to come and join. We are probably close on about 40km of single track now. Rose Jordaan - Bartinney Estate

The trails in the Banhoek Valley include Botmaskop, Banhoek Game trail and the Dwarsrivier Valley trail. Combined, these three - with names that include Houtkapper, Digbos, Luiperd se Fyndraai and the now-legendary serpentine curves known as SkyFall, offer a varying degree of pain and pleasure with its sketchy sand patches, steep and gritty jeep-track contour climbs, rock obstacles and zig-zag single-track descents. Throw in a few extra kilo’s cycling to and from the trails from Stellenbosch and suddenly you have over 70 kilometers of mountain bike play-time.
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- No smoking or fires
- Ride courteously
- No pets on the trails
- Respect owners property
- Keep on the trails
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- Have loads of fun

**TRAIL INFO**

- **1. YELLOW - 16km**
- **2. RED - 16km**
- Parking
- Restaurant
- Toilets

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**ZAPPER PERMIT**

The conservancy generates an income by providing well designed, permanently marked off-road tracks for multisport athletes to train on. Income derived from the facility is used to maintain the tracks, remove alien vegetation and protect the environment in the valley.

SAPS: 021 8095000
Law Enforcement: 021 8088890
Medi Clinic: 021 8612000
ADT Security: 021 8870911
Thorburn Security: 021 8800015
BMT Shop: 021 8873417
THE WERF COTTAGES

Situated behind and adjacent to the historic Werf of Boschendal with exquisite views of the surrounding mountains. These 5-star farm cottages can sleep up to fourteen adults and eight children.

Each cottage has a fireplace and small kitchen and is within walking distance of The Werf Restaurant and The Deli.

BEDROOMS: The Werf Cottages’ bedrooms offer a cozy, intimate setting. Each cottage has one bedroom with ensuite bathroom. Two children can be accommodated on day beds in the four larger cottages.

AMENITIES AND SERVICES

• Shared swimming pool
• Fully equipped kitchenette
• Wifi and DSTV
• Air conditioning
• Access to all farm activities
• Serviced daily

RATES

Rate includes the service of a housekeeper. Booking enquiries: accommodation@boschendal.co.za Tel: +27 21 870 4271
The Orchard Cottages are a collection of luxury cottages situated among the Boschendal Orchard all equipped with kitchenettes, outdoor dining areas for braais and a large shared swimming pool. The cottages are about 2 km from the main Werf. A short drive or cycle through the pastures and fruit orchards brings guests to these stylishly converted labourers’ houses.

The atmosphere is carefree and relaxed, making the cottages ideal for families or groups of friends. Bring your mountain bike or walking shoes to explore the farm paths, mountain side trails and single track. The skills track (yellow trail) is conveniently located right next to the cottages so it is a perfect stay for the whole family.

Please note that guests staying at Orchard Cottages will need to have their own transport as they are not within walking distance to the Werf and the farm does not have a shuttle service.

BEDROOMS: 1, 2, 3 and 4 bedroom cottages available. The cottages are clustered in close proximity so can accommodate large families or groups of friends who wish to stay together.

RATES:
Rate includes the service of a housekeeper. Booking enquiries: accommodation@boschendal.co.za Tel: +27 21 870 4271

THE ORCHARD COTTAGES

AMENITIES AND SERVICES
• Shared swimming pool
• Large gardens
• Patios with outside braai facilities
• Wifi and DSTV
• Ceiling fans
• Access to mountain bike, walking, hiking trails and all farm activities
• Serviced daily