



TABLE MOUNTAIN MTB ROUTE

NOTES ON SIGNAGE / ROUTES

OUT ROUTE **12.47 km, 45 minutes, at 16.6 km/h Altitude gain 321m**

BACK ROUTE **13.63 km, 53 minutes, at 15.5 km/h Altitude gain 464m**

TOTAL FOR OUT & BACK ROUTE **26 km, Altitude gain 785m**

How the signage works: The main Red route marked with signage that corresponds to the numbers on this map. Each important intersection has been marked.

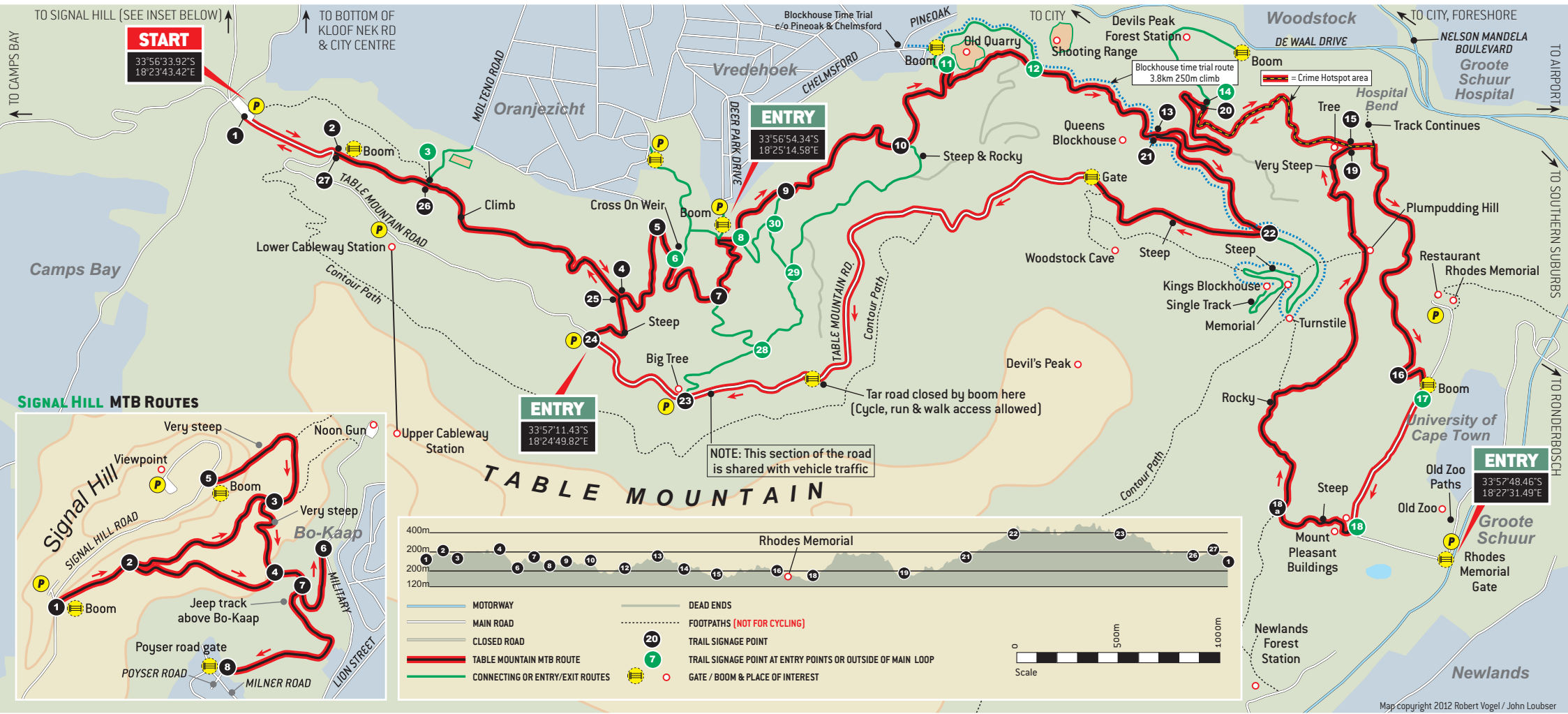


SUPPORTERS

MapStudio
WWW.MAPSTUDIO.CO.ZA

For a free downloadable pdf of this map go to <http://www.mapstudio.co.za/downloads.php> or
To access the free map pdf using a smartphone or iPad, download the appropriate scanner from: www.neoreader.com/get-neoreader/wap-download or www.beatagg.com/en/download-q-reader/ and scan this code with your phone. Maps can be saved into the iBook application on iPad or other picture folders on your smartphone.

www.tablemountainbikers.co.za



Map copyright 2012 Robert Vogel / John Loubser

new balance
www.newbalance.co.za

REVOLUTION CYCLES

171 Bree Str
Cape Town
021-423-5191
www.revolutioncycles.co.za

SWEATSAFE

be safe
live responsibly
wear RED

www.sweatsafe.co.za

Shirt supplier to
Table Mountain Bikers

Recreation | Race | Corporate
www.enjoyfitness.co.za

UCS Solutions

advanced MASSAGE THERAPY

SPORTS MASSAGE
DEEP TISSUE MASSAGE
MYOFASCIAL THERAPY
RACE SUPPORT

082 699 7863
WWW.ADVANCEDMASSAGETHERAPY.CO.ZA