



Cycling, wine tasting, scenery and great food – all the best things in life!

road cycling day trip

These day trips are aimed at road cyclists who want beautiful rides in the sun and amazing scenery, but have limited time in South Africa.



Tour Duration 1 day

Level Intermediate to advanced fitness. The distances of the rides range from 50km to 170km. These involve some mountain passes with tight hairpin turns but all roads are in good condition.

Includes Transfers & ride shuttles

Fully guided rides with passionate and enthusiastic guides

Excludes Bike hire

Travel insurance

Personal clothing and equipment

Bike hire From R150/day including helmet, water bottles, spares and tools

High quality bikes to choose from. Check our website from more details.

Price From R400/person (minimum 2 people)

Extras Wine tasting

Chocolate tasting

Township tour

Let our friendly pro rider guide you around the beautiful Cape as you pedal on coastal roads under the sun and through vineyards and wine farms. Local knowledge ensures that you cycle the best routes around **Cape Town** or the **Stellenbosch** region. iRide Africa can customise your day depending on your fitness levels and what you would like to see- We recommend at least visiting a wine farm or going on a township tour if you have time. We allow you to experience the best of the Cape from the seat of your bike as we take you on fully guided rides on the best routes in the Cape.



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