



# Tsitsikamma Mountain Biking Tour

*Where passion meets the outdoors*



## CONTENTS

General Information.....	3
Accommodation Facilities.....	4
The Route Layout.....	5
Day 1 Welcome to Firefly Falls Biocamp.....	6
Day 2 Stormsriver to Mountain Biocamp.....	7
Day 3 Mountain Biocamp to Bloukrans Gorge Biocamp.....	8
Day 4 Bloukrans Biocamp to Natures Valley.....	9
Advice & Tips.....	10
Rider's Checklist.....	10
Sustainable Eco-friendly Camping.....	10
Reservation Details.....	11
Our Team.....	12
Contact.....	12





# Mountains to Ocean

## 3 Nights and 3 days A Unique MTB experience traversing the Garden Route.



In a pristine environment,



With comfortable tented accommodation,



Privately guided along the routes,



E-bike friendly (with charging stations),



Fully catered meals,



Eco-friendly.



# GENERAL INFORMATION

Welcome to Tsitsikamma MTB Tour, where the southern Cape unveils its cycling paradise! The three-night Tour seamlessly blends biking thrills with Garden Route tranquillity.

Embark on a three-day trail adventure, expertly guided from the majestic mountain ranges of Stormsriver to the scenic landscapes of Natures Valley. Traverse indigenous and sustainable pine plantations, and indigenous forests, navigate ancient river gorges, and conquer coastal escarpments.

Whether you're an experienced rider or new to e-biking, our carefully crafted routes ensure a seamless journey.

Rest easy in our exclusive Biocamps, accommodating a maximum of 10 individuals each night. These mobile, tented spaces strike a balance between modern comfort and a close connection with nature. Thoughtfully placed to minimise environmental impact, the camps feature comfortable beds with fresh linen and cozy communal dining tents. Catering complements the experience, offering wholesome meals prepared with sustainably sourced ingredients, creating a hassle-free adventure.

Pedal through scenic landscapes, soak up nature's beauty, and unwind on our MTB tour!



Our Biocamps epitomize an eco-friendly haven, thoughtfully designed to minimise environmental impact. From tent placement strategies to renewable energy use, we are committed to sustainability.



# ACCOMMODATION FACILITIES



Discover comfort in the heart of nature at our exclusive Biocamp along the Tsitsikamma MTB Tour. This camp is meticulously designed to balance modern amenities with a seamless connection to nature.



Each location has 5 two-man dome tents with spectacular views.



Enjoy the views from the spacious undercover patios with wooden table and chairs.



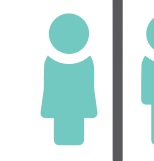
Delicious meals catered for dinner and breakfast as well as on-trails snacks.



Raised beds, thick mattresses, and bedding for a comfortable night's sleep.



Shower overlooking the vistas and nature.



Eco-conscious toilet with a view.

Whether you're winding down in the communal areas, resting in your comfortable bed, or basking in the sun, our Biocamp provides a unique and comfortable stay throughout your journey.

\*NB! DUE TO THE HIGH RISK OF FIRES ON THE TRAILS LOCATIONS ONLY THE BASE CAMP WILL PROVIDE AN OPEN FIRE EXPERIENCE.



# THE ROUTE LAYOUT



TECHNICAL DIFFICULTY: Moderate

DISTANCES: Will vary between 25 and 50km a day. A relaxed group will cover about 25km to 30km on a morning ride, with an elevation gain of 400 metres. More advanced riders can cover up to 50km with an elevation gain of up to 1000 meters. The aim is to ride 3-5 hours per day at an easy-going pace with a midmorning picnic stop, the guides will pace the ride to suit the abilities of the riders.

BIKES: MTB hardtail and full suspension bikes are recommended, however Gravel bikes are also welcomed. No road bikes allowed. We are e-bike Friendly and will provide charging stations overnight. Rental bikes can be arrange at an additional charge.

GUIDES: All cyclists are fully guided by local professional guides

TRACKS: Cycling is predominantly on Forestry roads with the occasional single track and abandoned roads.



# DAY 1

## WELCOME TO FIREFLY FALLS BIOCAMP

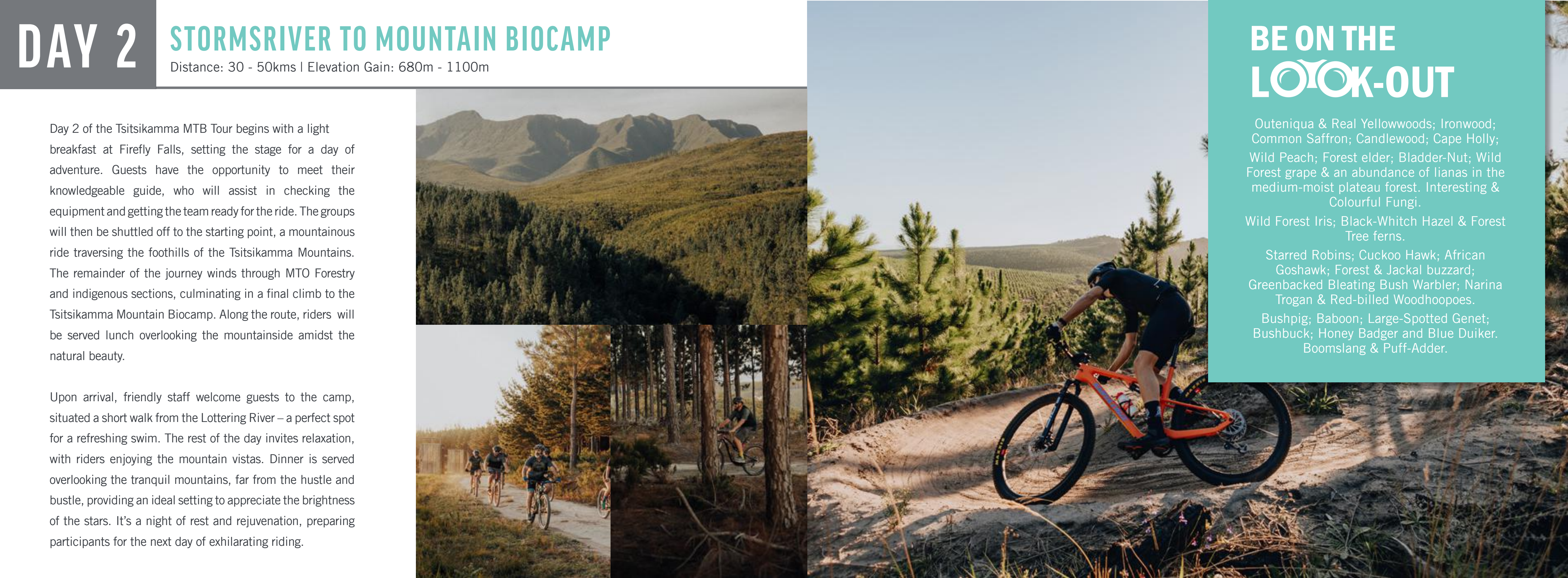
As participants gather at Firefly Falls, the starting point for our Tsitsikamma MTB Tour, a seamless journey unfolds. Upon arrival, a quick orientation prepares guests for the adventure ahead. They receive containers for gear, and assistance is available for bicycle preparations.

The evening progresses with a relaxed African braai experience in the lapa – a convivial setting for shared stories and laughter. For those seeking a bit more, a leisurely walk around the camp offers a peaceful immersion in the indigenous forests, setting the tone for the trails ahead.

As night falls, guests retire to their exclusive Biocamp accommodations, surrounded by the comforting sounds of the wilderness. The crisp night air sets the stage for a restful night’s sleep, ensuring everyone is energized for the thrilling trails awaiting them.







# DAY 2

## STORMSRIVER TO MOUNTAIN BIOCAMP

Distance: 30 - 50kms | Elevation Gain: 680m - 1100m

Day 2 of the Tsitsikamma MTB Tour begins with a light breakfast at Firefly Falls, setting the stage for a day of adventure. Guests have the opportunity to meet their knowledgeable guide, who will assist in checking the equipment and getting the team ready for the ride. The groups will then be shuttled off to the starting point, a mountainous ride traversing the foothills of the Tsitsikamma Mountains. The remainder of the journey winds through MTO Forestry and indigenous sections, culminating in a final climb to the Tsitsikamma Mountain Biocamp. Along the route, riders will be served lunch overlooking the mountainside amidst the natural beauty.

Upon arrival, friendly staff welcome guests to the camp, situated a short walk from the Lottering River – a perfect spot for a refreshing swim. The rest of the day invites relaxation, with riders enjoying the mountain vistas. Dinner is served overlooking the tranquil mountains, far from the hustle and bustle, providing an ideal setting to appreciate the brightness of the stars. It's a night of rest and rejuvenation, preparing participants for the next day of exhilarating riding.

### BE ON THE LOOK-OUT

Outeniqua & Real Yellowwoods; Ironwood; Common Saffron; Candlewood; Cape Holly; Wild Peach; Forest elder; Bladder-Nut; Wild Forest grape & an abundance of lianas in the medium-moist plateau forest. Interesting & Colourful Fungi.

Wild Forest Iris; Black-Whitch Hazel & Forest Tree ferns.

Starred Robins; Cuckoo Hawk; African Goshawk; Forest & Jackal buzzard; Greenbacked Bleating Bush Warbler; Narina Trogon & Red-billed Woodhoopoes.

Bushpig; Baboon; Large-Spotted Genet; Bushbuck; Honey Badger and Blue Duiker. Boomslang & Puff-Adder.



# DAY 3

## MOUNTAIN BIO CAMP TO BLOUKRANS GORGE BIO CAMP

Distance: 36 - 45kms | Elevation Gain: 200m

On Day 3 the riders wake up in the serene Tsitsikamma Mountains, greeted by the promise of another day filled with adventure. A delightful breakfast energizes participants for the day ahead. The journey unfolds as they descend from the mountainous terrain to the coastal escarpment. Throughout most of the day, riders hug the edge just above the infamous Otter Trail, revelling in breathtaking coastal views. Guests pedal their way to the Bloukrans River Gorge, before turning inland. The route then takes them through the historic Bloukrans Pass, offering a quick swim at the river crossing. After this refreshing stop, riders tackle the long hill out of the valley, close to the end.

The day concludes at the Bloukrans River Gorge Biocamp, strategically positioned to overlook the mouth of the Bloukrans River as it meets the Indian Ocean. The vistas extend towards Plettenberg Bay and the Robberg Peninsula, providing a captivating backdrop for relaxation. Here, as on the previous night, participants can unwind with stunning ocean views, creating the perfect ambiance for a memorable evening.





On the final day, Day 4 of the Tsitsikamma MTB Tour, participants wake up just above the vast expanse of the ocean, ready to embark on the last leg of their journey, our Champagne Stage. The day kicks off with a more leisurely flat ride, allowing riders to savour the coastal air and the beauty of the surroundings. They navigate through forestry, transitioning to community-built trails winding through indigenous fynbos.

The route then takes them towards Natures Valley, a serene destination nestled between lush greenery. As they descend into the valley, guests are treated to a stunning lookout point offering panoramic views down into the valley. The day’s riding concludes in the town, where participants gather for a celebratory snack and drinks, reflecting on the epic adventure they’ve just completed. Our Shuttle will then take participants back to the Firefly Biocamp where they can relax, share stories around a camp fire and relishing the accomplishment. The Last night winds down the epic journey before heading home the following day.





# ADVICE & TIPS



A ride demands a great deal of exertion because of the broken topography of terrain.



Longer routes can be arranged for those who want a further ride daily.



Ensure to pack water bottles to stay hydrated.



No helmet no ride.



Each rider will be given a large container for clothes, and essentials that will be transported throughout the journey.



Please pack for wet and cold weather. The Tsitsikamma Region is known for quick weather changes.

# RIDER'S CHECKLIST

- Cycling kit for 3 days
- Funky socks
- Cycling helmet
- Cycling gloves and cycling shoes are all recommended
- Light weight windbreaker (Nov – March only)
- Rain jacket
- A good body warmer (May – August)
- 750ml water bottle
- Lip salve
- Strong sun protection cream factor 30 or higher
- Mosquito repellent
- Sandals or sneakers for around camp
- High lumen torch, or headtorch
- Power Bank
- Phone – to record the memories and the route

- Toiletries
- Painkillers, antihistamines rehydrate, and ibuprofen are all good to have, please bring medication with you
- Sunglasses and sun hat/cap
- Additional snacks
- Supplements
- Drinks

## If you are bringing your own bike:

- Tubeless tyres topped up with sealant levels
- Bike specific spares e.g. brake pads, spare chain links, derailleur
- Bike specific tools

# SUSTAINABLE ECO-FRIENDLY CAMPING



Design Excellence - crafted with minimal impact, our camps prioritize ecological harmony.



Water Conservation - Our water use is a mere 2% of traditional accommodations, ensuring sustainable practices. Enjoy hot bucket showers despite minimal water consumption.



Waste Management - Hygienic compost toilets contribute to a sustainable waste cycle. Compost removal aids reforestation, and mindful procurement minimizes packaging waste. Greywater undergoes biochar filtration for on-site refrigeration.



Energy Independence - Embrace off-grid living powered by renewable energy technology.



Community Engagement - Locally contracted crew, guides will lead the way and cater to your needs. We also ensure all produce is sourced from nearby communities.

## INITIATIVES



Our Bio camps are directly involved with the Rex the Rhino Conservation Fund, our non-profit. By joining these ultimate camping experiences you will be positively influencing conservation in Southern Africa Community Outreach Programs - Every 15th adventure benefits local communities, offering complimentary experiences to underprivileged communities and environmental clubs to experience our MTB tour initiative.

Through our connection with volunteer groups, internal staff commitments, and partnership with Forestry we will be embarking on clearing alien vegetation where possible.

Embark on a transformative camping experience, where every choice reflects our commitment to environmental stewardship and community well-being.



NO SMOKING  
IN PLANTATION



NO LITTERING  
IN PLANTATION



USE REFUSE DRUMS



# RESERVATION DETAILS

Group size: Maximum 10 guests. Minimum 6 guests.

## INCLUSIONS:

- Accommodation, meals, tea/coffee and water for entire experience.
- Lunches are self packed from the harvest table after breakfast.
- All bedding, linen and towels
- Shuttles and bike transport to start and from end of the designated 3 day 2 night trail
- Trail permits and access to exclusive areas
- All portorage of gear from camp to camp, only cycle with what you need for the trail
- Private guides
- Charging of e-bike batteries

## EXCLUSIONS AND OPTIONAL EXTRAS:

- Flights
- Airport shuttles to and from Firefly Falls Biocamp (please contact us for discounted rates for this specific tour)
- Specific cold drinks and alcoholic drinks (an order form will be sent on confirmation of booking to pre-purchase your drinks for the tour)
- Rental e-bike (contact us should you need one at extra charge)
- A full description of the pack list and what to expect will be presented to client once booking has been confirmed.
- Age restrictions: Children under 16 please enquire, strictly no under 12's.
- Tips and merchandise: Payable locally by cash or card.
- Add an additional night with Firefly Falls to relax and reflect on your epic journey.

## WEATHER CONDITIONS:

Trail commences in wet weather, however will be postponed if there are electrical storms. Our teams will assist in extra logistics needs due to bad weather while on the trail.

## START AND END DETAILS:

This activity starts and ends at Firefly Falls Biocamp

(<https://maps.app.goo.gl/9h48BXrQAgWhp6V26>)

## RESERVATION DETAILS

- A cyclist deposit of 50% of the total cost of the reservation must be made within 48 hours of receiving the booking confirmation and the remainder to be paid within 2 weeks.
- Reservations made on short notice will require the full amount to be paid within 24 hours of receiving the booking confirmation.
- Failure to comply with the above deposit rules will result in a lapse/ cancellation of the booking on our reservation system.

## CANCELLATION POLICY

- Reservations cancelled less than 7 days prior to arrival (trail starting date) will incur a cancellation fee of 100% of the booking amount
- Reservations cancelled less than 14 days prior to arrival (trail starting date) will incur a cancellation fee of 75% of the booking amount
- Reservations cancelled 21 days before trail starting date will incur a cancellation fee of 50% of the booking amount
- Reservations cancelled 31 days before trail starting date will incur a cancellation fee of 25% of the booking amount
- A 30% postponement fee is applicable to confirmed bookings changed within 21 days before arrival (starting date)



# OUR TEAM



Stretching from Mountains to Oceans, MTO Trails provides and promotes world-class trails for hiking, mountain biking, trail running, bird-watching, fishing, and events, as well as comfortable accommodation facilities set within breathtaking locations. MTO Trails are uniquely situated in Jonkershoek, the Garden Route and in the Lowveld.



Firefly Falls Forest Accommodation is set in a 5-hectare small holding amidst indigenous forest and open grazing pastures located in The Craggs. Firefly Falls is the gateway between the country's Western Cape and Eastern Cape Provinces and is ideally situated in the center of all adventure activities, and able to provide all types of accommodation for every type of traveller.




Biocamps were conceived as a solution to get us back into Nature where the sound of a slow-moving river or a soft forest floor is able to restore and rejuvenate and does so, comfortably, safely and sustainably and in a non-invasive kind of way while having fun.

# CONTACT

## BOOKINGS

 +27 82 724 0442

 [bookings@biocamps.co.za](mailto:bookings@biocamps.co.za) or

 [info@mtotrails.co.za](mailto:info@mtotrails.co.za)

 [www.mtotrails.com](http://www.mtotrails.com)