

ROOF DE KAROO CHALLENGE

MOUNTAIN ZEBRA NATIONAL PARK TO CAMDEBOO NATIONAL PARK

Information brochure



Mountain Zebra to Camdeboo National Park through the Mountain Zebra Camdeboo Protected Environment





Come and cycle in the beauty, tranquillity and awesome views of the Roof de Karoo. Throughout this event, you will enjoy true Karoo hospitality from National Parks, Honorary Rangers and farmers of the Protected Environment as you experience the unforgettable Roof de Karoo Challenge!

The Roof de Karoo is the proud product of the Mountain Zebra Camdeboo Protected Environment. In partnership with SANParks, it offers the unique experience of traversing two National Parks and a vast stretch of private land whose owners are committed to protecting the area and the unique biodiversity found within.

The Roof de Karoo is a stunning three-day 190 km mountain bike traverse. This mountain biking adventure journeys over plateaus grazed by herds of antelope, crosses desolate stretches of dramatic Karoo landscape with a unique diversity of fauna and flora and navigates mountain ridges with awesome panoramic views stretching for miles on end.

The Mountain Zebra Camdeboo Protected Environment is guided in action by a management plan supported by SANParks and Department of Environment, Forestry and Fisheries. Your participation directly influences the financial sustainability of the Protected Environment and the implementation of the important programmes of the management plan. Your entry fee does not only cover this awesome experience, but ultimately helps to protect this wonderful area, species and people who rely on it.

Pack your bags and bikes and join us on an unforgettable weekend in the peace and quiet, intrigue and hospitality of the Karoo! Numbers are limited as this is a sensitive area and unique experience.

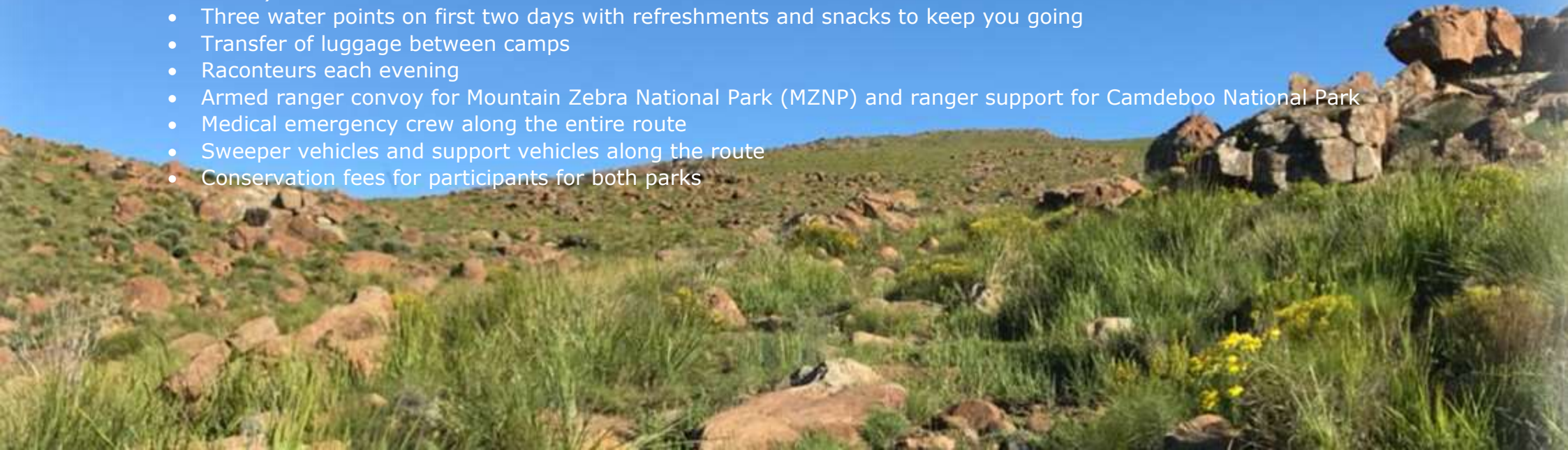


We endeavour to make Roof de Karoo as comfortable and memorable as possible. Enjoy tented camping under the stars, hot showers, early morning coffee and rusks, excellent food and Karoo hospitality.

The Karoo is beautiful but unpredictable; weather conditions can change quickly. Be prepared for all weather conditions.

INCLUDED IN THE PACKAGE

- Bag with shirt, buff and water bottle
- 3 nights in bush camp tented accommodation under the stars
- A pre-erected tent per team, furnished with foam mattresses
- All camps have hot water showers and toilets
 - Camp 1 – Flush toilets and tented showers
 - Camp 2 – Ablution block: toilets and showers
 - Camp 3 – Flush toilets and indoor showers as well as extra camping toilets and tented showers
 - Finish – Flush toilets and tented showers
- Karoo cuisine from Thursday supper to Sunday brunch
- Beverages including juice, flavoured milks, yogisips, limited beers and wine (Feel free to bring your own additional drinks)
- Three water points on first two days with refreshments and snacks to keep you going
- Transfer of luggage between camps
- Raconteurs each evening
- Armed ranger convoy for Mountain Zebra National Park (MZNP) and ranger support for Camdeboo National Park
- Medical emergency crew along the entire route
- Sweeper vehicles and support vehicles along the route
- Conservation fees for participants for both parks



NOT INCLUDED IN THE PACKAGE

- Any other forms of accommodation on or near campsites for either yourselves or supporters
- Accommodation before and after the completion of the Challenge
- Mountain bike, spares and maintenance support

GENERAL INFORMATION

Access to the parks

- All participants have full access to the parks covered by the entry fees
- Please bring your ID or driver's license to confirm identity at the gate
- A pass will be given at the gate which must always be kept in your vehicle

Vehicle Transfer Service

There will be a vehicle transfer service at an additional fee for participants who do not have supporters to take the vehicle to the finish at Camdeboo National Park.

Drivers

If you have organized to have your own driver drop you at MZNP then:

- The names and identity number of drivers must be given to the organisers at closing date of entries
- Drivers will be given free access to the National Parks if they have their driver's licenses and the pass.

Supporters

- Supporters are very welcome, but accommodation cannot be guaranteed due to limited camping facilities.
- There are numerous farm and park accommodation options in the area. See below and on website.
- Supporters are welcome to join for all meals at an additional cost.
- To cover the catering arrangements and finalise preparations, the final numbers and needs of



supporters must be submitted before the closing date of the entries.

- Due to the topography of the route, it is not possible for supporters to follow the cyclists on the entire route.
- There are limited viewpoints.
- Registered supporters are welcome to socialize with cyclists at the venues.

Alternate Accommodation contacts:

❖ <u>Mountain Zebra National Park:</u>	Reception	048 801 5700
❖ <u>Petrusdal:</u>	Andalet Olivier	083 491 5770
❖ <u>Roode Bloem</u>	Liza Murray	083 718 1022
❖ <u>Camdeboo National Park:</u>	Reception	049 892 3453



RULES

- It is compulsory to check-in at each watering point
- Cyclists are to follow the chalk arrows and markers
- Cyclists are to use caution at areas marked with danger tape
- Cyclists should never cross a solid white line marker
- No helmet, no ride
- Officials must be notified as soon as possible of any withdrawal for whatever reason
- Obey the road rules when using secondary roads and respect all private property
- Respect private property
- Do not litter
- Participants must be 16 years and older and must be fit and able to handle technical challenges
- Cyclists can climb onto the backup vehicle at any time along the way
- E-bikes welcome
- The organisers reserve the right to enforce the withdrawal of participants for any safety or health reasons
- All possessions (including sleeping bag and pillow) being transported to the campsites must fit into 1 duffel bag per cyclist



WHAT TO BRING ALONG

One large durable tog bag that will be transported on trailers via dirt roads

- Identification document (ID book or drivers licence needed for Park entry)
- Pillow
- Down Sleeping bag (nights can get cold)
- Towel
-
- Torch or headlamp
- Medical aid card (compulsory)
- Cash or credit card (items for sale)
- Cell phone & charger (plug points are available)
- A well-serviced bicycle with good tyres (tyre sealant), brakes, gears & spares
- Cycling gear, helmets, gloves & cycling shoes
- Additional Water bottles or hydration pack
- Additional energy food & supplements
- Sunblock
- Casual clothes & shoes (It can get cool in the evenings)
- Alternative drinks (optional)

FITNESS LEVEL AND SKILL REQUIREMENTS

- Riders must be prepared for moderate to demanding mountain biking
- Due to the nature of the terrain and remoteness of the ride, cyclists need to be adequately trained and prepared, the fitter you are, the more you will enjoy the ride
- This is a traverse, not a race, and the sweeper vehicle is available to assist



ARRIVAL (Thursday)	16h00 - Registration	<ul style="list-style-type: none"> • Registration : 16h00 -18h00 at Mountain Zebra National Park near Cradock. • Settle in and park bikes • Supper, raconteur & briefing
DAY 1 (Friday) 85km	6h00 – Breakfast	07h00 – Start <ul style="list-style-type: none"> • Teams will all cycle together through the MZNP (18KM) • Once out of the Park, teams go at their own pace • There will be 3 water stations along the way • Teams will finish at the Petrusdal campsite ± 85 km • Braai and delicious Karoo cuisine • Raconteur & briefing
DAY 2 (Saturday) 80km	7h00 – Breakfast	08h00 – Start <ul style="list-style-type: none"> • 7km cycle, 500m portage up old ox wagon track, enjoy the views!!! • Descend Nardou cautiously and cycle down the Sundays River valley through private game reserves ending at Roodebloem farm near Graaff-Reinet ±80km • There will be 3 water stations on route • Supper • Raconteur, acknowledgements & briefing
DAY 3 (Sunday) 25km	7h00 – Coffee and rusks	08h00 – Start <ul style="list-style-type: none"> • Cycle through Camdeboo National Park to the Winterhoek Guest House, 25 km. • Enjoy a hearty brunch at Winterhoek • Departure

ENTRIES

Please complete the entry form and email to roofdekaroo@gmail.com together with the proof of payment.

Roof de Karoo reserves the right not to confirm your entry until proof of payment of the full amount has been received and all relevant documentation has been signed and completed in full.

2020 ENTRY FEES

R7950 per team of 2

R4450 for individuals

BANKING DETAILS

Roof de Karoo

Capitec Bank

Savings Account

Account no: 150 667 4133

Branch no: 470 010

Reference: Team name

Send completed entry and proof
of payment to

Roofdekaroo@gmail.com

Contact person: Annette Kingwill

082 851 5580

START PACKING!

We cannot wait to see you!

INSURANCE

- Although the two National Parks have public liability insurance, the traverse through the private landscape does not fall under this insurance
- All participants must ensure that all their relevant insurances are up to date and cover them for a mountain bike event, including medical insurance.

BAGGAGE

- The participant shall be responsible for all baggage and personal effects brought by him or her on the ride, and the RdK management shall not be liable for any loss or damage to such baggage or personal effects, howsoever arising.

HEALTH

- The cyclist accepts that to participate in the Roof de Karoo Mountain Bike Challenge requires a measure of physical fitness and health and it is the cyclist's obligation to ensure that he or she is medically fit to embark on the ride.

INDEMNITY FORM

- An indemnity form that will need to be signed by each team at registration is available on the website. Please read care





See you there!!!