

| NAME: | CLOSEST TOWN: | DISTANCE: | CONTACT: | GPS: | TERRAIN: | BEWARE OF: | ON YOUR BIKE: |
|---------------------------------------|---------------|-----------------------------|--|---------------------------------|---|--|---|
| Suikerbosrand Nature Reserve | Heidelberg | 4km - 17km, and 8km Circuit | 071 602 7581 | 26°29'01.7"S 028°13'45.4"E | Jeep Track | Seek cover immediately if there is a thunderstorm brewing as there is a high incidence of lightning in this area. | The main focus of this reserve has been environmental education, so it is only very recently that two pilot bicycle trails were introduced, confined to the Tamboekies area near the main gate and Diepkloof farm house. There is also an 8 km off-road trail through the Tamboekies area which is confined to jeep tracks used to patrol the perimeter fence and aimed at novice riders. This is an extensive 13,337 ha reserve and the perimeter fence alone is 90km long, so Suikerbosrand has the potential to develop a three-day 100 km+ hut-to-hut type MTB trail. The entire reserve in all its splendour may be enjoyed astride the most environmentally responsible conveyance known to the world. By road: The 11 km "Tamboekies" circuit is on part of the 60 km network of tarred tourist roads and will delight road cyclists for about one hour. This could – and should – be further developed into a respectable two-day road route. |
| Thaba Cycle Park | Mulbarton | 6km - 30km | 011 867 8047 | 26°18'02.5"S 028°02'56.3"E | Jeep Track and Single-track | Some of the track are dual directional tracks, so please keep left. | The trails are colour coded in yellow, green, blue and black indicating the ride difficulty. The 30km, more technical/challenging ride is now open. This ride is certainly JOHANNESBURG'S TOUGHEST MTB TRAIL with extremely exciting downhill on single track. Yellow 1: for the beginner - This is a gentle non technical ride. Mostly Jeep track but with a little single track. A distance of about 6km. Yellow 2: for the beginner now wanting to get more fit - This is a non technical ride, but longer and with more hills, more single track . A distance of 15km. Green: This route is a notch up on the difficulty rating scale, with some fabulous technical sections, including a few steep hills and sitting at 18km. This route has a mixture of everything; jeep track (very limited), single-track, rock gardens, tight twisty off-camber corners and some lung busting climbs. Blue: Definitely for the experienced riders only. NB....You ride this at your own risk. Thaba offers night riding, see Thaba website for details. |
| Rietvlei Farm | Alberton | 4km - 18km | 011 867 8047 events@thecyclehub.co.za | 26°18'44.64"S 028°04'47.61"E | Sand road, jeep track, single-track, forest trails | The trails may change from time to time so always check at the shop, especially when there has been a lot of rain. | The trails are colour coded as follows: The 4km Yellow trail is perfect for novice and beginner riders. There are optional Jeep tracks and single-tracks to take as you are gaining confidence in your abilities. The Green trail is slightly more challenging and rated intermediate. This is not just a simple ride; there is space for loads of fun. The trail is a circular 11km route that includes Jeep tracks, single-tracks and forest trails all put together via some interesting hills for climbing and descents. |
| Braamfontein Spruit | Emmarentia | Up to 40km | jkruger@ihcityparks.com | 26°09'01.0"S 028°00'21.0"E | Single-track foot paths | Never ride this route alone, always in a large group of 5 or more. Be very cautious when crossing the major arterial roads. Beware of flash flooding. Never attempt to cross the Braamfontein Spruit when it is in full spate. | Virtually the entire ride is along singletrack footpaths, next to the Spruit, except where tar roads must be crossed or where palisade security fences have been erected. Due to its accessibility, it is most convenient for recreation or for those who wish to commute on a bicycle away from the traffic to or from any of the CBD nodes. Cycle with your children in Jan van Riebeeck Park above and around Emmarentia Dam – arrive and depart early before the crowds of dog walkers. As this is an open public area in the middle of a major metropolis, except to encounter loitering, pollution, illegal dumping, drinking and gambling, in varying measure. Security: Cyclists have been consistently and violently attacked along the Spruit since 1997. Never ride this route alone or even in pairs. Always be vigilant and ride in a large group of five or more. Be very cautious when crossing the major arterial roads bisecting the route such as Jun Smuts Avenue and William Nicol Drive. Due to heavy traffic, it is more practical to dismount and walk your bike across these roads. Emmarentia Dam is a safe, access-controlled section of the Spruit. You'll find car guards for safe parking at all the parking lots around Emmarentia Dam. |
| Central Park MTB trails Modderfontein | Sandton | 10km, 17km,25km,35km | 011 684 1177 centralparktrails@gmail.com | 26°05'54.4"S 028°10'02.0"E | Jeep Track and Single-track | Traffic in the parking lot and snakes in the summer | There are various loops catering for all different skill levels, and can be tailor made to be as short or long as the rider/runner prefers. Predominantly single track, with jeep track sections interspersed, the trail begins at our registration area, the Modderfontein Sports Club, where the rider will follow the freshly cut single track, to the security gate. From here onwards the rider must choose the distance and relevant loop. Follow the arrows to be taken on a rollercoaster ride through the forests and circumnavigate the six dams on the property. While they say Joburg is flat, on the longest loop a rider will climb approximately 480m. Yellow route: The yellow route has an approximate distance of 35km. It continually feeds back onto the green loop, however the yellow route encapsulates the true essence of mountain biking by including single track sections. The single track winds its way through the forests and trees, taking riders on an exhilarating rollercoaster adventure, with a couple of river crossings to be encountered. |
| PWC Toyota Cycle Park | Bryanston | 15km | 083 725 2453 cyclepark@cyclelab.com | 26°02'22.1"S 028°01'35.4"E | Single-track, wooden ramps, berms and bridges | Some technical drops and logs | All the routes are graded, clearly signposted and include beginner, intermediate and advanced circuits. Besides the many kilometres of man-made trails, there is also a world championship standard BMX track at the park. The obstacles increase in number and complexity as the grading goes from novice to advanced level. Enjoy the single-track and tight turns that will make you concentrate on your cornering techniques on the easier trails before heading into the intermediate trails where you will have to pay a bit more attention, as on these you will have to deal with a drop or a log or a steep bump to avoid being bounced off. For the expert riders, the ladder bridges and berms will assure some exhilarating cranking and a serious rush of adrenalin. And finally for the hooligans looking for interesting ways to commit suicide by mountain bike, the Dirt Jump Heaven seems like the right place to be. |
| The Ruimsig Area | Roodepoort | Various Options | 011 957 3745 info@crocodileramble.co.za | 26°05'12.8"S 027°50'23.8"E | Single-track, Tar, Dirt Road, Jeep track | Ride only in a large group. Lone or paired cyclists are exposing themselves to major risk where there is public access to any tracts of 'remote' undeveloped land, such as Wiigespruit behind Monash University. | However, the Ruimsig area is still central to linking up with quite a few good on/off-road rides. It has acquired a proliferation of excellent singletracks running next to all major roads, thanks to the abundant migrant population of builders in the area. Circuits are mainly on singletracks and road shoulders with sections of tarred road, dirt road and jeep track. |
| Railroad Lodges | Magaliesburg | 20km or 106km | | 26°00'06.9"S 027°32'11.0"E | Dirt Servitude Roads | Ticks - when the grass is very long it is recommended that riders check themselves for ticks when they get home | Starting at the back of the station head north for ~60m and then turn left along the tar road running between the old pub and the railway workers' accommodation, the road becomes gravel at this point. Follow the road over the railway lines and turn right immediately after the railway crossing on the rail line maintenance track. Continue along the maintenance track until you reach the sand road – at this point turn left and continue along the sand road until you reach the T junction. This is a tar road (R500). Turn left and climb towards the top of the hill. Take the next sand road to the left. Continue along this sand road until you reach a T junction at which point you bear left. Carry on along this stretch of road until you reach a T junction which brings you back onto the original sand road, turn right and then right again back onto the maintenance track just before the railway line. Follow the tracks back to the station. |
| Kings Kloof | Krugersdorp | 7km - 22.5 km | delwyn@kingskloofmtb.co.za | 26°02'29"S 027°47'6"E | Single and Jeep track | Always carry a cell phone with you, parts of the trail are not accessible by car. | There are five routes to choose from, in varying lengths and degrees of difficulty. Black - 22.5km: very hard. Steep downhill, river crossings, rocky single tracks and sharp corners. Red - 20km: hard, steep downhill, river crossings and rocky single tracks. Yellow - 17km: intermediate to hard, steep downhill, river crossings and rocky single tracks. Green - 14km: Easy with jeeptrack, singletrack and mostly flat with some climbing. Blue - 7km: Easy, jeep track, single track - mostly flat with some climbing. Suitable for children. |
| Avianto MTB Trails | Muldersdrift | 6km and 17km | 083 600 1289 richard@ilumin8.co.za | 26°01'35"S 027°50'40"E | Green Loop: Mostly jeep track and dirt roads. Blue Loop: Varied from rocky outcrops to forest river singletrack. | Be vigilant, use normal South African caution. | The trails feature a beginner green loop which is 6km long and consists of mostly jeep track and dirt roads. The blue intermediate loop is just over 17km and features some challenging sections with single-track and tougher climbs. Off the blue loop riders have the option of taking the more advance black sections which are built for skilled riders. The blue trail features some an old train track and tunnel which is a great feature in the trail. Testing route, don't be fooled by the relatively short distance, it is a testing "real" mtb trail that will test your skills and fitness levels. New blue and black sections are continually added to the trails. |
| Cradle of Humankind | Krugersdorp | 27km | 011 355 1208 james.hlongwa@gauteng.gov.za | 25°56'57.2"S 027°47'03.3"E | District dirt and tarred roads | Always ride in a group and watch out for vehicles | From Beyers Naudé Drive (M5), take the Kromdraai Road. Cross the Crocodile River and follow this road until you reach a T-junction. Turn right, crossing the Blaauwbank Spruit. Turn right and ride past the Rhino Reserve for 13km of gentle cruising, with panoramic views over the Crocodile River valley, until you reach the Muldersdrift/Lindley junction. Turn right and cross the Crocodile River again, continuing straight along this road (which is actually the extension of Beyers Naudé) until you reach the Kromdraai turn-off. |
| Ingwe Bush Camp | Magaliesburg | 24km | 082 449 9075 cliff@ingwebushcamp.com | 25°52'10.2"S 027°32'55.9"E | Gentle grass plains, steep slopes scattered with rocks and boulders and a mind blowing, rim-smelting descent | | Both game and cattle form the core business, but 20 years ago the family had the foresight to develop eco-tourism. Ingwe has an abundance of non-predatory wild animals which may be viewed during 24km of riding along the jeep tracks hugging mountain contours. Those who are unable to resist the lure of altitude will attempt to climb up to the top of the mountain, where panoramic views are ample reward for the effort. The saddest thing about mountain-biking is that what took you two hours to climb is all gobbled up in a mere ten minutes of rim-smelting descent. Keep control of your bicycle as excessive speeds will be experienced on the steep concrete downhill off the mountain. All roads on the right when you go down the concrete take you back to the camp. Now enjoy this lovely ride and take the time to savour your surroundings. |
| Mount Grace Country House | Magaliesberg | 10km | 014 577 5600 gm@mountgrace.co.za | 25°59'00.47"S 027°33'16.19"E | Jeep tracks and Footpaths | | With the establishment of the annual, invitation-only Brait Grace to Grace Team Challenge in October 2001, a demanding technical circuit has been laid out and marked all around the ridge of the Magaliesberg Mountains against which the resort nestles. Test your fitness and skills through indigenous protea forest and Highveld grasslands along jeep tracks and footpaths along around the hotel property. FACILITIES: Spa, hot and cold swimming pools, up-market accommodation. |
| Northern Farm | Muldersdrift | 12km - 35km | neil@northernfarm.co.za | 25°56'20.5"S 027°57'57.2"E | Dirt farm tracks and gentle gradients | Cycling alone as the area is not securely fenced off. | With its easy hard-pack, dirt farm tracks, gentle gradients and numerous ride combinations, this is the perfect venue to introduce children and novice mountain bikers to off-road cycling. There is a proliferation of farm dams and irrigation channels due to the close proximity of the Jukskei River which forms one of the borders of Northern Farm. A special treat is to hear the haunting call of, or perhaps even a sighting of the rare African Fish Eagle, attracted by the abundance of water. This is a working farm, so while cycling you can observe farm activities, like the fields being harvested for cattle feed. There are sweeping views out over Kareebosrand Conservancy, with the Magaliesberg range in the hazy blue distance. The roads are lined with dams, tall trees, cattle paddocks and open fields, giving this area the feel of pastoral Europe. Route 1 - 12km: Runs through the middle of the farm and is mostly sand road and jeep track and is ideal for beginners. Route 2 - 20km: Incorporate the fantastic one directional single tracks in the Blue Gum Forest and the Mamba trail. Route 3 - 35km: Takes you down to the bottom of the farm and includes the more technical single track (Winter months only) which runs along the river. |