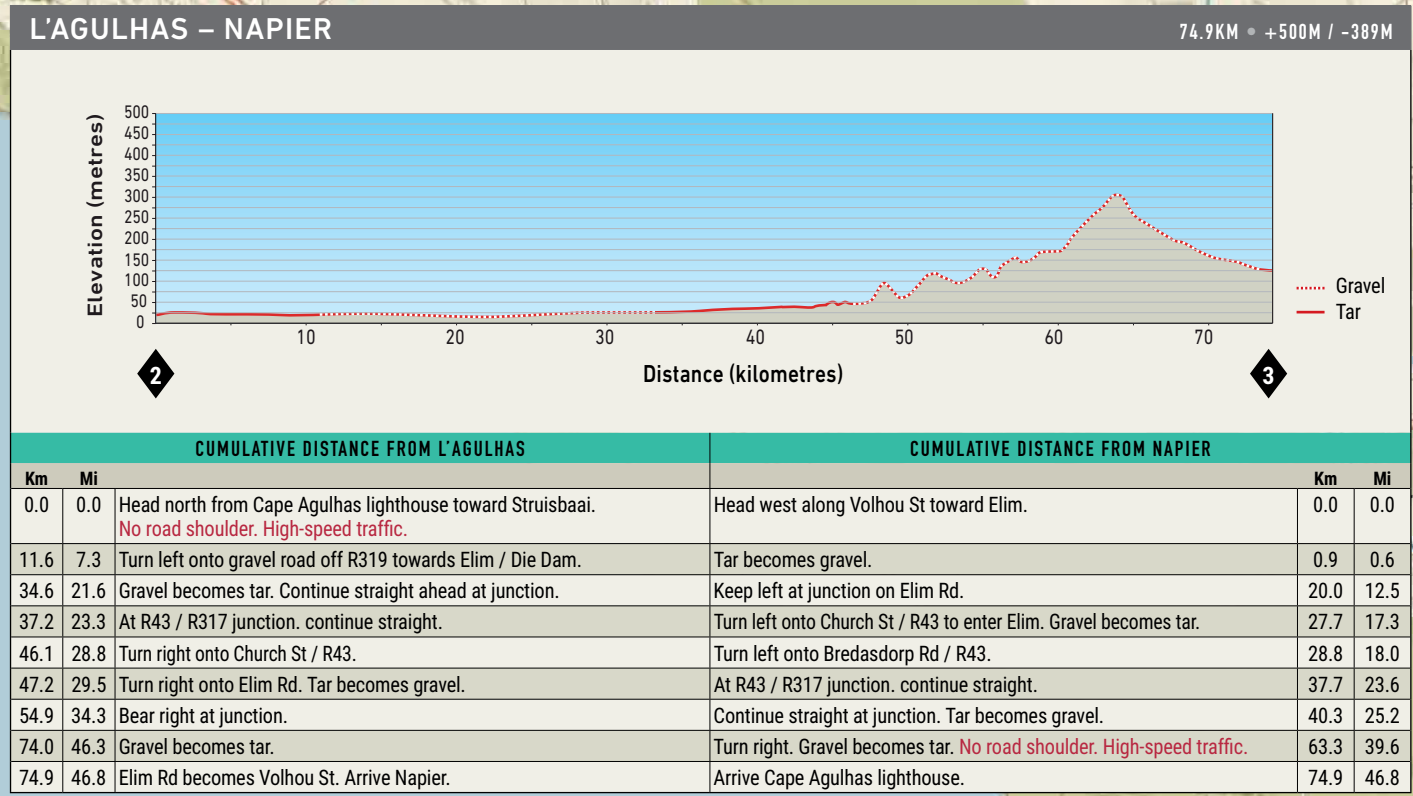
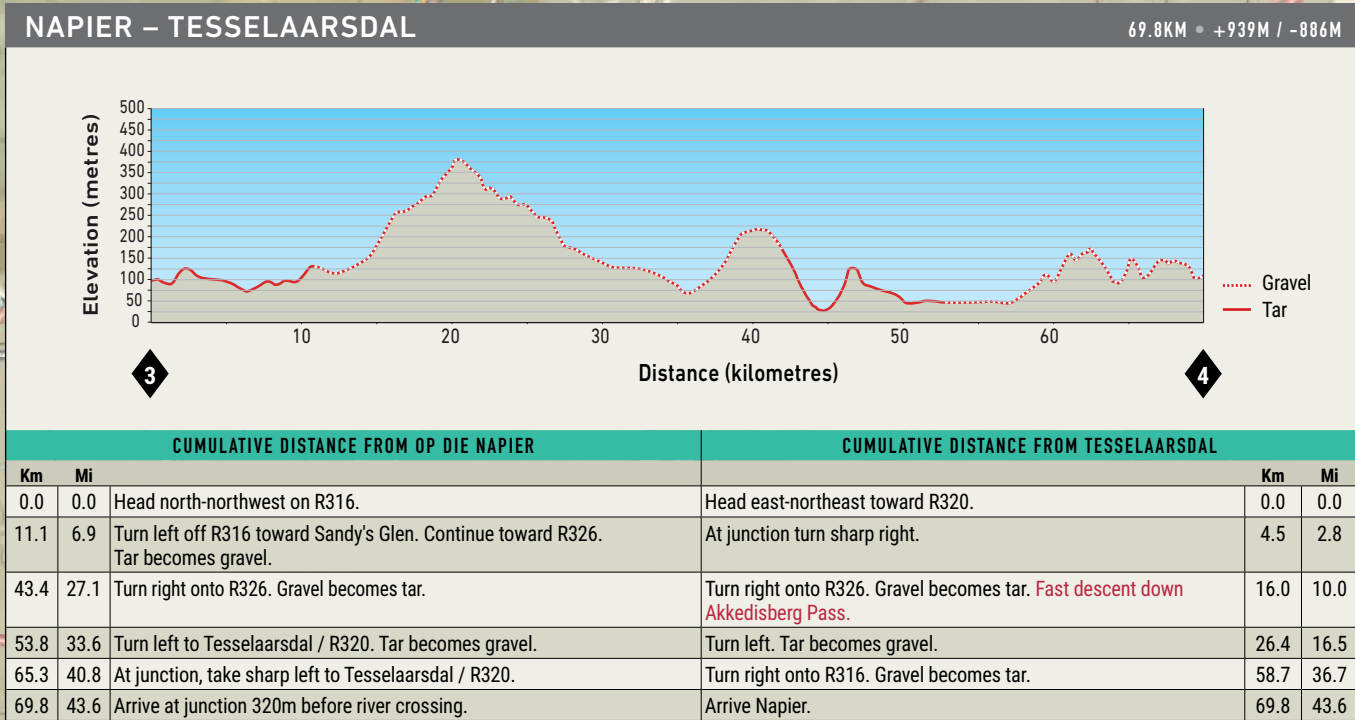


CUMULATIVE DISTANCE CHART			
STAGE	DISTANCE (Km)	CUM. DIST. (Km)	CUM. DIST. (Mi)
Swellendam to L'Agulhas	140.1	140.1	87.6
L'Agulhas to Napier	74.9	215	134.4
Napier to Tessaarsdal	69.8	284.8	178.0
Tessaarsdal to Elgin	79.0	363.8	227.4

STAGE MARKER LOCATIONS			
MARKER	PLACE	LATITUDE (DD)	LONGITUDE (DD)
1	Swellendam	-34.020798	20.443273
2	L'Agulhas	-34.830163	20.010283
3	Napier	-34.469890	19.893240
4	Tessaarsdal	-34.346642	19.501665
5	Elgin	-34.152897	19.042771



OVERBERG MEANDER

THE OVERBERG MEANDER takes you on a 364km journey as you start – or end – your ride through the rolling hills of the Swellendam Valley with the Langeberg Mountains as your backdrop. During your trip you will take in the southern-most tip of Africa at L'Agulhas, stop over at the historic town of Elim – a former Moravian Mission station – and sample the unique vintages of the Elim Wine Route, the southern-most wine route in South Africa. Discover the quaint, idyllic village of Stanford, a quiet town that despite its size punches well above its weight in the production of craft beer, artisanal gin and organic produce. Cruise into – and through – the aptly-named Hemel-en-Aarde Valley (Heaven on Earth) and explore the Elgin Valley, a gem of the Cape Overberg, and an adventure traveller's dream, with some of the most epic mountain biking trails in the country, with world class wine thrown in for good measure.



A JOURNEY THROUGH THE SENSES

Embark on your Overberg Meander journey as you pedal through the rolling hills of Swellendam with the Langeberg Mountains as your backdrop, arriving at the southern-most tip of Africa at L'Agulhas. Stop over at the historic town of Elim, thereafter cruising into – and through the aptly-named Hemel-en-Aarde Valley (Heaven on Earth), before finishing your journey in the Elgin Valley, a gem of the Cape Overberg.

Overberg Meander is an official route of the Cape Cycle Routes network. An initiative of the Western Cape Government. Visit [www.capecycleroutes.co.za](http://www.capecycleroutes.co.za)



VISITOR INFORMATION CENTRES

**Swellendam Tourism:**  
Tel: +27 (0) 28 514 2770  
[www.visitswellendam.co.za](http://www.visitswellendam.co.za)

**Napier Tourism:**  
Tel: +27 (0) 28 423 3231  
[www.capeagulhas.org/contact-us](http://www.capeagulhas.org/contact-us)

**Bredasdorp Tourism:**  
Tel: +27 (0) 28 425 5500  
[www.capeagulhas.org/contact-us](http://www.capeagulhas.org/contact-us)

**Cape Whale Coast Tourism:**  
Tel: +27 (0) 28 313 8038/5022  
[www.whalecoast.info](http://www.whalecoast.info)

**L'Agulhas Tourism:**  
Tel: +27 (0) 28 435 6015  
[www.capeagulhas.org/contact-us](http://www.capeagulhas.org/contact-us)

**Elgin Valley Tourism:**  
Tel: +27 (0) 71 267 9785  
[www.elginvalley.co.za](http://www.elginvalley.co.za)

EMERGENCY NUMBERS:

South African Police: 10111  
Emergencies from mobile: 112

Ambulance services: 10177

Tourism Safety and Support Programme: +27 82 972 2507

For more information about the Cape Cycle Route visit: [www.capecycleroutes.co.za](http://www.capecycleroutes.co.za) or [info@capecycleroutes.co.za](mailto:info@capecycleroutes.co.za)  
For Cape Town & The Western Cape destination information visit [www.gotravel.co.za](http://www.gotravel.co.za) or [info@gotravel.co.za](mailto:info@gotravel.co.za)

Disclaimer: By using the CC, you understand that it involves physical exertion and poses other dangers and agree that it is your sole responsibility to be medically fit and safety conscious while riding the CC. The route identified in the CC includes heavy roads that may not always make special provision for cyclists, thus requiring users to adapt to traffic. Cyclists must follow any and all traffic rules to ensure their own safety and to minimise the disruption of any traffic on the road. WCA Members or their employees or any of its activities will not be liable for any claim for any damages, losses, injuries or expenses to your person or property, which may arise directly or indirectly as a result of using the CC or any part thereof.

[www.capecycleroutes.co.za](http://www.capecycleroutes.co.za)

An initiative of the Western Cape Government

Compiled by esri

0 1 2 4 6 8 10 12  
1 : 150 000  
Kilometres

PROJECTION: Web Mercator (auxiliary sphere)

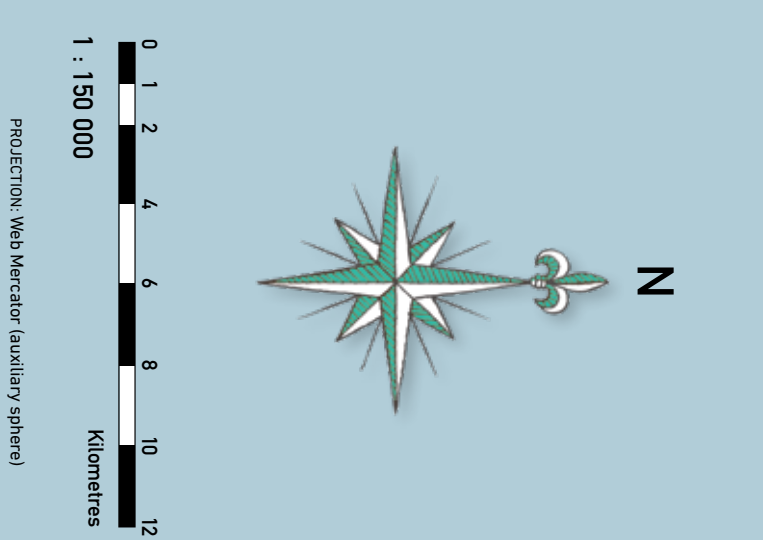
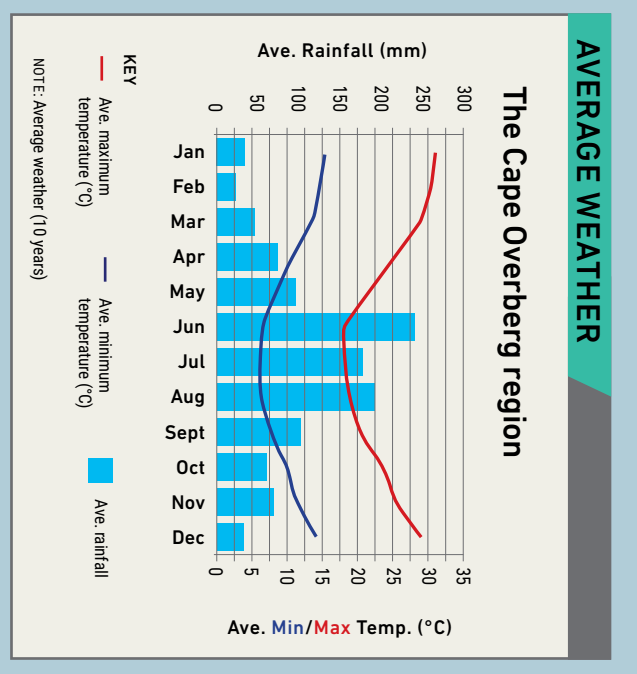
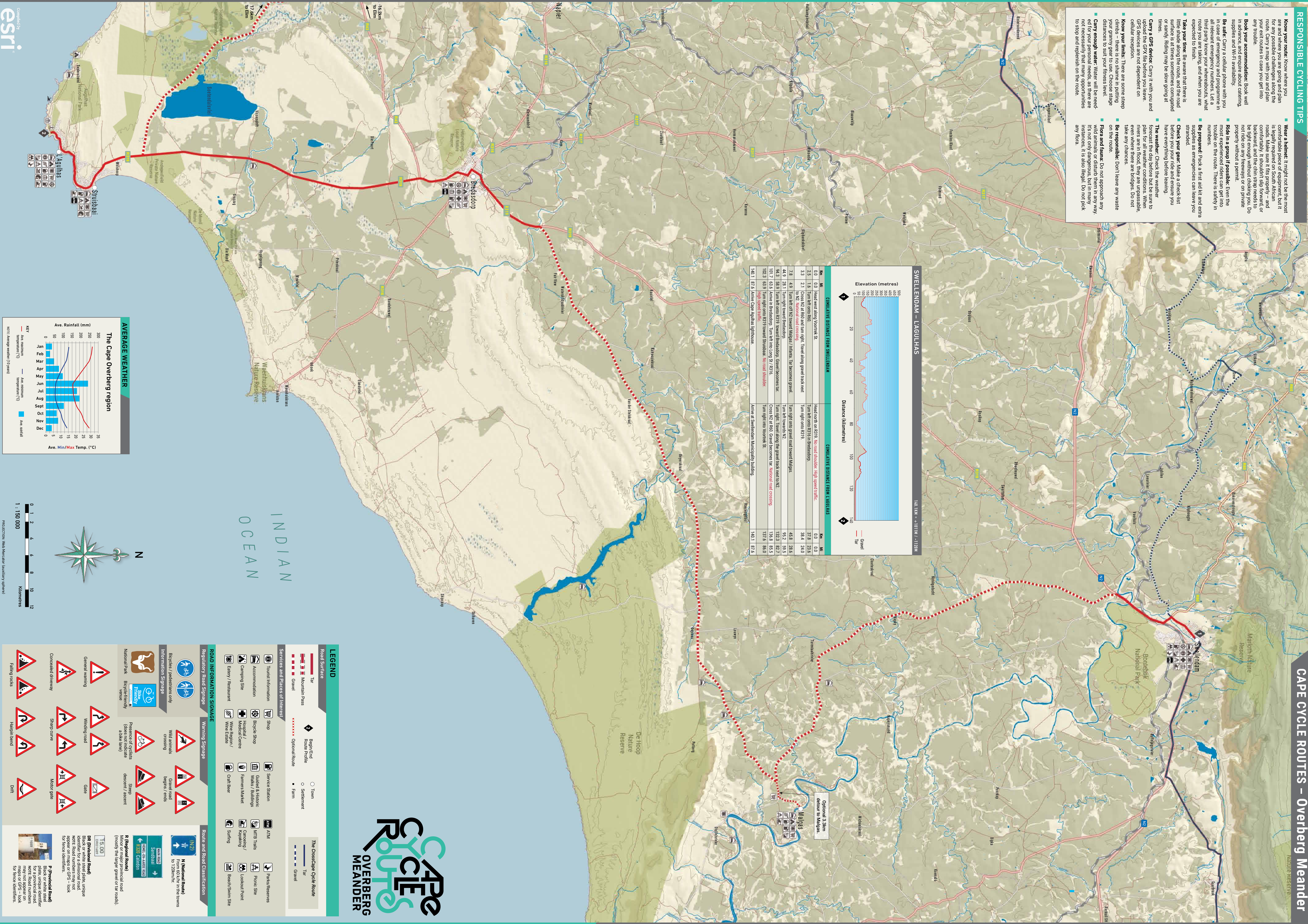
CAPE CYCLE ROUTES  
OVERBERG MEANDER

CAPE CYCLE ROUTES – Overberg Meander



RESPONSIBLE CYCLING TIPS

- Know your route:** Know where you are and where you are going and plan for any possible challenges along the route. Carry a map with you and plan your exit routes in case you get into any trouble.
- Book your accommodation:** Book well in advance and enquire about catering, supplies and Wi-Fi availability.
- Be safe:** Carry a cellular phone with you in case of emergency and programme in third party recovery numbers. What route you are taking, and when you are expected to finish.
- Take your time:** Be aware that there is little shade along the route, and the road surface is at times sometimes corrugated or sandy. Riding may be slow going at times.
- Carry a GPS device:** Carry it with you and upload the GPX file before you leave. GPS devices are not dependent on cellular reception.
- Know your limits:** There are some steep climbs – there is no shame in putting distances to suit your fitness level.
- Carry enough water:** Water will be needed for the ride. Carry enough to suit your fitness level.
- Be responsible:** Don't leave any waste on the route.
- Flora and fauna:** Do not approach any wild animals or disturb them in any way. Instances, it is also illegal. Do not pick any flora.
- Wear a helmet:** It might not be the most comfortable piece of equipment, but it is legally required on South African roads. Make sure it fits properly – and comfortably. It shouldn't slip forward, or backward, and the chin strap needs to be buckled. The chin strap needs to be buckled on any freeways or on private property without a permit.
- Ride in a group if possible:** Even the most experienced riders can get into trouble on the route. There is safety in numbers.
- Be prepared:** Pack a first aid kit and extra supplies as emergencies can leave you stranded.
- Check your gear:** Make a checklist before you start your ride and ensure you have everything before leaving.
- The weather:** Check the weather forecast the day before but be sure to plan for all weather conditions. When rivers are in flood, they are impassable, and any bridges are outages. Do not take any chances.
- Be responsible:** Don't leave any waste on the route.



**LEGEND**

**Road Surface**

- Tar
- Mountain Pass
- Gravel
- Optional route

**Services and Places of Interest**

- Tourist Information
- Accommodation
- Camping Site
- Entry / Restaurant
- Shop
- Accommodation
- Medical Centre
- Wine Estate
- Service Station
- Guided & Historic Walks / Buildings
- Farmers Market
- Craft Beer
- ATM
- Parks/Reserves
- Picnic Site
- Canoing / Kayaking
- Lookout Point
- Surfing
- Beach/Swim Site

**Regulatory Road Signage**

- Information Signage
- National Park
- Presence of cyclists (above lane)
- Steep descent / ascent

**Warning Signage**

- Wild animals crossing
- Gravel road
- Steep descent / ascent
- Sharp curve
- Motor gate

**Route and Road Classification**

- N (National Road)
- R (Regional Road)
- P (Provincial Road)

**CAPE CYCLE ROUTES OVERBERG MEANDER**