



THE MUNGA

GRIT, GRIND, GLORY

RACE PREPARATION DOCUMENT 2026



THE MUNGA

YOUR JOURNEY. YOUR STORY.

What was once called the toughest race on earth is now something even greater,
a journey that becomes your story.

The Munga, is not about the destination; it is about the journey. It is about the moment you decide to take the first step, to challenge yourself in ways you never have before. For many, that journey begins with one of the smaller Munga events, an introduction to something that will soon become a part of who they are..

IT'S MORE THAN JUST A RACE; IT'S A RITE OF PASSAGE.

You come for the challenge, but you stay for the camaraderie. You stay for the feeling of conquering demons, chasing your dragons overcoming tragedy, and writing a new chapter of your life with everyturn of the pedals.

The Munga has a way of settling into your soul, calling you back, pushing you forward, reminding you that you are capable of more than you ever imagined.

Think of it as a great migration, one that begins with a single pedal stroke, a single ride, and a single decision to take on something extraordinary.

**WHERE IT TAKES YOU, AND HOW YOUR STORY UNFOLDS,
IS ENTIRELY UP TO YOU.**





THE MUNGA

GRIT, GRIND, GLORY

**The purpose of this document is to help you plan
and prepare for **THE MUNGA 2026 RACE.****

**Use this document as a rough planning guide. We will
send out additional updates leading up to the event.**

**Please familiarize yourself with the
content of each updated version.**

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1. WELCOME!

Thank you and congratulations on entering **The Munga**! If it's your first time, you have no doubt realized this is no ordinary race. If you are back for another one, we wish you well and hope your experience is even better than the previous one! Please feel free to contact Jack at: jackblack@themunga or 0823747273. or Saul-Marco Swart sms@themunga.com If you have any questions. We are happy to assist in any way possible!

2. SPONSORS

We're incredibly proud to stand alongside our amazing sponsors, brands that share our spirit of endurance, community and adventure. Each partner plays a vital role in bringing The Munga to life, from the first pedal stroke to the final finish line. Together, we're not just building an event we're creating an experience that celebrates resilience, passion, and the power of the ride. Each sponsor plays a vital role in bringing this journey to life from supporting our riders and crews to ensuring every kilometre of the race runs seamlessly. Their dedication and commitment help us push boundaries, celebrate endurance, and continue building this extraordinary community. Together, we ride stronger, further, and with greater purpose.

THEY RIDE ALONG

They Ride Along is a cause that sits close to our hearts. While The Munga proudly supports many charities and community initiatives, They Ride Along represents the true spirit of why we ride connection, compassion, and purpose beyond the pedals. This incredible initiative brings riders together to make a real difference, using every kilometre to raise awareness and support for those in need. It's more than just riding it's about carrying others with us on the journey, reminding us that every turn of the crank can create lasting impact.

**TOGETHER, THE MUNGA AND THEY RIDE ALONG
SHARE ONE MISSION. TO RIDE WITH PURPOSE,
TO GIVE BACK, AND TO MAKE THEM PROUD**



3. SPONSORSHIP VOUCHER / COUPON

BOOKLET [CLICK HERE TO DOWNLOAD](#)

4. RACE RULES DOCUMENT

[CLICK HERE TO DOWNLOAD](#)

5. CSA LICENSE

The Munga 2026 will **NOT** be a CSA sanctioned event, hence no license is required.

6. MEDICAL FORM

Please make sure this is signed and returned BEFORE 10 November. You can send the signed and scanned Medical Document to: riderdocs@themunga.com
Subject: ***your name and surname* - Medical**
No Medical form, No ride.

7. START

The Sun International Windmill Casino, Bloemfontein is once again the registration, briefing and start venue for The Munga 2026. You can contact the Windmill Lodge regarding accommodation closeto the start (0510545000)

8. FINISH

The Munga Race 2026 will Festa Restaurant this year in Wellington. With a range of excellent accommodation options throughout Wellington just minutes away from the finish line, there is no need to go far. Arrive, cross the line and let Wellington take care of the rest.

***Please note:** Please contact Festa Restaurant directly, so please liaise with bookings: +27 675 970 346 or on their website **[CLICK HERE TO VIEW](#)**

Accommodation post-race: if you would still like to stay at Doolhof: **[CLICK HERE TO VIEW](#)**

Note: We understand the nature of the race and that riders will arrive at all hours of the night at Festa. While it is your responsibility to arrange transport and accommodation, there will be some tents with mattress and blankets at the finish line 24 hours a day. You cannot book these, but they will be available on a first come first serve basis at all hours of the night. You will also be able to shower at the finish line. The tent is only for the night, not the rest of your holiday!

Accommodation near Doolhof: [CLICK HERE TO VIEW](#)

9. REGISTRATION

Race registration will start at 10am on Tuesday the 24th in conference room A & B of the Sun International Windmill Casino & will be open until 4pm. Registration will open again at 8am on Wednesday 25th and will close at 9am.



THE MUNGA

A JOURNEY OF SELF-DISCOVERY

COMPULSORY MEDICAL FORM

*Note: no rider will be able to begin the Munga without this signed and completed medical form by a qualified Doctor of Medicine! It must be done no earlier than 3 months prior to race day. If your Doctor does not approve and sign it for whatever health reason, this is not our fault, and you are still responsible for your outstanding payments.

I, Dr _____

have been informed by

My Patient: _____

about the nature of **The Munga** mountain bike race. Specifically, that it is a 1000+km non-stop race with a five-day cut-off period, taking place in the Karoo in the middle of summer.

I have examined my patient and deemed them fit and able to compete in the Munga.

Signed _____

Date _____

10. SUMMARY OF ITENERARY/ IMPORTANT TIMES BEFORE THE MUNGA START

DATE	TIME	TOPIC / PLACE
24 th Nov	10:00 to 16:00	Registration, Conference Room A & B
24 th Nov	10:00 to 16:00	Rider Pictures (for Wine Bottles), Conference Room A & B
24 th Nov	16:00 to 17:30	Race Briefing (Compulsory), Conference Room A & B
24 th Nov	17:30 to 17:45	Questions & Answer Session, Conference Room A & B
24 th Nov	18:00 onwards	Voluntary Pasta Dinner at Villa Rose, book directly with Tanya on WhatsApp only - NO EMAIL or call on 0715476769. R350 per person. Bookings before 20th November (for anyone that wants to book) – PLEASE PRE-BOOK
25 th Nov	08:00 to 09:00	Late Registration, Conference Room A & B
25 th Nov	09:00 to 10:00	Collection of Tracking Devices, Conference Room A & B
25 th Nov	09:00 to 11:00	Bag Drop off at the Munga / FAW Truck – Next to the Windmill Hotel. When facing the Hotel - Left hand side.
25 th Nov	11:00 to 11:50	Lining up for the Start
25 th Nov	12:00	The Start – Let “YOUR” Journey begin!



11. RACE BRIEFING

This will take place from 16:00 to 17:30 on Tuesday, 24th November in the same conference room as registration

12. RIDER BAG TRANSPORT FROM BLOEMFONTEIN TO WELLINGTON

As part of your entry, we will transport 1 x medium duffel bag and 1 x bike box/bag per rider from the start to the finish. At race registration you will see a 10 Ton FAW truck in the parking lot. Once you have packed up and checked out on Wednesday morning, please take your bag and or bike box to the truck.

This will be delivered to Festa and stored for you, and it then needs to be collected by you when you get to the finish. If you do not make it to the finish, it is your responsibility to get your bag back! Same with the bikes, when you get to the finish line, you can store your bike in their storage area until the respective bike companies collect all the bikes.

13. ER 24 – MEDICAL RESPONSE ASSISTANCE

Arij van Vliet and his experienced Munga team has journeyed with us for the last 11 years! They understand the route, the riders and the terrain which is a massive help to us and to you! They are not only the Medical Support team on the ground but also Meteorologist, Sweepers, Motivators, Massagers, Road Surface Experts, Distance to the next WP/RV Informants, Psychologists, Mothers, Fathers, Hydration assistants etc. etc. You get the picture. They are on the road where the action is, and we are truly thankful to have them on Route again this year! Please understand that the race route covers an area of more than 1150 km. There are in many areas no cellphone signal, hence making it sometimes difficult to get to riders in an emergency. IF you have an emergency and you do not have signal, please inform another rider or anyone that you might see or can find on the route....to relay the message ICE.

We use Garmin Inreach Satellite communication devices and could, based on your position get the closest Ambulance to you as quickly as possible!

14. GPS & ROUTE NAVIGATION

Remember that the Munga is a GPS only route. So, you need to be able to follow a course on a GPS to finish the Munga...simple! The best thing to do is to start this process early.

Popular units in the race have been Garmin, Wahoo, Polar and Bryton devices. All devices have their idiosyncrasies and will go on the blink on occasion, so make sure you know your device well!

Visit gravelandtour.co.za for deals on GPS's or advice in this regard.

CLICK HERE TO DOWNLOAD

GARMIN DOCUMENT

15. RACE ROUTE:

The final GPX file will be sent to riders the week before the race. Please know how to load both a FIT and GPX file on to your devices, hence reviewing the Garmin document above. We will not be able to help riders at registration and even less on race day with loading files and or issues. You have plenty of time to prepare!



Your emergency Munga 2026 contact details that we will print for you on stickers and that you will receive in your Goodie Bags are:

- Jack Black: +27 82 374 7273
(Race Director)
ALWAYS CALL ON WHATSAPP AS SIGNAL AT FESTA IS NOT GREAT – 100% AVAILABLE
- Arij van Vliet: +27 84 473 5157
(Emergency & Safety Officer)

Please note these numbers are not for your families to find out where you are etc. We are also not going to respond to non-riders and or family members calling us to inform us that **YOUR HEART RATE IS NOW VERY HIGH** – could we go and check up on you!

They need to speak to you or follow the Dot Watching link! If it is an emergency, we will manage it accordingly, but we do get paranoid family members calling us unnecessarily! Remember what **YOU** signed up for and inform your families accordingly!



16. RACE DISTANCES

OFFICIAL RACE VILAGES AND WATERPOINTS	DISTANCE FROM START	DISTANCE FROM LAST POINT	RV TO RV SOLO DISTANCE	RV TO RV SOLO ASCENT
WP 1: Waterbron van Schoonvlakte Farm	60km	60km	230	1526
WP2 - Leeuwfontein Farm	174km	114km		
Danger, Erdvark Holes, Extreme Caution from km	175-190km			
RV1 - Vanderkloofdam - Monte Crous Lodge	230km	56km		
WP3 - Wolwekuil Farm	284km	54km	198	1035
JoJo 1 - Old WP3	310km	26km		
WP4 - Teerputsdam Farm	370km	60km		
RV2 - Britstown Hotel (Transkaroo Lodge)	428km	58km		
WP5 - Soutwater Farm	473km	45km	194	1000
WP6 - Pampoenpoort Farm	561km	88km		
RV3 - Biesiespoort Guest Farm, Loxton	622km	61km		
WP7 - Saaifontein Farm	680km	58km		
WPF- Fraserburg Akedemie School	723km	43km	230	1380
WP8 - new farm (TBC)	777km	54km		
RV4 - Rogge Cloof Nature Reserve, Sutherland	852km	75km		
Danger, Ouberg Pass - Extreme Caution going down Ouberg Pass at roughly 893km's	893km			
JoJo 2 Tankwa National Park (new position)	930km	78km	251	1820
WP9 - Da Doer Padstal	967km	37km		
WP10 - Tankwa Padstal	1007km	40km		
JoJo 3 Tankwa R355 (Mitch se Grot)	1045km	38		
RV5 - Ceres Rugby Club	1103km	58	46	483
Finish at Festa Restaurant, Wellington	1148km	45		



IMPORTANT NOTES:

• There is a big gap between WP1 and WP2 (114KM). Plan accordingly and look out for known reservoirs after the Steunmekaar Police station that might have water, there is also a Tap and Reservoir just after the Police Station on your right-hand side. We might have the Du Plessis farm again there as Pop-up waterpoint but no promises. This is at 100km.

• BEWARE of the Aardvark and other Creatures holes after Water Point 2 towards Vanderkloof. IT is as always there hence awake and F O C U S! This is real and could cost you your ride /race. This is between 175km to 190km.

• If you find a fridge in the veld between RV1 and RV2, you are not seeing things, a neighboring farmer often puts it out with Water in for Munga riders (note this is not a guarantee) but note the new Waterpoint 3 is less than 1km from there!

• After leaving the new WP3 we will add Water Containers at the "old WP3 (26km from the new WP3) – as we will be cycling past the farm house on our way to WP4. The 2 x Named Sport 1 x Water containers would be placed for self service under the trees! Help Yourselves! We will call it JoJo 1 on the GPX file.

• There is a big gap between WP3 and WP4 (94km). Most of you will hit this in the heat of the day so be warned! There are enough Windmills / Windpompe so refill where possible! Please take care when climbing over the fences if there are no gates! PLEASE RESPECT THE PROPERTY OF OUR FARMERS!

• Race Village 3 is now at the Farm Biesiespoort. You will be VERY happy to learn that that RV 3 is directly after the Loxton Razzle Dazzle before the town of Loxton. You will also be happy to know that you do not have to go out on the most horrific corrugated road to Jakhalsdans any longer. From Loxton you will be heading out onto the Fraserburg road immediately! The Tar section into Loxton has also changed as we would go through the Biesiespoort Farm directly into Loxton Town.

• There are no more big gaps between WP7 and WP8. The town of Fraserburg has a wonderful school called Fraserburg Akademie Skool that will be hosting a non-official but official Water Point! These parents and kids will look after you like no one has ever done in Fraserburg! We are very excited about this new Water Point called WPF for Fraserburg.

• Lookout for farmers between Fraserburg and WP8 that do put out water / drinks for riders out of their own goodwill on this section after Fraserburg. These drinks are at the farms on tables close to their houses Please be respectful and leave the place clean & tidy

• We will not be going through the town of Sutherland. We will be turning onto farm roads shortly before the SALT observatory and traverse through farms to the Rogge Cloof Nature Reserve which is Race Village 4.

• The section from Roggekloof Nature Reserve to DaDoer is 115km, so please do not cry like "NABIL" did in 2023, 2024 and every other year! Be Tough! Be Prepared. Refill at the Jojo Tank! DON'T BE A "NABIL"!

• There is a JoJo tank (called JoJo 2) a little further on the route at 934km's past the Old abandoned white house (old WP9 2023), with water between Sutherland and WP9 at Da Doer Padstal which is a formal Water Point 9. It is on the right. THE JOJO 2 WILL BE PLACED under a Gazebo – right next to the road! WE WILL ADD A MUNGA FLAG HERE.....

• On the way to RV5 in Ceres, BEWARE of the Turn off to Ezelfontein from the tar road (it is on a long decent to the left), MISSING THIS TURNOFF ON THE TAR ROAD WILL LEAD TO A 6 HOUR PENALTY THAT NEEDS TO BE SERVED AT RV5. RV5 has moved to The Rugby Club in Ceres Town. Minimum penalty if you miss the turnoff. Remember the Ezelfontein section is for YOUR safety.

• Your RV1, and RV2 will be at a different location to the Equipe riders! So pay attention! Your GPX file is different to the Equipe Riders so nothing to fear. The same with RV 2 in Britstown as per your GPX file. Do not be confused! FOCUS Maryne FOCUS!!!!

• There would be "angels" on route serving or assisting you! These are all "Staff" of the Munga Events Company. They might be ER24 Ambulances, The Sweep Vehicles, or Photographers, or just "goodwill folk" that we prearranged with to hand out Water, Named Sport or Cold Drinks etc. We will have all vehicles identified by a Munga Magnets on the side of the vehicles.

• All time penalties needs to be served at the next Race Village before continuing!

• Lastly we would like to reiterate that we NEED TO RESPECT THE FARMERS AND THEIR PROPERTIES. PLEASE MAKE 200% that all papers and garbage are securely tucked away in your pockets.

• Please look out for the signs on ANY GATE that says "PLEASE CLOSE GATE". THIS IS THE MOST IMPORTANT RULE OF THE RACE!

Please Respect the farmers and their farms – The Farmers are the life Line of the Munga.

17. CUT-OFF TIMES

Each RV will have a rolling 24-hour cut-off as follows (with the exception of RV4 and RV5):

RV	TIME + DAY
RV1 Vanderkloof	12pm Thursday
RV2 Britstown	12pm Friday
RV3 Loxton	12pm Saturday
RV4 Sutherland	11am Sunday
WP9 Da Doer Padstal	5pm Sunday
RV5 Ceres	8am Monday

The cut-offs will be strictly enforced with zero grace period at each RV. The cut-off implies you have to have signed out on the RV/WP lead sheet and are out of the door by the cut-off time. While there is no sign in sheet at WP9, if you are not out by 5pm on Sunday you have missed the cut-off!

If you miss the cut-off, you are out of the race! Note: Riders that stay over at a Race Village after the cut-off time, this will be for their own account.

WARNING: Riders have in the past finished even though they were behind the "cut-off" on the tracking system, i.e. the dot watching system. PLEASE DO NOT STOP IF YOU ARE BEHIND – KEEP YOUR HEAD IN THE GAME!

If you are making the Cut-Off times at the designated areas you will most likely make it to Festa in time! IF you feel sorry for yourself, call Jack Black for advise!



18. RIDER REPATRIATION

We have been talking to locals at the various Race Village towns to see if we can assist riders that withdraw there to get back to either the Start or the Finish. Below is a list of the options available for the rider to use, should he/she wish so, but this is for the rider's own account.

AREA	NAME + NUMBER	AMOUNT CHARGED
Vanderkloofdam Area	Sonja 084 844 9449	R3500 for trip back to Bloemfontein, up to 4 riders
	Johan Coetzee 084 580 2464	R3500 for trip back to Bloemfontein, up to 4 riders
Britstown Area	Awie (Mirage Guesthouse) 061 6394 705	R4000 for the trip back to Bloem, up to 4 riders
Loxton / Sutherland to Tankwa Area	Gerda (Sutherland Hotel) 065 995 1697	R2500 for 1 person R3500 for 2 people R4500 for 6 people (from Loxton area, Sutherland area via Tankwa to Sutherland or Ceres)

PLEASE NOTE: Any rider repatriation will only take place after the cut-off time at the particular Race Village, hence riders might need to wait for up to 24 hours. We will always try where possible to take any riders that stopped to the nearest race village. It is not always possible, hence saying "always try". Please note that you may arrange your own transport (as it is your own responsibility after all) as long as there are no vehicles on the district roads.



19. TRACKING & DOT WATCHING

Each rider will receive the following at race registration:

- 1 x Spot Trace tracker with four new AAA batteries installed
- 1 x Tracker bracket
- 1 x Large cable tie pre threaded through the bracket in the correct fashion

THE FOLLOWING NOTES ARE IMPORTANT, PLEASE PAY ATTENTION:

1

The tracker has already been turned on, and you may or may not notice a red or green blinking light. Please do not push "any" button, as you will then turn it off. Leave it as it is for the duration of the race! We will discuss this at race briefing as well!

2

The tracker has two sides to it. The topside, or signal side is black and needs to face up. The bottom side has the yellow sticker with the tracker number on it. This is the side that will face up when the tracker is given to you as we need to know what tracker you are getting.

3

Once you receive your tracker, ensure it is turned around so the yellow sticker is facing downward. Please see the images on the right for clarification.

4

Don't take out the cable tie as it goes in a particular way to ensure the tracker sits flush in the bracket. Fasten the bracket to your handle bar using the cable tie. Once the tracker is snapped in, it is highly unlikely to come out, only in the most excessive of bumps or falls.

5

There are always one or two trackers that for whatever reason seem to be having an off day. If you seem to have one of those, we will do a swop out at RV1.

6

When you stop to sleep etc. your tracker will go into sleep mode. Please advise your family and friends that this is normal as it will be in a low power state and will show as a faded light.

TOP SIDE



BOTTOM SIDE



PLEASE NOTE:

you will sign a Tracker liability form on registration day which also specifies that you will be held liable for the replacement cost of the Tracker should you lose it for whatever reason.

19. COMPULSORY SCANNING IN/OUT AT EVERY WATER POINT AND RACE VILLAGE

Riders are NOT allowed to skip any Water Point or the Race Village on route for this year's race. There would be a clearly marked "SCAN IN" and a "SCAN OUT" sign at every Water Point and Race Village. We will also have the Compulsory Signi-in / Sign-out sheets at Race Villages as well.

Each Rider would over and above the Spot trackers receive a NFC armband as per the picture below. This is the actual device you would need to scan in and out at every WP and RV on a POD that would be placed on a table and that would be clearly marked.

THE FOLLOWING NOTES ARE IMPORTANT, PLEASE PAY ATTENTION:

SCAN IN



SCAN OUT



Armband to be worn with the O Ring over the clasp mechanism to assist with securing it.

The armband should be worn on the opposite wrist to the watch as it easier to Scan In or out.

Scanning in is Mandatory at ALL Water Points and Race Villages on the Munga 2026..

Any missed Scan-in / Scan-out are not recoverable.

The Onus of getting a result is with YOU, the RIDER, it is your responsibility to Scan-in / Scan-Out

No Scan in / Scan out means = No Time = No Result,No Exceptions!

There will be no scanning required at the start of the race or at Festa as we also have a RFID Chip" on your rider Board.

PLEASE NOTE:

THE SCAN-IN POD WOULD BE SEPARATE FROM THE SCAN-OUT POD. PLEASE NOTE THAT YOU NEED TO SCAN OR PRESS YOUR ARMBAND AGAINST THE POD TO REGISTER WHEN EITHER SIGNING IN OR OUT. THE POD HAS A BLUE LIGHT CIRCLING, AND IT WOULD CHANGE TO GREEN IF YOU SCANNED YOUR ARMBAND. KEEP THE ARMBAND FOR 2 SECONDS AGAINST THE POD UNTIL THE COLOR CHANGE TO GREEN. FOKUS MARYNA FOKUS!!!!

20. RIDER PROFILE PIC FOR TRACKING PAGE

If you want a picture of you on the tracking website during the event, then send us a profile pic no bigger than 300kb (or it will not upload) This is not compulsory, your name will still be on the tracking site. Please do not send it in the week of the event and expect it to be up on the tracking page! Deadline 10 November, else it will just be your name.

You can send to riderdocs@themunga.com, Please save your picture as your **NAME & SURNAME**



21. PRIZE MONEY

Price Money for 2026 is as follow = R100,000
 Equally divided between Men and Ladies races
 Thank you to Preference Capital for sponsoring the prize money



PLACE	AMOUNT
1st Prize	R25,000
2nd Prize	R 15,000
3rd Prize	R 10,000

22. SPECTATORS

The Munga is a unique race. We understand that you have all taken time out to train and this has an impact on your family life, but your family and friends are not welcome, or allowed, on the route.

THIS IS FOR MANY REASONS:

- The roads are all dirt and thus vehicles on the route cause plenty of dust, which makes the roads more dangerous to our riders.
- The Munga is a semi-supported race so having friends and family on the route makes it really difficult to police these rules and determine whether a rider is being unfairly helped. This makes it unfair to the other riders.

- The Covid19 pandemic has enforced stricter levels of hygiene and minimum contact between us as a race, and our farms that serve as water point hosts. It's simply unfair and irresponsible to go charging into a private farm just to see your rider.
- If you want your family to support you, let them follow you on the tracking, and if they have to drive down, let them stay on the tar roads and serve as your bailout plan if you scratch for whatever reason. Or ask them to volunteer to help man one of our points and that way they may get to see you.
- Sometimes being away from your family for five days is a good thing! It will make it that much sweeter when they see you cross the finish line.

So, while we cannot stop your friends and family from going into the towns, the following rules will apply:

- No public may enter any race village (the actual guesthouse) or water point.
- If a member of the public is found in a race village or water point, and is related to a rider, that rider will be given a time penalty of 6 hours that will be served at the next Race Village.
- If a friend or family member is seen in a vehicle on the route consistently, they will be asked to leave and return to the tar road. Refusal to do so will result in a penalty for the rider of 6 hours at the next Race Village.

NOTE: that at all the Race Villages you will have access to fresh farm cooked hot meals and plenty of drinks. Water-points will have water predominantly with some other snacks.

23. NUTRITION AND DRINKS

Named Sport is still the official Munga nutrition partner. Named Sport will be supplying the following for this year's Munga:

Hydrafit Electrolyte solution & Isotonic Hydro Zero tabs

Please make sure you use the following discount code if you want to try their product in the final few days! *Named Sport confirmed limited Bars. So, if you want many bars, you will have to bring and carry your own.

WWW.NAMEDSPORT.COM/ZA | CODE: MUNGA2026



24. WATER POINTS [X11] + JOJO [X3]

There are ten water-points on the race and three JoJos. These are mostly at farms in the middle of nowhere! Please respect the farm owners and don't assume there is a working toilet for your use. Pretend you are out in the bush! What can you expect at Waterpoints:

- WATER!
- A handful of mattresses to be able to lie down and take a quick nap. We cannot cater for all eventualities. Note this will be limited as Race Villages cater for sleeping etc.
- Snacks: Each water-point has been briefed to offer a sweet snack, as well as a savoury snack, boiled potatoes, so each will differ slightly, but you can expect some of the following items:
 - Boerewors rolls
 - Roosterkoek with mince
 - Muffins
 - Banana bread
 - Boiled eggs
 - Sandwiches (marmite, cheese, peanut butter...)
 - Vetkoek with mince
 - Biltong or dried wors
 - Pancakes
 - Carrot cake
 - Some fruit like Bananas and apples, watermelons
 - Plato ground coffee.
 - Coke
 - SuperM choc milk
 - Nutritional supplements
 - Friendly farmers!

PLEASE NOTE: ice is not a requirement for the water points. It is simply impossible for some of the farms to be able to produce and keep ice. However, you may find some water points are able and willing to provide ice. The problem with this is that it may create the expectation for ice everywhere!

Remember, this is not part of our promise to you! Respect to fellow riders, hosts and the principle of abundance: We try not hold back any of the snacks etc. at the water-points, so don't fear that the first riders might finish them and there will be nothing left for the back riders. But we also need you to help us. This problem has mostly to do with the energy nutrition, so please make sure you only take what you need, and not more, as chances are you will waste it! "Waste not Want not"!





25. RACE VILLAGES [X5]

There are five Race Villages on the race. The Race Village locations, procedures and protocols are as follow:

- All five RV leads will have the GPX file on their laptops in case you need to download it again.
- All five race villages are in or close to towns:
 - RV 1: Vanderkloof dam (Monte Crouse lodge)
 - RV 2: Britstown (Transkaroo hotel)
 - RV 3: Loxton (Biesiespoort Guest Farm)
 - RV 4: Sutherland (Rogge Cloof Nature Reserve)
 - RV 5: Ceres (Rugby club)

Please be courteous to the Race Village Volunteers, Owners and their staff. They are doing us a favour by opening their Lodges, Hotels and Farms!

NB! RV hosts and support staff are volunteers doing this out of love and a spirit of giving, please do not abuse them or be disrespectful! They are providing services under Munga guidelines and instruction that try to accommodate all participants, not just you. Rooms/beds are not always abundantly available in small karoo towns, so if rooms have twin beds, you might very well have to share this with one of your fellow riders. We can't let another rider not have a place to sleep because you want your own room. Obviously, RV leads will be considerate of Male and Female riders when allocating rooms. Any riders not respecting or adhering to the RV Hosts in this regard, will be contravening the spirit of the Munga and could be disqualified from the race. Being tired is no excuse for being disrespectful!

- As you arrive at a RV, the first thing you need to do is sign in on the RV sheet & Scan In scan in with your armband using the "BLUE POD", even if you are moving on without staying.
- The Race Village lead will ask you whether you want to eat, sleep, shower, or push on etc. If you are going to sleep, please tick the 'sleep' box on the sign in sheet as it helps our long term planning.
- You are welcome to stay as long as you want in the race village, up to the cut-off time before moving on.
- When you are ready to leave, please make sure you sign out on the RV sheet & Scan Out with your armband.

- Those who are racing up front will have no issues with potentially waiting as the places will be empty. Those near the back of the field, we ask that you are more patient, as the RV leads will be under enormous flux, especially RV1! However, these riders should be more relaxed anyway. Remember that some of the guesthouses will be a few hundred meters away from the RV. Don't let this stress you as you are riding 1000+ km in 5 days, in case you forgot! Go with the flow and enjoy the event!
- Please don't fight with an RV lead if he sends you to a guesthouse down the road. It's that or the pavement! If you want to fight call Jack Black on 0823747273
- Many of the lodges and homes etc. will have multiple beds in rooms. Again, for those racing, this will not be relevant, but for the slower riders, be prepared to share rooms. Most of you will end up riding in small groups anyway, so to make the RV leads job easier, let them know when you sign in if you are in a group of three or four so they can allocate a room accordingly.
- In all RV's the bike mechanic station will be very close to the sign in sheet and RV leads, so you can sit and have a meal and decide where you want to go and what you want to do.
- The actual race village will be headquartered in the commercial hotels and guesthouses listed above

What can you expect at Race Villages:

- A bed with a blanket and pillow so you do not have to carry any sleeping stuff. RV 3 will have some additional tents if required. RV4 may also have some tents.
- A hot shower. Towels will also be available. Soap may or may not be available. Plan accordingly.
- Hot meals. These will be farm cooked home-style meals. Portions will be served but you are welcome to have seconds. This is primarily to avoid unnecessary wasting which is typical when riders dish for themselves. *Please note for a rider who is sleeping at an RV, we will typically cater two meals. However, riders have been known to 'languish' at RVs for as long as they can, eating as much as they can. If an RV lead thinks you are abusing the system, they may just charge you for the 3rd meal!

- Plato ground coffee.
- Juice, SuperM chocolate milk, water and all meals will be provided for free.
- Remember that these are commercial lodges and hotels etc., so if you want anything else like a beer or wine or chocolate etc, you are welcome to pay for it. We encourage this as it means something more for the venues.
- Nutritional supplements
- Charging facilities: All five RV's will have power. At the check in station, there will be a usb bank with adaptors etc. so make sure you carry a usb charging cable for your device, and also a 2 pin/usb plug. Because some of the houses are private homes, these may not have 2 pin adaptors, so if you really want to be sure, carry a small 2pin/3pin adaptor.
- Washing: Some of the Race Villages might have people available to wash kit, but this is not included or compulsory, so plan accordingly. Any charges for this service will be for your own account

Each rider receives 5 meal vouchers in total, one per RV . Check the Meal Voucher Breakdown document for details and options. Before reading about our Race Villages and Water points, please understand one of our core principles: the Spirit of Abundance.

The Spirit of Abundance

In the early days, we held back stock, Coke, bottled water, and other items, afraid we wouldn't have enough for future events or that early riders would take too much, leaving nothing for those at the back. That mindset came from scarcity and insecurity. We've since learned that abundance creates a better experience for everyone. We now give away leftover stock after each event, confident that more will come next year. Lately, we've seen some Water Points sheding stock again, worried they'll run out. We're correcting this. Food tables at our Water Points and Race Villages must always look and feel abundant. Please help us keep it that way:

- Take only what you need, especially Named Sport products.
- Avoid waste — unused stock benefits local schools, communities, and farm staff.

Thank you for helping us keep the Spirit of Abundance alive.

Race Village Procedure and Protocol

When you arrive at a Race Village (RV):

1. Sign in on the RV sheet.
 2. Scan in using your NFC armband at the BIG BLUE POD scanner.
- If you plan to sleep, tick the 'sleep' box on the sign-in sheet. It helps with long-term planning.

- You may stay as long as you need, within the cutoff time 6. When ready to leave, you must sign out on the RV sheet.

Important Notes:

- Front-runners will move through RVs smoothly.
- Those at the back of the field may experience delays, especially at RV1. Please be patient — the RV leads manage constant rider flow.
- Some guesthouses are a few hundred meters from the main RV. If asked to stay there, please cooperate. It's either that or the pavement.
- Go with the flow, stay flexible, and enjoy the event.

Accommodation and Facilities

- Lodges and homes may have shared rooms with multiple beds.
- Bike mechanic stations will always be near the sign-in area. You can eat, rest, and plan your next move from there.
- All five RV Leads will have the GPX file on their laptops in case you need to reload your route.

Sleeping Arrangements for Race Villages

RV1 - Montecrous

- Limited beds and mattresses

RV2 - Britstown

- Mattresses, blankets, and pillows provided
- Showers available.

RV3 - Biesiespoort Guest Farm, Loxton

- Accommodation at Biesiespoort Guest Farm (1 km outside Loxton town).
- Teams allocated Rooms with 5 beds if booked separately at your own costs, alternatively, mattresses with blankets, or tents with mattresses. Upgrade by calling Hanneke 0828065760.
- Showers available.

RV4 - Rogge Cloof Nature Reserve, outside Sutherland

- Shared with Equipe Riders.
- Beds (limited), mattresses with blankets, or tents mattresses.
- Showers available.

RV5 - Rugby Club, Ceres

- Shared with Equipe Riders at The Rugby Club
- Mattresses and blankets provided.
- Tents available
- Showers available.



RACE VILLAGE 5:
CERES
SIGN-IN / SIGN-OUT SHEET

POSITION	RIDER NAME	RIDER NO.	DAY	TIME SIGN IN	MEAL	SLEEP	DAY
61	Wilhelm, Ugo	144	S	09:05	✓		Sun 09:30
62	Lorraine Stuydens	168	Sun	09:20	✓		Sun 10:30
63	Werner Stubbels	168	Sun	09:28	✓		Sun 10:30
64	Renee Thelard	12	Sun	01:28	✓		Sun 01:57
65	C Bell	46	S	9:42	✓		Sun 01:57
66	Samuel Dyer	20					Sun 01:57



26. MUNGA CYCLING APPAREL

There are two official Partners for custom Munga cycling shirts and other cycling clothing. The are VanH and OTR. Please note that the stripes protocol requires someone to have completed a full event in the cut-off time in order to be able to wear a shirt with stripes. But anyone is welcome to wear a shirt with the Munga logo.

VANH

check out their Munga themed kit and feel free to order. [CLICK HERE TO VIEW](#)



OTR

Go and check out their Munga themed kit and feel free to order. [CLICK HERE TO VIEW](#)



27. PACKING LIST

1. This list is divided into two parts.

The first part details the compulsory equipment that is required by every rider as per rule 15. The second part details optional equipment. This part will be very much dependent on whether you are racing or making the cut-off as to how much risk you want to take, and how much of that stuff you want to leave behind.

2. Conditions in the Karoo in summer vary dramatically.

Typically, mid-summer conditions are dry and hot, with days often reaching in the 40's, and evenings being quite cool going down to the low teens. However, it is not unknown to have a cold front come through, as has been the case during the week of the 16th of November 2015 when Sutherland got down to -2c, in summer! So be warned, this is an extreme environment where much can change. You are advised to pay close attention to the weather in the days leading up to race day and plan accordingly.

Compulsory equipment (stuff you have to carry!)

- ✓ 3 liters of water (we recommend 4 to 5 Litres)
- ✓ A fully charged mobile phone at the start of the Race (and Power Bank ICE)
- ✓ A working light on the front as well as the rear of the bicycle at the start of the race
- ✓ A working GPS unit
- ✓ A Spot tracking device (supplied by us)
- ✓ Small ER medical kit (given to you at registration)
- ✓ Space Blanket (given to you at registration)

Optional equipment

- ✓ Clothes
- ✓ Normal riding clothes (shoes, socks, riding shorts, shirt, helmet, gloves, sunglasses)
- ✓ Spare socks
- ✓ Leg warmers
- ✓ Arm warmers
- ✓ Riding vest
- ✓ Rain jacket
- ✓ Warm jacket
- ✓ Buff

Toiletries and medical

- ✓ Chamois cream
- ✓ Sun cream
- ✓ Lip ice
- ✓ Tooth brush and toothpaste
- ✓ Anethane Cream (local anesthetic cream for a numb bum)
- ✓ 2 x small plasters (for small cuts and scrapes)
- ✓ 2 x small alcohol swabs
- ✓ Personal medication
- ✓ Imodium or Kantrexil (recommended) tablets for stomach
- ✓ Rehydrate sachet / Drip Drop or any other Electrolyte Supplement
- ✓ Water purification tablets (if you are suspect of water from windmills/reservoirs on route)

Bike spares

- ✓ Spare slime tube / tube
- ✓ Spare valve
- ✓ Valve key (small piece of plastic to tighten valve)
- ✓ Puncture repair kit:
 - Patch or gator
 - Plugs + Plug tools
 - Glue
 - Patches (if your slime tube fails)
 - 2 x bombs

- ✓ Spare hanger
- ✓ Chain break tool (check your chain size) & 2x power links
- ✓ Spare saddle bolts
- ✓ Multi-tool
- ✓ Cables
- ✓ Brake pad
- ✓ Mini pump

Other considerations

- ✓ Water Bottles, Camelback or Uswe Hydration Packs
- ✓ Top Tube Bag
- ✓ Saddlebag
- ✓ 2 pin/USB adapter for charging
- ✓ Phone cable
- ✓ Batteries, Battery booster pack / Power Banks
- ✓ Garmin or GPS cable

PLEASE NOTE:

- Towels will be provided so don't carry any mainly at Race Villages
- All sleeping stuff like pillows and blankets and beds or tents will be provided at mainly the RV's! There might or might not be enough at some WP's depending on the weather conditions. We will try our outmost best to plan the best we can.
- All Race Villages and Water Points have charging facilities; however, you should carry at least 1 spare set of batteries for your electronic devices
- Our emergency partners are ER24, but there are sections of very remote track that they may not be able to get to immediately. Hence the need to carry the small medical kit.
- The Spot Tracking device has new batteries pre-loaded that should last the five days. If your battery starts going flat, our Race village leads will have replacement batteries to do a battery swap. How will you know if the batteries are going flat? We will inform you, as the system will send us a warning email. So, you don't need to pack any tracker batteries!

This list is by no means a thorough list but serves mainly as a guideline. The onus is on you the rider to plan and pack accordingly, depending on your risk profile. It is your responsibility to make sure you know how to use your stuff and are adequately prepared. Note also, there is no longer a compulsory bike check at registration or the start. It is a time consuming and pointless exercise. However, there will be a compulsory gear check at some point in the race, with a 30-to-60-minute penalty for any item missing.

28. BIKE-PACKING WITH GRAVEL & TOUR

The official Munga gear partner for all our events. We attempted to cover gear that we are familiar with and have tried over the last 15 years riding the Munga, Freedom Challenge RASA's, 1000 Miler and other endurance races. Since Gravel & Tour started this journey, it has always been an arduous and time-consuming task to source the right gear for our next adventure. Whether it's for racing, touring, long days in the saddle or manic dashes through the night, we have always tried to find the best solution for any given challenge. We have tried to focus on The Munga as well as on the Munga Grit races and tried to reference both in the Strategy and planning.

In short, at Gravel & Tour we offer kit that we have put through the grinder ourselves; curated gear that has been tried and tested in some of the world's harshest conditions such as the Munga and it worked.

We are also looking at two vastly different markets with both International as well as Local suppliers, to make it more affordable for everyone. This document is compiled by a panel of multiple Munga finishers, and experienced Endurance & Gravel riders who love the sport, love the Munga, love the Freedom and love tough relentless Endurance type of events! Gravel and Tour is a Partner of the Munga, and Freedom Challenge, but more importantly a partner to each individual participating in this year's Munga or Munga Grit events.

Please see the Munga Brochure:
[CLICK HERE TO VIEW PDF](#)

Let Gravel and Tour worry about getting YOU the right gear! Please remember to use the code: MUNGA2026 when checking out for a 10% discount. This discount applies to Grit rides also. Support Gravel and Tour at: <https://gravelandtour.co.za/>. or Contact Jack Black at 0823747273 or Jackblack@gravelandtour.co.za OR Contact Jayden at 073 478 2333 or jayden@gravelandtour.co.za



29. SAFETY: LIGHTING (FRONT & BACK)

Working lights front and back are compulsory for the duration of the event. We expect you to at least have working lights after sundown and before sunrise, although for safety we would recommend to always have a RED LIGHT on at the back of your bicycle.

Make sure you are enlightened our official lighting sponsor Extreme Lights for your lighting and charging needs. Be sure to check out the Munga Discounts on their lights..



30. CHARGING

There are USB A Charging stations (limited USB C) at the Water Points and Race Villages. It is your own responsibility to carry a 2-point plug adapter if you need to charge your light or anything non USB related. Do not expect the Farmer to give you his as you will forget to give it back! CARRY YOUR own!



32. ISOBER KING & QUEEN OF THE MOUNTAIN

This year the KOM segment is sponsored by Alcohol Breathalyzers: [CLICK HERE TO VIEW](#)

We have a STRAVA King of the Mountain (KOM) section with a prize money of R2,000 for the fastest male and female rider up this section. There will also be a consolation prize of R1,000 for the slowest rider up this section. In addition, each winner will receive a breathalyser unit! Please upload your ride to Strava within 5 days of the event finish to be eligible for this.

The KOM of the mountain link on Strava: [CLICK HERE TO VIEW](#)

33. MESSAGES

We have done away with Messages so if you really need one! **Toughen up buttercup this is The Munga**

34. BICYCLE TRANSPORT

See below for some bicycle transport options from Joburg and Cape town to help transport bikes.

Gauteng: Joggie Bicycle Transport

- <https://bicycletransport.co.za/product/the-munga/>
- Poer: 082 388 2287

Western Cape: Manic Cycles

- francois@maniccycles-cw.co.za
- 082 413 8935 or 076 993 0674

MoveMyBicycle

- <https://movemybicycle.co.za/collections/races>
- Contact Number: 082 413 8935 or 076 993 0674

35. SHUTTLE SERVICE: WELLINGTON

Anyone looking for a transfer service out of Wellington, contact Chris James:

- chris.james1409@gmail.com
- 073 694 8897

Or EZ Shuttle

- <https://www.ezshuttle.co.za/>
- 0861 397 488 (EZSHUTTLE)

36. REFUND / ROLL OVER AND

SUBSTITUTION POLICY:

As per the terms and conditions when you entered the race, the Munga has a zero-refund policy. There are many reasons for this, and you are welcome to contact us off line to find out more.

However, we do not want you to think that you will just lose your money. If the Munga has to cancel an event for whatever reason, we will credit you your monies to any future event of your choice, indefinitely, and we will waive any admin fee. So, you will never lose your money—period!

If you want to cancel, substitute or roll over your entry, then the following fees apply:

1. Substitution (you want another rider to take over your entry): Accepted anytime up to the online entry closing date which is 6 weeks before the start of the race. The substitution fee is 10% of the full price entry fee of The Munga.

This will be added to your entry basket, and once

paid (with the substitution details of the other rider), your substitution will be confirmed.

Within

the last 6 weeks to Race Day you unfortunately forfeit the entire entry.

2. Roll over (if you cannot for whatever reason do the race) you can roll over your entry once, to the following year: Accepted anytime up to the online entry closing date which is 8 weeks before the race start at 10% of full entry fee!

3. Special Entries (are awarded only by The Munga organisers at their sole discretion for any of their events & only eligible for the rider that it has been awarded to. Should the rider not be able to ride in the event that the special entry was awarded for they forfeit their entry. Riders that have been awarded a special entry are not eligible to transfer (roll over) these entries.

IMPORTANT NOTE: The Munga will only substitute or roll your entry over once. After that its use it or lose it!. Please do not email or phone us two days before the race asking for a sub or roll over, as then time has passed! Please note **YOU CAN ONLY ROLL OVER AN ENTRY ONCE!** No Refunds will be done. Thank you for understanding and cooperation.



37. SAFETY AND FLOOD/STORM PROTOCOL

This is a new addition to our race prep doc after the crazy weather conditions experienced during the 2021 Munga Race. In truth, those kinds of conditions are super rare but there is some thought that global weather patterns are starting to shift, and that maybe extreme storms may become common place.

Either way, it helps to have some idea of what you should do if we encounter those conditions again. Safety: The first thing to realise even though we stress this point again and again, is that our race is semi-supported. This means that you may not see a medical vehicle for a few hours at a time as they are predominantly located at the race villages, until such time that they are dispatched for an emergency. This is part of the reason why we force our riders to carry the small medical kit and space blanket, and being proficient in their use, as there is a good chance that if something happens to you, you might need to use it!

While we would love to have a medical vehicle watching every rider, the non-stop nature of our race makes this simply impossible. So, what this means is that there is a high level of independence and self-sufficiency required. If you get bitten by a snake or have a heart attack in the middle of nowhere...

THERE IS A CHANCE YOU MAY DIE!

Let this sink in because when you sign up for the Munga, you are accepting this fact! At the start of the race, all the medical vehicles are closer together and easier to engage, but after a day, these same vehicles are now spread-out working magic in the middle of nowhere!



Significant amount of rainfall in a small period of time has two main hazards, lightning and flooding:

Lightning: this is probably a small risk due to the terrain of the Munga, but plenty lightening was seen during the storm around Ouberg in 2021. So, if you are caught in a storm where there is lightening activity, try and stick to the following basics:

- Try stay indoors until the storm passes (if you are outside on your bike and cannot find indoor shelter, then do the following:
- Get off any high ground or elevated ridges, so don't hang around on the top of a hill or pass
- Don't sit under an isolated tree
- Climb off your bike and lay it on the ground some distance away from you (10 to 20m)
- Sit on the ground in a hunched position (don't lie flat on the ground)
- Make sure you are sitting away from anything that can conduct electricity (puddles of water, fences, windmills etc.)
- Sit it out and ensure you wrap yourself in your space blanket if you are getting cold.

Flooding: the parts of the Karoo and Tankwa that the race goes through seldom gets rain, so when it does storm, rivers can suddenly spring up out of nowhere:

- If you know there is big rainfall expected, try and sit out the storm in the comfort of a race village or water-point
- If you come across a flooded river, don't try and cross it. Rather wait until the water subsides. Even with huge amounts of rain like in December 2021, the flooded rivers subsided within a few hours. See the time waiting as time to rest, or even try and catch some sleep.

REMEMBER, YOUR LIFE IS MORE IMPORTANT THAN A MEDAL, AND THE STORIES WILL BE WORTH IT!

38. SOCIAL MEDIA & PHOTOGRAPHY

The Munga's unique spirit and unforgettable moments through dynamic and impactful storytelling will be lead by Cat Greer from the Munga and a team of world class photographers and content creators. Cat & Marko will be trailing the roads along with our riders during this years event. The Munga is here to capture the energy, resilience, and camaraderie that make The Munga truly exceptional. In addition to capturing live moments, we are also managing The Munga website "LIVE", creating engaging content that highlights the event's essence, from rider achievements to sponsor highlights. Riders, Partners, and Sponsors are encouraged to share their photos and stories with Cat, who will help amplify these memories across The Munga's digital channels.

For media-related submissions and queries, reach out directly to Cat Greer cat@themunga.com or marketing@themunga.com.

39. FINAL RACE PREP DOC

There will be additional updates to this document. Please familiarise yourself with the content to stay abreast of any changes that is important to know. Please do not hesitate to contact us with any questions or uncertainties. We are here to make your ride experience count!

Please feel free to contact us if you have any questions:

- Jack Black +27 82 3747273 or jackblack@themunga.com

Good Luck with your preparations for the 11th Anniversary Munga!

**HAVE FUN, BE SAFE AND WE ARE WISHING
YOU A BLESSED & AMAZING EXPERIENCE!!!**

- THE MUNGA TEAM



40. BLOEMFONTEIN FOOD SPOTS FROM LOCALS

BREAKFAST:

- https://maps.app.goo.gl/e5t2JYnx8KCmALrg7?g_st=iw

PASTA, PIZZA, BEER:

- https://maps.app.goo.gl/aPG5aDrytFJZRqyM8?g_st=iw
- https://maps.app.goo.gl/gxA8wmCRrtEwjELa7?g_st=iw
- https://maps.app.goo.gl/WFFZyb1PEcekE9fn6?g_st=com.google.maps.preview.copy
- https://maps.app.goo.gl/wWz54ELsczw6xVum9?g_st=com.google.maps.preview.copy

BILTONG:

- https://maps.app.goo.gl/rfXNMkzeHwrdSWWZ7?g_st=com.google.maps.preview.copy

41. BLOEMFONTEIN BICYCLE SHOPS

ENDUROPLANET:

- https://maps.app.goo.gl/vP7kBtJVraWSBXC97?g_st=com.google.maps.preview.copy

FASTLANE CYCLES:

- https://maps.app.goo.gl/yhHfMjeDGgNv1zUt8?g_st=com.google.maps.preview.copy

CYCLEWORLD:

- https://maps.app.goo.gl/YAMYGaP12cARzZFE6?g_st=com.google.maps.preview.copy

42. BLOEMFONTEIN RIDING SPOTS

NAVAL HILL GRAVEL SHAKE OUT RIDE:

- https://maps.app.goo.gl/9RG1f2iGyUEfSp8d6?g_st=com.google.maps.preview.copy

LOCHS HOEK TAR SHAKE OUT RIDE:

- https://maps.app.goo.gl/MTnGiKvTCepYNMeg9?g_st=com.google.maps.preview.copy





THE MUNGA

YOUR JOURNEY, YOUR STORY

FOR MORE INFORMATION

[CLICK HERE TO VISIT OUR WEBSITE](#)