



# Slow day at the office...

**Typical Day in the Saddle...** Up at the crack of dawn with 1000 vertical meters to tame for the day. Feeling nervous but strong. Plan to lead the pack to max my chances of surprising a giraffe or two...or heck, what about a leopard! After yesterdays' warm-up **30km**, I reckon I'll go for the **55km** track today. Apparently it includes more pushing than on a tough Cape Epic day out...but then there is the rewarding 6km single track downhill reward at the end. The wife & kids - as usual - smelling the roses on the gentle **12km** "funride"...

**Other Activities...** MTB all day every day...or leave some down-time to get in a **kayak** and drift down the lazy Crocodile, **hike** a kloof, or engage the old **4x4** to cruise to the top of the Mountain of Winds for sundowners and a Black Eagles' view over the distant Botswana hills.

**Grubs' Up...** Any tough day in the saddle deserves a long leisurely braai at the end...not to mention staring into a crackling fire to see who blinks first!



We do the catering or you dazzle the crowd with your own signature dish - your call!

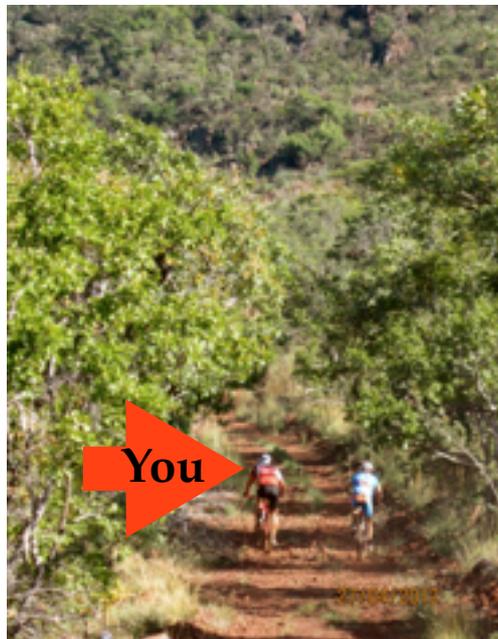
## MTB Special

*Weekend package including all rides, accommodation, All MEALS, and complimentary bike-wash, for...R1250 per person!!*

*(kids under 12 half-price / groups of 6+)*

*(Optional extra's - Game Drive/Kayak/Cash Bar)*

-Thabazimbi Farm-



Video

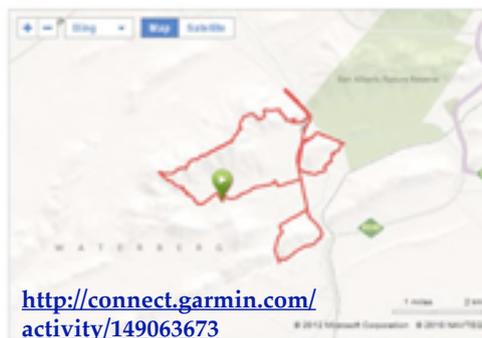
VIEW



Check out the video footage of the track!

Track Profile

VIEW



View the track profile here . . .

Photo's & Bookings

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

