



GRINDROD  
BANK



BERG  
&  
BUSH



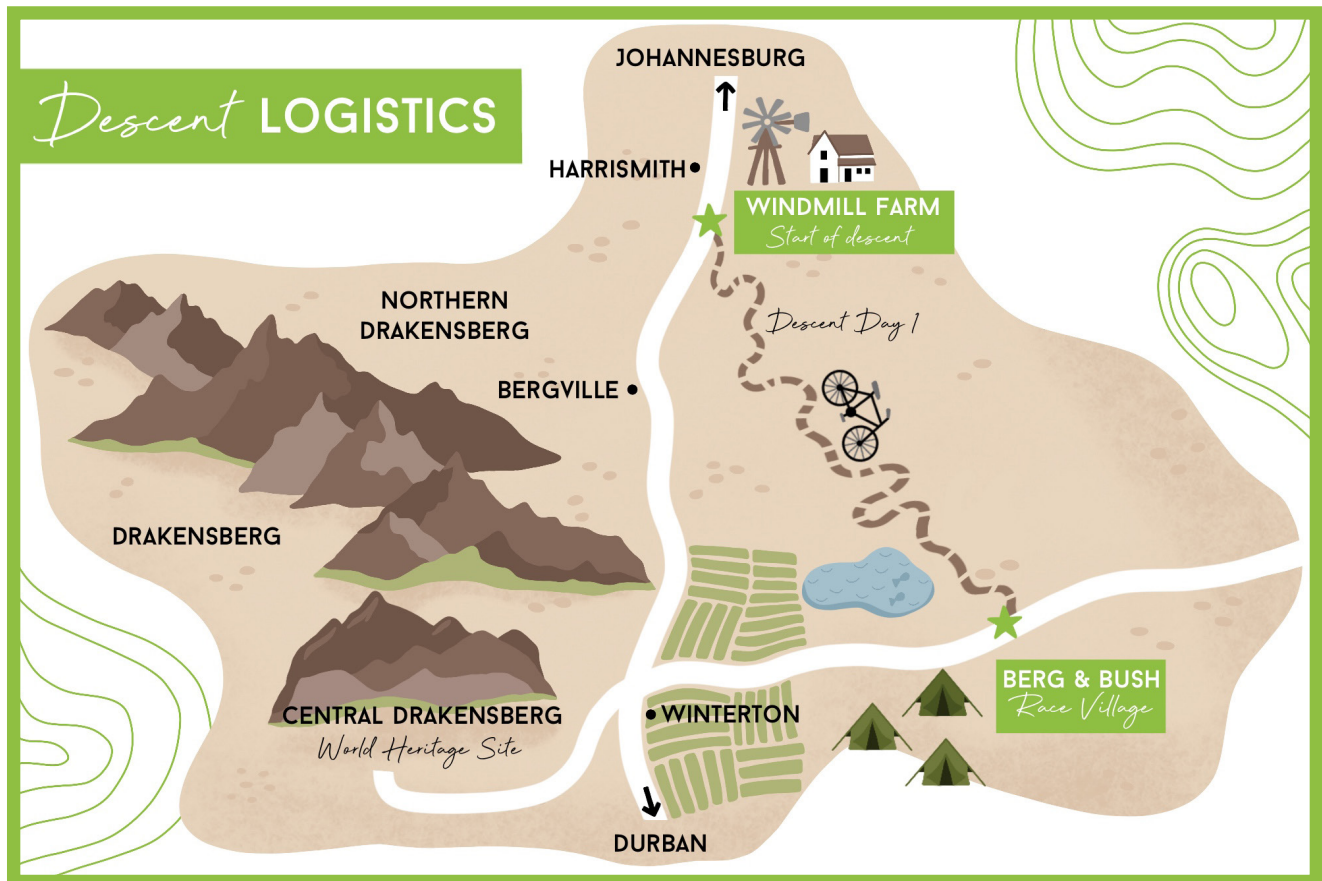
WELCOME TO

# THE DESCENT

Thank you for entering the Descent! We can't wait to host you. Please note that there are some NB notes for logistics in this pack to ensure you have the best ride ever!

If you aren't sure what accommodation you have booked, you can also review your entry registration by logging in to your entry ninja account <https://www.entryninja.com/login> or giving them a call on 087 012 5044.

# OVERVIEW



**Registration** takes place at **Windmill Farm (the Day 1 start)**, also known by the **Phatt Chef B&B**. Here, riders will register, join us for race briefing, dinner, breakfast and begin their journey down the escarpment.

You can also **leave your car here on the car shuttle** (see below) In terms of **where to stay**, we strongly suggest a **nearby B&B** (check out our list below) otherwise we can offer **tents**. You can login to your entry and add one on.

**Please remember to put your day bag on our farm truck for your shower stuff!**

The rest will be explained in detail below. **Riders will arrive at Em'Seni camp race village at the end of Day 1, where you will ride from and finish on days 2 & 3.**

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# ITINERARY



## THURSDAY, 15 JUNE 2023

- **Registration at Windmill Farm:** 12:00 - 20:00
- **Dinner:** 16:00 - 19:00
- **Race Briefing:** 15:00 and 18:00
- **Bike Park open:** 12:00 to Friday morning

## FRIDAY, 16 JUNE 2023

- **Breakfast:** 6:30 - 8:30
- **Windmill Farm before the Start:** Riders book cars into the shuttle to be returned to Em'seni. Bags are loaded into trucks to be delivered to Em'seni camp. (Bags will arrive at Em'seni Camp before the shuttled cars)
- **Start:** 8:00 (7 minutes between batches)
- **Lunch at Em'seni Camp:** 13:00 - 16:00
- **Dinner:** 18:00 - 20:00
- **Race Briefing:** 19:00

## SATURDAY, 17 JUNE 2023

- **Breakfast:** 6:30
- **Start:** 8:00
- **Lunch:** 12:00 - 15:00
- **Registration for Race up Spienkop:** 11:00 - 14:00
- **Race up Spienkop followed by History talk:** 15:00
- **Dinner:** 18:00 - 20:00
- **Race briefing and Race up Spienkop prizegiving:** 19:00

## SUNDAY, 18 JUNE 2023

- **Breakfast:** 6:30
- **Start:** 8:00
- **Lunch:** 11:00 - 14:00
- **Prizegiving:** 13:00



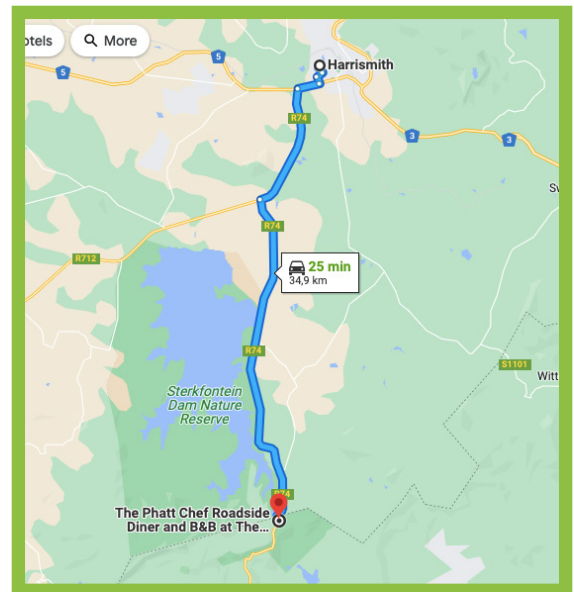
# RACE BRIEFING

## IF YOU MISS RACE BRIEFING PLEASE NOTE THE NB NOTES BELOW:

- You will need to put your day bag on the farm truck at the start before you ride **NOT** in your car
- Your car will get to the finish later than you and you'll want to shower!
- **Breakfast is at the start from 6:30**
- **A batch starts at 8am, with 7 minutes between batches**

# TRAVEL

- Windmill Farm / The Phatt chef
- **4 hours from JHB, 3 Hours from Durban on the Oliviershoek pass**
- There are some potholes on the road, we recommend a vehicle with high clearance.



# ACCOMMODATION

- We strongly suggest **booking nearby accommodation for Thursday night (15th June)**

**LIST CAN BE FOUND HERE!**

<https://bergandbush.co.za/accommodation/pre-descent/>

- **Tents at the start:** If you've booked a tent at the start please pack warmly. There are showers available, and each tent contains two mattresses. **Dinner is included at the start and breakfast.** There is a secure bike park for you and drinking water. **Registration and race briefing take place at the same venue.**



# MEALS

- **Dinner** is provided **from 4pm** and **breakfast** is **until 8:30**
- Terbodore coffee is for sale and other items from the Phatt Chef

# BIKES

- We have a **secure bike park** at the start for all riders

# CAR SHUTTLES

- Riders utilising this service must **collect their car tag at registration the night before the ride.**
- **Cars must be parked in the allocated shuttle service area** - either in the evening at registration or on the morning of Day 1.
- Cars and keys will be available for collection from 2pm onwards at Em'seni. **Cars need enough fuel for the 100km drive.**
- If you intend riding like the wind from Windmill, pack a small bag with clean clothes and cash for the bar so you don't lounge around in your smelly kit.
- **Please do not leave valuables in your car.**
- The togbag truck will arrive at Em'seni before your car.



# PACKING LIST

## COMPULSORY ITEMS

### ON THE BIKE

- Bike
- Helmet
- Sunglasses
- Cycling jersey
- Baselayer
- Gilet
- Warm cycling jacket
- Bibshorts & baggies
- Gloves
- Socks
- Cycling shoes
- Sunscreen
- Bum cream
- Energy bars/gels
- Energy drinks
- Cable ties
- GPS unit
- Rain jacket
- Hydration pack
- Water bottles
- Pump
- Multi-tool
- Chainbreak & links
- Bombs
- Lube

### OFF THE BIKE

- Sleeping bag & pillow
- Towel
- Slops
- Cash & credit card
- Cellphone & chargers
- Headlamp
- Swimming costume
- Shorts & shirts
- Deoderant
- Shower gel
- Sleeping pills
- Ear plugs
- Arnica/Iceman
- Very warm jacket
- Tracksuit pants
- Underwear
- Camping chair
- Washing powder
- Pegs
- Plastic bag
- Recovery drink
- Hydration drink
- Pills & vitamins
- Hairbrush
- Lip balm
- Lock for tent



# ACCOMMODATION

## REMINDER

What you booked and where you are staying.

### STANDARD TENT

- 1x canvas tent
- 2x mattresses
- Closest to the race village
- Shared ablutions
- Available from registration (2-Day)
- Available from day 1 (Descent)

### KUDU TENT

- 1x larger canvas tent
- 2x beds
- 2x mattresses
- 100m-300m from the race village
- Shared ablutions
- Available from registration (2-Day)

### WEAVER TENT

- 1x extra large canvas tent
- 2x beds with linen & proper mattresses
- Duvet, pillow and an extra blanket
- 2x chairs
- 400m from the race village
- Shared ablutions
- Shared charging station at camp
- Side table & lamp
- Electricity in your tent
- Available from registration (2-Day)



## KINGFISHER TENT

- 1x extra large canvas tent
- 2x beds with linen & proper mattresses
- Duvet, pillow and an extra blanket
- 2x chairs
- Side table & lamp
- Electricity in your tent
- 500m from the race village
- Private ablution block in camp
- Available from registration day

## SELF CAMPING/B&B

- Drinking basins provided & ablutions nearby
- 50m from race village
- Only official riders allowed
- Limited shade
- Available from registration

## EM'SENI ROOM

- In the race village
- 2x bunk beds (4 beds)
- Pillows & bottom sheets
- Electricity in the room
- Shared ablutions with gas showers
- Available from registration (2-Day, day 1 of the Descent)



# YOUR ENTRY

## YOUR ENTRY FEE INCLUDES:

- **3 days of pure Berg & Bush trails.** From the Drakensberg down into KZN bushveld, this is why you ride!
- **1 beautiful Race Village** – your new home!
- A **goodie bag** per person
- **3 meals a day** plus access to our famous **chill zone**
- **24-hour coffee, tea, juice and crunchie station**
- Race facilities like **hot showers, bike wash, chill zones, bar** and more.
- **Medical support** on the route.
- **Charity-run water points** along the route with the most incredible local treats and people manning them!

## IT DOES NOT INCLUDE:

- **Accommodation the night before the start** – please book a B&B nearby – look under ‘accommodation’ info for our list of places.
- You can add the below **tent options** on your entry:
  - **Standard Tent** (Canvas tent with mattresses)
  - **Kudu Tent** (Canvas tent with bed and event mattress)
  - **Weaver Tent** (Large canvas tent with bed, power, event mattress and linen)
  - **Kingfisher Tent** (Larger canvas tent with bed, linen and electricity)
  - **Self-camping option**
- **Shuttles** – you can book these separately.
- **Massages, physio, car shuttles, bike transport and bike mechanic service** – book these separately.
- **Drinks** from our race village pub.

# GPS, SEEDING & BATCHES

## START TIMES

**A BATCH:** 8:00

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**B BATCH:** 8:07

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**C BATCH:** 8:14

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**D BATCH:** 8:21

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**E BATCH:** 8:28

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**F BATCH:** 8:35

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**G BATCH:** 8:42

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**H BATCH:** 8:49

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**I BATCH:** 8:56

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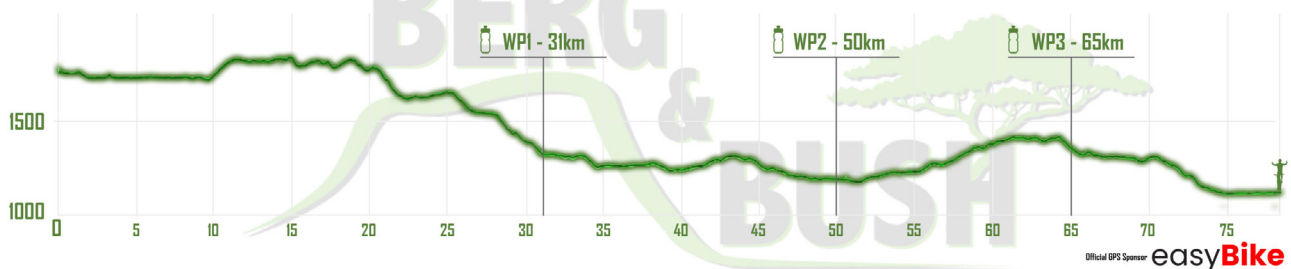


**These will be subject to change. Actual GPS route will be sent just before you begin and our team will be at registration to help you.**

## DAY 1: 79KM

What a start! High up in the Drakensberg mountains at approx. 1,800m above sea level the cyclists will begin their descent through parts of the Free State before dropping down into KwaZulu-Natal and ending their journey at Em'seni Camp on the banks of the Tugela River at 900m above sea level.

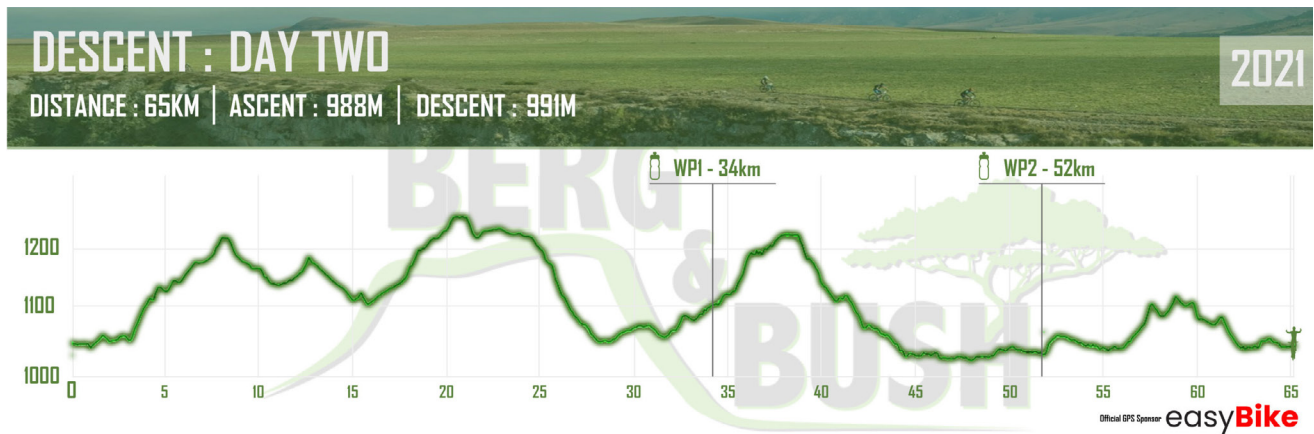
After crossing the start line the cyclists will follow an old disused canal for about 12km before climbing higher up the escarpment via a specially made single track route. We then follow the route high above the cliffs passing iconic places like Great Wall My China and Sollys Folly with great views over KZN before arriving at the top of Bezuidenhout Pass. An exhilarating purpose-made single track takes cyclists all the way down ending up at Qwaggashoek Game Farm. You will be welcomed here by the people at Water Point 1. We then cycle along farm roads passing maize and soya bean fields before arriving at the base of the final major climb of the day. On reaching the top we have 24 km to ride along fun single track down Bone Rattler, B Line, and Giraffe Ridge. On reaching the Tugela River we cycle amongst the trees along Garden of Eden before entering the Race village at Em'seni Camp 80km later.





## DAY 2: 70KM

This is a day of bushveld riding and single track. It starts with an early morning climb up “Ox Wagon Hill” to enjoy the views of the majestic Drakensberg mountains. You’ll then follow tracks made by cattle and game farmers in the area and along dry river beds. The challenge awaits going up “Mike’s Pass” with the mind-blowing descent down “Puff Adder Pass” back towards the Tugela River. From here the route follows cattle tracks along the river before the final crossing over the Tugela River to the finish.



## DAY 3: 50KM

Early morning will take the riders to the base of Spioenkop on the southern side of the mountain where we ascend the Zig Zigs. Here riders follow a mellow gradient up and around 13 corners to where the real fun begins. We traverse the side of the mountain for a while before descending down the Fanagalo single track, a section of route which was used in The World Single Speed Champs a few years ago. Riding along the banks of the Tugela River, we pass through Tugela River Lodge before the next climb of the day, which is up and over Brakfontein Hill. Boer fortifications can be seen where they waited for the British to cross the river in 1899. Riders then descend down into The Kloof, a fun flowing section through beautiful African bushveld. At the bottom of The Kloof we ride along the dry river bed, passing Blue Cliffs before climbing out the other side on a section built by well-known trail builder, Glen Harrison. A fast descent, and along sections following cattle tracks, we eventually arrive at Spioenkop mountain climb. This 1.5km climb tests everyone’s fitness before summiting. The 13km descent back to the race village remains a highlight for many mountain bikers.