

# CONTERMANSKLOOF MTB TRAILS



Welcome to the Contermanskloof Mountain Bike trails. Tygerberg Mountain Bike Club members have free access to these trails, provided their membership boards are visible and fixed to the front of their bike handlebars. Non members are permitted to use the trails for a fee of R50 per day, payable into the honesty box located at the start of the trails. **NO PAYMENT.... NO RIDE!**

## Trail Grading

All single track on these trails are graded in terms of the International Mountain Biking Association regulations and are marked as follows:

- Green-Easy
- Blue-Moderate
- Black-Difficult
- Double Black - Extreme

## Trail rules

1. Keep to the marked trails
2. Follow the marker arrows. Do not ride against the flow
3. No Dogs
4. Respect the land
5. No littering
6. Members must ensure that guests riding with them pay the trail fee
7. No night riding
8. No helmet... No ride
9. No braking in corners
10. No night riding

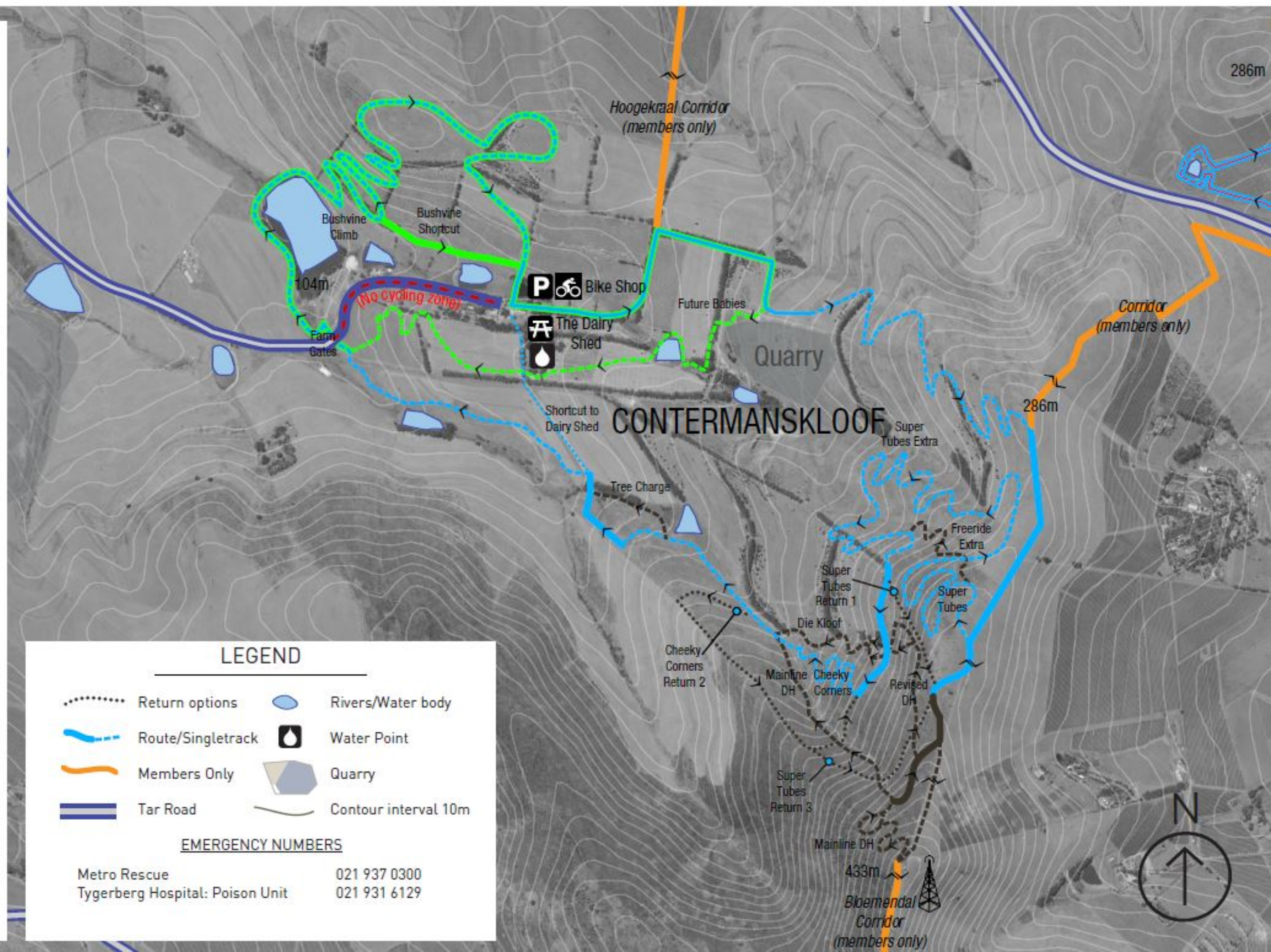
All riders are requested to abide strictly to these rules. Offenders will be asked to leave the trails with immediate effect.

## Disclaimer

Riders enter the premises at own risk and that the land owner and/or occupier are not responsible for any loss or damages or injuries that any person may suffer whilst on the property.



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## LEGEND

- |                   |                      |
|-------------------|----------------------|
| Return options    | Rivers/Water body    |
| Route/Singletrack | Water Point          |
| Members Only      | Quarry               |
| Tar Road          | Contour interval 10m |

## EMERGENCY NUMBERS

Metro Rescue	021 937 0300
Tygerberg Hospital: Poison Unit	021 931 6129