

HOOGEKRAAL, WELVERGENOEGD & FAIRCAPE MTB TRAILS



Built and maintained by the Tygerberg Mountain Bike Club

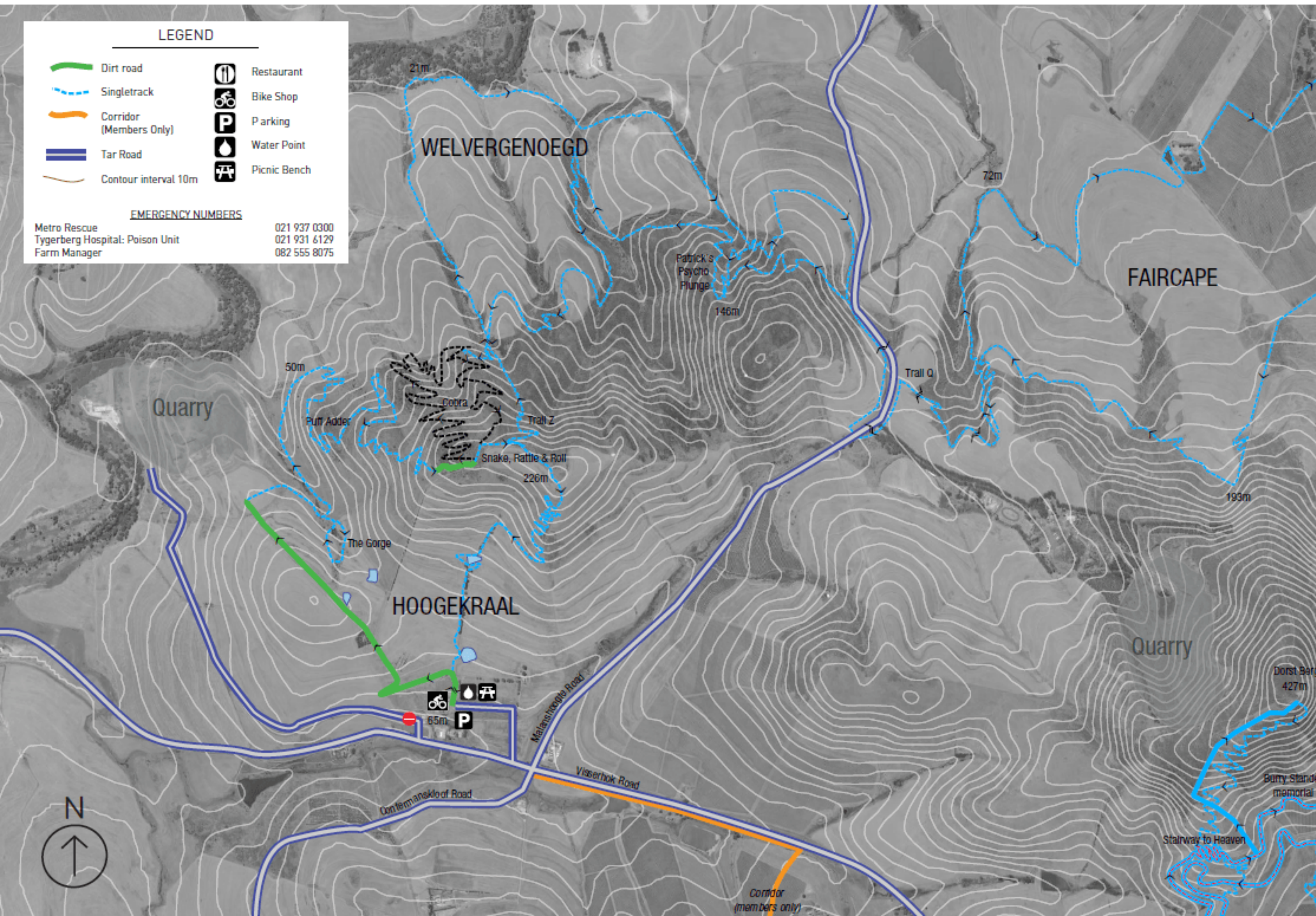
Welcome to the Hoogekraal Mountain Bike trails. Tygerberg Mountain Bike Club members have free access to these trails, provided their membership boards are visible and fixed to the front of their bike handlebars. Non members are permitted to use the trails for a day fee, payable at Rossouw MTB or the day permit seller, if neither of these options are available please pay via Snapscan or into the honesty box located at the start of the trails.
NO PAYMENT.... NO RIDE!

LEGEND

	Dirt road		Restaurant
	Singletrack		Bike Shop
	Corridor (Members Only)		Parking
	Tar Road		Water Point
	Contour interval 10m		Picnic Bench

EMERGENCY NUMBERS

Metro Rescue	021 937 0300
Tygerberg Hospital: Poison Unit	021 931 6129
Farm Manager	082 555 8075



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. Respect the land
 4. No littering
 5. Members must ensure that guests riding with them pay the trail fee
 6. No night riding
 7. No helmet... No ride
 8. No braking in corners
- 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.