



Mountain Bike Tour

330km | 5 Days | 6 Nights | All-inclusive

15-22 October 2026

TWO OPTIONS:

With cycle guide and back-up driver

15-21 October 2026

R16,000pp

Self-guided with back-up driver

16-22 October 2026

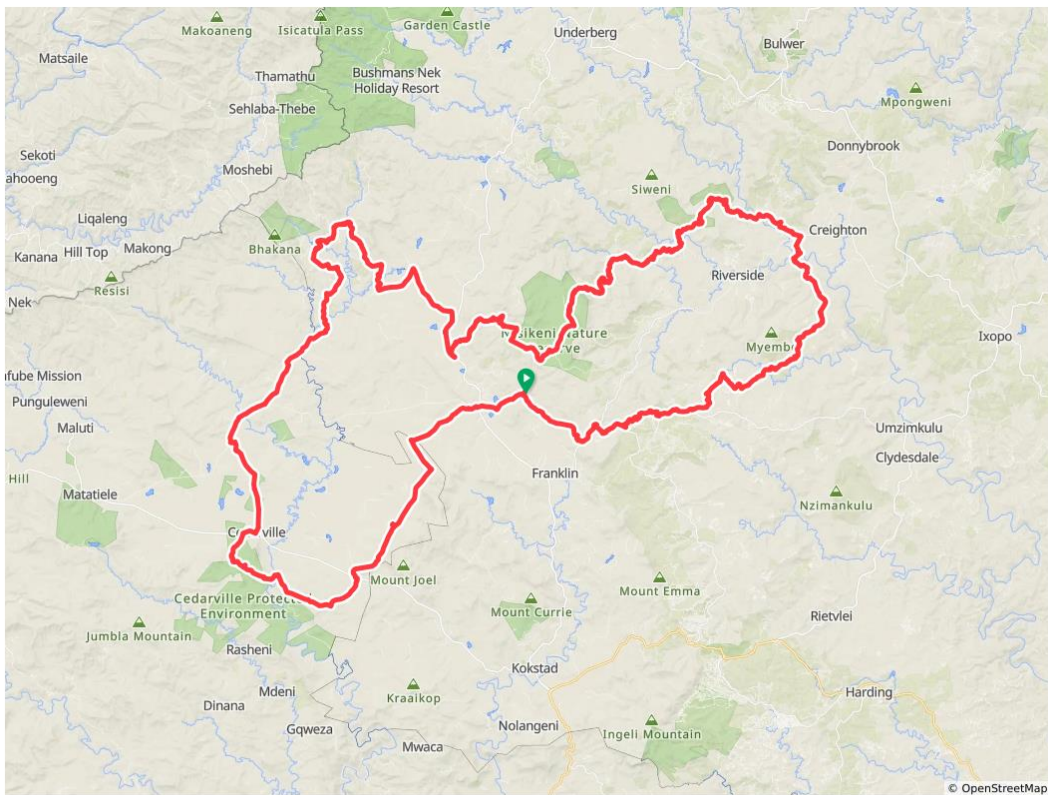
R14,500pp

A TASTE OF
FREEDOM



Route Gallery





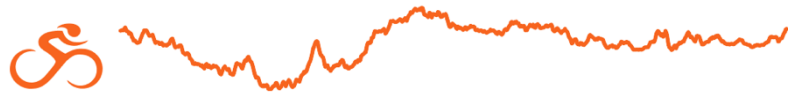
East Griqualand Meander 26

332 km
DISTANCE

5,934 m
ELEVATION GAIN

14.7 %
MAX GRADE

Night	Location	Description	Distance from previous (km)	Distance total for day (km)	Cumulative Distance (km)	Avg. ride time from prev. (hrs)	Ascent from previous (m)	Cumulative Ascent (m)
1	Flitwick Ranch	Guest Farm						
Lunch	Lordes Mission	Picnic	41		41	3	500	500
2	Centocow Mission	B&B	45	86	86	3.5	830	1330
Lunch	Bosholweni	Picnic	25		111	3	800	2130
3	Ntsikeni Lodge	Nature Reserve	26	51	137	4	800	2930
Lunch	Two Springs	Farmstay	34		171	4	580	3510
4	St Bernard Peak	Hotel	39	73	210	2.5	600	4110
Lunch	Cremora farm	Picnic	32		242	3	430	4540
5	Cederberg Guestfarm	Guestfarm	27	59	269	5	430	4970
Lunch	Sandflats Farm	Picnic	31		300	5	600	5570
6	Flitwick Ranch	Guest Farm	31	62	331	2.5	420	5990



- 6 nights Accommodation 5 days riding.
- Lunches, picnic stops, coffee stops all included.
- Food and accommodation is provided at overnight stops .
- Bedding and towels provided.
- Accommodation is based on 2 people per room.
- Includes support vehicle per group. Vehicle carries overnight bags.
- E-bikes welcome. Charging points available at all overnight stops.
- Self navigated. Riders can use traditional Freedom Challenge maps or GPS for navigation.
- Riders can be assisted by support vehicle where required.

Flitwick Ranch



Centocow Mission BnB



Ntsikeni Lodge



St Bernard's Peak Mountain Lodge



Cedarberg Guestfarm





For more info and bookings visit: www.freedomchallenge.org.za/eastgriqualandmeander

