



# CAPE TOWN CYCLE TOUR MEDIA KIT

*The 47th Cape Town Cycle Tour  
will be held on Sunday, 9 March 2025.*



# CAPE TOWN CYCLE TOUR AN INTRODUCTION



Cape Town, located at the southern tip of Africa, is renowned for its landscapes and attractions. The city is home to the world's largest timed cycling event, set against the backdrop of the iconic Table Mountain, one of the New7Wonders of Nature.

Thousands of riders, including international cyclists and celebrities, participate in the 109km race, alongside the shorter 42km route that traverses two-thirds of the Table Mountain National Park, a UNESCO World Heritage Site. This unique event blends awe-inspiring scenery with a sense of community, making Cape Town a must-visit for cycling enthusiasts and those drawn to its exceptional allure. Cape Town boasts over 450km of dedicated cycling lanes, making it one of the most bike-friendly cities globally. It has a vibrant cycling culture, with numerous local clubs and events throughout the year that contribute to the city's growing reputation as a cycling destination.

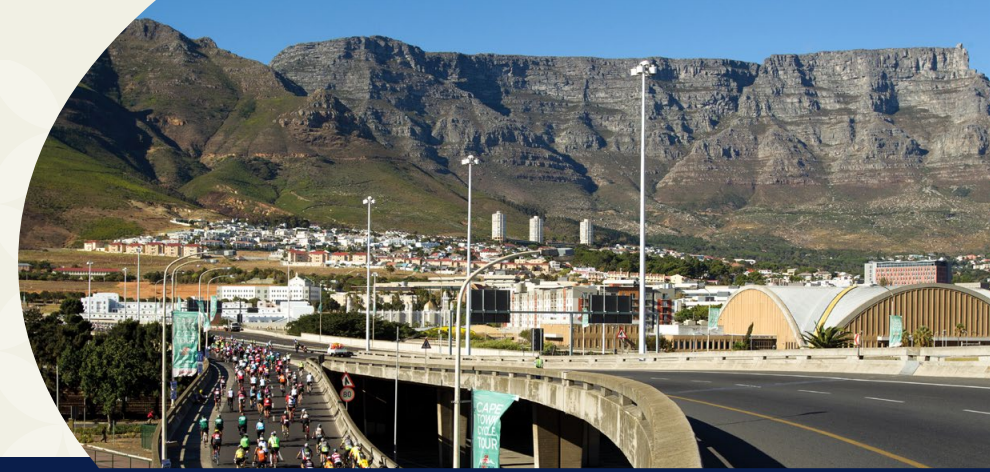


**The 47th Cape Town Cycle Tour, organised by the Cape Town Cycle Tour Trust (CTCTT), will take place on Sunday, 9 March 2025.**



# CAPE TOWN CYCLE TOUR

## THE HOST CITY: CAPE TOWN

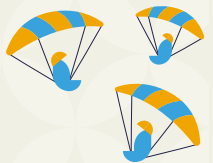


**SITUATED BETWEEN THE SEA AND TABLE MOUNTAIN, CAPE TOWN IS SOUTH AFRICA'S OLDEST CITY WITH A CULTURAL HERITAGE SPANNING MORE THAN 300 YEARS.**

Cape Town and its surrounding areas offer a remarkable fusion of natural beauty and urban sophistication, solidifying its place as one of the world's top travel destinations. The city attracts visitors with a diverse range of activities, whether they seek adventure, shopping, wine tasting, or the beauty of beaches, Cape Point, and Table Mountain.

Cape Town was ranked world's fifth friendliest city by Condé Nast, and winning multiple awards at the 2024 World Travel Awards, where Cape Town was recognised as Africa's Leading City Destination. Cape Town's charm lies not only in its stunning landscapes but in the versatility of experiences, ensuring that many who visit are left eager to return.

For more about Cape Town visit [Cape Town Tourism](#).



# CAPE TOWN CYCLE TOUR HOW IT ALL STARTED



**BILL MYLREA**  
*with his daughters Lynn & Barbara*



**JOHN  
STEGMANN**



**BACK IN 1978, TWO CAPE TOWN CYCLING ENTHUSIASTS DECIDED TO HOLD A “BIG RIDE-IN” (THEN CALLED THE ARGUS TOUR) TO RAISE AWARENESS ABOUT SAFETY AND LOBBY FOR BIKE PATHS.**

John Stegmann and the late Bill Mylrea, whose modest vision aimed at improving cycling safety, are the pioneers behind the Cape Town Cycle Tour, now an iconic global event. Initially launched in 1978 as “The Big Ride In,” the event was conceived to push for better cycling infrastructure in Cape Town. Although the local government initially resisted, their efforts paved the way for the race, which has since become the largest timed cycling event in the world, drawing participants from all over the globe.

Stegmann and Mylrea, alongside their collaborator the late Louis de Waal, were instrumental in promoting cycling within the city. Their commitment to public safety, which led to the event’s creation, continues to resonate today. The local authorities, motivated by these early efforts, are actively developing legislation to further enhance cycling safety and expand the city’s cycling network.

The Cape Town Cycle Tour’s legacy is a testament to the impact of addressing community issues, and it continues to inspire cycling culture both in South Africa and worldwide.



# CAPE TOWN CYCLE TOUR WHERE THE MONEY GOES



The Cape Town Cycle Tour (CTCT) has a remarkable impact on the Western Cape's economy, injecting approximately R500 million annually. However, its true legacy goes far beyond that, with millions raised for charitable causes, making a lasting difference in both local and international communities. Every penny generated from the event is dedicated to supporting initiatives that directly benefit the people of the Cape Peninsula, demonstrating a deep commitment to social good.

Through its key partners, the Pedal Power Association (PPA) and the Rotary Club of Claremont, both of which are equal stakeholders in the Cape Town Cycle Tour Trust, nearly R50 million has been redistributed across the region over the past five years. The PPA focuses on cycling development and road safety initiatives, while Claremont Rotary directs its efforts toward various social upliftment projects aimed at improving the lives of those in need.

Since 2012, the Cape Town Cycle Tour has also allocated entries to numerous charities, allowing participants to purchase an entry through a cause of their choice, further helping raise crucial funds for projects that make a profound impact. Whether it's education, health, or community welfare, there is a charity tied to the event making a significant difference in every corner of society.

[Watch the "Where the money goes" video here.](#)



# CAPE TOWN CYCLE TOUR RESPONSIBLE RECYCLING



**TWO-THIRDS OF THE ROUTE RUNS THROUGH THE PROTECTED TABLE MOUNTAIN NATIONAL PARK AND GREAT EFFORTS ARE MADE TO ENSURE THAT THE BEAUTIFUL ROUTE IS KEPT IN IMMACULATE CONDITION.**



The Cape Town Cycle Tour, celebrated for its stunning route through the Table Mountain National Park, goes beyond showcasing the natural beauty of the area. The event is committed to maintaining the pristine environment it traverses.

Dedicated teams, including around 150 individuals from disadvantaged communities, work tirelessly before and after the event to clear over 16 000kg of waste generated by participants and spectators along the 109km route.

This extensive clean-up effort is supported by a comprehensive Environmental Management Plan and is central to the Cycle Tour's commitment to sustainability. A key component of this initiative is the "Stash Your Trash" campaign, which encourages riders to take responsibility for their waste, ensuring that the natural landscapes remain unspoiled.



# CAPE TOWN CYCLE TOUR LOYALTY RIDER JERSEYS

Loyalty  
CLUB

In 2023, the Cape Town Cycle Tour introduced a special new range of “loyalty” rider jerseys, designed by Ciovita, to celebrate participants who have consistently returned year after year. These jerseys are available to riders who have completed 10, 21, 30, and 40 editions of the event, offering them a unique way to honour their dedication.

Additionally, the event now awards commemorative medals to those who have reached the milestones of 10, 21, 30, and 40 Cape Town Cycle Tours. These tokens serve as a lasting reminder of their commitment and achievements.

10 *tours*



*Inspired by Table Mountain.*

21 *tours*



*Inspired by Chapman's Peak.*

30 *tours*



*Inspired by Lion's Head.*

40 *tours*



*Inspired by the entire route and Cape Peninsula.*



# CAPE TOWN CYCLE TOUR PRELUDE CHALLENGE

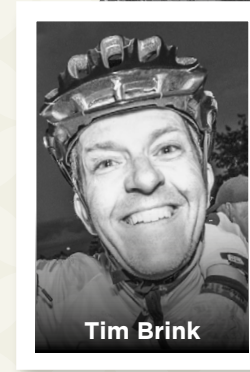


In line with its commitment to remain inclusive and community-oriented, the Cape Town Cycle Tour is introducing the 2025 Prelude Challenge. For the first time, the Cape Town Cycle Tour Prelude Challenge offers cyclists worldwide the chance to earn a 2025 Cycle Tour medal and official finisher's credit even if they can't ride on Race Day. Running from Saturday, 22 February to Sunday, 2 March 2025, participants can complete the 109km route anywhere in the world, provided they cycle the full distance within seven hours and upload their results to STRAVA.

This allows the Cycle Tours loyal base of participants an alternative for 2025 and future events. The Cycle Tour understands that not all international participants can make the journey to South Africa. To accommodate cyclists worldwide, the Prelude Challenge was introduced as an alternative. This event allows riders to log the same 109km distance, whether on a stationary bike, a personal route, or laps in their neighbourhood, and upload their results to STRAVA. This initiative provides cyclists with the opportunity to continue their journey and add to their finish totals, no matter where they are located.







## **CAPE TOWN CYCLE TOUR LAUNCHES A MELANOMA AND SKIN HEALTH AWARENESS CAMPAIGN PRESENTED BY CLICKS**

***In a world first, the Cape Town Cycle Tour will be inviting between 1 500 and 2000 of this year's entrants to a free melanoma screening, conducted by dermatologists at the 2025 Cape Town Cycle Tour Lifecycle Expo.***

“In 2024, the cycling community lost a dear friend, Tim Brink, to cancer. His battle began with a melanoma, which was only diagnosed after it had spread to surrounding areas. Tim was a celebrated journalist and accomplished cyclist, and this initiative, which we hope to extend in coming years, is a celebration of a great man, and a potentially life-saving intervention for event participants.” Cape Town Cycle Tour Trust Director, David Bellairs said.

Presented by Clicks, and with the support of Eucerin, La Roche-Posay, Bioderma, Dermalogica, Cipla and ISDIN, the melanoma screening will take place at the event's Expo venue. All entrants will be invited, via email, to fill in a questionnaire which will indicate the most AT-RISK participants best suited to the screening.

“We are thrilled to partner with the Cape Town Cycle Tour in launching this inaugural melanoma testing initiative. At Clicks, we believe that taking control of your health starts with knowledge and proactive care. This collaboration is a powerful way to empower cyclists and the wider community to prioritise their health, and we are proud to support such an important cause. As always, we encourage everyone to Choose Your Health – because early detection can make all the difference.” Expressed Dr Melanie van Rooy, Chief Marketing Officer Clicks Group.



## **CAPE TOWN CYCLE TOUR LAUNCHES A MELANOMA AND SKIN HEALTH AWARENESS CAMPAIGN PRESENTED BY CLICKS *(continued)***

Cyclists are particularly at risk of developing skin cancer due to a combination of factors related to prolonged exposure to ultraviolet (UV). “Melanoma is the deadliest skin cancer, but it offers a unique advantage: It is one of the few cancers that we can see. Spotting it early, before it spreads, dramatically boosts survival rates and makes treatment far more effective. With skin cancer there is no excuse to miss what is in plain sight.” Explains Dr Michael Mol.

The initiative is spear-headed by Western Cape Premier, Alan Winde, renowned Cape Town dermatologist, Dr Dagmar Whitaker and Healthspan Physician Dr Michael Mol.

“This initiative is dedicated to the memory of Tim Brink, beloved editor of *Bicycling Magazine* and a respected figure in South Africa’s cycling community, whose battle with melanoma has become a powerful inspiration for us to take action and protect others. This is a movement that redefines how we tackle skin cancer prevention through public events.” Premier Alan Winde said.

The results of the melanoma screening will be shared directly with each participant, along with a grading that will determine their level of risk and urgency of care. Dr Whitaker has committed to fast-tracking the high-risk individuals to receive medical attention in their respective regions.

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**Cape Town Cycle Tour Lifecycle Expo**  
**Date: 6 – 8 March 2025 | Venue: DHL Stadium, Cape Town**

*Supported by*



# CAPE TOWN CYCLE TOUR THE EXPO



ROTARY • PEDAL POWER ASSOCIATION



The Cape Town Cycle Tour Expo, the official registration hub for the event, is South Africa's leading cycling, health, and fitness exhibition. Drawing thousands of cyclists and their families, the Expo transforms into a vibrant marketplace showcasing everything from nutrition and equipment to accessories, catering to all cycling enthusiasts.

Set against the iconic DHL Stadium in Green Point, the Expo will take place from Thursday, 6 March to Saturday, 8 March 2025. It offers attendees a three-day immersive experience into the world of cycling, health, and fitness, with a chance to explore the latest products and services while preparing for the big race.





CAPE TOWN CYCLE TOUR

# THE 47th CAPE TOWN CYCLE TOUR



THE 47TH CAPE TOWN CYCLE TOUR WILL BE HELD ON SUNDAY, 9 MARCH 2025.

The 47th Cape Town Cycle Tour, the biggest timed bike race in the world, will be held on Sunday, 9 March 2025. Featuring the iconic **109km** and **42km** routes, and introducing the new **Prelude Challenge** held from Saturday, 22 February to Sunday, 2 March 2025.

The Cape Town Cycle Tour is renowned for its world-class event organisation, fully closed roads, enthusiastic spectator support, and breathtaking scenery. Whether participating in the 109km challenge, the 42km ride, or joining the Prelude Challenge, it's a day not to be missed. The Cape Town Cycle Tour is a celebration of cycling and a tribute to Cape Town's natural beauty.

It's not all about riding legally on freeways, in the months following the Cycle Tour, millions of rand are ploughed back into the communities the 109km route crosses through the ongoing work of the event principals, the Pedal Power Association and the Rotary Club of Claremont.

Riders are required to complete the Cycle Tour course within seven hours of their start time, with the race officially closing at 17:00. The Elite Men kick off at 06:15 and the last batch leaves at 08:57.





## CAPE TOWN CYCLE TOUR

# THE 42km CAPE TOWN CYCLE TOUR

The 42km Cape Town Cycle Tour, taking place on Sunday, 9 March 2025, offers a shorter, more accessible option within the world's largest timed cycling event. While the main 109km route around the Cape Peninsula is the centrepiece, the 42km route provides a fantastic opportunity for new and junior cyclists, or those seeking a less daunting challenge, to experience the thrill of riding on closed roads.

Riders on the 42km route can expect the same top-tier organisation, festive refreshment stops, and a sense of camaraderie that has made the Cycle Tour a celebrated event for over 47 years.

Riders start time is at 10:00 and are required to complete the 42km Cycle Tour course by 14:00.



# CAPE TOWN CYCLE TOUR SPECTATORS



**CAPE TOWN CYCLE TOUR IS AS MUCH FUN TO WATCH AS IT IS TO RIDE.**

It is not only a bucket list event but also a festive celebration for both participants and spectators. The atmosphere along the route is lively, with excited crowds cheering on the cyclists.

In addition to the action, several viewing spots offer a mix of excitement and beauty, like Paradise Road, where spectators can witness riders tackling the steep "Whineberg" Hill, and the picturesque Glencairn Beach and Simonstown with their stunning coastal views.

At Noordhoek Farm Village, near Chapman's Peak, the energy is infectious, while Hout Bay's Main Road and Suikerbossie bring high-octane moments. The grand finale in Sea Point, with the sharp left turn into Queens Road, guarantees a thrilling conclusion near the DHL Stadium.

The race displays a festive spirit, with food stalls, music, and cheering crowds creating a celebratory atmosphere throughout the route. As you join in the festivities, remember to be a responsible spectator by conserving water, refraining from smoking, and respecting the environment.



# CAPE TOWN CYCLE TOUR

## SOME INTERESTING NUMBERS



THERE ARE MORE THAN **3000 PERSONNEL** WORKING THROUGHOUT LIFECYCLE WEEK TO ENSURE A SAFE AND WELL-ORGANISED EVENT.

- 1000 marshals from 35 Rotary Clubs direct cyclists along the route and monitor other road users, either from stationary positions or using the 41 dedicated vehicles, 18 motorbikes and the chopper.
- 230 traffic officials, 40 metro police, and 182 South African Police Service law enforcement officers are involved.
- Peninsula Beverages provides 39 000 litres of Powerade, 50 000 litres of Coca-Cola, and 103 800 litres of bottled water.
- 84 volunteers and 150 paid local community members help to clean up before and after the ride.
- 16 operators' man the Delta Comm radios to ensure communication lines are kept open between refreshment stands and the Joint Operations Centre.
- The medical team comprises 25 doctors, 64 nurses, 120 first-aiders, 65 ambulances, 9 medical motorbikes and one medical helicopter.
- 12 refreshment stands.



# CAPE TOWN CYCLE TOUR

## SOME INTERESTING NUMBERS

### AGE BREAKDOWN OF THE 2024 EVENT

- **Oldest male:** 91 years old
- **Youngest male:** 11 years old on tandem
- **Oldest female:** 84 years old
- **Youngest female:** 12 years old
- **Average male age:** 45 years old
- **Average female age:** 42 years old
- Entry age is the year turning 13 years old

### 109km event

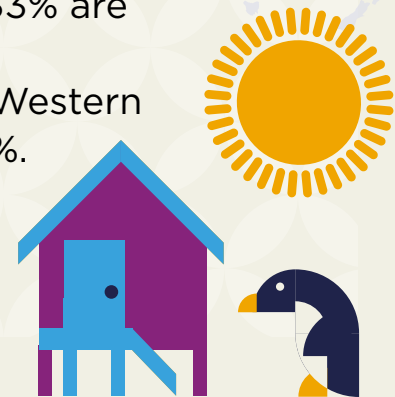
- 81% of all entrants are male and 20% are female.
- In 2024, 794 tandems participated and 1018 on e-bikes.
- 60% of the entrants are from the Western Cape, followed by Gauteng at 18%.



There are **2500 International entrants** per year mostly from the United Kingdom and Germany, followed by Netherlands, Namibia and the USA.

### 42km event

- 67% of all entrants are male and 33% are female.
- 72% of the entrants are from the Western Cape, followed by Gauteng at 20%.







# OUR SPONSORS

We are extremely grateful to our sponsors, who make it possible for us to offer a world-class event and maximise the funds we raise for charity and community initiatives.



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Thank you for your interest in the  
2025 Cape Town Cycle Tour.

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#CTCYCLETOUR

