



CAPE TOWN CYCLE TOUR MEDIA KIT

*The 48th Cape Town Cycle Tour
will be held on Sunday, 8 March 2026.*



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 48th Cape Town Cycle Tour, organised by Golazo on behalf of the Pedal Power Association, will take place on Sunday, 8 March 2026.



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



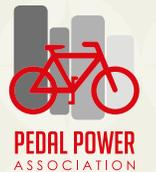
The Cape Town Cycle Tour (CTCT) has a remarkable impact on the Western Cape's economy, injecting approximately R500 million annually. However, its true legacy goes far beyond that, with millions raised for charitable causes, making a lasting difference in both local and international communities. Every 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.

The Pedal Power Association (PPA) and the Rotary Club of Claremont, both long-standing and valued partners of the Cape Town Cycle Tour, have collectively redistributed nearly R50 million into communities across the region over the past five years.

The PPA channels its funding into cycling development programmes and road safety initiatives, helping to grow the sport while advocating for safer roads for all users. The Rotary Club of Claremont focuses its efforts on a broad range of social upliftment projects, working to improve the lives of vulnerable individuals and communities 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



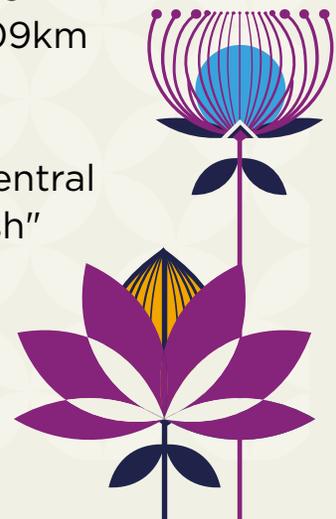
TWO-THIRDS OF THE ROUTE RUNS THROUGH THE PROTECTED TABLE MOUNTAIN NATIONAL PARK AND GREAT EFFORTS ARE MADE TO ENSURE THAT THE BEAUTIFUL ROUTE IS KEPT IN IMMACULATE CONDITION.



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.



CAPE TOWN CYCLE TOUR PRELUDE CHALLENGE



In line with its commitment to remain inclusive and community-oriented, the Cape Town Cycle Tour presents the 2026 Prelude Challenge. For the second time, the Cape Town Cycle Tour Prelude Challenge offers cyclists worldwide the chance to earn a Cycle Tour medal and official finisher's credit even if they can't ride on Race Day. Running from 7 to 28 February 2026, 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 2026 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

RIDE LIKE A WORLD CHAMPION

Ride hard, get
the rewards and
recognition.

In 2026, the Cape Town Cycle Tour takes a significant step onto the global cycling stage as an official UCI Gran Fondo World Series event. It's a milestone that places the world's largest timed cycle race alongside the most prestigious mass-participation events on the planet – and gives everyday riders a genuine pathway to the UCI World Championships.

The UCI Gran Fondo World Series is a global collection of UCI-sanctioned races, launched in 2011, designed for amateur and masters cyclists. With around 35 qualifying events held across multiple continents, the series allows non-professional riders to compete under international standards and, crucially, qualify for the UCI Gran Fondo World Championships – where age-group world titles and the coveted rainbow jersey are awarded.

Qualification is straightforward but meaningful: riders finishing in the top 25% of their age group, as well as the top three riders per category, earn a place at the World Championships. Age-group winners also receive the official UCI Gran Fondo World Series leader jersey, a rare and prestigious prize in amateur cycling.

For Cape Town Cycle Tour riders, this changes the narrative. The route remains the same iconic journey around the Cape Peninsula, but now, your performance can carry international recognition. A strong ride in Cape Town could see you lining up at the 2026 UCI Gran Fondo World Championships in Niseko, Japan.

2026 UCI GRAN FONDO WORLD SERIES – QUALIFIER EVENTS

- 08 MAR 2026**
Cape Town Cycle Tour
Cape Town, South Africa
- 22 MAR 2026**
The Millars Gran Fondo
Castellón, Spain
- 28 MAR – 29 MAR 2026**
Granfondo Leiria Region – Sico Lands
Pombal, Portugal
- 29 MAR 2026**
Granfondo Belgium
Lac de l'Eau d'Heure, Belgium
- 03 APR – 05 APR 2026**
Cyprus Granfondo
Paphos, Cyprus
- 11 APR 2026**
Istria Granfondo
Umag, Croatia
- 12 APR 2026**
Tour de Brisbane
Brisbane, Australia
- 18 APR – 19 APR 2026**
Neusiedler See Radmarathon
Mörbisch am See, Austria
- 23 APR – 25 APR 2026**
66 Degrés Sud
Saint Estève, France
- 25 APR 2026**
3RIDES Gran Fondo
Schweigen-Rechtenbach, Germany
- 09 MAY – 10 MAY 2026**
Sudety Tour
Broumov, Czechia
- 16 MAY – 17 MAY 2026**
Cheaha Challenge Granfondo
Jacksonville, Alabama, USA
- 17 MAY 2026**
Granfondo Vosges
La Bresse, France

- 23 MAY – 24 MAY 2026**
UCI Gran Fondo Hangzhou | Qiandao Lake
Hangzhou, China
- 29 MAY – 31 MAY 2026**
Tour de Matra
Gyöngyös, Hungary
- 30 MAY 2026**
Schleck Granfondo
Mondorf-les-Bains, Luxembourg
- 07 JUN 2026**
CRC 506 Gran Fondo of Costa Rica
Jacó, Costa Rica
- 07 JUN 2026**
Tartu Rattaralli
Tartu, Estonia
- 07 JUN 2026**
Granfondo Novi Sad
Novi Sad, Serbia
- 12 JUN – 14 JUN 2026**
Maraton Franja BTC City
Ljubljana, Slovenia
- 13 JUN – 14 JUN 2026**
Tour de Fukushima
Fukushima, Japan
- 21 JUN 2026**
Granfondo Bulgaria
Velingrad, Bulgaria
- 10 JUL – 11 JUL 2026**
The Majestic
Villars-sur-Ollon, Switzerland

UCI Gran Fondo World Championships (Final)
26 AUG – 30 AUG 2026
UCI Gran Fondo World Championships
Niseko, Japan

CYCLE TOUR WILL TAKE YOU PLACES!

Taking Cape Town to the World.

The Cape Town Cycle Tour has partnered with Golazo, a global sports marketing and event organisation company founded in Belgium, with deep experience in staging major athletic and cycling events around the world.

At its core, Golazo's mission is to inspire healthier, happier communities by creating shared sporting experiences that bring people together – from grassroots participants to passionate amateurs and elite athletes alike.

In the cycling world, Golazo is best known for its long-standing partnership with the Union Cycliste Internationale (UCI) – jointly organising the UCI Gran Fondo World Series and the UCI Gravel World Series, which allow amateur riders around the world to compete in high-quality, globally recognised events and qualify for World Championships.

Golazo's involvement in the 2026 Cape Town Cycle Tour marks a major step in the event's evolution. Their expertise in large-scale event logistics, international marketing and audience engagement will help raise the Tour's global profile, attracting more international riders and partners than ever before.

By aligning the Cycle Tour with the UCI Gran Fondo World Series – a network of over 35 qualifying events worldwide – Golazo will support the Tour's growth as a world-class cycling festival, enhance operational excellence, and showcase South Africa's most iconic ride to a broader global audience.





CAPE TOWN CYCLE TOUR NEW PRIZEGIVING SCHEDULE

MEDIA PODIUM CEREMONY

Please pay close attention to the NEW podium ceremony arrangements & times.

Venue: Commentary Deck at the Finish Line

Time: 10:00

- All podium prize winners are requested to report to the Powerade Pause Lounge within the Media Precinct for post-race interviews.
- We invite all elite licensed riders to join the post-race celebrations within the Media Precinct.

MEDIA PRECINCT PODIUM SCHEDULE

Venue: Powerade Pause Lounge – Media Precinct

All winners are to gather here before their respective time slots.

09:30

- Cape Town Cycle Tour U/17 Boys & Girls (Top 3 only)
- Cape Town Cycle Tour U/19 Men & Women (1st in age category only)
- U/23 Men & Women (1st in age category only)

10:00

- Cape Town Cycle Tour Women Elite (Top 5)
- Cape Town Cycle Tour Men Elite (Top 5)

10:30

- UCI Gran Fondo World Series 19–34
- Men & Women (Top 3 only)

11:00

- Blind Tandem (1st only)
- Mixed Tandem (1st only)
- Women's Tandem (1st only)
- Men's Tandem (1st only)
- Handcycle (1st only)
- 1st International Rider (not entered into the Elite races)

NEW! All age-group category winners must report to the Info Tent on the forecourt after collecting their medals. Their results will be confirmed there, and they will be directed to the commentary deck next to the finish line for their prize presentation.



UCI GRAN FONDO WORLD SERIES PODIUM

Venue: Gran Fondo World Series Podium – Hospitality Village

Time: 12:30

- The top 3 men and women in each of the following UCI-recognised age categories will be recognised on the podium.
- The 1st place finisher in each age category will be presented with the UCI jersey.

Age Categories: 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94



LIVE COVERAGE

The live streaming link will be posted on our social media channels and capetowncycletour.com the day before the event.

- Live streaming starts at 06h00 and finishes at 12h00.
- There will be no live coverage on TV.





Did you know?

OUR IMPACTFUL 2025 SCREENING IDENTIFIED:

504 SIGNIFICANT LESIONS

12 MALIGNANT MELANOMAS

SKIN-SCAN Presented by **CLICKS+**

REMOVE ANY DOUBT WITH SKIN-SCAN

Building a lasting legacy of early detection.

Last year at the Cape Town Cycle Tour, in a world first for a mass participation sporting event, between 1500 and 2000 entrants were invited to attend a free melanoma screening conducted by dermatologists at the Expo. The initiative was inspired by the untimely passing of former Bicycling editor Tim Brink from skin cancer.

A total of 1408 participants were ultimately assessed, with 504 clinically significant lesions identified and 12 malignant melanomas detected. These outcomes demonstrated the critical importance of early detection among cyclists who spend extended periods outdoors.

In 2026, the Cape Town Cycle Tour will build on the success of its melanoma screening – called Skin-Scan – and will continue to offer free screenings for entrants at the Expo. Entrants will have received an email invitation to complete a pre-screening questionnaire that will help identify those most at risk and best suited for assessment.

Those identified will then be able to select a timeslot to be seen by a registered dermatologist at the Expo.



This approach will continue to strengthen early detection efforts for cyclists, a group particularly vulnerable to skin cancer due to prolonged exposure to ultraviolet light.

As Dr Michael Mol explains, melanoma is the deadliest form of skin cancer, yet remains one of the few cancers that can be seen with the naked eye. Identifying it early, before it spreads, significantly improves survival rates and treatment outcomes. His guidance reinforces the message that early action should never be overlooked.

Skin-Scan will continue to be presented by Clicks, with the support of Dermalogica, Bioderma, La Roche-Posay, ISDIN and Heliocare, underscoring the importance of proactive skin health management for an outdoor sporting community.

Screening results will be shared directly with each participant, with high-risk cases fast-tracked for follow-up care.

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.

EXPO DATES AND TIMES

- **Thursday, 5 March 2026: 9:30am-7pm**
- **Friday, 6 March 2026: 9am-7pm**
- **Saturday, 7 March 2026: 9am-4pm**

Set against the iconic DHL Stadium in Green Point, the Expo will take place from Thursday, 5 March to Saturday, 7 March 2026. 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 48th CAPE TOWN CYCLE TOUR



THE 48TH CAPE TOWN CYCLE TOUR WILL BE HELD ON SUNDAY, 8 MARCH 2026.

The 48th Cape Town Cycle Tour, the biggest timed bike race in the world, will be held on Sunday, 8 March 2026. Featuring the iconic **109km** and **42km** routes, and offering the **Prelude Challenge** held from 7 to 28 February 2026.

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, 8 March 2026, 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 48 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 50 000 litres of Powerade, 50 000 litres of Coca-Cola & Coca-Cola No Sugar, and 100 000 litres of bottled water. These are dispensed with the help of 400 dedicated volunteers and 52 support vehicles along the route.
- 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 2025 EVENT

- **Oldest male:** 86 years old
- **Youngest male:** 10 years old on tandem
- **Oldest female:** 80 years old
- **Youngest female:** 10 years old on tandem
- **Average male age:** 47 years old
- **Average female age:** 43 years old

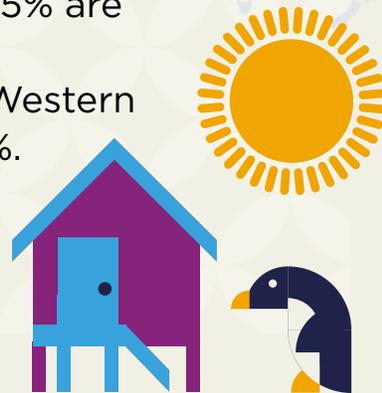
109km event

- 81% of all entrants are male and 20% are female.
- In 2025, 788 tandems participated and 1306 on e-bikes.
- 62% of the entrants are from the Western Cape, followed by Gauteng at 17%.

42km event

- 65% of all entrants are male and 35% are female.
- 72% of the entrants are from the Western Cape, followed by Gauteng at 20%.

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





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.

POWERADE



CAPE TOWN



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SANI SIXT
RENT A CAR



GARMIN

cannondale

CIOVITA

Virgin active



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CYCLING PRODUCTS



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AA Automobile Association of South Africa



GOLAZO

Thank you for your interest in the
2026 Cape Town Cycle Tour.

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#CTCYCLETOUR

