



Cycling the winelands

Oak Valley has launched the Oak Valley Mountain Biking Experience, a series of three mountain biking routes on this beautiful 1 786 ha mountain-side farm. The Experience is the brainchild of Oak Valley's winemaker, Pieter Visser, an avid mountain biker himself, who has ensured that the routes are suitable for young and old, and the experienced biker.

The route rose to prominence earlier this year when the gruelling ABSA Cape Epic mountain bike race from Knysna to Somerset West camped at Oak Valley farm on the race's penultimate day. The final part of the route that day saw the competitors wind their way up and down steep vineyard- and fynbos-covered slopes of the Groenlandberg, on their way to their overnight stop at the lower-lying oak-strewn section of Oak Valley farm.

The Oak Valley Biking Experience takes the rider through spectacular scenery, including an oak forest, mountain vineyards, apple and pear orchards and pastures where Simmentaler beef cattle roam. All of these are set against the backdrop of the rugged upper slopes of the Groenlandberg.

The three circular trails all start at the farm's entrance gate and two of the routes include a couple of hills that are definitely fodder for the *mountain goats*. The routes comprise a 12 km green route for the whole family, a 21 km red route for stronger riders and the 25 km black route for the advanced rider with technical skills.