



## Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail

By David Bristow

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### Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail By David Bristow

When windmill-dodgers David Bristow and Steve Thomas followed their dream to blaze (and map) a mountain bike trail across South Africa, they hoped to be spared howling headwinds, freezing rain and slushy terrain. They weren't, yet were not deterred from having a mud-splattering good time. The result, the Spine of the Dragon trail, is the country's ultimate mountain bike tour, covering a distance of 4000km from Beit Bridge to Cape Town. Aimed at the average off-road rider, the 58-day trail through South Africa and Lesotho is broken into nine sections, each with several stages. The entire course can be done in one go, or as a series of shorter rides – ideal for those with boundless enthusiasm but limited time.

The authors offer valuable advice on preparing for the trail that includes suggested clothing, gear, bike maintenance, food and safety.

Each day's route is described in detail and includes:

- Customised, annotated map with GPS points
- Total daily distance
- Difficulty grading: from short and easy to long and hard
- Entertaining insight into the people and places along the way
- Engaging photographs
- Accommodation suggestions and contact details

When he's not out cycling, David Bristow writes for a living. He is the former editor of Getaway travel magazine and the author of more than a dozen books for Random House Struik. Steve Thomas discovered mountain bikes while living in the US in the 1980s. Upon his return to South Africa in 1992, he established Daytrippers, South Africa's oldest and biggest bicycle touring company.

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### Editorial Review

#### Review

*Riding the Dragon's Spine* by David Bristow and Steve Thomas is the perfect guide for any biker who wishes to cross the 4,000 km trail at the roof of Africa, The Dragon's Spine from Beit Bridge to Capetown, or any part of it. The book is divided into nine sections, as suggestions of the way to divide the trail into parts. The author, who also wrote more than a dozen books, is an expert cyclist himself and owner of Daytrippers, the oldest and largest bicycle touring company in South Africa, so you have an expert leading you in this book. He describes each of the 58 day trip in detail, as well as an overview of the terrain and a map and suggestions of where to stay overnight. His website has many more details than the GPS coordinates and even more information for those planning a long or short ride on this trail, but on Thomas's trip the icy winds howled around him, so plan your season and hope for good weather. Well written with good color photos so you can see most of the roads are excellent and little traffic.

#### About the Author

DAVID BRISTOW is a travel journalist and environmental scientist. He's been exploring South Africa since his early teens by hitch-hiking, hiking, flying and by bicycle. He also surfs and has a close relationship with his mountain bike. David has a BJourn (hons) from Rhodes University in Grahamstown, SA, and an MA in environmental sciences from Cape Town University, SA. David was born and bred in South Africa and has covered Africa, mostly south of the equator, for the past 20 as a travel and nature writer and a photographer. For 15 years he was editor of Africa's top-selling travel magazine Getaway. His main interest, besides environmental issues, is seeking out new and exciting places for adventures – although comfort is never eschewed. David has authored more than a dozen books on South and southern Africa, climbed Africa's 10 highest peaks (among others) and scuba dived on most of the best sites around Africa and the Indian Ocean islands.

In 1986 **STEVE THOMAS** and his wife spent a gap year hitchhiking and working their way around Europe, where they saw people cycling with panniers. They decided it looked like fun, bought touring bikes and planned their first trip. In 1989 they cycled from London to Spain and back to France – their bicycles laden with tent, pots, pans and a cooker – camping as they went. A year later they set out from Thoreau's Walden Pond near Boston to the San Juan Islands north of Seattle. The 10,000km, 11-week journey took them through Maine, Illinois, Missouri, Colorado, Montana and Washington. In 1992, not deterred by the birth of their first son, they cycled 10,000km across Europe pulling their baby in a Burley trailer. This seven-month trip took them from Lisbon to Hungary and Slovakia, and then back to London via Italy and France. At the end of that year the couple returned to Cape Town and started Daytrippers, a company that organizes cycling holidays. The family continues to cycle, and regularly participates in challenges locally and abroad. Between them they have clocked up an impressive number of performances to date.

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#### Patricia Spear:

Information is provisions for those to get better life, information nowadays can get by anyone from everywhere. The information can be a expertise or any news even a problem. What people must be consider

if those information which is from the former life are difficult to be find than now is taking seriously which one works to believe or which one the resource are convinced. If you obtain the unstable resource then you understand it as your main information you will see huge disadvantage for you. All of those possibilities will not happen within you if you take Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail as the daily resource information.

### **Stacey Eades:**

Typically the book Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail has a lot associated with on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. The author makes some research prior to write this book. This kind of book very easy to read you can obtain the point easily after looking over this book.

### **Debera Jessie:**

Playing with family inside a park, coming to see the water world or hanging out with buddies is thing that usually you may have done when you have spare time, subsequently why you don't try thing that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail, you could enjoy both. It is excellent combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout people. What? Still don't understand it, oh come on its identified as reading friends.

### **David Saenz:**

This Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail is great e-book for you because the content which is full of information for you who have always deal with world and have to make decision every minute. This book reveal it data accurately using great plan word or we can say no rambling sentences included. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but challenging core information with lovely delivering sentences. Having Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail in your hand like obtaining the world in your arm, details in it is not ridiculous 1. We can say that no book that offer you world within ten or fifteen moment right but this publication already do that. So , this can be good reading book. Hey Mr. and Mrs. active do you still doubt in which?

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