

Five of the best mountain bike routes in South Africa

Mountain biking is not just an ordinary sport - it is adventurous and gives you a chance to interact with nature, offering you therapeutic benefits after a tough day; releasing pressure and leaving you feeling rejuvenated.

With numerous off-road mountain biking trails in South Africa to choose from, there is no better way to explore the country at a close range, than biking through it.

Here are five of the best mountain bike routes to try on your next adventure:

Giba Gorge trail

Located in Pinetown, Durban, this is a single track biking trail. The Giba Gorge mountain bike trail is packed with vast activities for the whole family. You will encounter various levels of biking trails to choose from. If you are a beginner, just venturing into mountain biking, you could choose the less challenging green trail. Advanced riders seeking a more challenging experience may opt to go for the blue trail, which includes a mixture of uphill and flat surfaces, definitely offering you a thrilling experience.



Tokai Forest Mountain trail

If you are an outdoor enthusiast, this is the route for you. The Tokai forest offers you a biodiversity landscape, which is part of Table Mountain National park. You will enjoy some magnificent trails with breathtaking scenery, giving you a real taste of nature and adventure.



The Big Red Barn trail

This trail in Johannesburg meanders through a stretch of 20 acres of eucalyptus forest. You can look forward to riding across sprawling fields as you breathe in some fresh air. This is a family route and offers all levels of riding experience. It is suitable for experienced bikers as well as newbies and is packed with amenities, which include restaurants and other recreational facilities.



Impala Ranch Route

This Mountain biking trail is situated close to Jeffreys Bay in the Eastern Cape. As you ride across the Impala Ranch, you can enjoy viewing some wild game, including animals such as zebras, impalas, wildebeest and bush buck. Encounter nature up-close on this unique mountain biking trail.



Phezulu Estate

The Phezulu Estate trail is located 40km from Durban. Besides enjoying a good biking experience, visitors can enjoy a taste of great culture – you will have an opportunity to enter a beehive hut and participate in the popular Zulu dance.



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