



COUNTRY TRAX Jan du Toit | chief instructor | ctrax@lantic.net **BOOKING ADMINISTRATOR** Bikebookings
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General information: **ADVANCED OFF-ROAD COURSE**

Country TRAX Klipbokkop, Western Cape

DATES 2017	20 – 23 April 2017
DURATION	3 Days. Thursday @ 19:00 sharp – Sunday @ ±12:00. <i>Suggested arrival time @ Thursday at least 17:00</i>
VENUE	Country TRAX Western Cape - Klipbokkop (Worcester)
FEE/COST	R 6,300.00 per rider.
INCLUDED IN FEE	Tuition, accommodation Thursday to Sunday, all meals from Thursday dinner to Sunday brunch, drinking water, use of facilities and loads of fun!
EXCLUDED IN FEE	Fuel, insurance, medical care & costs, use of bike, fee for pillion rider & non riding companions (optional) and anything not stated as included above.
LEVEL OF TUITION	Just what it says: ADVANCED . It is important that you have successfully completed at least one regular Weekend Off-road course (intermediate level) before entering and have spent a lot of time in the saddle to get maximum benefit of this course.
INTENDED FOR	Dual purpose/adventure bikes, but off-road bikes also welcome. All brands of bikes welcome!

BOOKINGS >>> [Book online at www.countrytrax.co.za](http://www.countrytrax.co.za)

Important: due to small training groups we are unable to accommodate an unlimited number of participants. Prior booking & payment essential to confirm booking.

INTRODUCTION

We look forward to welcoming you to one of our training venues which has been selected to comply with the high standards of County TRAX, considered to be the benchmark of off-road motorcycle training in South Africa.

The academy is headed by Jan 'Staal' du Toit who started the academy in 2000 and who has since developed a curriculum for courses which is adapted for our South African off-road conditions.

Country TRAX offers its training to all off-road riders, irrespective of what brand of bike they ride and aims at making a positive contribution to the development of off-road riding in South Africa.

ABOUT THE COURSE

The extremely competent and qualified BMW internationally certified instructors of Country TRAX will be responsible for the training and they comply with the national high standard of the academy. They guarantee that you will double your skills and halve your fears in one day. Surely something to look forward to!

After meeting everyone late afternoon and having dinner together, the course kicks off with a night ride on Thursday evening (please make sure your head lights are working). For the rest of the weekend, there'll be lots of practical tuition and plenty of INTENSIVE riding on this beautiful mountain farm with well prepared training facilities to safely teach you different advanced techniques.

This 3 day course has been designed for dual purpose adventure bikes, that aims at improving more advanced riding techniques. You will be a changed person after this weekend – it not only tests your riding skill, but also character and works towards making you one with your bike.

This is a very challenging course, which teaches the salient points of the craft and will delight experienced off-riders.

With the format of the new advanced course, you will be scored on the following points, as this will determine if you have completed the course **successfully** or not.

1. The riders level of **skills**.
2. The overall **fitness** of the rider.
3. The **safety awareness** of the rider.
4. **Environmental** awareness of the rider.
5. Overall "**sharpness**" of the rider.
6. The riders level of "**Kamaraderie**".
7. The riders ability to ensure he does **not damage** the motorcycle.

It is important to arrive timely so that you have time to unpack and settle your personal things and get ready for the programme on Thursday evening...

We suggest that you arrive around 17:00. Please make sure that you arrive while it's still light. Dinner is served at 19:00 sharp. We will proceed with the night ride after dinner.

BRING THE FAMILY!

You are welcome to bring your friends and family with for the weekend. It's the perfect place to relax, read a book, bring your mountain bike, go for long walks We have meals together. No children allowed unless there's full time supervision (safety precaution).

WHAT TO BRING

1. Your own motorcycle
 - Any make of dual purpose bikes or off-road bikes are permitted.
 - Tyres: off-road tyres ('knobbles'). definitely **no dual purpose allowed** – (Anakees, Heidenhau and Tourance are included)
 - Tyre pressure gauge (optional)
 - Full tank of petrol.
 - Any spares and tools (for possible adjustment or two) that you might need like tubes, puncture repair kit, etc.
 - **Important:** please remove handle bar raisers if fitted to your bike unless you are taller than 7ft. They interfere with the overall balance of the bike & rider.
2. Full protective gear.

Please ensure you bring adequate protective clothing with you to the course. Riding has its inherent risks and we believe in prevention rather than cure!

 - Helmet (plus goggles if using open visor helmet)
 - Off-road boots. Remember that 90% of off-road injuries are to the feet and the lower legs and can be prevented by wearing proper boots. Good off-road boots are therefore as indispensable as good helmets. And it's not about brands or fashion statements - it's about medical bills and pain and arthritis when you're old. Army boots and hiking boots are NOT off-road boots and will NOT be allowed on the course. Savanna's and Santiago boots are NOT off-road boots and are NOT recommended. This is our opinion, but you can attend with the boots of your choice at your own risk.
 - Gloves
 - Protective trousers and jacket or motocross protectors with shirt. The more the better!
 - Neck brace (optional but highly recommended)
3. Other gear
 - If you have chosen the camping option, please bring along your own tent, mattress, cushion, sleeping bag & towel.
 - Soft cloth/chamois for cleaning visor
 - Cap & sunscreen
 - Camel back is highly recommended. Dehydration can be a problem due to intensive physical exercises.
 - Optional: rain gear
4. Personal
 - Warm informal wear for the evening. Keep in mind that it might be chilly at night.
 - Insect repellent (summer)
 - Basic first aid kit – plasters, antihistamine for odd gogga bite, etc.
 - Any personal medication that you might need;
 - Cash. For any extras and interesting shopping at the small shop.
 - Alcoholic beverages, as Country Trax doesn't stock any.

TIPS TO ACHIEVE THE MAXIMUM FROM THE COURSE

1. Be well acquainted with the principles taught in the Weekend Off-road course.
2. A high level of fitness is recommended as training can be both physically and psychologically intensive.
3. Drink plenty of water before and during the training.
4. It helps to carry small packets of raisins, jelly babies or energy bars in your pockets - it helps to boost energy if you get tired.
5. Especially in the colder months, wear layers of clothing which can be peeled off as it usually gets warmer in the day.
6. Get a good nights 'sleep on Thursday night.
7. If you drink alcohol, we recommend that you minimize your intake of alcohol before and during the course. It influences your body's ability to balance and focus. This is essential for safety reasons.
8. In case of rain, consider yourself lucky as you will have the opportunity to play with your bike in wet conditions!

The team is looking forward to welcoming you to Country TRAX Off-road Academy! Please feel free to contact us should you have any questions.

MAP & DIRECTIONS

LOCATION AND CONTACT DETAILS

WHERE IS IT?	Between Worcester and Villiersdorp of the R43. Approximately 3 hours drive from Gauteng.
GPS Coordinates	S 33 48.280 & E19 22.535
ELEVATION	400m above sea level
CONTACT PERSONS	Gerhard, PG, Elmarie & Delmarie Groenewald
CONTACT NUMBERS	082 411 6998
MOBILE PHONE SIGNAL	Limited Vodacom and MTN reception

NOTES ON GETTING THERE

1. You can easily ride there with your bike as it is within easy reach of Cape Town and environs or you can trailer your bike there.
2. In case of damage to the gravel road to Klipbökkop, we will let you know in advance to warn you.

DIRECTIONS

From Cape Town Option 1 *Cape Town - Du Toitskloof Pass/Hugenot Tunnel - Worcester - Klipbökkop*

- **Take the N1 direction Paarl / Worcester.**
 - **Continue on the N1, pass Paarl and Hugenot Tunnel/Du Toitskloof Pass until you get to the edge of Worcester. Pass the Shell Ultra City on your left.**
 - **After about 400m, turn right at the traffic lights towards R43 Worcester/Villiersdorp.**
 - **Pass through 2 sets of traffic lights.**
 - **At the 3rd traffic light turn right into High street / Hoogstraat.**
 - **At the T-junction turn left into Somersetstraat.**
 - **Turn right at the next traffic light in the direction of R43 Villiersdorp.**
 - **Turn left on the road indicated 'R43 Villiersdorp'. (opposite prison)**
 - **Continue for 25 km and take a sharp right at the clearly marked Klipbökkop information sign which will be on the left of the road.**
 - **After about 1 km turn right at the Klipbökkop sign.**
 - **After about 1 km turn left at another Klipbökkop sign.**
 - **Continue for about 3 km until you reach the Klipbökkop Mountain Resort gate.**
 - **The road will fork, keep right towards the Conference center**
- Approximate distance from Cape Town: 140 km. Approximate travel time: 1½ hours

>>> From Cape Town Option 2

Cape Town - Du Toitskloof Pass/Hugenot Tunnel - Rawsonville/Goudini - Worcester - Klipbökkop

- **Take the N1 direction Paarl / Worcester.**
- **Continue on the N1, pass Paarl and Hugenot Tunnel/Du Toitskloof Pass until you get out of the gorge and see the first vineyards.**
- **Turn right towards Goudin/Rawsonville on the R101 at the Traffic Control Weigh Bridge for the big trucks (about 13km from tunnel)**
- **Turn right toward the little town of Goudini/Rawsonville after 6km**
- **Travel for about 1 km into town, and turn right into main street.**
- **Travel 12km towards Worcester and the Brandvlei Dam and turn left to cross over the Breede Rivier.**
- **Travel another 3km and turn right onto the R43 just on the edge of Worcester.**

- Continue for 25 km and take a sharp right at the clearly marked Klipbokkop information sign which will be on the left of the road. This is a badly maintained tar road (watch out for pot holes)
- After about 1 km turn left at the Klipbokkop sign on a gravel road with intermittent storm water bumps. Continue for 2.5km.
- You will reach a rough 4 way crossing.
- Turn left and ride about 800m to turn right to the quarry. There are no signage. Its the first right turn you will come across..

Approximate distance from Cape Town: 110 km. Appr. travel time: less than 1½ hours

>>> From Robertson

- Follow the R60 for 36km from Robertson
- Turn left into a tarred road towards Aan-de Doorns (Overhex wine cellar on your right opposite turning).
- Follow road for 6 km to T-junction.
- Turn left onto the R43, direction Villiersdorp.
- Travel for 18km and make a sharp right turn at Klipbokkop sign on the left of the road.
- After about 1 km turn right at the Klipbokkop sign.
- After about 1 km turn left at another Klipbokkop sign.
- Continue for about 3 km until you reach the Klipbokkop Mountain Resort gate.
- The road will fork; keep right towards the Conference center.

Approximate distance from Robertson: 65 km. Approximate travel time: 0.75 hour

>>> From Villiersdorp

- Follow the R43 in the direction of Worcester for 22 km.
- Turn left at Klipbokkop info sign.
- After about 1 km turn right at the Klipbokkop sign.
- After about 1 km turn left at another Klipbokkop sign.
- Continue for about 3 km until you reach the Klipbokkop Mountain Resort gate.
- The road will fork; keep right towards the Conference center.

Approximate distance from Villiersdorp: 26 km. Approximate travel time: 0.5 hour

