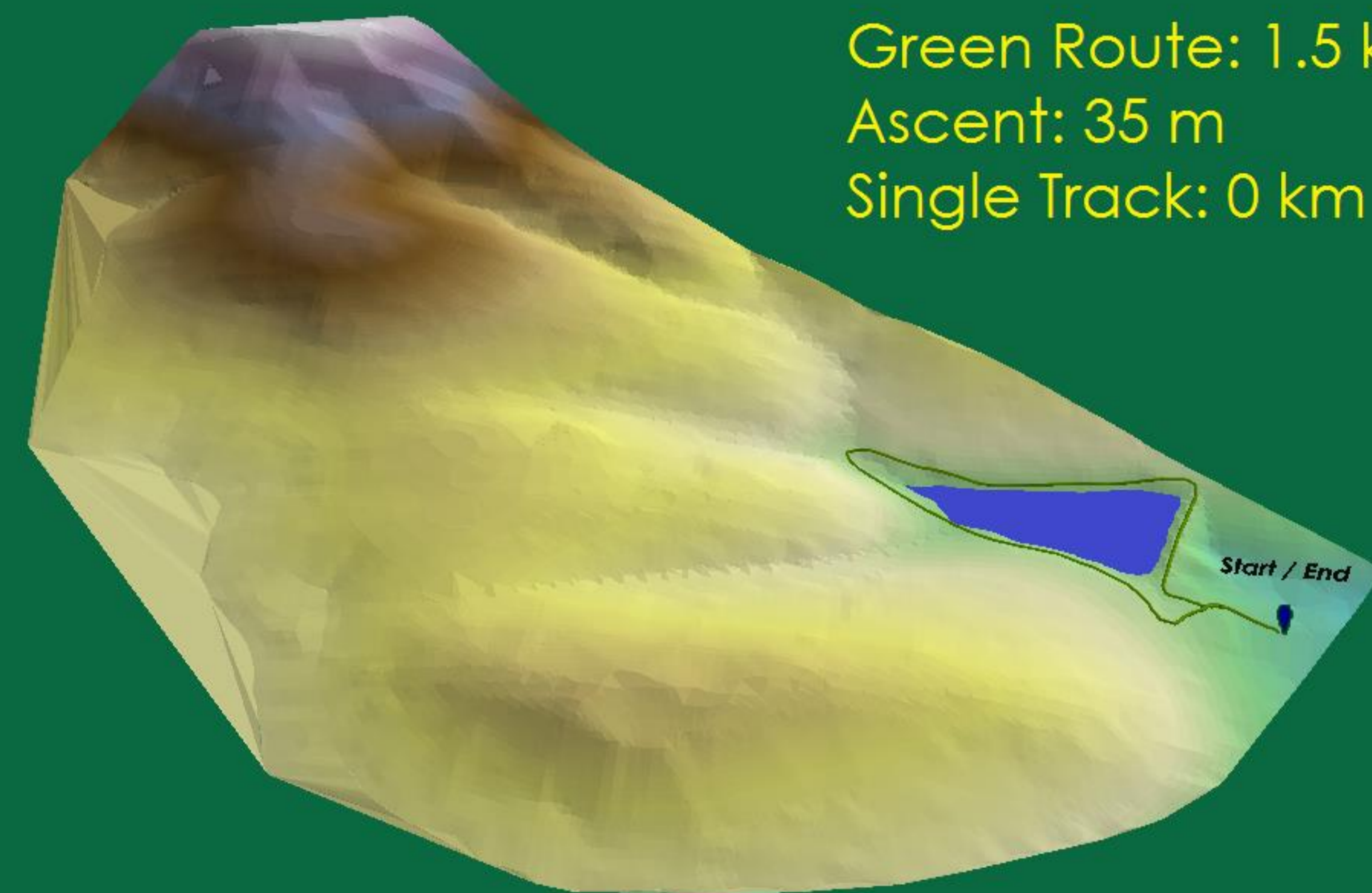
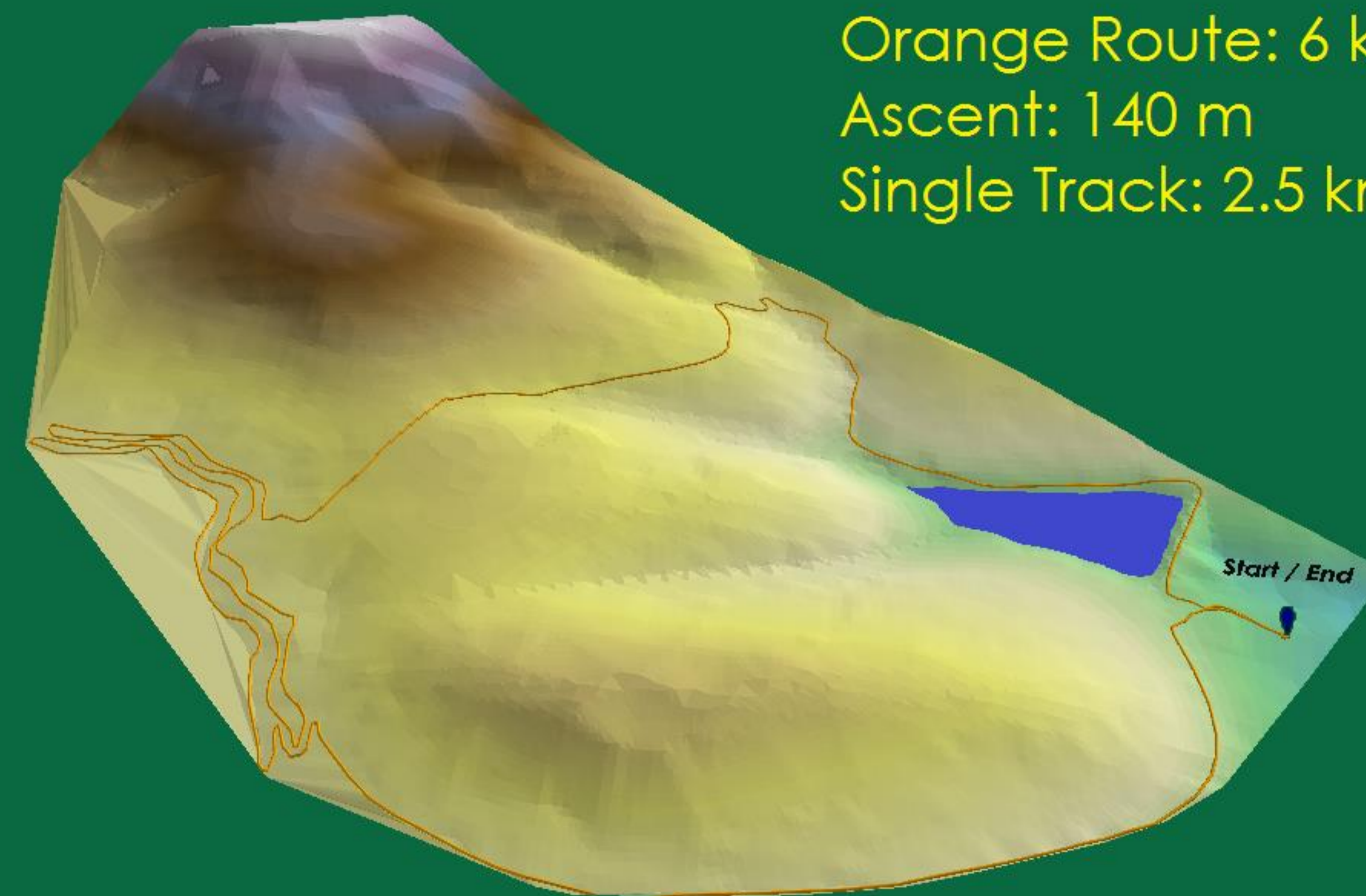


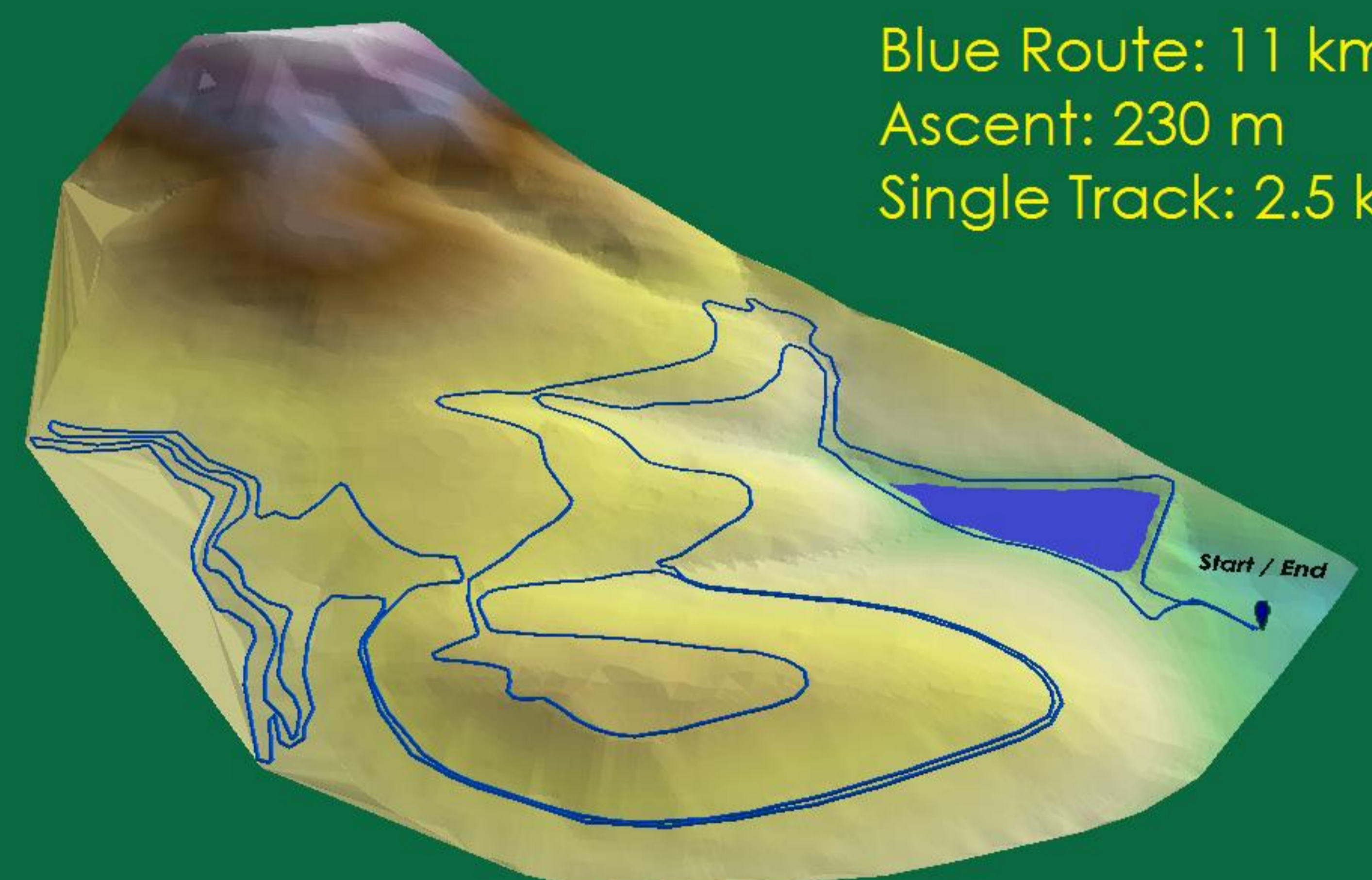
CAPAIA MTB ROUTES



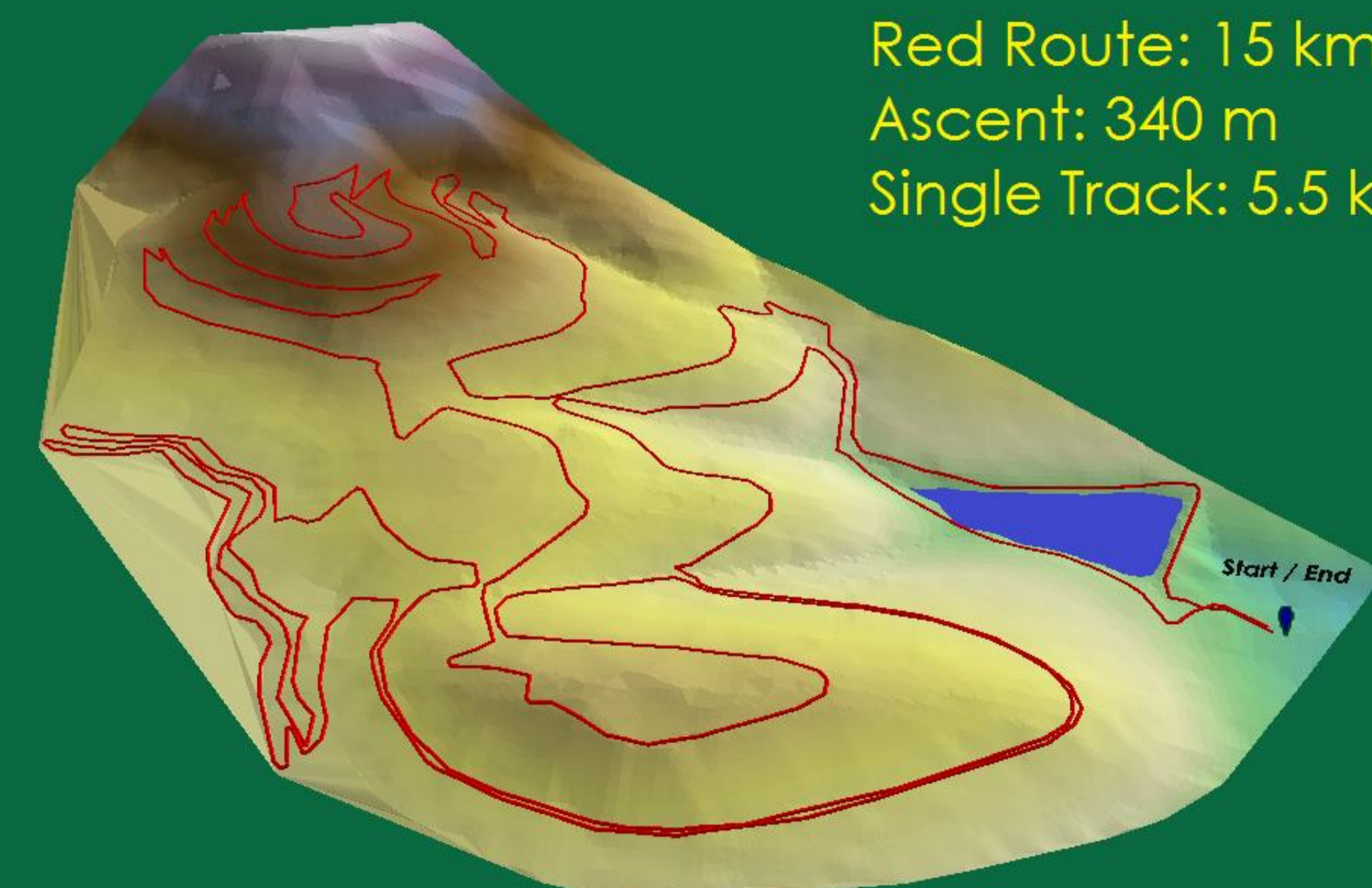
Green Route: 1.5 km
Ascent: 35 m
Single Track: 0 km



Orange Route: 6 km
Ascent: 140 m
Single Track: 2.5 km



Blue Route: 11 km
Ascent: 230 m
Single Track: 2.5 km



Red Route: 15 km
Ascent: 340 m
Single Track: 5.5 km

ROUTES ARE COLOUR CODED

DISCLAIMER NOTICE/INDEMNITY

Guest/s attend this establishment at their own risk. The Proprietor, its agent/s and/or its employee/s ("the Proprietor") shall not be liable for, and the guest/s hereby waive/s and abandon/s any claims of whatever nature including but not limited to that for theft, injury, loss or damage of whatever nature, against the Proprietor, whether arising from the Proprietor's default, negligence or otherwise. The guest/s, in addition to the aforesaid, hereby indemnify the Proprietor against any claims which may arise from whatever nature, whether arising from the Proprietor's default, negligence or otherwise.

MTB TRAIL RULES:

- Please note that the tracks run through the Capaia Wines Conservation Area, a sensitive natural feature conserving our critically endangered Swartland Shale Renosterveld.
- Keep to the marked trails.
- Follow the marker arrows.
- Do not ride against the flow.
- Be mindful of animals that also utilize the tracks.
- Be respectful towards other riders or runners on the trails.
- No littering. Violators will be banned.
- No night riding
- No permit... no ride.
- No helmet... no ride.
- No braking in corners.
- No water available on trail. Please ensure that you've brought your own hydration.

EMERGENCY CONTACT DETAILS:

Restaurant (mobile)	072 770 9695
Restaurant (landline)	021 972 1081
Emergency Fire and Rescue	021 480 7700
NetCare Blaauwberg	021 554 9000
Mediclinic Durbanville	021 980 2126