



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

By David Bristow

Download now

Read Online 

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.

 [Download Riding the Dragon's Spine:: Beit Bridge to Ca ...pdf](#)

 [Read Online Riding the Dragon's Spine:: Beit Bridge to ...pdf](#)

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

By David Bristow

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.

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

- Rank: #151791 in eBooks
- Published on: 2013-02-07
- Released on: 2013-02-07
- Format: Kindle eBook

 [Download Riding the Dragon's Spine:: Beit Bridge to Ca ...pdf](#)

 [Read Online Riding the Dragon's Spine:: Beit Bridge to ...pdf](#)

Download and Read Free Online *Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail* By David Bristow

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.

Users Review

From reader reviews:

Johanna Hernandez:

Have you spare time for the day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a

move, shopping, or went to the particular Mall. How about open or read a book entitled Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail? Maybe it is to be best activity for you. You realize beside you can spend your time with your favorite's book, you can more intelligent than before. Do you agree with the opinion or you have additional opinion?

Michael Albin:

Do you among people who can't read enjoyable if the sentence chained inside the straightway, hold on guys this particular aren't like that. This Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail book is readable by means of you who hate those perfect word style. You will find the details here are arrange for enjoyable studying experience without leaving even decrease the knowledge that want to deliver to you. The writer associated with Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail content conveys the thought easily to understand by many individuals. The printed and e-book are not different in the articles but it just different available as it. So , do you even now thinking Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail is not loveable to be your top checklist reading book?

Cynthia Miller:

Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail can be one of your nice books that are good idea. All of us recommend that straight away because this book has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort that will put every word into enjoyment arrangement in writing Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail however doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource data that maybe you can be certainly one of it. This great information can easily drawn you into completely new stage of crucial considering.

Jesus Jones:

You may spend your free time to see this book this reserve. This Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail is simple to deliver you can read it in the park, in the beach, train in addition to soon. If you did not include much space to bring the actual printed book, you can buy the actual e-book. It is make you much easier to read it. You can save often the book in your smart phone. So there are a lot of benefits that you will get when you buy this book.

**Download and Read Online Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail By David Bristow
#0DCVNT7QSJ2**

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

Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail By David Bristow Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail By David Bristow books to read online.

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

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

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

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

0DCVNT7QSJ2: Riding the Dragon's Spine:: Beit Bridge to Cape Town - SA's Ultimate MTB Trail By David Bristow