

Absolute Motion Training Camp – December 2024

Date: 13 to 17 December

Where: Bonnievale, Western Cape.

We love to share new experiences and after a very successful “base camp” in the KZN Midlands last year, it is time to visit the Western Cape again. As always, we want these camps to leave you with lots of good memories. Memories of the riding, the people, the beauty and why you **#lovetheride**.

Who this camp is for: Our “base-camp” caters best for our mid-level athletes. Those of you who regularly take part in races like Sani2C, gravel races, etc. but who do not race at the front end of the field. (*We have a camp specifically catering for athletes at the sharp end of the field in January*). The distances are quite long, but be assured that we have hosted many camps like this before and we know exactly how to manage the groups so that everyone will have a good time. We will also break the group into 2 smaller groups to better cater for the difference between us all and to make the experience more enjoyable and safer.

Another big part of our planning is that it must be safe for all of us to enjoy our bikes and each other’s company. Route planning and logistics is probably our biggest challenge when we put these training camps together and we are excited to be able to base ourselves at **Kampala Farm** just outside of Bonnievale for the duration.



The program:

13 December - Arrive @ Kampala

14 December - Gravel/Tar route of **115km** with 1350m ascent. We will visit McGregor

15 December - Gravel/Tar route of **120km** with 1500m ascent. Going to Swellendam

16 December - Gravel and Single track of **50km**. We will be exploring the local trails

17 December - Gravel/Tar route of **109km** with 1350m Ascent. Visiting McGregor again

What you can expect:

- 4 x Supper on 13 – 16 December
- 4 x Lunch on 14 – 17 December
- 4 x Breakfast 14 – 17 December
- 4 x On the bike snacks and supplements
- Vehicle backup with medical kit
- Special gift
- Basic technical bike support (we will be able to fix flats, set gears, etc. not service suspension) Please ensure your bike is in good working order
- Coaching and performance discussions
- Riding your bike, testing yourself and all of this with a bunch of like-minded people.



The cost: R6250 per person

If you would like to join us and have not joined the December '24 training camp group yet, please do so here: **December Base Camp**

The team at Absolute Motion is looking forward to spending a very special couple of days with you. Please reach out to me should you have any questions.

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