

Welcome to **The Descent**



Thank you for entering the Standard Bank Berg & Bush Descent! We can't wait to host you. Please note that there are some NB notes for logistics in this pack to ensure you have the best ride ever!



If you aren't sure what accommodation you have booked, you can also review your entry registration by **logging in to your howler account** and checking on your entry.

The need to know **Registration info** for 2025



Registration : Thursday, 5 June

Registration for the Descent will take place at **Em'seni – The Race Village**

- You will spend the night at Em'seni if you have booked accommodation with us.
- Race briefing and dinner will take place at Em'seni as per the itinerary below.

Race start : Friday, 6 June

The race start is now near Champagne Sports Resort, 40 minutes from Em'seni Camp (our registration venue). The exact location will be sent to riders.

Please aim for Champagne Sports Resort and we will signpost it from when you arrive. Please select from the options below for getting to the start, it is closer and easier! The precise location will be sent on Monday with your GPS files.

For the race start on Friday, 6 June you have **THREE** options. **You will need to book this online by Friday 12:00 this week (30 May) . If you don't do this in time, you can do this at registration.**

- **Option 1: "Car shuttle/Self-drive"** You drive your car and bikes up, and the charity car shuttle to drive it back for you.
- **Option 2: "Bus to Start"** – Drop your bike at registration on Thursday, and catch the bus up to the start on Friday from Em'Seni. We will take your bike up for you and it will be at the start if you book this. **Your bike must be dropped at registration please on Thursday.**
- **Option 3:** Supporter drives you & your bike, no need to let us know or purchase any tickets.

Please pre-book your shuttle to the start by logging into your entry on Howler. Add "Self drive/Car shuttle" ticket or a "Bus to start" ticket.

2025 Descent Itinerary

Thursday, 5 June

| | |
|-------------|--|
| 14:00-19:00 | Registration at Em'seni |
| 14:00-19:00 | Car Shuttle / Buses and bike Transport ticket collection *Riders taking the Bus option to book bikes into bike transport |
| 18:30-20:00 | Dinner |
| 19:30 | Race Briefing at Em'seni |

Friday, 6 June

| | |
|---------------|---|
| 6:00 - 7:00 | Breakfast |
| 7:00 - 7:15 | Buses depart from Emseni: 07:00 (A, B & C batch) / 07:15 (D – I batch) or drive to the start in own vehicle and driven back on shuttle (See Shuttle Bookings) Near Champagne Sports Resort before the Start: Riders book cars into the shuttle to be returned to Em'seni. |
| 8:30 | Start (7 minutes between batches) |
| 13:00 - 16:00 | Lunch at Em'seni Camp |
| 18:30 - 20:00 | Dinner |
| 19:30 | Race Briefing |

Saturday, 7 June

| | |
|---------------|---------------|
| 7:00 | Breakfast |
| 8:30 | Start |
| 12:00 - 15:00 | Lunch |
| 16:00 | History Talk |
| 18:30 - 20:00 | Dinner |
| 19:30 | Race Briefing |

Sunday, 8 June

| | |
|---------------|-------------|
| 6:30 | Breakfast |
| 8:30 | Start |
| 11:00 - 14:00 | Lunch |
| 13:00 | Prizegiving |



Logistics & shuttles

Thursday Registration

Registration for the Descent will take place at **Em'seni – The Race Village**. You will spend every night here and have all meals here.

- You will spend the night at Em'seni if you have booked accommodation with us.
- Race briefing and dinner will take place at Em'seni.

Getting your bike to the start

For the race start on Friday, you have **TWO transport options**

1. **“Self-drive”** : Drive your own car up and it is shuttled back for you.
2. **“Bus to Start”** : Your bikes are sent up on Thursday once you've registered, and you will catch the bus to the start on Friday morning from Em'Seni

The start (Near Champagne Sports Resort, Central Drakenberg)

- You will get breakfast at Em'seni.
- The Buses to the Start will leave after breakfast if you chose “Bus to start”
- You can drive your own car to the start with your bike if you choose “Self drive” & a car shuttle back
- Your car will be returned via the shuttle service offered by Harrismith School late on Friday night.





Meals

All meals from dinner on Thursday evening to lunch on Sunday will be served at **Em'seni Camp**. We have a **24 hour tea / coffee / snack station** in the Race Village and **FULLY STOCKED** watertables on the Route.



Bikes

Secure bike parks available at both the start location on Thursday and at **Em'seni Camp**.



Physio & Massage

To book Sports Massage, Chiro or Physio, please contact Gill for the booking form: bergandbushmassage@gmail.com

- **Sports Massage @ R400.00** per 30 minute session
- **Chiro @ R550** per 30 minute session
- **Physio @ R550** per 30 minute session
- **Taping and strapping** is an additional **R50** and will be available each morning before the start and during the day in the massage tent



Packing List

Suggested Items

On the bike

- Bike
- Helmet
- Sunglasses
- Cycling jersey
- Baselayer
- Gilet
- Warm cycling jacket
- Bibshorts & baggies
- Gloves
- Socks
- Cycling shoes
- Sunscreen
- Bum cream
- Energy bars/gels
- Energy drinks
- Cable ties
- GPS unit
- Rain jacket
- Hydration pack
- Water bottles
- Pump
- Multi-tool
- Chainbreak & links
- Bombs
- Lube

Off the bike

- Sleeping bag & pillow (Kudu tent)
- Towel
- Slops
- Cash & credit card
- Cellphone & chargers
- Headlamp
- Shorts & shirts
- Deoderant
- Shower gel
- Ear plugs
- Arnica/Iceman
- Very warm jacket
- Tracksuit pants
- Underwear
- Camping chair (Kudu tent)
- Washing powder
- Pegs
- Plastic bag
- Recovery drink
- Hydration drink
- Pills & vitamins
- Hairbrush
- Lip balm
- Lock for tent
- Beanie

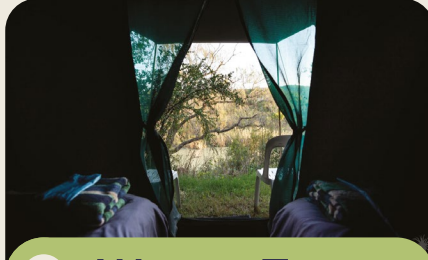
Accommodation Reminder

What you booked and where you are staying



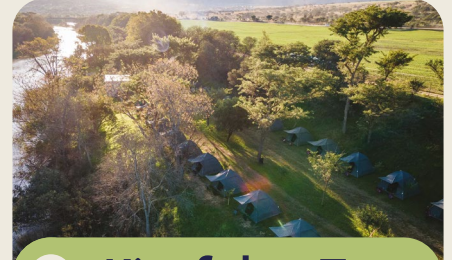
Kudu Tent

- 1 x larger canvas tent
- 2 x beds
- 2 x mattresses
- 100m - 300m from the race village
- Shared ablutions
- Available from registration night



Weaver Tent

- 1 x large canvas tent
- 2 x beds with linen & proper mattresses
- 2 x chairs
- 300m from the race village
- Placed on the top field
- Electricity in your tent
- Shared ablutions
- Available from registration night



Kingfisher Tent

- 1 x extra large canvas tent
- 2 x beds with linen & proper mattresses
- 2 x chairs
- Side table & lamp
- Placed on the river bank
- Electricity in your tent
- 500m from the race village
- Private ablution block in camp
- Available from registration night



Fish Eagle Tent

- Two Beds with linen, towels and electric blankets
- Electricity and lights
- En-suite Toilet and basin
- Cupboards
- Chairs on veranda
- Parking included
- Available from registration night



Self Camping /B&B

- Showers & toilets are included as well as bins for refuse
- Power points, shade or water connections are not available.
- Places are not reserved but work on a first come first served basis and opens at 2pm on registration day only.
- Supporters with an official package & self camping pass only are allowed access.
- 200m from race village



Em'seni Room

- In the race village
- 2 x bunk beds (4 beds)
- Pillows & bottom sheets included
- Electricity in the room
- Shared ablutions with gas showers
- Available from Registration night

Your entry fee **includes**

- 3 days of pure Standard Bank **Berg & Bush trails**. From the Drakensberg down into KZN bushveld, this is why you ride!
- 1 beautiful **Race Village** – your new home!
- A **goodie bag** per person
- **3 meals a day** plus access to our famous chill zone
- **Coffee, tea, juice** and **crunchie** station
- **Race facilities** like hot showers, bike wash, chill zones, bar and more.
- **Medical support** on the route.
- **Charity-run water points** along the route with the most incredible local treats and people manning them!

It does **not include**

- You can add the below **tent options** on your entry:
 1. **Standard Tent** (Canvas tent with mattresses)
 2. **Kudu Tent** (Canvas tent with bed and event mattress)
 3. **Weaver Tent** (Large canvas tent with bed, power, event mattress and linen)
 4. **Kingfisher Tent** (Larger canvas tent with bed, linen and electricity)
 5. **Self-camping** option
- **Shuttles** – you can book these separately.
- **Massages, physio, car shuttles, bike transport and bike mechanic service** –book these separately.
- **Drinks** from our race village pub.
- Delicious **Terbodore coffee** for sale
- Lekker **Tuck shop**
- **Event shop**





Seeding & Batches for Day 1

Self-seeding for Day 1 at Registration.

We appeal to all riders to slot into the batch that best matches their fitness and skill level.

A Batch: 8:30 am

- **Elite riders** and **serious amateurs**

B Batch: 8:37 am

- **Fit and experienced** mountain bikers

C Batch: 8:44 am

- **Technically good** and have trained well

D Batch: 8:51 am

- **Have completed stage races in the past** and know what to expect. You have not put in the required training and may blow or cramp.
- **Experienced** and **technically good e-bikers**

E Batch: 8:58 am

- **The best batch!** Full of great, **fun-loving mountain bikers** who don't want to feel the pressure of racing and enjoy stopping at all the water points to chat with the locals.
- **E-bikers**

F Batch: 9:05 am

- **A newbie** to mountain biking or **wanting to take it all in** and have the best ride of your life



GPS Help

EasyBike will be at registration to help with your GPS setup and queries. You can also email them for sales at webmaster@easybike.co.za