



**CAPE TO
CAPE**
WESTERN AUSTRALIA

2024 RIDER GUIDE

⚡ 17-20 OCTOBER ⚡



WESTERN
AUSTRALIA
WALKING ON A DREAM



WHERE

DREAM

EVENTS

HAPPEN

Step into a dreamscape of wondrous events and embark on unforgettable adventures in the Margaret River Region. Discover Australia's most premium wine region nestled among pristine beaches, ancient caves and tall timber forests.

- Catch world class waves with over 135 km of coastline and 75 breaks to choose from – there's a wave here for everyone.
- Hit the road less travelled and head out on one of the region's many mountain biking and cycling trails in Nannup and Pemberton, including the world-famous Munda Biddi.
- Taste the region's finest drops on a winery, distillery or brewery tour.
- Picnic or camp among the karri trees in Boranup Forest.
- Immerse yourself in Wardandi Noongar culture on an Aboriginal tour and taste the flavours and learn the stories of this region.
- Walk a section of the 135 km-long Cape to Cape Track (or all of it, if you're game!), and spot sea creatures, beautiful wildflowers and magnificent coast along the way.
- Wander further and experience where the Southern and Indian Ocean meet at Cape Leeuwin Lighthouse, Australia's tallest mainland lighthouse.
- Go on an underground tour to explore the magical awe of the region's four ancient limestone caves – Jewel, Lake, Mammoth and Ngilgi.
- Recharge your spirit and try coasteering, stand up paddle boarding or horse riding.

Follow us @WesternAustralia | #WAtheDreamState



WESTERN
AUSTRALIA
WALKING ON A DREAM

WESTERNAUSTRALIA.COM

CONTENTS

DIRECTOR MESSAGE.....	4
WELCOME MESSAGES	5
EVENT SCHEDULE.....	8
RIDER CHECK-LIST	11
RIDER REGISTRATION	13
RACE PACKS.....	14
MERCHANDISE	14
AUSCYCLING MEMBERSHIP	16
RACE CATEGORIES	17
RACE DAY INFORMATION.....	19
ON COURSE SUPPORT.....	22
COURSE OVERVIEW.....	24
STAGE 1 – CAPE LEEUWIN LIGHTHOUSE.....	26
STAGE 2 – NANNUP, FORESHORE PARK	30
STAGE 3 – MARGARET RIVER, CBCo.....	34
STAGE 4 – CAPE NATURALISTE, WISE WINERY.....	38
DAILY AWARDS	41
PRIZE MONEY.....	41
LEADERS AND WINNERS JERSEYS	42
SPECTATOR INFORMATION.....	44

DIRECTOR MESSAGE

Welcome to Cape to Cape 2024! As the new owners we are delighted to welcome you to the 16th edition of this iconic race. We look forward to welcoming you to the South West region of Western Australia for four days of epic trails and lots of fun along the way.

The race has grown since the first edition back in 2008, into what is now Australia's most prestigious mountain bike stage race and we are proud to say it is now back in Western Australian ownership.

If you're returning, thanks for your continued support and joining us again. Or if this is your first time it's great to have you here and we hope 2024 will be the first of many.

Cape to Cape isn't just about the riding and trails, it's about the experience and mates you make along the way.

We're extremely grateful for the continued support of our partners and extend our thanks to the Western Australian Government through Tourism Western Australia, and our Local Governments of City of Busselton, Shire of Augusta Margaret River and the Shire of Nannup.

To our event partners, CBCo. Brewing, Giant, Hertz, Pedal Mafia and Cycliq thanks again for supporting Cape to Cape. We are also thankful to Dismantle for once again coming on board as our charity partner – bring on Super Sox Saturday!

We're honoured to have assembled an experienced course team of Michael "Brookesy" Brookes, Tony Tucknott and Graham Clark who have worked very hard to put together the most epic courses yet.

Listening to your feedback, we have taken all the best bits of the last 15 years and added

some new ones. A big change for 2024 is we are heading to Nannup for the first time with a brand new stage in the Nannup Tank 7 MTB Park.

We're also excited about the new one day Cape to Cape Mini event, where riders can enjoy the awesome Margaret River trails and get a taste for the main four day stage race.

We can't wait for you to all experience the additional elements of the C2C including pristine trails, clearly marked courses, extensive rider support, event merchandise, our great hospitality and the all-important finishers medal.

We are lucky enough to host the Cape to Cape in the pristine environment of the South West region, so please help keep it this way by doing your part and taking any rubbish with you. Cape to Cape is an MTB event for everyone, so please be considerate of others on course as there are riders of all abilities racing.

To everyone involved in Cape to Cape from riders, support teams, volunteers, crew and our partners – thank you for being part of Cape to Cape MTB 2024. We look forward to meeting you across the four days and if you see us around make sure to say hi!



*Megan Grygorcewicz
Director*

*Bill Hayes
Director*

WELCOME MESSAGES

**WELCOME MESSAGES FROM
HON RITA SAFFIOTI MLA, DEPUTY PREMIER; MINISTER FOR TOURISM
AND
HON DON PUNCH MLA, MINISTER FOR REGIONAL DEVELOPMENT**

The State Government is a proud sponsor of the Cape to Cape MTB through the Regional Events Program (the Program), delivered by Tourism Western Australia (Tourism WA).

The Program supports medium to large events in regional Western Australia to boost tourism and local jobs, increase community vibrancy and participation, particularly outside of the typical tourism season, and further develop regional areas.

It also plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting a region's unique points of difference and diverse attractions, particularly through media coverage of events.

Regional events provide an opportunity for local, interstate, and international visitors to go beyond city limits and experience the unique features of each of our State's wonderful regions.

Tourism is a key part of the State Government's plan to diversify the economy, create jobs and develop business opportunities, through helping regional economies and communities to grow and thrive.

Events are a vital part of this plan, with the State Government sponsoring a range of sporting, cultural, arts and culinary events across the State, through Tourism WA, to attract visitors and encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys this event and takes the time to explore the dreamlike South West region.



*HON RITA SAFFIOTI MLA, DEPUTY
PREMIER; MINISTER FOR TOURISM*



*HON DON PUNCH MLA, MINISTER
FOR REGIONAL DEVELOPMENT*

A handwritten signature in black ink, appearing to read 'Rita Saffioti'.

A handwritten signature in black ink, appearing to read 'Don Punch'.

WELCOME MESSAGES

MAYOR PHILL CRONIN CITY OF BUSSELTON

On behalf of the City of Busselton, I extend a warm welcome to all participants of the Cape to Cape. Whether you're a returning competitor or joining us for the first time, this event promises to deliver an unforgettable experience.

We are proud to once again support Australia's largest, longest-running, and most renowned four-day staged MTB endurance race. As always, we look forward to showcasing our renowned hospitality, breathtaking beaches, scenic countryside, and world-class vineyards and breweries.

Each year, the Cape to Cape continues to evolve, with organisers refining the course and enhancing the overall race experience. Additionally, with Busselton Margaret River Airport now offering six weekly flights to and from Melbourne and Sydney, reaching us has never been easier.



*Mayor Phill Cronin
City of Busselton*

CR TONY DEAN. SHIRE OF NANNUP PRESIDENT

Welcome to Nannup, the newest and most exciting addition to the Cape to Cape Bike Race! We're thrilled to host this premier adventure race for the first time in our town, showcasing the world-class trails of the Nannup Tank 7 MTB Park. This stage promises a unique experience, with rugged and raw terrain that will challenge riders of all levels. The 1135m of climbing might sound daunting, but it's a rewarding journey with exhilarating descents that make every climb worth the effort.

As you cross the finish line, take a moment to unwind, share stories with fellow riders, and enjoy the camaraderie that makes this event so special. We're honoured to be a part of the 2024 Cape to Cape race and look forward to welcoming you to Nannup. Let's make this an unforgettable chapter in the event's history!



*Nannup Shire President
Cr Tony Dean*

WELCOME MESSAGES

JULIA MELDRUM

SHIRE OF AUGUSTA MARGARET RIVER, SHIRE PRESIDENT

On behalf of the Shire of Augusta Margaret River, I want to extend a warm welcome to riders from near and far to the Margaret River region (Wadandi and Pibelmen Country).

We are thrilled to be supporting this fantastic WA owned and operated event in our backyard and trust that you'll enjoy the spectacular views, unique terrain and unbeaten tracks. From stunning beaches, tall-timber forests, flowing rivers and ancient caves – the backdrop for your race is world-class.

We kindly ask that while travelling and visiting on Wadandi Boodja, that you respect this magical part of the world and leave nothing but footprints and bike tyre marks.

Good luck and enjoy the race!



*Julia Meldrum
Shire of Augusta Margaret River,
Shire President*

EVENT SCHEDULE

Event Schedule is up to date as at 03/10/2024 and is subject to change.
View the Event Schedule [online](#) for the most up to date information.

WEDNESDAY 16 OCTOBER

Event	Venue	Time
Rider Pack Collection and Information	The HEART, Margaret River	12:00pm – 7:00pm

THURSDAY 17 OCTOBER – DAY 1

Event	Venue	Time
Parking	Augusta Boat Harbour Car Park	6:30am
Parking Shuttle Bus	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	6:30am– 2:30pm
Event Information/Help Desk	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	7:30am – 1:00pm
Bike Mechanic Services	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	7:30am – 1:00pm
Bottle Drop/Bag Drop	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	By 8:15am
Race Briefing	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	8:45am
Stage 1 Race Start	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	9:00am
Stage 1 Daily Awards	Settlers Tavern, Margaret River	From 4:30pm
Social Hub	Settlers Tavern, Margaret River	From 5:00pm

FRIDAY 18 OCTOBER – DAY 2

Event	Venue	Time
Stage Parking	Nannup Recreation Centre Oval - North St, Nannup	7:00am
Parking Shuttle Bus	Nannup Recreation Centre	7:00am – 9:00am
Information Open	Foreshore Park- Brockman St, Nannup	7:30am – 2:00pm
Bike Mechanic Services	Foreshore Park- Brockman St, Nannup	7:30am – 2:00pm
Bottle Drop/ Bag Drop	Foreshore Park- Brockman St, Nannup	By 8:15am
Race Briefing	Foreshore Park- Brockman St, Nannup	8:45am
Stage 2 Race Start	Foreshore Park- Brockman St, Nannup	9:00am
Stage 2 Daily Awards	Foreshore Park- Brockman St, Nannup	1:00pm
Cape to Cape Bar	Foreshore Park- Brockman St, Nannup	Open from 11am
Social Hub	Settlers Tavern, Margaret River	From 5:00pm

EVENT SCHEDULE

Event Schedule is up to date as at 03/10/2024 and is subject to change.
View the Event Schedule [online](#) for the most up to date information.

SATURDAY 19 OCTOBER - STAGE 3

Event	Venue	Time
Stage Parking	529 Osmington Road	6:00am-2:00pm
Event Information	CBCo. 6285/29 Osmington Rd, Margaret River	6:30am – 2:00pm
Bike Mechanic Services	CBCo. 6285/29 Osmington Rd, Margaret River	6:30am – 1:00pm
Bottle Drop/Bag Drop	CBCo. 6285/29 Osmington Rd, Margaret River	By 7:15am
Race Briefing	CBCo. 6285/29 Osmington Rd, Margaret River	7:45am
Stage 3 Race Start	CBCo. 6285/29 Osmington Rd, Margaret River	8:00am
Stage 3 Daily Awards	CBCo. 6285/29 Osmington Rd, Margaret River	12:30pm
Social Hub	Settlers Tavern, Margaret River	From 5:00pm

SUNDAY 20 OCTOBER - STAGE 4

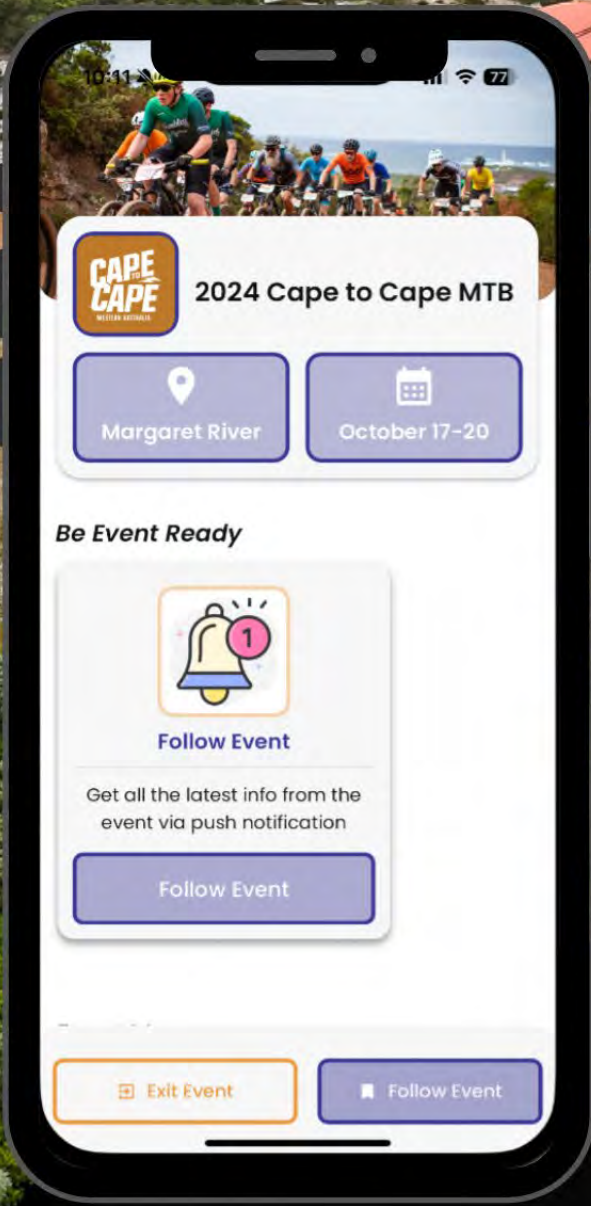
Event	Venue	Time
Stage Parking	Wise Winery, 237 Eagle Bay Road, Eagle Bay	6:30am
Event Information	Wise Winery, 237 Eagle Bay Road, Eagle Bay	6:30am – 12:00pm
Bike Mechanic Services	Wise Winery, 237 Eagle Bay Road, Eagle Bay	6:30am – 12:00pm
Bottle drop	Wise Winery, 237 Eagle Bay Road, Eagle Bay	From 7:15am
Race Briefing	Wise Winery, 237 Eagle Bay Road, Eagle Bay	By 6:30am
Race Briefing	Wise Winery, 237 Eagle Bay Road, Eagle Bay	7:45am
Stage 4 - Race Start	Wise Winery, 237 Eagle Bay Road, Eagle Bay	8:00am
Stage 4 and Final Awards	Wise Winery, 237 Eagle Bay Road, Eagle Bay	12:00pm

**DOWNLOAD
EVENTCHECK IO
APP TO STAY UP
TO DATE WITH
ALL EVENT
INFORMATION**

EVENTCHECK



**DOWNLOAD
THE EVENTCHECK IO
APP TODAY!**



Event information ✓

Participant tracking ✓

Maps (on event days) ✓



**CAPE
TO
CAPE**
WESTERN AUSTRALIA

FOLLOW THE FUN!



GEO BAY

Yahava KoffeeWorks

COOL WATER CLASSIC

16 NOV 2024



DUNSBOROUGH

BUSSELTON

PROUDLY SUPPORTING

IN THIS TOGETHER
parkinson's
WESTERN AUSTRALIA



WESTERN AUSTRALIA



@GEOBAYSWIM | WWW.GEOBAYSWIM.COM.AU



RIDER CHECK-LIST

PRE-EVENT

- Read the Ride Guide in its entirety.
- Book/confirm accommodation & flights (if applicable)
- Ensure event registration is confirmed (check for confirmation email)
- [Download the Eventcheck IO App](#)
- Familiarise yourself with [Event Schedule](#)
- Review/update of medical & emergency contact details check.
- Ensure you have updated medical insurance details.
- Pack photo ID in your luggage. (driver's licence, passport etc)
- Bring your AusCycling member card to Rider Registration. If you aren't a member, you will need to ensure you are registered as a "general" category. AusCycling members who aren't able to supply a copy of their licence registration will need to purchase a race licence.
- Hot Tip: Take a photo of your licence and have it on your phone! This will be accepted!
- Check the weather forecast to ensure you bring all relevant clothing and equipment.

ONCE I ARRIVE DOWN SOUTH (PRE-RACE)

- Familiarise yourself with the event venue and key areas.
- Attend Rider Registration and collect race pack.
 - Wednesday 16th October 12pm-7pm
 - [Margaret River HEART](#)



RACE DAY

- Ensure you have all items for your race including, helmet, race plate, hydration.
- Ensure your mobile phone is fully charged.
- Download the Emergency Plus App (www.emergencyplus.com.au)
- Start the race - be at the start line at least 15 minutes prior to your start time for the race briefing.
- Remember to bring cash as some locations don't have reliable internet access.
- Have an epic ride and finish the Stage!
- Collect your finisher medal (Stage 4 only)

POST RACE

- If an award winner, ensure you attend presentations at the end of each day.
- Rest and recover for Stages 2,3 and 4!
- Upload your photos on your social media with #Cape2Cape

RACE KIT

RIDER REGISTRATION

Rider Registration will be held at the Margaret River HEART, 47 Wallcliffe Road, Margaret River on Wednesday 16 October between 12pm and 7pm. Please follow signage to the Studio Theatre Room.

Please ensure you come to this Rider Registration to collect your C2C Bag, C2C T-Shirt, C2C Hat, Race Plate, Wristband, Elevation Stickers, Rider Gifts and to collect any pre-purchased merchandise. You will only need to attend once, and all event items are valid for all four days! Please note that each individual rider must attend this collection.

Please note, **no packs will be posted out prior to the event.**

Traveling down to the event? We recommend checking into your accommodation and unpacking your bikes before coming to the centre of Margaret River for accessibility and security. Please be aware of parking restrictions, and park accordingly.

C2C MINI PACK COLLECTION

The C2C MINI has different options for Registration:

- Wednesday 16 October, 12pm – 7pm: Collect as per the above
- Thursday 17 October, 7am – 12pm: Collect from Stage 1 at Cape Leeuwin
- Friday 18 October, 7am – 12pm: Collect from Stage 2 at Nannup
- Race Day – Saturday 19 October, 6:30am – 7:45am: Collect at CBCo. prior to start

Please note Saturday collection may be busy, so if you can pick your pack up earlier, please do so!

The C2C Mini Pack includes: C2C Bag, C2C Rider Hat, Race Plate, Wristband and Elevation Sticker.

WHAT YOU WILL NEED TO BRING:

- Photo ID (driver's licence or passport)
- AusCycling annual membership card (or photo of card)
- Race Roster E-Ticket: E-Tickets will be sent to your registered email address the week of the event

WHO CAN COLLECT?

Only the person registered can pick up their Race Pack at Registration.

Stuck or might not be able to make it to Rider Registration? Please contact us on hello@capetocapemtb.com

RACE KIT

HANDLEBAR RACE PLATE

This is your race identification. All riders need to ensure their race plate is secured (using cable ties provided within your pack) prior to each stage race start. Your timing chip is attached to the back of your handlebar race plate. Do not bend this! This plate is valid for all four days. Please ensure that all medical information is filled out on the back of the plate. You are not permitted to modify or fold your plate.



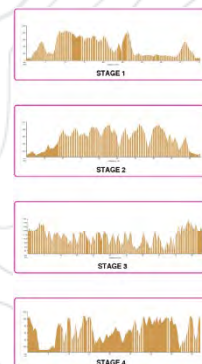
RIDER WRISTBAND

Your ID wristband must be always worn as this will be your entry to 'rider only areas.' Your ID wristband will be secured to your wrist prior to leaving registration and will be required to stay on until the end of Stage 4.



ELEVATION STICKERS

You will receive 4 x elevation stickers for each stage. Prior to each stage you can stick the elevation sticker to your bike. This is not required and up to the individual rider if they choose to use. Note: C2C Mini riders will receive Stage 3 elevation stickers in their packs.



CABLE TIES

You will receive cable ties that are for your handlebar race plate. If you require more, please see Event Information at the start of each race.

RIDER GIFT

Each rider will receive a C2C bag, t-shirt, hat when they collect their Race Pack at Rider Registration. Please note: C2C Mini riders will receive the bag and hat only.

MERCHANDISE

Any purchased merchandise will be available for collection from Rider Registrations and at the various event precincts. Please ensure that you have access to your registration and receipt handy.

Missed out and want to lock in your merch so you don't miss out? Merch is still available for purchase:

- shop-kcaust.com.au/pages/cape-2-cape
- raceroster.com/store/80155/listing





City of Busselton

Proud sponsors of the Cape to Cape

Welcome to the City of Busselton, where environment, lifestyle and opportunity meet!

As the Events Capital of WA, the City plays host to a diverse calendar of events all year round – food, film and wine festivals, adventure races, arts and crafts and everything in between.

To all participants and those involved in the Cape to Cape, we wish you an exhilarating and successful race. We look forward to your visit where we encourage you to take the time to explore and enjoy the unique charm and beauty of the City of Busselton.



City of Busselton
Events Capital WA



www.busselton.wa.gov.au

PRE-RACE INFORMATION

AUSCYCLING MEMBERSHIP

Every rider is required to hold a valid race membership with AusCycling, either an Annual Race Membership or as an Event or Day Licence. This will be checked at Rider Registration.

OPTION 1 – RACE MEMBERSHIP:

You must hold a valid AusCycling Annual Membership for the current season. You will need to enter your membership number at time of registration.

Note: Lifestyle Membership does not cover you for this event. You can upgrade your membership to include race coverage by contacting AusCycling. Proof of the upgrade must be presented at Rider Registration.

OPTION 2 – EVENT OR DAY LICENCE:

If you don't hold a valid AusCycling Annual Membership, you should have registered under a "general" category on Race Roster. General registration includes either an:

Event Licence (AUD\$54.65 inclusive of all fees and taxes) or Day Licence (AUD\$10.00 inclusive of all fees and taxes).

ONSITE PROCESS

AUSCYCLING ANNUAL MEMBERSHIP:

All riders must present their AusCycling annual race membership card. Either a physical card or photo on their phone (i.e. in the App).

Alternatively, you can log into your AusCycling account via the [AusCycling website](#). If you do not present a valid membership, you will be required to purchase a competition licence.

EVENT OR DAY LICENCE:

If you registered as a "general" category then you are not required to present any proof of purchase at Rider Registration.

Not sure if your registrations includes a purchased a Licence? Check your email confirmation/receipt or contact as via hello@capetocapemt看b.com

For more information about what the membership and competition licences include please view the [AusCycling Website](#).

PRE-RACE INFORMATION

HAND CYCLISTS

At C2C we welcome hand cyclists to the event on all 4 stages. Our fantastic course team have created diversions to ensure the trails with limited space and log roll overs are taken out allowing you to have the best experience possible on your hand cycle. However, please bear in mind that there are some obstacles and crossings we just couldn't avoid. Your support rider will be vital here! We want you to be as prepared as possible!

For more information, please contact our Race Director at hello@capetocapemtb.com

SOLO CATEGORIES

Your category is based on your age as of 31 December 2024.

SOLO CATEGORIES	
CATEGORY	AGES
Juniors Men	Male riders aged 15 years to 19 years
Juniors Women	Female riders aged 15 years to 19 years
Open Men	Elite Male Riders and Male riders aged 20 years to 34 years
Open Women	Elite Female Riders and Female riders aged 20 years to 34 years
Masters Men	Male riders aged 35 years to 44 years
Masters Women	Female riders aged 35 years to 44years
Grand Masters Men	Male riders aged 45 years to 54years
Grand Masters Women	Female riders aged 45 years to 54 years
Great Grand Masters Men	Male riders aged 55 years to 64 years
Great Grand Masters Women	Female riders aged 55 years to 64 years
Mega Masters Men	Male riders ages 65 years or older
Mega Masters Women	Female riders ages 65 years or older

PRE-RACE INFORMATION

PAIRS CATEGORIES

Your category is based on your age as of 31 December 2024 and the combined age of the Pair riders determines the race category

* A minimum number of 5 Pairs will be required to enter each category to make it competitive. If this number is not reached all Pairs currently within the category will be rolled into the lower age category.

PAIRS CATEGORIES	
CATEGORY	TOTAL COMBINED AGE
Open Men	Elite Male Pairs; And both riders age combined: 30-69years
Open Women	Elite Female Pairs; And both riders age combined: 30-69years
Open Mixed	Elite Mixed Pairs; One rider is male, and one rider is female And both riders age combined: 30-69years
Masters Men	Both riders age combined: 70-89years
Masters Women	Both riders age combined: 70-89years
Masters Mixed	One rider is male, and one rider is female Both riders age combined: 70-89years
Grand Masters Men	Both riders age combined: 90-109years
Grand Masters Women	Both riders age combined: 90-109years
Grand Masters Mixed	One rider is male, and one rider is female Both riders age combined: 90-109years
Great Grand Masters Men	Both riders age combined: 110-129years
Great Grand Masters Women	Both riders age combined: 110-129years
Great Grand Masters Mixed	One rider is male, and one rider is female Both riders age combined: 110-129years
Mega Masters Men	Both riders age combined: 130+years
Mega Masters Women	Both riders age combined: 130+years
Mega Masters Mixed	One rider is male, and one rider is female Both riders age combined: 130+years

RACE DAY INFORMATION

CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all spectators on each Stage. For more details on road closures and traffic impacts please head to our website [here](#).

PRE-RACE TRAINING

We are lucky to be granted access to some amazing trails and private land during the event period. Therefore, there is limited access to the full course prior to each Stage. Any rider who is found to be riding on these private lands outside of event periods will be denied entry from future Cape to Cape events.

BAG DROP

LOCATION: Dismantle Bag Drop Tent at each Stage venue

All bags will need to be collected prior to 2pm each day. Please label your bag with your name and/or race number. Any remaining bags will be taken to the next stage, any bags remaining after Sunday will be taken back to Perth for collection.

BOTTLE DROP

LOCATION: Event Information located at each Stage Start Line.

TIME:

- Stage 1 and 2 – By 8:15am (All bottles must be dropped prior to 8:15am)
- Stage 3 and 4 – By 7:15am (All bottles must be dropped prior to 7:15am)

We highly recommend that you carry enough water for the day. There will be refill stations at the Race Village and at least one on course water station per stage where you can fill up or have your bottle dropped to assist in keeping you hydrated.

If you wish to use the Bottle drop service, please be mindful of the above timings, your bottle will then be taken to the water point each day.

Please ensure you clearly label your bottle with your name and race number.

BOTTLE COLLECT: Bottles will be delivered back to Event Information after the last rider has ridden through the Aid Station and the course has been swept. Riders can either wait to collect or collect the following stage morning. Remember that if you are at the front of the field, it is likely your bottle will not beat you back, you may wish to collect your bottle the following day.

ALWAYS BE PREPARED: It is recommended all riders commence each stage with at least one full water bottle and enough food to sustain their energy levels. Water Points will be at approximately halfway on each stage; however, it is advised that riders carry any dietary specific products as well as “get out of jail” supplies.

BIKE WASH

Complimentary bike wash will be available to use at all venues, please be considerate with water use, and other riders. Bike wash detergent, high pressure cleaners and lubricants will be available.

LOCATION: Each Stage Race Village, bike wash will be self-service with the help from volunteers.

GIANT MECHANICAL SUPPORT

Giant will be providing mechanical support for riders at the start and end of each stage. While the Giant Mechanics will have spare parts with them (available on a user pays basis), riders need to ensure they are self-sufficient and have with them:

- Rock "n" Roll Lube
- Spare tubes
- Tyre levers
- Multi tool
- Pump and/or CO2.
- Quicklink
- Spare hanger and Fiber fix emergency spoke/spare proprietary spokes.

Please check the event schedule for bike mechanic timings each day.



RIDE UNLEASHED

FIND YOUR OWN REASON TO RIDE

At Giant, our purpose is to help you unleash your full potential no matter the chosen path. We do this with our products, our people, and the adventures we share (like Cape to Cape). So enjoy the ride and we'll see you at the finish line. #RideUnleashed
Scan the QR code to learn more.

GIANT



FINISH LINE RECOVERY AREA

After you have finished each stage, feel free to take advantage of the post finish facilities available. Located within the Post Finish area will be:

- Recovery area (water, fruit)
- Medical support
- Massage (user paid system, cash only)
- Food and beverages

RACE BRIEFING

LOCATION: Start Line – Each Stage

All riders are required to attend the compulsory pre-race briefing at each Stage. These will be delivered 15 minutes prior to that Stage start. The briefing will inform you on what to expect on course, road rules, dismount zones and rider etiquette. Time penalties will be awarded to riders who do not obey the race rules.

STARTLINE PROCEDURE

STAGE 1:

Top 150 total riders grid made up of Elite riders from both Pairs and Solos at the front of the wave* with the rest of the field (self-seeded) to follow.

*Riders are eligible if they finished in the top 200 at 2023 Cape to Cape. All riders eligible for this wave will receive a black dot on their race plate upon registration. If you believe you are eligible and haven't pre-requested, please email us on hello@capetocapemtb.com

STAGE 1 ONLY	
TIME	DETAILS
9:00AM	Black Dots – First wave of elite riders Pairs & Solos with pairs at the front of the wave.
9:00AM	All other rider's self-seeded.
9:35AM	E-Bike Riders Start

STAGE 2,3 AND STAGE 4:

On finishing Stage 1 all riders will be seeded into the following start times via coloured dot system which will determine their start for subsequent Stages.

STAGE 2, 3 AND 4	
CATEGORY	COLOUR DOT
PAIRS/SOLO	BLACK
PAIRS/SOLO	LIGHT BLUE
PAIRS/SOLO	RED
PAIRS/SOLO	GREEN

The black dot wave will only have 150 riders, all other waves will see approximately 150-200. Waves will start with approx. 5 minute gaps between, all riders are required to be lined up and ready for 9am start for Stages 1 and 1, and 8am start for Stage 3 and 4. E-MTB will be eligible in any wave after stage 1 seeding.

DIRECTIONAL SIGNAGE ON COURSE

Each Stage is clearly marked with signage and line markings on the ground. If you have reached an intersection that is not marked, you have gone the wrong way. Carefully Turn back and proceed slowly until you find a course marker.



ON COURSE SUPPORT

In 2024 we will have a team of experienced first aid riders on course. These riders will be spread out throughout the course to assist in any medical related accidents. They are medically trained and emergency responders who are also experienced mountain bikers. These riders will be on Giant E-bikes and will be permitted to start with the normal waves to assist. These riders will be wearing RED Cape to Cape jerseys, so they are identifiable to the riders.

If you require medical assistance on course OR you come across a rider who needs support, please note the distance, location then report to the next marshal point stating the rider's plate number, name and condition and we will send a response rider there as soon as possible.



If a serious injury occurs, ask the third rider on the scene to direct oncoming riders and send the second rider to the nearest communication point for assistance. Remember, if a rider is seriously injured do not move them, even if they are blocking the entire trail.

If any situation is life threatening, please call 000 and then call Race HQ on **0418 528 855**. If it is not life threatening and you cannot leave the rider, please call HQ.

Keep in mind that race time considerations will always be given to those who stop and assist injured riders. The bottom line is, at the end of the day (as awesome as it is) Cape to Cape is just a mountain bike race. You are here to enjoy it, and we are all here to get you over that finish line safely!

MEDICAL

First aid and medical support will be positioned in a variety of locations. Responders will be mobile along the course and can be accessed at each waterpoint along the course. The exact positions of first aid/waterpoints can be viewed [here](#) on the maps. Riders are responsible for any costs incurred as a result of a medical incident. This includes but is not limited to ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international riders are strongly advised to have adequate travel or personal insurance that will provide coverage for participation.

CONTINGENCY PLAN

If/when a contingency plan needs to be implemented you will be notified by the Race Director by the commentator. Please be sure to follow all announcements by our race team.

RACE RULES

Please ensure that you familiar yourself with the Cape to Cape Race Rules, available here:

- [Cape to Cape - Race Rules](#)
- [Cape to Cape - eMTB Race Rules](#)

The race rules may be updated and amended at the discretion of the Race Director up to the start of the race.

Failure to comply with any of the rules may result in a penalty, which could include a rider's disqualification in certain circumstances. The various categories of penalties are set out in the Race Rules. The interpretation of any rule by the Race Director will be final and binding on all race participants.

DIVERSIONS

To ensure the safety of riders and our on-course volunteers diversions may occur if your average speed drops below 10kmh during any of the 4 stages. These diversions will only take place in the last 25% of the course. If you are diverted you will still receive a stage time and feature in the results, but this result will be behind the last rider to finish the entire stage. You will be eligible to complete the remaining stages.

MASSAGE SERVICES

There will be a onsite massage therapists crew at the end of each stage. These massages are independent to Cape to Cape and charge \$20 for 15mins paid by the riders directly to the therapist. **Only cash** is accepted as in some locations we are not able to gain internet access for eftpos payments.

SOCIAL HUB

At the end of each day's racing, you'll find most riders and the crew kicking back for a great meal, a frothy top and all the day's banter you could ask for at Settlers Tavern. The Cape to Cape daily highlights video will also be shown at 6pm each day, have the showcasing everything that transpired



Enjoy the journey
CYCLIQ
cycliq.com



COURSE OVERVIEW

COURSE OVERVIEW

Our course team has delivered the goods once again and come up with the Southwest Region's best trails to put your two tyres on! From Cape Leeuwin in the South to Cape Naturaliste in the North, its good times rolling all round as we celebrate 16 years of riding from Cape to Cape in 2024!

What's in store? We'll kick things off beneath the iconic Cape Leeuwin Lighthouse for Stage One, before rolling in to the brand new Nannup course Stage Two. Stage Three sees us back at fan fave CBCo. hitting the trails of Compartment 10 and The Pines, before the final day takes us to the northern Cape Naturaliste with an epic Stage Four! Good Times Rolling is locked and loaded – check it out!

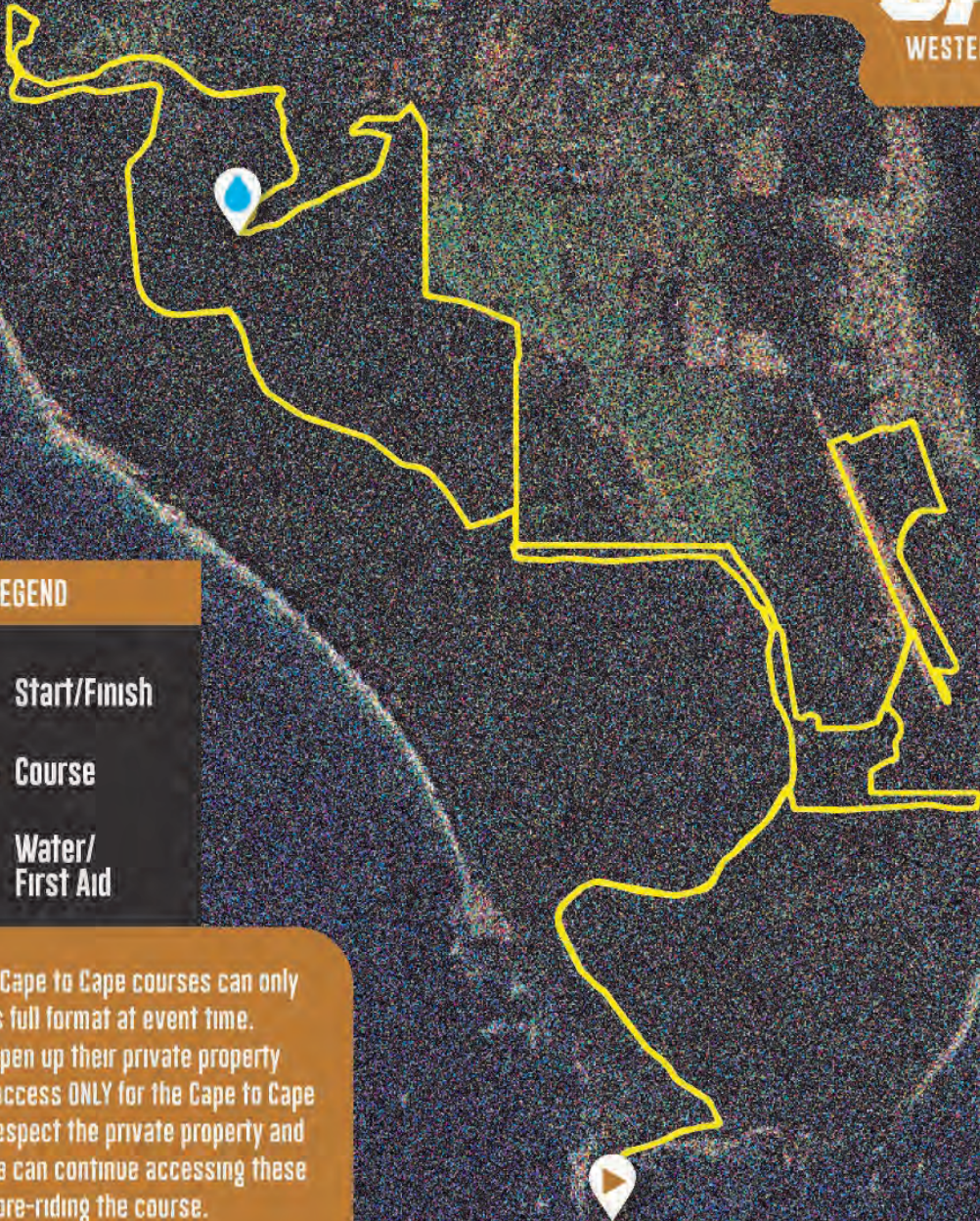


STAGE 1 - CAPE LEEUWIN

17 OCTOBER 2024

CAPE TO CAPE

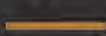
WESTERN AUSTRALIA



LEGEND



Start/Finish



Course



Water/
First Aid

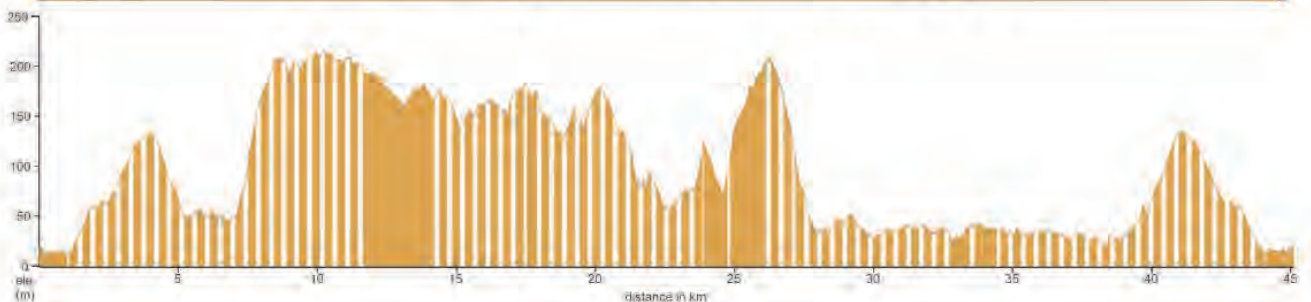
*PLEASE NOTE: Cape to Cape courses can only be ridden in its full format at event time. Local heroes open up their private property and allow for access ONLY for the Cape to Cape days. Please respect the private property and ensure that we can continue accessing these tracks by not pre-riding the course.



45 KM



871 M



STAGE 1

STAGE 1 – CAPE LEEUWIN LIGHTHOUSE

THURSDAY 17 OCTOBER

COURSE DESCRIPTION

The race begins with the traditional start Grand Depart at the iconic Cape Leeuwin Lighthouse in the background. Riders will be escorted down the first 500m of Leeuwin Road, before turning left onto Skippy Rock Road, a gravel road overlooking the Southern and Indian Oceans.

It's here at the top of one of the most iconic ascents and descents of the race that the riders drop into single track trails leading towards the Karri Forests of Augusta. Where the flats of the forest floor amongst the towering trees really set the tone for the 2024 race.

Inside the first 10 kilometres, riders will reach Heartbreak Hill at around the seven-kilometre point. It has been the biggest single climb since inception, and it is a challenging 160 vertical metres over 1.9km averaging 10.4% with only a small number of competitors tackling it without having to dismount for a breath.

Arriving at the top of the Telstra Tower, riders are now faced with three kilometres of fast flowing fire roads, which takes them into the single track around the Augusta Golf Club before the descent through the aid station at approximately the 20km mark.

After hydrating and refuelling, riders head for beautiful single track and fast limestone descents before the famous Diana Road gravel climb, and then the leg burning Sally's Hill taking you back up into the forest. 196m of climbing over 3.5km of course to the Telstra Tower before being rewarded with a huge single-track descent and onto the new section for this year's course the flat single track trails.

It's here you will have a dual use limestone fire road for 300 metres so please keep left as the signs will tell you. This new section of course will have some sand, mud and water taking you around the Augusta Airport back into the new singletrack for this year in the Karri Forest for the undulating climb of Skippy Rock before the epic descent and views over the lighthouse and back to the finish at the Cape Leeuwin Lighthouse.

START/FINISH

Cape Leeuwin Lighthouse, Leeuwin Rd, Augusta

RIDER BRIEFING

8:45am

START TIME

9:00am

9:35am - eMTB

DISTANCE

45km

ELEVATION GAINED

871m

FORMAT

Self-Seeded Mass Start

EXPECTED FINISH TIME

FIRST RIDERS: 10:50am

FINAL RIDERS: 2:30pm

STAGE 1

WATER POINT

21km

Items available include:

- Water
- Bottle Drop Service
- Electrolyte
- KODA Gels
- Lollies
- Fruit
- Radio communications to HQ
- Toilet

COURSE HIGHLIGHT

Distance: 45km

Elevation: 871m

Subject to change up until race morning briefing.

RACE TIP

Don't cook yourself straight up! You've got four awesome days ahead, set a steady pace and be sure to take in the views, especially the return down Skippy Rock Rd to the Finish Line.

DRIVE TIME AND PARKING

DRIVE TIME: Approx. 40mins from Margaret River.

PARKING: Augusta Boat Harbour Carpark, opens from 6:30am. Overflow parking via Davies Road.

DROP OFF: Drop off available withing parking area.

Please note it is essential there is no parking on Cape Leeuwin Road.

The Cape Leeuwin Lighthouse is approximately 2km from the parking area. Riders are welcome to ride from the carpark via the road, or use the shuttle service.

Please note, there is no vehicle access permitted to the lighthouse past the boat harbour.

Please follow directions of all parking staff and traffic management personnel, they will give you the best parking options.

SHUTTLE BUS SERVICE:

There will be two shuttle buses servicing the carparks from 6:30am - 2:30pm for spectators and riders to access the venue. There will be follow vehicle with a bike trailer available to rack bikes if required.

SPECTATOR POINT

Corner of green hill and Dianna Road. Access off Greenhill Road. Parking is curb side- No parking in vegetation or non-designated parking areas. Follow course marshals' directions.

AWARDS

LOCATION

Settlers Tavern, Margaret River

TIME

4:30pm

*See Awards Section for more information.



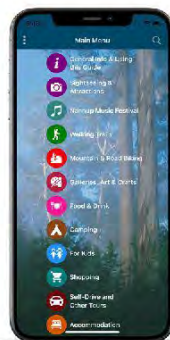
EXPERIENCE NANNUP



Daniela Tommasi Photography

EXPERIENCE ALL THAT NANNUP HAS TO OFFER!

From unique events to the ultimate in nature, it's time you experienced Nannup. Have everything you need at your fingertips and start exploring with the Experience Nannup app.



DOWNLOAD FREE TODAY



Shire of **Nannup**
rest • connect • grow





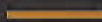

STAGE 2 - NANNUP

18 OCTOBER 2024

CAPE TO CAPE

WESTERN AUSTRALIA

LEGEND

-   Start/Finish
-  Course
-  Water/
First Aid

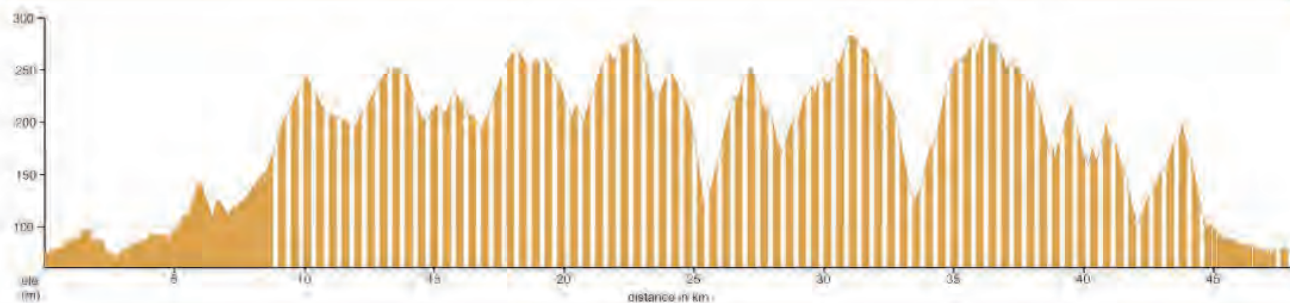
*PLEASE NOTE: Cape to Cape courses can only be ridden in its full format at event time. Local heroes open up their private property and allow for access ONLY for the Cape to Cape days. Please respect the private property and ensure that we can continue accessing these tracks by not pre-riding the course.



48 KM



1135 M



STAGE 2

STAGE 2 – NANNUP, FORESHORE PARK

FRIDAY 18 OCTOBER

COURSE DESCRIPTION

The brand-new Nannup course starts with riders rolling out from Foreshore Park at the end of Brockman Street. Riders will be escorted through Nannup heading south towards Pemberton, left onto Vasse Highway, and left again onto East Nannup Road, where the stage will officially start.

There is another 5.5 kilometres of undulating bitumen until riders turn left onto Helium Road. From here there is 14km of wide, undulating, and sometimes fast flowing fire roads to sort the field out before they hit the single track with some spectacular views.

The race then enters the Tank 7 Mountain Bike Park at the top of the hill with the first single track - Fun Guy. You will experience 20 kilometres of trails inside the park, with all green and blue trails that have been carefully selected as the easiest and most fun so that everyone can enjoy the experience. Everything is rideable and rollable. There are no gaps or big surprises around any corners.

The most technical section comes at the halfway point of the park on Folly Farmer, a Blue Trail. There are two small technical rocky sections, rideable with intermediate skill levels though some may need to dismount. If you do, please be aware of other riders.

From here it is smooth sailing back to the finish at Foreshore Park.

All up there is 1135m of climbing. While it is the most of any stage it isn't really steep or hard. Anyone with a base fitness level will be able to ride the course comfortably and the climbs are made even better by the descents you are rewarded with after doing each one.

To get the 20kms of trail in the Tank 7 MTB Park, we use a cross over point on a fire road, which will be marshalled. The first time through will be transitioning from Flat Earth to Cheap Thrills. The second will be from Elevator to Roo Beds. Riders coming out of Elevator will have right of way, as they are in front.

START/FINISH

Foreshore Park, Nannup
227 Brockman St, Nannup, WA

RIDER BRIEFING

8:45am

START TIME

9:00am

DISTANCE

48km

ELEVATION GAINED

1135M

FORMAT

Dot Allocation Wave Start

EXPECTED FINISH TIME

FIRST RIDERS: 10:50am

FINAL RIDERS: 2:30pm

STAGE 2

WATER POINT

22km, 31kms, 36km

Items available include:

- Water
- Bottle Drop Service
- Electrolyte
- KODA Gels
- Lollies
- Fruit
- Radio communications to HQ
- Toilet

RACE TIP

Pace yourself for the weekend ahead! Tank 7 has a diverse mix of terrain and moves quickly from downhill and flow trails to cross country!

Please ensure you download the [Experience Nannup App](#), this app allows our course team to see exactly where you are on the course and if needed, the best evacuation route. Please ensure you have your location settings turned on.

DRIVE TIME AND PARKING

DRIVE TIME: 50 min from Margaret River.

PARKING: Parking for Stage 2 will be on the Nannup Rec Centre Oval.

Access to the Oval is via Vasse Hwy to Kearney Street and North Street. Please follow directions from signage and from staff.

Please note, there is no parking available at Foreshore Park or within the town, please park on the Oval.

This oval is located approx. 1.5km south of Foreshore Park. Riders are welcome to ride from the carpark via the road, please be cautious as those

roads will open to traffic.

SHUTTLE BUS SERVICE:

There will be a shuttle bus from the carpark to Foreshore Park from 7:00am – 8:45am. Return shuttle available in the afternoon as required.

SPECTATORS POINT

Tank 7 trail head, off Brockman Highway. There will be a dedicated shuttle service running from the venue to the Tank 7 trail head and back. Please make use of this service to ensure that traffic is limited for the public and riders. Pick up and drop off locations will be visible via a bus flag, service will run from approx. 9am to 12pm.

AWARDS

LOCATION

Stage located at the Nannup precinct on Foreshore Park.

TIME

1:00pm *See Awards Section for more information.

NANNUP FESTIVAL

This year we have an epic area for all riders, friends and family to enjoy! With a bar brought to you by our beer partner CBCo. and beautiful wines from Wise Winery. Kick back after your ride and watch the awards and enjoy the live entertainment!

Don't forget, stick around the Nannup Festival for your chance to win a Giant mountain bike! All daily riders are automatically in the draw to win, and to be in the running, you must be present at the awards.

Welcome to Wadandi Boodja!



Enjoy the spectacular views, unique terrain and unbeaten tracks. From stunning beaches, to towering forests, vineyards, farmlands and ancient caves - the backdrop for the Cape to Cape MTB Stage Race is world-class!

We kindly ask that you:



Stick to the trails, secure your rubbish and leave only tyre prints



Explore the natural beauty of our region and vibrant local culture



Connect with our community and support local.

Thank you and enjoy the race!



The Shire is proud to support this event through our Major Events Grants Program.

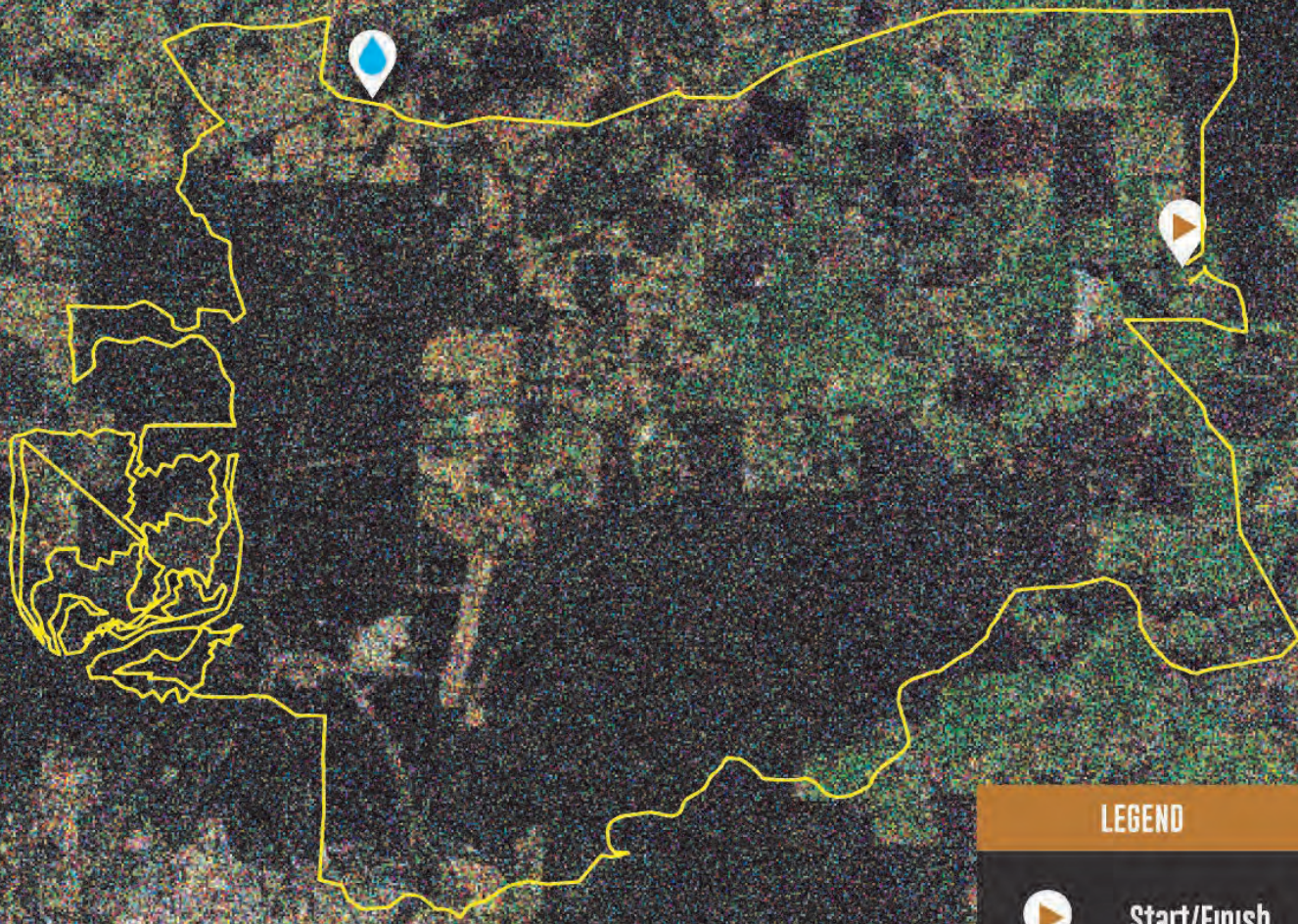
www.amrshire.wa.gov.au

STAGE 3 – MARGARET RIVER

19 OCTOBER 2024




CAPE TO CAPE

WESTERN AUSTRALIA



*PLEASE NOTE: Cape to Cape courses can only be ridden in its full format at event time. Local heroes open up their private property and allow for access ONLY for the Cape to Cape days. Please respect the private property and ensure that we can continue accessing these tracks by not pre-riding the course.

LEGEND

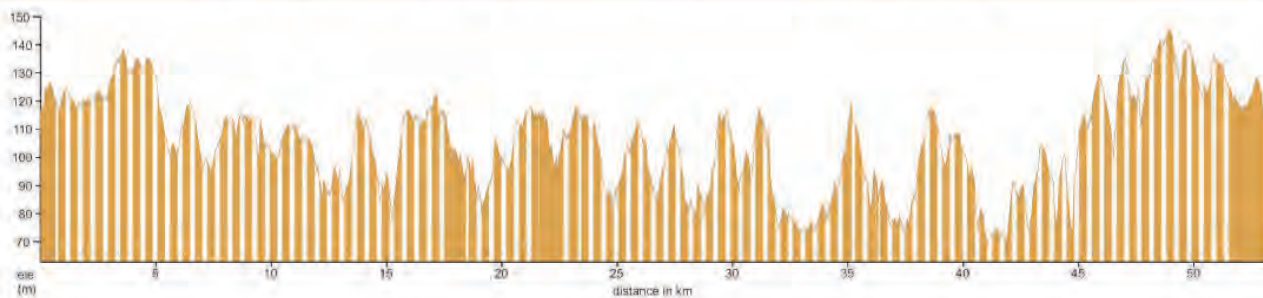
-  Start/Finish
-  Course
-  Water/First Aid



53 KM



808 M



STAGE 3

STAGE 3 – MARGARET RIVER, CBCO.

SATURDAY 19 OCTOBER

COURSE DESCRIPTION

Riders will begin their journey at **8am** heading north out of the brewery farmland and straight onto some fast-flowing gravel roads through scenic paddocks and private property enabling them to warm up and chase their mates.

At the nine-kilometre point riders' road will cross Bussell Highway and head into bushland where the famous Creek crossing awaits.

From here riders will jump onto the Wadandi trail (an old railway line from 1927) prior to hitting the famous Return of the Jedi trails leading them into what is known by a lot of people as "the Pines" the most anticipated part of the Cape to Cape.

Riders will experience a myriad of 25kms of single track in the Pines, including local favourites including Pugsley, Line Manager Loosey Goosey, Big Pine and Gulliver's travels to name a few. These surely will test out any mountain biker's ability ripping around berms and over table tops whooping and hollering with squeals of delight.

The course has been updated to allow tiny snippets of Fire Road to be included to make sure riders can hydrate before getting back into the next section of singletrack in front of them.

Riders then head into another network of the Pines and finally into the RAC Nature Park and its towering Karri trees home to the awesomeness of the Trail we call Fluid.

With approximately 13 kilometres to go, riders will head down to some fast-flowing gravel roads before heading the cycle trails alongside the Margaret River itself this flat section with amazing views of the river gives riders a chance to sit up and absorb the spectacular area they are riding in.

With a new flowing single track called Hop Trail taking you back north again with a couple of sneaky water crossings on your way to a well-deserved brew At CBCo once you have crossed the line. Please note, to alleviate congestion during the two highway crossings a neutral zone will be created. Your time up to a maximum of 6mins will be removed from your total time. So please be patient and abide by the instructions given from event staff.

START/FINISH

CBCo. Brewing
6285/29 Osmington Rd, Margaret River

RIDER BRIEFING

7:45am

START TIME

NOTE EARLIER START

8:00am

DISTANCE

53M

ELEVATION GAINED

808m

FORMAT

Dot Allocation Wave Start (Stage 3)
Self-seeded C2C Mini (not black dots)

EXPECTED FINISH TIME

FIRST RIDERS: 10:10am
FINAL RIDERS: 2:20pm

AWARDS

Awards Ceremony 12:30pm
(Stage 3 and C2C Mini)

STAGE 3

WATER POINTS

24km, 27km

Items available include:

- Water
- Bottle Drop Service
- Electrolytes
- KODA Gels
- Lollies
- Fruit
- Radio communications to HQ
- Toilet

RACE TIP

Ride within your ability on the single track through this stage. There are heaps of single trail in the middle of this stage so if you are struggling move aside for a moment and let faster riders pass safely before rejoining the trail behind them. If you come across a slower rider have patience and pass when safe and call them politely so they know you are there and which side, you will pass.

C2C MINI

Don't forget that the C2C Mini is happening at this Stage! So, if you think there's a few more riders than yesterday, you're not wrong!

Riding the C2C Mini, pick up your race pack, at the main Rider Registration or at any stage including Saturday morning. Please make sure you leave enough time to collect your pack and make the briefing for the ride if you choose to pick up on Saturday.

C2C Mini riders will self-seed in the Blue, Red and Green waves only and

are not permitted in the Black dot Wave. C2C Mini participants will receive a finishers medal on Saturday when they cross the finish line.

There's no difference in course in terms of the Mini and Full Cape to Cape, just look out for all our mates and follow the instructions from our Race Director at the briefing.

DRIVE TIME, PARKING

DRIVE TIME: 10mins located in Margaret River. Allow extra time (approx. 30mins) arriving at the venue as there is one way in and out.

PARKING:

Entry 200m west of CBCo. on Osmington Road. Please take care walking from the parking location to CBCo. Please respect our private properties.

It is essential that no cars park on Osmington Road.

DROP OFF: Official drop off location within the Parking area. No access closer to the event venue.

AWARDS

LOCATION: CBCo.

TIME 12:30pm *See Awards Section for more information.



Experiences

Dedicated to sustaining and sharing our region's rich environment, history and culture.



Cape Leeuwin Lighthouse

The tallest lighthouse on mainland Australia

- 🕒 Guided 30 minute tour and Lightkeeper's Cottage
- 📍 10 minutes from Augusta



Cape Naturaliste Lighthouse

Delve into the fascinating maritime history of the region

- 🕒 Guided 30 minute tour and Lightkeepers' Museum
- 📍 15 minutes from Dunsborough



Capes Raptor Centre

Experience the magic of our Birds of Prey Encounters, held twice daily

- 🕒 Bird of Prey Encounter and Forest Walk
- 📍 10 minutes from Margaret River



Forest Adventures

Adrenaline, fun-filled courses, and ziplines among the majestic tuart trees

- 🕒 2.5 hour park entry
- 📍 20 minutes from Busselton



Jewel Cave

The largest show cave in Western Australia

- 🕒 Guided 1 hour tour
- 📍 10 minutes from Augusta



Lake Cave

A tranquil lake reflects the dazzling crystal decorations

- 🕒 Guided 1 hour tour
- 📍 20 minutes from Margaret River



Mammoth Cave

A natural time capsule, home to the fossil remains of extinct Megafauna

- 🕒 Self-guided audio tour
- 📍 20 minutes from Margaret River



Ngilgi Cave

A captivating pathway above ground leads to the stunningly decorated cave

- 🕒 Self-guided tour
- 📍 5 minutes from Yallingup



TALES & TRAILS

Spring Summer Edition

Tales & Trails magazine is a curious exploration of the Margaret River Region. Our stories, local tips and secrets are curated to guide you on your adventures across the destination. [View the latest edition.](#)

STAGE 4 - CAPE NATURALISTE

20 OCTOBER 2024

CAPE TO CAPE

WESTERN AUSTRALIA

LEGEND

-   Start/Finish
-  Course
-  Water/
First Aid

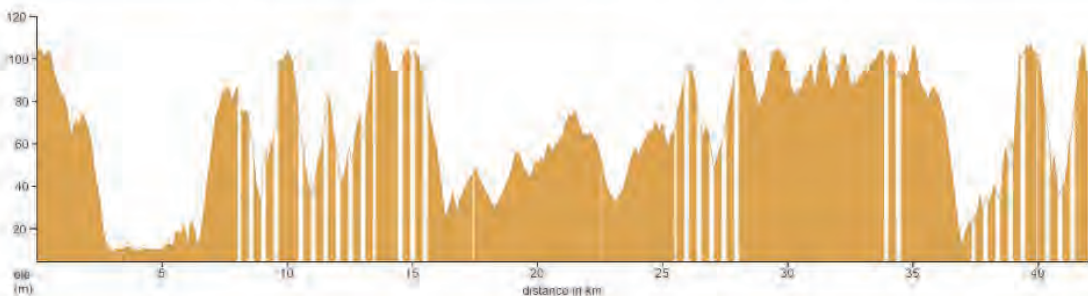
*PLEASE NOTE: Cape to Cape courses can only be ridden in its full format at event time. Local heroes open up their private property and allow for access ONLY for the Cape to Cape days. Please respect the private property and ensure that we can continue accessing these tracks by not pre-riding the course.



42 KM



862 M



STAGE 4

STAGE 4 – CAPE NATURALISTE, WISE WINERY SUNDAY 20 OCTOBER

COURSE DESCRIPTION

Welcome back to Cape Naturaliste, and boy, do we have some sights in store for you, along with a bunch of the best trails around Dunsborough and Meelup.

Starting and ending within the spectacular grounds of Wise Winery, the final stage of Cape to Cape 2024 promises. Having worked you over through the first three stages we hope you have just a little bit left in the tank to smash out the final 42km of the event.

At **8am** from the start line will take all riders out onto Eagle Bay Rd before we send you into the heart of Eagle Bay onto Eagle Bay-Meelup Beach Rd where the view of the ocean is nearly as breathtaking as the bitumen climbs that will break up the field before you hit the bush tracks. Ride hard here and jostle for position within your group as you seek out the clean air before the awaiting single trails.

Back into Wise Winery, the course will wind back and cross back through the event site where spectators will be able to get up close and personal with the riders. Descending through the hand cut Lot 80 trails before encountering the long climb out to the trails around Dunsborough Country Club.

Here you will come across the famed West Australian pea gravel and some rock formations you will need to muster every last bit of strength and concentration to smash out this section of nearly 22km of single track mixed with a bit of fire trail to break things up!

One last climb back up Cape Naturaliste Road and a short ride down Meelup Beach Rd will bring you back to the finish line at Wise Winery where you can toast your achievements with either a Vino, CB Co. craft beer or maybe even a gin.

START/FINISH

Wise Winery – Eagle Bay
237 Eagle Bay Rd, Naturaliste WA 6281

RIDER BRIEFING

7:45am

START TIME

NOTE EARLIER START

8:00am

DISTANCE

42km

ELEVATION GAINED

862m

FORMAT

Dot Allocation Wave Start

EXPECTED FINISH TIME

FIRST RIDERS: 10:15am

FINAL RIDERS: 12:50pm

AWARDS

Awards Ceremony 12pm

Daily Stage Awards

Overall Awards

STAGE 4

WATER POINT

18.5km

Items available will include:

- Water
- Bottle Drop collection.
- Electrolyte
- Lollies
- Fruit
- Radio communications to HQ
- Toilet

RACE TIP

Pea gravel is like riding on marbles and it can get very sketchy on the trails around Meelup and the Dunsborough Country Club.

Keep your wits about you and try to avoid rapid movement with your steering.

The trick to staying upright is to look well ahead into the slippery berms and pick the higher line that is smoother and stay out of the pea gravel litter at the bottom.

DRIVE TIME AND PARKING

DRIVE TIME: 45 minutes from Margaret River. Make sure to give yourself extra time in the morning to drive from Margaret River to Wise Winey.

This is the longest transit time out of all the stages, but it'll be worth it when you get there.

PARKING: Parking is available onsite at Wise Winey. Enter off Eagle Bay Road. Please pull into the parking area as instructed and follow the parking staff's instructions.

DROP OFF: Official drop off location within the Parking area. No access closer to the event venue.

AWARDS

LOCATION Wise Winey – Eagle Bay

TIME 12:00pm *See Awards Section for more information.

PROUD SPONSOR OF THE CAPE TO CAPE



A very clean chain lube that works and lasts and never lets you down. When the going gets tough this is the stuff. Extreme is ideal for off road or wet road.



EXTREME

GOLD



A universal dry lube suitable for dry dust and protection from slightly wet conditions. The well known smoothness and quietness that Rock N Roll lubes are known all around the world for.

This is a super clean chain lube, it simply picks up little or no dirt. Absolute Dry is ideal for clean freak roadies. Recommended for road use only.



ABSOLUTE DRY

HOLY COW



Clean or cleaner than most dry lubes. Being a little bit of a wet style chain lube, what little dirt or grit that does get on the chain, can be wiped away quickly and easily as it cleans and lubes in one step.

A bio-degreaser, hand cleaner and stain remover. 100% natural, no citrus, pumice or petroleum products. This product will float the grease out of finger prints and will remove grease from white T-shirts like a miracle.



MIRACLE RED

AWARDS

DAILY AWARDS

A daily awards ceremony is held at the end of each Stage at the Finish Line, except for Stage 1 which will be held at Settlers Tavern. This will include the awarding of the 'Leader Jerseys' in the open categories.

The Final (Overall and General Classification) Awards will be held end of Stage Four with leaders jerseys and prizes awarded to winners in each age category and the below prize money will be awarded to the overall winners.

PRIZE MONEY

Cape to Cape awards prize money in the following categories:

*Prize money is per Pair.

Stage 1					
Place	Female Solo	Male Solo	Mixed Pair	Male Pair	Female Pair
1st Place	\$200	\$200	\$200	\$200	\$200
Stage 2					
Place	Female Solo	Male Solo	Mixed Pair	Male Pair	Female Pair
1st Place	\$200	\$200	\$200	\$200	\$200
Stage 3					
Place	Female Solo	Male Solo	Mixed Pair	Male Pair	Female Pair
1st Place	\$200	\$200	\$200	\$200	\$200
Stage 4					
Place	Female Solo	Male Solo	Mixed Pair	Male Pair	Female Pair
1st Place	\$200	\$200	\$200	\$200	\$200
General Classification					
Place	Female Solo	Male Solo	Mixed Pair	Male Pair	Female Pair
1st Place	\$2,000	\$2,000	\$2,000	\$2,000	\$2,000
2nd Place	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000
3rd Place	\$750	\$750	\$750	\$750	\$750
4th Place	\$500	\$500			
5th Place	\$300	\$300			
6th Place	\$200	\$200			
7th Place	\$125	\$125			

AWARDS

LEADERS AND WINNERS JERSEYS

The leader's jerseys are a statement of superiority. Daily leaders of the Men's and Women's Open and the Men's Pairs, Women's Pairs and Open Pairs categories will be awarded the prestigious Yellow Jersey at the daily stage presentations.

They will then be required to wear the Jersey for the following days stage.

Overall winners of each category will be presented with a jersey at the final stage award ceremony.



BEACON AWARD

The Beacon Award has become a key part of our Cape to Cape event over the years. The award is passed on to the person considered to be the 'shining light' of the Cape to Cape. Each year, event organisers together with our Ambassador Johnny Waddell, identify one rider who most embodies the true spirit of our unique event. If you see anyone who does something extraordinary for another rider, has overcome a personal challenge to compete or you feel simply needs acknowledging, make sure you find Johnny or place your suggestion in the suggestions box located at Event Information to submit your nomination before the final stage awards.

Year	Winner
2008	Johnny Waddell
2009	Bruno Wiki
2010	Robert Campbell
2011	Penelope Lewis
2012	Antony Butcher
2013	Johnathon West
2014	Ben Eksteen
2015	Boe Helm
2016	Morgan March
2017	Rod Lakelin
2018	Neil Wylie
2019	Matt Shields
2021	Brett Falkingham
2022	Damon Koch
2023	Mark Elliot and Ron Van Der Sluys

AWARDS

JAMES WILLIAMSON MEDAL

The overall winner of Cape to Cape is awarded the James Williamson Medal. James was one of the first riders to sign up to Cape to Cape in 2008 winning the first 2 events and fast became Cape to Cape's biggest advocate on the East Coast. In those first couple of years, James also developed a love for the craft beer scene in the Southwest and thought it went perfectly with a hard day's riding on the bike.

Sadly, James passed away at the 2010 Cape Epic in South Africa, before the 3rd event with a rare heart condition. In 2010, it was then decided that the overall winner of Cape to Cape would carry the name of James "Willo" Williamson – a true champion of Australian Mountain Biking and a friend of our event to be remembered by us all.

Year	Winner
2010	Dan McConnell
2011	Andy Blair
2012	Lachie Norris
2013	Andy Blair
2014	Mark Tupalski
2015	Kyle Ward
2016	Tasman Nankervis
2017	Brendan Johnston
2018	Brendan Johnston
2019	Brendan Johnston & Jon Odams
2021	Jon Gregg & Nathan Jones
2022	Brendan Johnston & Jon Odams
2023	Dan McConnell & Cam Ivory

MARGARET RIVER, W.A.

Official beer of Cape to Cape

PORT MELBOURNE VIC.


**CBCo
BREWING**
FOR AUSTRALIAN TASTES

**CAPE
TO
CAPE**
WESTERN AUSTRALIA



SPECTATOR INFORMATION

STAGE 1 SPECTATOR POINTS:

We recommend dropping your riders off at the parking area at Cape Leeuwin, and using the shuttle service to access the venue. If you are early, it's a short the walk to the start line where you can get a feel for the atmosphere and grab a coffee.

If you want to see the riders on course, we recommend getting out of there before the race briefing and stage start at 9am and heading out to the middle of the course.

Stage 1 is 45km, so we suggest getting into the middle of the course early where you can see some of the action.

Head to the bottom of Greenhill Road and the intersection with Diana coming from the Augusta township side and park then walk up Greenhill and into the course. Here you will see one of the most spectacular descents in Stage 1 amidst the beautiful Karri trees and a nice single trail that runs off to the north.

If you get out there early enough, you'll see the elite riders and be amazed at the speed that they come down this section of the course. Once you have seen your riders go through this section you can cheer on the others before heading back to the finish line at the Lighthouse. Enjoy the rugged ocean scenery and enjoy a bite to eat and drinks along with the rider's stories from Stage 1.

STAGE 2 SPECTATORS POINTS:

It's the first year of the Nannup stage so there no wonder you want to check out all the action and the riders from a spectator point!

The best spectator points for today, is at the Nannup Tank 7 Mountain Bike Park.

The Cape to Cape team have a spectator shuttle bus operating to and from the Tank 7 Bike Park, to avoid congestion and parking issues. This shuttle will be running from 9:00am to approx. 12:00pm to and from the spectator point. Please utilise this shuttle for on course viewing, we do not recommend spectators taking their vehicles out to the course.

Of course, Foreshore Park will be a great spectator point with our riders starting and finishing in the same location. Why not watch them leave, grab a coffee and breakfast in town and then come back to watch them cross the finish line. Enjoy the CBCo. Beers while you wait!

STAGE 3 SPECTATOR POINTS:

The CBCo. stage is the most difficult one for spectators as the trails we use to get out to and back from are difficult to access by car. It is important that spectators stay off the course on this stage as the few roads that we do use are still open to traffic and spectators in these areas can cause risk management issues with other road users.

Instead, we encourage you to send off your riders CBCo. and stay and enjoy the surroundings of the brewery. There will be coffee and breakfast options as well as the famous CBCo. Short Iron Range! The six bay Short Iron Range is the perfect place to hit a

SPECTATOR INFORMATION

few golf balls into and over the dam on the property, there is even a few floating kegs that have been set up in the dam for those that want a bit of target practice.

The Short Iron Range has 6 undercover bays so you're protected from all elements. It is complete with its own bar so can grab yourself another round without having to leave the comfort of your own bay.

STAGE 4 SPECTATOR POINTS:

The best place to view all the action for Stage Four is at Wise Winery – Eagle Bay. While at Wise Winery you will be able to access the start/finish line, see the riders come through before they head out to the epic trails of Meelup Mountain Bike Park, and watch them tackle Lot 80 in and around Wise Winery.

The Stage Four course will be the fastest day out on the trails which will make it difficult to catch up with the riders out on the course.

There is also limited access/parking along the course, so please don't try and chase the race. Stage 4 is all about the atmosphere and good vibes with plenty of action taking place just minutes away from the start/finish line. So, grab your mates, enjoy the food and beverage offerings at Wise Wine and cheer on your riders as they conquer the brand new Stage 4 alignment.

The Hertz logo is displayed in a bold, black, italicized sans-serif font. A thick yellow horizontal bar is positioned directly beneath the text.

CALL (08) 9451 1244
welspool@hertzrentals.com.au



FAST FLEXIBLE FLEET SOLUTIONS

hertz.com.au

ADDITIONAL INFORMATION

VOLUNTEERS

The 2024 Cape to Cape requires the support of over 50 Volunteers to deliver the event. Our team of Volunteers at the event will contribute a combined total of around 10,000 hours to assist, support and motivate you from the start to the finish of your Cape to Cape journey.

We encourage you to say THANK YOU to the Volunteers whenever possible! A special mention to those joining us from the Margaret River Off Road Cycling Association (MRORCA) and Dunsborough District Country Club, Augusta Volunteer Marine Rescue, Nannup Golf club and Nannup Men's Shed. We also have a volunteer group from Margaret River High School. Without the Volunteers, we simply would not be able to run this epic event.

SUSTAINABILITY

As part of the event sustainability practice, you'll see lots of innovative and new ways we're trying to reduce waste and leave a cleaner footprint.

We're asking all crew, riders and spectators to jump on board and commit to these 3 easy ways you can HELP!

1. Please help us in our mission by bringing your own Keep Cup for your morning brew.
2. Don't forget your refillable water bottles each day to refill as you go.
3. PLEASE recycle in line with the bins provided that will separate cardboard, cans & bottles and soft plastic.

2024

C2C




DISMANTLE
CHARITY
CYCLING SOCKS

GRAB A PAIR OF CHARITY SOCKS AND SUPPORT
YOUNG WEST AUSSIERS DOING IT TOUGH.



BUY NOW



WWW.DISMANTLE.ORG.AU

2024

EVENT SPONSORS



GOVERNMENT OF
WESTERN AUSTRALIA

WESTERN AUSTRALIA

WALKING ON A DREAM



MARGARET RIVER REGION

ON WADANDI BOODJA



Pedal Mafia

CYCLIQ



CAMELBAK®

Hertz

