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PROGRAMME OFFER



**THE UNTAMED AFRICAN
MOUNTAIN BIKE RACE**

16 - 23 March 2025

The Absa Cape Epic, the Untamed African MTB Race, is the world's most gruelling mountain bike stage race that stretches teams of two to their physical, mental, and emotional limits but rewards with stories and memories that last a lifetime. The race consists of eight days of racing in South Africa's Western Cape, which is known for its rugged trails and unpredictable weather conditions.

The 2025 Absa Cape Epic: It's about fitness, mental fortitude and partnerships. The 21st edition and its test of tenacity has once again attracted the world's best, forging a reputation as a rite of passage for all mountain bikers. The unforgiving yet breathtakingly beautiful route revealed 608 kilometres of racing and over 16 500 metres of climbing from the Prologue on Meerendal Wine Estate to the Grand Finale's finish line at Lourensford Wine Estate.

Every stage will challenge, stretch and at times exhaust the human spirit. It'll be the unkept natural beauty of one's surrounds, coupled with the crossing of the finish line, which will power you through. Traversing the harshest terrain of South Africa's Western Cape Province, the wild and open spaces will both test and surprise, demanding bravery, skill, intelligence and sheer grit to conquer. For the world's most elite riders, this year's edition provides opportunities to attack, push yourself to your limit and gain lost time. For the less experienced, it'll be about survival. For all, it'll be about partnership.

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NEW **NEW IN 2025**
EPIC SERIES HIGHLIGHT PACKAGE

The Epic Series embodies the most exhilarating, rewarding and beautiful MTB stage races on the planet.

The Documentary Series gives fascinating insights into the physical and psychological border crossings. Each chapter will contain exhilarating race reports and interesting back-grounds in the form of rider profiles, tech talks and a rare-look behind the scenes of our sport.

Delivery Date	No.	Length	Title
04 Mar 2025	Part 1	26 min	Season 2025 Preview Build Up Cape Epic
07 Apr 2025	Part 2	26 min	Recap Cape Epic Prologue - Stage 4
14 Apr 2025	Part 3	26 min	Recap Cape Epic Stage 5-7 Preview 4Islands MTB Croatia
16 Jun 2025	Part 4	26 min	Recap 4Islands MTB Croatia Preview Andorra Epic
21 Jul 2025	Part 5	26 min	Recap Andorra Epic Preview Swiss Epic
20 Oct 2025	Part 6	26 min	Recap Swiss Epic Season 2025 Recap Season 2026 Preview

The race attracts professional and serious amateur riders from across the world to participate in the ultimate test of skill, fitness, partnership, equipment and strength of character.

The Absa Cape Epic provides a rider experience that is the benchmark for world mountain biking.

LIVE BROADCAST SCHEDULE (ALL TIMES GMT+2)

STAGE	Prologue	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7
DATE	16 Mar 2025	17 Mar 2025	18 Mar 2025	19 Mar 2025	20 Mar 2025	21 Mar 2025	22 Mar 2025	23 Mar 2025
LENGTH	27 km	96 km	58 km	90 km	74 km	103 km	92 km	68 km
START	09:00	08:30	07:00	08:30	08:30	08:30	08:30	08:30
END	14:30	13:00	13:00	13:00	13:00	13:00	13:00	13:00



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