



THE UNTAMED AFRICAN MOUNTAIN BIKE RACE

15-22 March 2026

The Absa Cape Epic is the world's premier mountain bike stage race, a gruelling test of body, mind, and partnership.

Over eight days in South Africa's Western Cape, teams of two from more than 50 countries take on the untamed African terrain. The race attracts both the sport's elite and serious amateurs, each confronting the limits of skill, fitness, and determination.

Recognized as the world's most televised mountain bike event and classified as 'hors catégorie' by the Union Cycliste Internationale (UCI), the Absa Cape Epic is more than a race. It is the global benchmark of mountain biking excellence.

THE EPIC SERIES

The Epic Series is a global portfolio of the world's most iconic, rewarding, and premium mountain bike stage races. Together they form the most prestigious collection of stage races in mountain biking, each delivering an unforgettable sports travel experience.

Iconic. Rewarding. Spectacular. Each event pairs unforgettable trails with inspiring destinations. Riders face ruts, mud, dust, and climbs against

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.

breathtaking backdrops, bound by the universal language of grit, camaraderie, and adventure.

In 2026, the Epic Series includes

- Absa Cape Epic in South Africa
- 4Islands Epic in Croatia
- Andorra Epic in Andorra
- SPAR Swiss Epic in Switzerland
- FNB Wines2Whales in South Africa



Watch Screeners Here

WWW.CAPE-EPIC.COM

quattromedia
**PROGRAMME
OFFER**



THE EPIC SERIES

DOCUMENTARY SERIES 'RACE THE WORLD'

7 X 26 MIN

The battle of the Epic Series comes to life in **Race the World**, a groundbreaking seven-part docuseries

Season two raises the stakes, offering an unfiltered look at what it takes to conquer the most demanding stage races on earth.

The series follows both elite professionals and serious amateurs across some of the world's most spectacular destinations.

This is a story of drama and unpredictability,

of riders who risk it all, teams who push through exhaustion, and organizers who bring these bucket-list events to life.

With exclusive access and never-before-seen footage, candid interviews, on-board action, and behind-the-scenes stories, **Race the World** takes audiences to the heart of the action, showing why the Epic Series is the ultimate test of human spirit and endurance.

Delivery Date	No.	Length	Title
02 Mar 2026	Part 1	26 min	Season Preview Cape Epic Build Up
13 Apr 2026	Part 2	26 min	Cape Epic Recap Prologue – Stage 4
4 May 2026	Part 3	26 min	Cape Epic Recap Stage 5 - 7 4Islands Preview
15 Jun 2026	Part 4	26 min	4Islands Recap Andorra Preview
03 Aug 2026	Part 5	26 min	Andorra Recap, Swiss Epic Preview
21 Sep 2026	Part 6	26 min	Swiss Epic Recap
23 Nov 2026	Part 7	26 min	Wines2Whales Season Recap, Season 2026 Preview



SCAN
TO VIEW
SCREENERS

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.

TV PRODUCTS

8 x Daily live
8 x 26 min daily highlights
8 x News

LIVE BROADCAST SCHEDULE (ALL TIMES GMT+2)

STAGE	Prologue	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7
DATE	15 Mar 2026	16 Mar 2026	17 Mar 2026	18 Mar 2026	19 Mar 2026	20 Mar 2026	21 Mar 2026	22 Mar 2026
START	09:00	08:30	08:30	08:30	08:30	08:30	08:30	08:30
END	15:00	12:30	12:30	12:30	12:30	12:30	12:30	12:30

Start and end times are subject to change.



THE OUTDOOR SPORTS
MEDIA & MARKETING COMPANY

PRODUCTION • DISTRIBUTION • RIGHTS • SPORTS MARKETING

quattro media GmbH

Ursprung 4
85625 Glonn
Germany
ph. +49 8093 572 20
www.4msports.com
www.4msports-server.com

Contacts:

Peter Hertrampf
Media Department
peter.hertrampf@4msports.com
media@4msports.com

WWW.4MSPORTS.COM