

A circular logo with a purple-to-grey gradient. At the top is a silhouette of a mountain peak. Below it, the word "GRINDURO!" is written in a large, white, bold, sans-serif font. Underneath, the text "SOUTH AFRICA" and "ROUTE PROFILE GUIDE" is written in a smaller, white, sans-serif font.

**GRINDURO!**  
SOUTH AFRICA  
ROUTE PROFILE GUIDE

# ROUTE PROGRAM

BEST RIDING WEEKEND EVER!

## FRIDAY, 17 OCTOBER 2025 | THE PROLOGUE RIDE (22 KM)

Ease into the weekend the right way! The Prologue Ride is a laid-back 22 km spin designed to get you rolling, loosen up the legs, and set the vibe. Think of it as the appetizer to an incredible feast of gravel, singletrack, and good times. No stress, just a mellow cruise with your new Grinduro family.

FOR BOTH GRINDURO AND GRINDUROITO RIDERS

## SATURDAY, 18 OCTOBER 2025 | THE MAIN EVENT

### Full Grinduro – 4 Timed Stages (100 km)

This is what you came for. The original recipe: a big day on mixed terrain, sprinkled with everything from smooth gravel to grin-inducing singletrack. Four timed segments keep things spicy, but the real magic? It's not a suffer-fest—it's a party on two wheels. Pace yourself, soak up the scenery, and save some legs for the afterparty.

### Grindurito – 2 Timed Stages (48 km)

Same vibe, half the grind. Perfect if you're after all the fun without going full send. Two timed segments, plenty of chill miles in between, and all the festival goodness that makes Grinduro more than just a race. Smiles guaranteed.

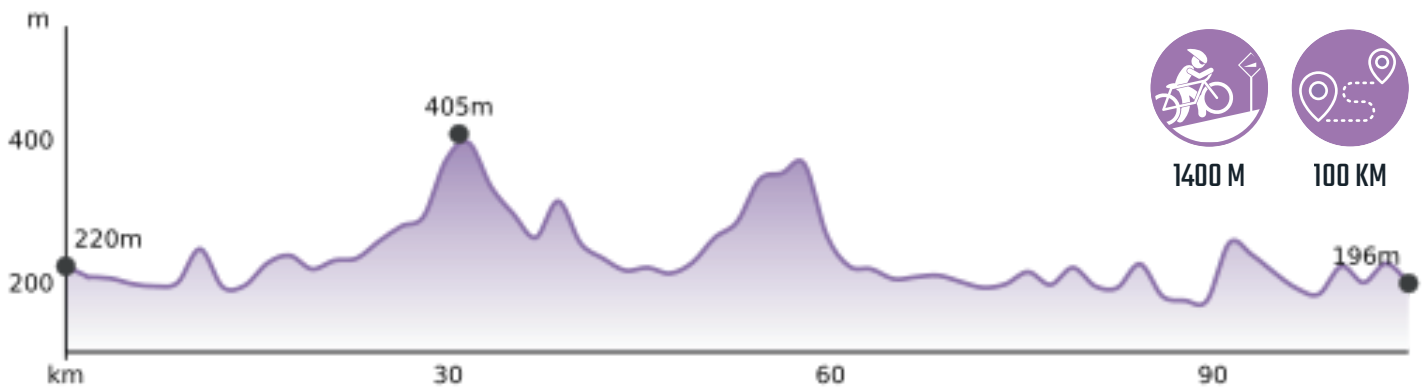
## SUNDAY, 19 OCTOBER 2025 | THE HANGOVER RIDE (18 KM)

Big night? No problem. The Hangover Ride is your recovery roll—a short and sweet 18 km spin to shake off the cobwebs, swap stories, and stretch those legs one last time. Think coffee, fresh air, and high-fives before we say goodbye.

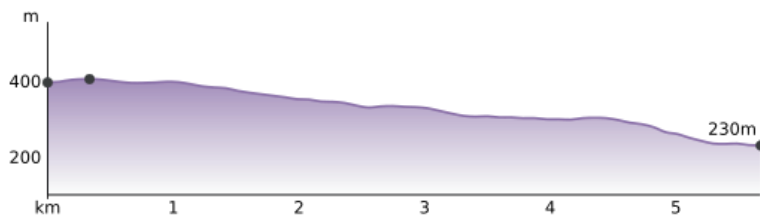
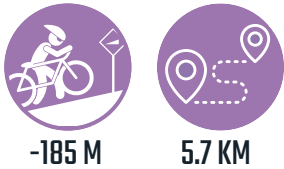
FOR BOTH GRINDURO AND GRINDUROITO RIDERS

# GRINDURO - 100K

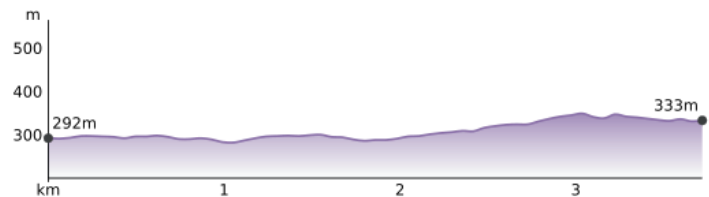
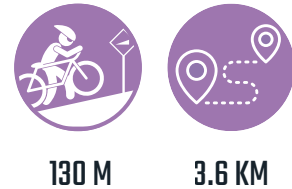
READY TO PEDAL AND PARTY?



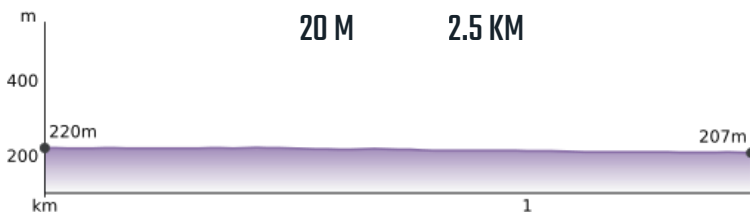
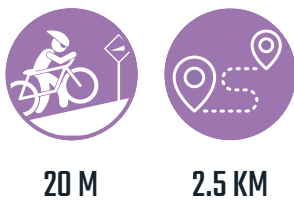
## DOWNHILL SEGMENT



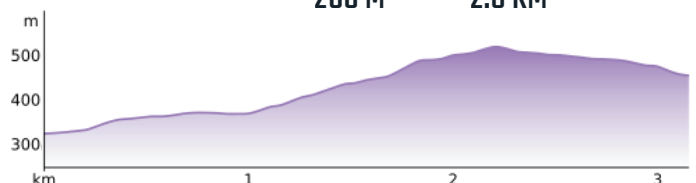
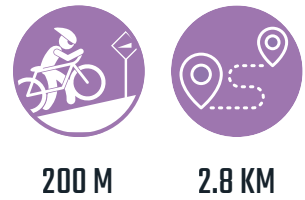
## UNDULATING SEGMENT



## SINGLE TRACK SEGMENT

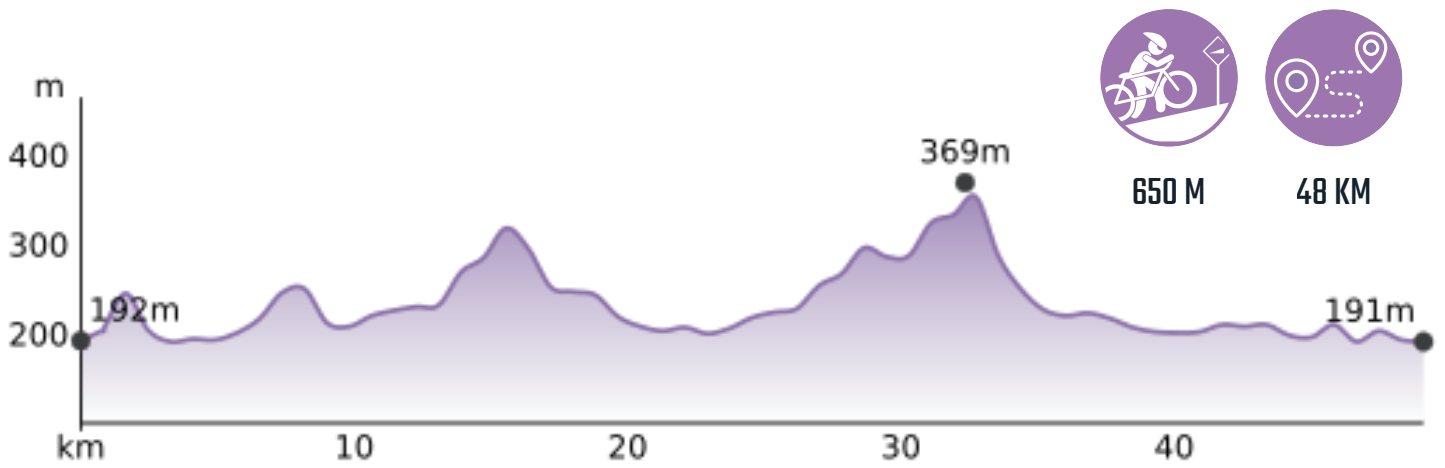


## CLIMB SEGMENT

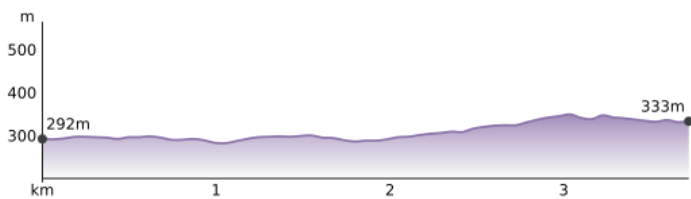
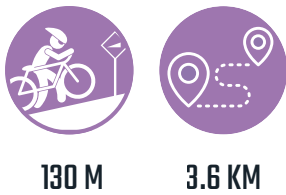


# GRINDURITO - 48K

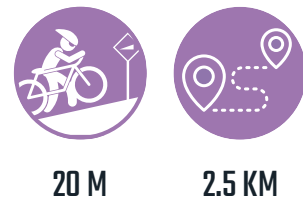
HALF THE DISTANCE - JUST AS MUCH FUN



## UNDULATING SEGMENT

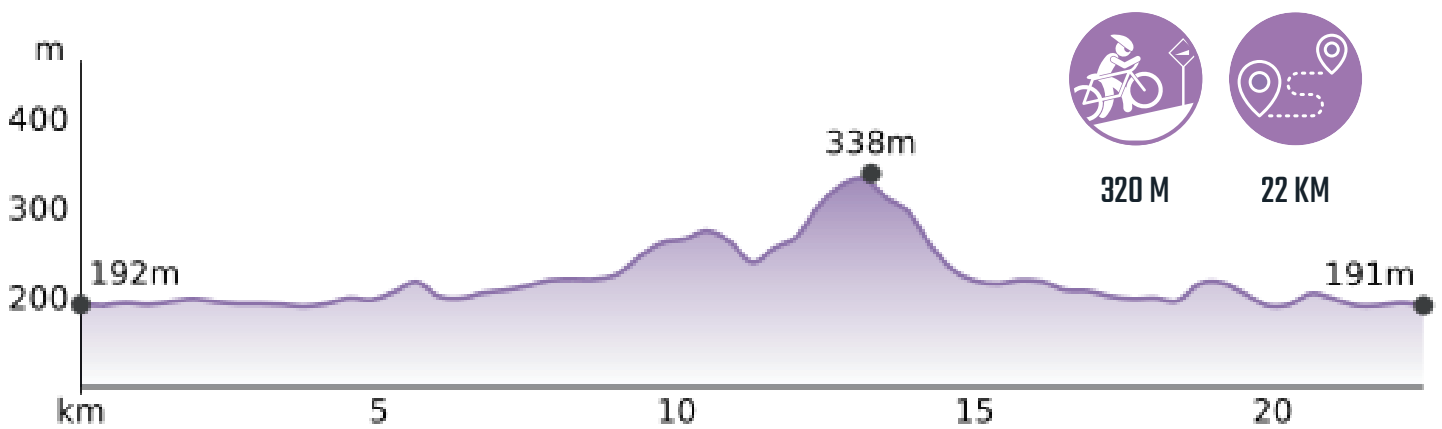


## SINGLE TRACK SEGMENT



# PROLOGUE - 22K

## THE SCHWALBE SHAKEDOWN



# HANGOVER RIDE - 22K

## JUST ONE LAST SPIN

