

# SOUTH AFRICA LIONS TOUR CHALLENGE

DURATION: 10 days  
MINIMUM No.s: 12  
MAXIMUM No.s: 20  
TIME OF YEAR: July

## HIGHLIGHTS

Just **19 spaces available** to join **Rugby Legend Lewis Moody** on this incredible cycling and trekking challenge

Follow the stunning **Garden Route** from **Port Elizabeth to Cape Town**

Enjoy the second **Lions Rugby Test** live in **Cape Town Stadium**

## ITINERARY OVERVIEW

Join Lewis Moody on this **unique challenge** bringing together your **love of rugby** and the opportunity to do something **adventurous** to help tackle brain tumours.

Our exciting and diverse challenge will see you cycling west from the coastal city of **Port Elizabeth** along the stunning **Garden Route** for 3 days; passing **sweeping, deserted beaches** and heading inland through **vineyards, indigenous bush** and **forested mountain slopes**. Jumping off our bikes near Cape Town, we will complete our challenge with 2 days of **trekking**, with the **summit of Table Mountain** in our sights overlooking the city.

The terrain and distances will be demanding and with approx. **200km of cycling** and **40km of trekking**. You will certainly earn your place at the second **Lions Test Match** in **Cape Town**!

With the first test already decided by this point, will it be a push for another win to take the series or will it be a fight to draw the series level and take it to the final test?

For more information and to sign up please contact Claire or Tai at The Lewis Moody Foundation on 01252 418196 or [info@thelewismoodyfoundation.org](mailto:info@thelewismoodyfoundation.org)



ON BEHALF OF

THE  
**LEWIS MOODY**  
FOUNDATION  
TOGETHER WE CAN TACKLE BRAIN TUMOURS

The Lewis Moody Foundation is administered by The Brain Tumour Charity. Registered Charity No. 1150054 (England and Wales), SC045081 (Scotland).



**DISCOVER**  
Adventure

