



Melkbos Mugg n Bean R4P

https://www.strava.com/routes/3166686076854132102

78.73 km

Distance

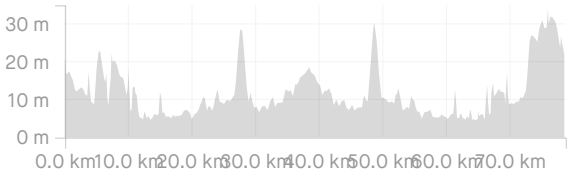
256 m

Elevation Gain

Mixed Terrain

Ride Type

Est. Moving Time: 3:47:52



Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws. Est. Moving Time based on your avg speed of 20.7 km/h over last 4 weeks

DIRECTION	DISTANCE (kilometers)
Proceed onto Balu Parker Boulevard	0.0
Left onto Yusuf Gool Boulevard	0.1
Continue on Klipfontein Road	0.4
Continue on Durban Road	6.1
Right onto Raapenberg Road	6.2
Proceed onto off-road waypoint. No data available	7.2
Continue on Alexandra Road	7.3

Left onto Berkley Road	9.3
Right onto Cannon Road	9.6
Continue on Koeberg Road	10.1
Proceed onto off-road waypoint. No data available	11.1
Continue on Section Street	11.2
Right onto West Coast Busway	12.2
Left onto Vrystaat Road	12.8
Right onto West Coast Cycle Path	12.8
Continue on West Coast Busway	12.8
Continue on Milner Street	13.9
Right onto Marine Drive	14.0
Continue on Otto du Plessis Drive	16.4
Proceed onto West Coast Cycle Path	19.1
Left onto Marine Drive	22.9
Proceed onto off-road waypoint. No data available	23.3
Left onto Otto Du Plessis Drive	25.2
Right onto Shell Road	25.4
Proceed onto off-road waypoint. No data available	25.4
Proceed onto off-road waypoint. No data available	25.5
Right onto Shell Road	25.6
Right onto Otto Du Plessis Drive	25.6
Proceed onto off-road waypoint. No data available	25.7
Left onto Otto Du Plessis Drive	27.9
Continue on M120;M14	27.9
Continue on Otto Du Plessis Drive	28.0
Continue on M14	28.5
Continue on Otto Du Plessis Drive	28.5
Proceed onto Otto Du Plessis Drive	30.4
Continue on Melkbosstrand Road	36.1
Right onto West Coast Road	36.9

Left onto Birkenhead Drive	37.9	Continue on Palmyra Road	74.6
Proceed onto off-road waypoint. No data available	38.1	Continue on Imam Haron Road	75.8
Proceed onto off-road waypoint. No data available	38.2	Arrive at Finish	78.7
Right onto Birkenhead Drive	38.2		
Right onto West Coast Road	38.4		
Left onto Melkbosstrand Road	39.4		
Continue on Otto Du Plessis Drive	40.2		
Continue on M14	47.7		
Continue on Otto Du Plessis Drive	47.8		
Continue on M120;M14	48.3		
Continue on Otto Du Plessis Drive	48.4		
Proceed onto off-road waypoint. No data available	48.4		
Left onto Blaauwberg Road	51.9		
Proceed onto off-road waypoint. No data available	52.0		
Right onto Service Road	52.0		
Continue on Athens Road	52.1		
Proceed onto off-road waypoint. No data available	52.3		
Right onto Visagie Street	52.6		
Left onto Marine Drive	52.6		
Right onto West Coast Cycle Path	53.4		
Right onto Marine Drive	62.3		
Left onto Milner Street	62.3		
Continue on West Coast Busway	62.4		
Proceed onto off-road waypoint. No data available	66.9		
Right onto Lower Church Street	67.0		
Continue on Liesbeek Parkway	70.0		
Continue on M57	73.1		
Continue on Camp Ground Road	73.1		
Continue on Palmyra Road	74.5		
Continue on Camp Ground Road	74.5		