

Discovery
triathlon
World Cup Cape Town

 **Discovery**

 ITU



2019

Elite Athletes' Guide

Swim**Cycle**Run

Discovery Triathlon World Cup Cape Town | 10 February 2019

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WELCOME FROM THE ITU

Greetings and a very warm welcome to our first race of the 2019 World Cup Season, the Discovery Triathlon World Cup Cape Town.

It's a pleasure to be back here for the third consecutive year, with racing on one of the world's truly iconic triathlon circuits. There can be few better places to begin this exciting season.

Cape Town made its ITU debut back in 2014 when it hosted the first-ever WTS to be held on the great continent. As a country, South Africa is no stranger to World Cups either, with Richards Bay hosting races for three consecutive years from 2006 – 2008, but the Cape Town sprint circuit is somewhere that athletes have always loved to come and perform.

We can no doubt expect another fast and furious spectacle with the single-lap. 750m swim in Cape Town Harbour followed by a 20km cycle and ending with two laps of the 2.5km run course, all in and around the famous Green Point Park and its iconic stadium, overlooked by Table Mountain and Signal Hill.

As well as the elites on Sunday afternoon, the Discovery Get Active Weekend will see racing for all ages and levels of ability, providing fresh

opportunities for newcomers to our sport to see it at its very best, something that is so crucial to the continued growth of triathlon.

Vibrant Cape Town will no doubt once again provide the picture-perfect backdrop for all these events and we can all look forward to an excellent weekend of sports action. After all, triathlon is a sport anyone can enjoy, regardless of age and gender.

I would like to thank Triathlon South Africa, the Local Organising Committee and the City of Cape Town for helping to put together another first-class weekend.

I hope you enjoy this beautiful setting and the spectacle of ITU triathlon. Have a wonderful weekend.

Sincerely,

Marisol Casado
President, International Triathlon
Union
IOC Member

WELCOME MESSAGE – EXECUTIVE MAYOR OF THE CITY OF CAPE TOWN, DAN PLATO

The Discovery Triathlon World Cup – one of the most exciting sporting spectacles on Cape Town's events calendar – is here, and the City of Cape Town is proud to play host.

As the only International Triathlon Union (ITU) event to take place on African soil, this global sporting event will see teams from around the world competing. This reaffirms our place as the 'Events Capital of the World.'

It is a premier international event where top triathletes from across the globe go up against each other, alternating between running, cycling and swimming while also enjoying scenic views and the backdrop of Table Mountain from the V&A Waterfront.

We look forward to seeing the talent on display and we are confident it will be another exhilarating weekend on land and sea.

As the City of Cape Town we are proud to be a partner and sponsor of the event.

Events are a catalyst for providing outstanding visitor experiences in a unique and incredibly beautiful setting.

The economic spin-offs from these events hold enormous benefits for the city and its residents.

The ripple effect from these events is critical to our efforts to promote job opportunities and develop the South African economy.

On behalf of the City of Cape Town, we want to thank the organisers of the Triathlon World Cup for choosing the world's leading events and festival destination, and we wish you a successful event.

Executive Mayor of the City of Cape Town

Dan Plato



1. GENERAL INFORMATION

1.1 Key dates

Friday, 8 February

Time	Activity	Venue
10:00 – 12:00	Press conference	Sun Square by Tsogo Sun 23 Buitengracht Street, Cape Town City Centre
17:30 – 18:00	Elite athlete registration	Sun Square by Tsogo Sun 23 Buitengracht Street, Cape Town City Centre
18:00 – 19:00	Elite athletes briefing	Sun Square by Tsogo Sun 23 Buitengracht Street, Cape Town City Centre

Saturday, 9 February

Time	Activity	Venue
06:15 – 07:15	Elite cycling course familiarisation	Quay 6, V&A Waterfront
07:15 – 08:15	Elite swimming course familiarisation	Quay 6, V&A Waterfront

Sunday, 10 February – Elite Women

Time	Activity	Venue
12:30 – 13:00	Elite women TZ2 check-in	Cape Town Stadium Forecourt
12:45 – 13:45	Elite women athletes' lounge check-in	Quay 6, V&A Waterfront
13:15 – 14:00	Elite women TZ1 check-in	TZ1, Quay 6, V&A Waterfront
13:15 – 14:00	Elite women swim warm-up	Quay 6, V&A Waterfront
14:10	Elite women presentation	Quay 6, V&A Waterfront
14:15 – 15:15	Elite women sprint distance race	Quay 6, V&A Waterfront & Cape Town Stadium Forecourt

Sunday, 10 February – Elite Men

Time	Activity	Venue
14:30 – 15:00	Elite men TZ2 check-in	Cape Town Stadium Forecourt
14:45 – 15:45	Elite men Athletes' Lounge check-in	Quay 6, V&A Waterfront
15:15 – 16:00	Elite men TZ1 check-in	Quay 6, V&A Waterfront
15:15 – 16:00	Elite men swim warm-up	Quay 6, V&A Waterfront
16:10	Elite men presentation	Quay 6, V&A Waterfront
16:15 – 17:15	Elite men sprint distance race	Quay 6, V&A Waterfront & Cape Town Stadium Forecourt
17:30	Award ceremony – men and women	Cape Town Stadium Forecourt

Elite athlete briefing

The briefing will take place at the Sun Square by Tsogo Sun, 23 Buitengracht Street, Cape Town City Centre

Date: Friday, 8 February

Time: 18:00 – 19:00

1.2 Key contacts

ITU Team Leader	Rick Fulton	+27 72 899 0577
ITU Technical Delegate	Dave Ellis	+27 79 840 2929
ITU Medical Delegate	Dr Potgieter	+21 82 497 5720
LOC Event Director	Gary Marescia	+27 82 556 8039
LOC Travel Management	Manue Marescia	+27 82 820 0617

1.3 Event organiser

WorldSport South Africa Pty (Ltd), 2 Dock Road, Cape Town, 8001

Tel: +27 21 426 5775

Email: info@wts-capetown.com

Website: <http://capetown.triathlon.org/>

1.4 Host national federation

Office 8 & 9 North Pavilion, 1st Floor, Loftus Versveld, Kirkness Street, Sunnyside, Pretoria

Tel: +27 12 343 6208

E-mail: office@triathlonsa.co.za

Website: <http://www.triathlonsa.co.za>

1.5 Television coverage

Sunday, 10 February: Magazine Show coverage – for April release

2. VENUE

2.1 Venue

The race venue is shared across the V&A Waterfront and Cape Town Stadium Forecourt. The swimming will take place off Quay 6 in the V&A Waterfront and the finish area is at the Cape Town Stadium Forecourt.

There are regular shuttle services between the various hotels and the V&A Waterfront.



2.2 Elite athletes' lounge

Facilities including the athletes' lounge area and toilets are provided for the athletes at the start (Luggage Terminal on Jetty 2 in the V&A Waterfront) and a recovery area is available at the finish area (Cape Town Stadium Forecourt). Sealed bottles of water, fruit and energy bars will be offered to the athletes before and after the race in the athletes' lounge and recovery areas.

Athlete lounge opening times

Course familiarisation: Saturday, 9 February 06:15 – 08:45

Elite women's race: Sunday, 10 February 12:45 – 13:45

Elite men's race: Sunday, 10 February 14:45 – 15:45

2.3 Doping control

Doping control will be performed according to the ITU/WADA rules. Doping control will be located at the finish area within the Cape Town Stadium Forecourt next to the medical and recovery areas. Athletes selected for doping control must produce their ID book or passport.

2.4 Medical services

First aid and emergency medical services will be available at the cycling and swimming familiarisation sessions on Saturday 9 February. There will be first-aid and emergency medical services at the Cape Town Stadium Forecourt on competition day (Sunday 10 February).

Medical and paramedical personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in clinics and at doctors' practices must be paid by the participants.

Athletes and teams should ensure that they have appropriate medical insurance. If you need medical assistance during your stay in Cape Town but away from the venue, please contact the emergency medical services. In a medical emergency, dial 112 from a mobile phone or 10177 from a landline and ask for the ambulance service. This number is free of charge from any telephone.

The nearest hospitals to the venue and official hotels are:

- Private hospital: Cape Town MediClinic, 21 Hof Street, Gardens, Cape Town, 021 464 5500
- Private hospital: Christiaan Barnard Memorial Hospital, 13 Rua Bartholomeu Dias Plain, Cape Town, 021 441 0000
- Public hospital if no medical insurance: New Somerset Hospital, corner Beach and Lower Portswood Road, Green Point, Cape Town, 021 402 6911

Physiotherapist	Address	Contact number
Julia Gane	7 West Quay Road, V&A Waterfront	+ 27 21 418 2808
Francie Bührmann Physio Active	4 Milner Road, Tamboerskloof	+27 21 423 5776
Martine Cohen	Shop 9A Piazza da Luz, 94 Regent Road, Sea Point	+27 21 434 7131
Andrew Seymour	2nd Floor, The Adelphi Centre, 127 Sea Point Main Road	+27 21 439 6742
	Church Square House, Spin Street, Cape Town	+27 73 1926 500
Lisa Radomsky	9 Gorleston Road, Sea Point	+27 21 439 6051 +27 21 439 3558

Dentists	Address	Contact number
Dr George Botha	De Waterkant Health 13 Hudson Street, 1st Floor Chiappini House, Green Point	+ 27 21 418 2048
Dr Nicolaas Botha	Dental Studio @ De Waterkant Suite C103, 1st Floor Cape Quarter, 72 Waterkant Street	+27 21 421 2971

2.5 Bike mechanic service

Bike mechanic support will be available from Saturday, 9 February during the course familiarisation sessions and on Sunday, 10 February during athlete check-in on race day as well as the athletes lounge on Jetty 2, V&A Waterfront.

On-site services

Date	Time	Activity	Venue
Saturday, 9 February	05:45 – 07:30	Start of elite cycle route familiarisation	Athletes lounge, Quay 6, V&A Waterfront
Sunday, 10 February	12:45 – 16:10	Bike check-in TZ1, elite races	Athletes lounge, Quay 6, V&A Waterfront

2.6 Local Organising Committee Information Office

The LOC Information Office is located in the Finish Village at the Cape Town Stadium Forecourt, and is open on Saturday, 9 and Sunday, 10 February 2019.

Local Organising Committee	LOC office	Contact details provided closer to event
ITU officials	ITU office	
Venue Operational Centre	VOC office	

Opening hours:

Saturday, 9 February: 08:00 – 16:00

Sunday, 10 February: 09:00 – 18:00

2.7 Security

The V&A Waterfront security will be responsible for the venue security and field of play (FOP) inside the V&A Waterfront. Marshals will assist and patrol around the field of play on race days and traffic management services (road closures and traffic control around the course) will be done by the City of Cape Town Traffic.

2.8 Banking

Banks can be found in the V&A Waterfront Mall as well as within a 5-minute walk from the Race Village.

Closest banks from official hotels

- If you are staying at the Stay Easy Tsogo Sun Hotel, then the closest ATM is a 5-minute walk to the Cape Quarter, Green Point.
- If you are staying at the AC Marriott Hotel, then the closest ATM and bank is in the V&A Waterfront Mall.

Bank operating hours:

08:30/09:00 – 15:30/16:00 Mon-Fri

08:00/09:00 – 11:00/11:30/12:00 Sat

2.9 Post office

The nearest post office to the race venue is in the V&A Waterfront:

Shop 263

Victoria Wharf Shopping Centre,

Waterfront Pier Road

021 421 4551

Opening hours:

Monday – Friday: 09:00 – 16:00

Saturday: 09:00 – 16:00

3. ACCOMMODATION

The Stay Easy Tsogo Sun Hotel offers a variety of accommodation options and within the edge of Cape Town city centre. For restaurants and shopping, there is the Cape Quarter, which is a 5-minute walk from the hotel or the V&A Waterfront, which is a short taxi ride from the hotel.

Experience a new way to hotel at the AC Marriot Hotel Foreshore Cape Town, conveniently located just minutes away from the buzzing Victoria & Alfred Waterfront and just a 25-minute drive from Cape Town International Airport. Our 188 spacious rooms are stylish yet efficient, and boast unparalleled views over the Imposing Table Mountain, Lion's Head and Signal Hill. Savour the heritage of the brand's Spanish roots with our delectable tapas from fresh and locally sourced ingredients or have a quick bite at our AC market, offering convenient grab-and-go products.

For all your accommodation and travel enquiries, please contact Manue Marescia on +27 82 820 0617 or email: manue@worldsport.co.za

4. AIRPORT TRANSFERS

The LOC will provide free transportation for elite athletes and their team officials from the airport to the official hotels and back to the airport. This service must be booked by email: manue@worldsport.co.za and confirmation with meeting point will be emailed prior to your arrival. Please make sure your flight details are correct as the LOC will not accept any responsibility for incorrect information. This airport-to-hotel service will be available from Tuesday 5 February to Friday 8 February.

For the hotel to the airport, this service is available from Sunday 10 February to Tuesday 12 February.

For bookings and queries:

Email: manue@worldsport.co.za

Phone: +27 82 820 0617

5. TRAINING

5.1 Swimming training

Sea Point swimming pool

Lower Beach Road, Sea Point

+27 21 434 3341

50-metre pool

Free entry when you present your passport or elite athlete licence at the gate.

Otherwise, single entry: R23.

Two lanes will be allocated for elite athlete training between 07:30 – 09:30 from Thursday, 7 to Saturday, 9 February.

Otherwise, general opening times 07:00 – 19:00.

Virgin Active: Green Point

Bill Peters Drive, Green Point

+27 21 434 0750

25-metre heated indoor pool

Single entry: R230.

Operating hours

Monday to Thursday:	05:00 – 22:00
Friday:	05:00 – 21:00
Saturday:	06:00 – 21:00
Sunday:	06:00 – 21:00
Public holidays:	06:00 – 21:00

Virgin Active: Foreshore

17 Rua Bartholomeu Dias Plain, Foreshore, Cape Town

+27 21 418 5704

25-metre heated indoor lap pool

Single entry: R230.

Operating hours

Monday to Thursday:	05:00 – 22:00
Friday:	05:00 – 21:00
Saturday:	06:00 – 20:00
Sunday:	06:00 – 20:00
Public Holidays:	06:00 – 20:00

Virgin Active: Silo District

Silo 4, South Arm Road, V&A Waterfront
+27 10 005 1616
20-metre heated indoor lap pool
Single entry: R450.

Operating hours

Monday to Thursday:	04:30 – 21:30
Friday:	04:30 – 21:00
Saturday:	06:00 – 20:00
Sunday:	06:00 – 20:00
Public Holidays:	06:00 – 20:00

Please note: There are no pre-reservations available at Virgin Active Gyms. We suggest training in off-peak hours to get access to available lanes in the swimming pool.

5.2 Cycling training

The roads are well used by local cyclists and a suggested route would be to cycle in and around Green Point, where one can create a loop and enjoy the picturesque views. The route is not closed to traffic, so you will be cycling at your own risk.

5.3 Running training

Green Point Urban Park and Sea Point Promenade are suitable areas to train – there are many pedestrian paths that are good for running training.

5.4 Course familiarisation

Cycling

You will have an opportunity to familiarise yourself with the cycling course on Saturday, 9 February from 06:15 to 07:15. Athletes must gather at the swimming course and TZ1 start area at Quay 6 in the V&A Waterfront. You will be escorted by traffic police for two laps on the cycling course, returning to the TZ1 start area on completion.

Please note: The official race courses are otherwise not open for training before the races. The race courses, generally, are NOT suitable for training.

Swimming

You will be able to familiarise yourself with the swimming course on Saturday, 9 February from 07:15 to 08:15. The location will be the same as the start of the race, Quay 6, V&A Waterfront.

Please note: For your safety and because of shipping traffic, swimming outside the test swimming zone is forbidden at all times.

6. COMPETITION INFORMATION

6.1 Competition schedule

Friday, February 8

Time	Activity	Venue
10:00 – 12:00	Elite athlete press conference	Sun Square by Tsogo Sun
17:30 – 18:00	Elite athletes registration	Sun Square by Tsogo Sun
18:00 – 19:00	Elite athletes briefing	Sun Square by Tsogo Sun

Saturday, February 9

Time	Activity	Venue
09:00 – 16:00	LOC Information Office	Cape Town Stadium Forecourt
05:45 – 07:30	Bike mechanic services	Quay 6, V&A Waterfront
06:15 – 07:15	Cycling course familiarisation	Quay 6, V&A Waterfront
07:15 – 08:15	Swimming course familiarisation	Quay 6, V&A Waterfront

Sunday, February 10

Time	Activity	Venue
12:45 – 16:10	Bike mechanic services	Quay 6, V&A Waterfront
12:30 – 13:00	Transition Zone 2 check-in [women]	Cape Town Stadium Forecourt
12:45 – 13:45	Athletes' lounge opens	Quay 6, V&A Waterfront
13:15 – 14:00	Transition Zone 1 check-in	Quay 6, V&A Waterfront
13:15 – 14:00	Athlete warm-up	Quay 6, V&A Waterfront
14:10	Athlete introduction	Quay 6, V&A Waterfront
14:15	Elite women competition start	Quay 6, V&A Waterfront, and Cape Town Stadium Forecourt
14:00 – 14:30	Transition Zone 2 check-in [men]	Cape Town Stadium Forecourt
14:45 – 15:45	Athletes' lounge opens	Quay 6, V&A Waterfront
15:15 – 16:00	Transition Zone 1 check-in	Quay 6, V&A Waterfront,
15:15 – 16:00	Athlete warm-up	Quay 6, V&A Waterfront,
16:10	Athlete introduction	Quay 6, V&A Waterfront,
16:15	Elite men competition start	Quay 6, V&A Waterfront, and Cape Town Stadium Forecourt
17:30	Medal ceremony – men and women	Cape Town Stadium Forecourt

6.2 Competition rules

The race will follow the latest published competitions rules of the International Triathlon Union.

6.3 Field of play information

Start

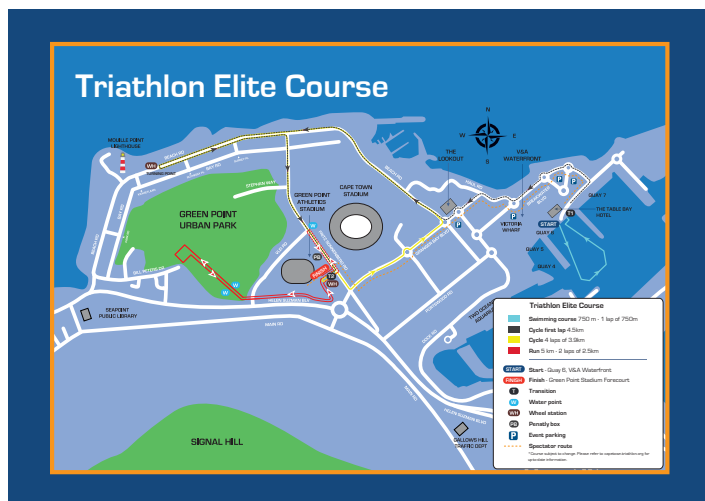
The start area is at Quay 6 in the V&A Waterfront. Athletes will start from a pontoon (0.6 m high) and stand in a starting position approximately 70 cm wide.

Athletes must leave their last-minute equipment at the swim start inside a dedicated box and the LOC will carry those boxes back to the athletes' lounge at Quay 6. This equipment will then be transported from Quay 6 by the LOC to the finish area.

750 m swim – 1 lap

20 km cycle – 1 lap of 4.8 km followed by 4 laps of 3.8 km

5 km run – 2 laps



Cycling course

The cycle is one lap of 4.8 km followed by four laps of 3.8 km. The cycle will start at Transition Zone 1, Quay 6, V&A Waterfront. Athletes will cycle out of Transition Zone 1 onto East Pier Road, turning left onto Breakwater Boulevard, right at Haul Road and then left into Granger Bay Boulevard to the roundabout and right onto Beach Road. Cycle along Beach Road until they get to Turning Point 1 before the Mouille Point Lighthouse, then return along Beach Road with a right turn into Fritz Sonnenburg Road.

Once they have reached the Cape Town Stadium Forecourt to complete Lap 1 (4.8 km), they will turn right into Transition Zone 2 to Turning Point 2 to return to a right turn into Fritz Sonnenburg Rd and a left into Granger Bay Boulevard and follow the same loop via Beach Road. On completion of four 3.8 km laps, they will enter Transition Zone 2 (located on the Stadium Forecourt) where they will start their run.



Wheel stations

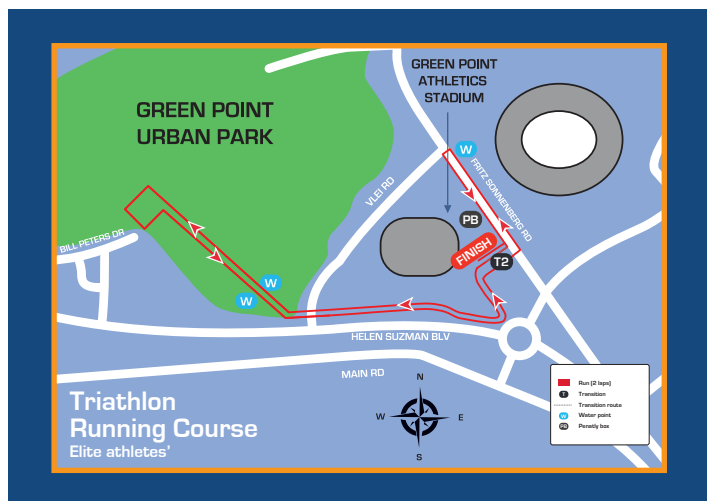
There are two wheel stations on the cycling course. The first one is at Turning Point 1, and is a neutral wheel stop with wheels supplied by the LOC. The second wheel stop is at the exit of TZ2 and this is a team wheel stop with your own dedicated wheels.

Penalty box

The penalty box is situated before the entrance to TZ2, before the start of lap 2 of the run, and the finish.

Run course

The run is two laps of 2.5 km, ending on the Cape Town Stadium Forecourt. The run starts at Transition Zone 2, exiting the Stadium Forecourt, down to the city cycle path to turn right onto the cycle path. The running course crosses Vlei Road and into the Green Point Urban Park. When athletes reach Turning Point 3, they will return on the same course through the park, then exit the park down the cycle path to the underpass. Here they will turn left before the underpass circle and up to the paved forecourt area of the stadium to turn left into Fritz Sonnenburg Road to Turning point 4 and back to Transition Zone 2. On the second lap, athletes will turn right into the finish chute, before Transition Zone 2 to do a final sprint for the finish line.

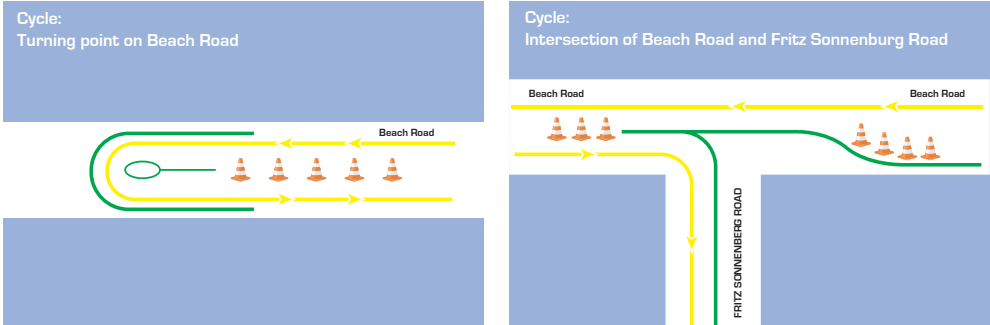


Aid stations

There are three aid stations per lap. The first two are located in the Green Point Urban Park to and from Turning Point 1, and the third is located at Turning Point 2 in Fritz Sonnenburg Road. Closed 500 ml bottles of sealed water will be handed out at each aid station.

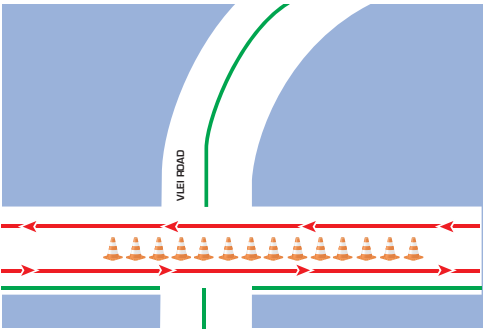
Elite athlete course specifications

Cycle



Elite athlete course specifications

Run



6.4 Weather conditions

Nothing is as changeable as the weather in Cape Town. You may encounter four seasons in one day. Average temperature in February range between highs of 27 °C with lows of 16 °C. For weather forecasts, please go to:

<http://www.weathersa.co.za/home/weather>

Average water temperature	16.3 °C
Average air temperature (high)	27 °C
Daylight hours	13.5
Average precipitation	15%

6.5 Water quality

Samples of the water collected from three different locations on the swimming course will be separately analysed and the poorest results will determine if the swim can take place. The swim will be allowed if the following values are below the level of tolerance in the different types of water:

- Sea and transition water: (i) pH between 6 and 9
 (ii) Enterococci not more than 100 per 100 ml (ufc/100 ml);
 (iii) E. coli not more than 250 per 100 ml (ufc/100 ml);
 (iv) Absence of positive visual evidence of Red Tide Algal bloom

However, results delivery may vary from 48 hours to 96 hours depending on the methodology that the laboratory is using.

Therefore, making a decision on competition delay based purely on data that does not reflect current conditions 100% accurately, is not advisable.

Applicable process:

Where events take place in rainy conditions (or non-rainy conditions), the World Health Organization recommends using a decision-making approach that combines:

- Sanitary inspection
- Water quality analysis
- Weather forecasts

Therefore, a water quality decision matrix (sea and transition water) will be used.

The results of this matrix will be shared at the athlete briefing. See example below with key.

Water quality decision matrix (sea & transition water)

	Two past results E.coli less than 250 Enterococci less than 100	Last result E.coli <500* enterococci 100 – 200*	Two past results E.coli 250 – 500* Enterococci 100 – 200*	Last result E.coli more than 500* Enterococci more than 200
Sanitary inspection category (susceptibility to faecal influence	1	2	2	4
	1	2	3	4
	2	3	3	4

Key for levels:

- 1 = 'Very Good Water Quality': (E. coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain
- 2 = 'Good Water Quality': (E. coli < 250 or Enterococci < 100) with poor visual pollution during sanitary inspection or forecasted heavy rain
- 3 = 'Fair Water Quality': (E. coli: 250 to 500 or Enterococci 100 to 200), but with potential or poor visual pollution during sanitary check and/or potential for forecast of heavy rain
- 4 = 'Poor Water Quality': (E. coli > 500 or Enterococci > 200), with any visual pollution during sanitary check and/or potential for forecast of heavy rain

Water Quality Assessment

Water Quality Analysis - Enterococci

Date of Sample	Location A	Location B	Location C	Enterococci limit (NMP/100mL)
07/01/2019	0	0	0	<100

Water Quality Analysis - E.coli

Date of Sample	Location A	Location B	Location C	E.Coli limit (NMP/100mL)
07/01/2019	0	24	0	<250

Water Quality Analysis - pH

Date of Sample	Location A	Location B	Location C	PH limit
07/01/2019	8,35	8,16	8,44	6 to 9

**Weather report (on sample collection day and previous 2 days)**

Day	Weather	
05/01/2019	Clear and Sunny	25 ° C / 18 ° C
06/01/2019	Clear and Sunny	25 ° C / 18 ° C
07/01/2019	Clear and Sunny	25 ° C / 18 ° C

Summary:

The water quality tests meets the ITU standards

6.6 Results

Results will be uploaded live at the ITU's official website: www.triathlon.org

All the results information will be distributed to the Team Leaders at the LOC Information Office.

6.7 Protest and appeals

Standard procedures will be followed according to the ITU Competition Rules.

Triathlon Elite Course



se



7. ACCREDITATION

The LOC will provide all athletes, coaches and any team medical staff with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Only accredited persons who have been registered through the ITU system in advance, will be given accreditation cards and will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific competition areas. All accredited persons must carry their accreditation cards with them at all times and show them on request.

All accreditation cards will be issued during the official registration on Friday 8 February after the athlete briefing at the Sun Square by Tsogo Sun Hotel:

Sun Square by Tsogo Sun

23 Buitengracht Street,
Cape Town City Centre
8000

8. PUBLIC TRANSPORTATION

With the exception of the routes to and from the airport, you will need a MyConnect card to travel aboard the MyCiTi bus. These are available from appointed kiosks and participating retailers (for more information, visit the MyCiTi website or call +27 800 65 64 63. After buying a card, simply load money onto the card to travel (fares are calculated according to distance travelled). Children under four years of age can ride the MyCiTi for free.

Bicycles are welcome on the MyCiTi system and can be carried free of charge, as long as they are stored safely and securely and do not cause inconvenience to other passengers. All bicycles must be kept in the space designated for them on the bus, next to the wheelchair area. If there isn't enough space in this area, please wait for another bus.

Closest station and kiosk to official hotels and venue:

Waterfront Station, Opposite Entrance 1 of V&A Waterfront, Victoria Wharf Shopping Centre.

Vitality Active Rewards

Get active.
Drive well.
Get rewarded.



Achieve your weekly exercise and drive goals and earn Vitality reward points to spend on exciting rewards and dream holidays.

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