



BLAZING SADDLES: After a tough five days of cycling through the desert, the riders taking part in the trans-Africa Tour d'Afrique will finally be able to down saddles and put their feet up today in Luxor, Egypt. Here, Mel Miller of Fish Hoek is seen on the long journey through the Sahara.

Trans-Africa cyclists spend a day relaxing in Egypt's Luxor

COURTNEY BROOKS

RIDERS on the Tour d'Afrique cycle tour will take their first rest in Luxor today, after five gruelling days of travelling.

Although the trip started with a headwind that slowed riders down, the second and third days provided tailwinds. Riders travelled through Egypt at speeds over 50km/h, making up the kilometres they lost on

the first day. They will arrive in Luxor on schedule, according to Theresa Brown, spokesperson for the tour.

On a rest day most people see the sights. Luxor has artefacts from ancient Egypt.

They will also do errands such as laundry, shopping, and going to the bank, said Brown. All the riders are still on the tour and holding up well.

Fish Hoek's Mel Miller

chose to do the tour because of her desire to travel and love of her home continent. "I'm an African and I should see Africa," she said.

"I worked in England for five years and I needed a break," said Erika de Jager, who is originally from South Africa. De Jager's defining moment so far was standing at the starting line beneath the pyramids.

"Setting off from the pyramids was the signal that all of my hard work has finally paid off," she said. She is raising money for the Starfish Great Hearts Foundation, a charity for orphaned and vulnerable children in South Africa.

Tomorrow the cyclists will start a two-day ride to Lake Nasser. They then head for Sudan.

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