

“I Can’t Believe I Just Did That”

Grant Lottering Conquers His Toughest Im’possible Tour



Photo credit: Courtney Williams

[Cape Town, SA – 5 March 2025]: After three relentless days of cycling and trail running, Grant Lottering arrived at Signal Hill, Cape Town, to an emotional reception from supporters at the finish line of his most formidable challenge to date. In the true spirit of the 13 Peaks Challenge, he had navigated the rugged 107 km route through Table Mountain National Park, adapting as necessary to the extreme conditions along the way.

What made this feat even more staggering was that it came immediately after a 20-hour cycling marathon, during which Lottering ascended and descended Chapman’s Peak Drive 36 times. With barely any sleep, extreme physical strain, and the ever-present risk of injury, he once again



redefined the limits of human endurance—proving that even when the odds are against you, resilience can turn the impossible into reality.

The Numbers Behind the Impossible

The sheer scale of this challenge is staggering. Over three gruelling days, Lottering spent 61 hours and 17 minutes pushing his body to the limit. He cycled Chapman’s Peak Drive 36 times, covering 350 km in 20 hours and 14 minutes and gaining 6 241 meters in elevation.

After a short break, Grant and his support team drove to Signal Hill, where he embarked on the 13 Peaks Challenge with virtually no rest. Due to recent fire damage, two peaks were inaccessible. Still, Lottering and his Nyati-X trail guides adapted, completing the route in the spirit of the challenge by tagging the 11 accessible peaks in the required order.

Lottering covered 92,65 km in 33 hours and 54 minutes, conquering 5 852 meters of elevation. Across the entire challenge, he managed just four short naps between Friday at 6 AM and Sunday night, totalling only 2 hours and 13 minutes of sleep.

Adding to the inspiration of the journey, sight-impaired Paralympian Daniel Briers-Louw and his guide, who is also his girlfriend, joined Lottering for the final stretch from Kloof Nek to Signal Hill. Their participation was a powerful reminder that no matter the circumstances, challenges can be overcome with determination and support.

Defying the Odds for Youth Mental Health

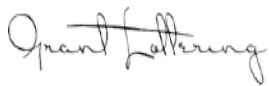
Lottering’s endurance challenges have always been about more than just sport—they carry a deeper purpose. This year’s *Im’possible Tour* was dedicated to raising awareness about youth mental health, a crisis that continues to grow.

“Through this tour, I hope to inspire young people to dream again—to dream big, but believe even bigger,” said Lottering. “Too many young people feel overwhelmed, isolated, and afraid to ask for help. But no one should have to face their struggles alone. With the right support, the odds can be in your favour, not against you.”

Grant Lottering

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His efforts are closely aligned with his tour partner, RIA Cares, a global nonprofit committed to improving the lives of young people and supporting communities in need. By pushing his own limits, Lottering hopes to inspire young people to find their own strength and to encourage open conversations about mental health.

Powered by Support

Throughout his endurance challenge, Lottering was supported by a dedicated road crew and trail team, ensuring his safety and providing logistical assistance every step of the way. His transport sponsor, Mercedes-Benz, provided a Vito Tourer as the official support vehicle for the entire tour—serving as his mobile base during scheduled 20-minute rest stops on the cycling leg and transporting the trail team to the final stretch of the 13 Peaks Challenge. His crew's unwavering support and the encouragement of countless supporters played a crucial role in helping him complete his mission.

“So many people came out to cycle with me, run alongside me, and send messages of encouragement online. That kind of support makes all the difference—not just for me, but for anyone facing challenges in life,” Lottering said.

After three days of unyielding physical and mental endurance, Lottering’s message is clear: When the odds are against you, they can be turned in your favour—with resilience, support, and the belief that nothing is impossible.

ENDS

About Grant Lottering

Extreme Endurance Cyclist, international conference speaker, and founder of *The Im’Possible Tour Foundation*, Grant Lottering’s remarkable comeback from death on 21 July 2013 to conquering the French Alps, Pyrenees, South Africa and in 2022, the US continues to astonish the medical profession and audiences alike. He has shared his story ‘*From Death to the Top of the Alps*’ with audiences in over 13 countries worldwide and is living proof that one can achieve unbelievable success while persevering in the face of challenges and storms. Grant has overcome incredible odds, refusing to give up, and continues doing what most believe impossible. To learn more about Grant Lottering and his *Im’possible Tours*, please visit www.grantlottering.com.

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