



Round Holland for Headway



Join the Headway Essex team cycling round Holland from Monday 26th July to Monday 2nd August 2010. Enjoy the challenge of a 6 day cycle ride, with time for sightseeing and relaxation in a lovely part of Europe.

Sailing from Harwich to the Hook of Holland, you will cycle along the coast to Noordwijk, on to Heemskerk and via Edam to Amsterdam, where you have a day's leisure to sightsee and explore, or put your feet up. On to Delft, where you will be able to see the famous annual water carnival and from there to Rotterdam and homewards to the Hook.

You will be supported by a team of 4 experts, including a bike mechanic, with a car and van and your luggage will be carried for you. You will stay in comfortable and sometimes unusual hostels, including a castle, one in woodland and one in sand dunes, a City Park and Rotterdam's striking "Cubes" hostel.

To secure your place you will be asked to pay a non-refundable deposit of £100 and commit to raising a further £300 to cover the cost of the trip plus £700 minimum sponsorship. Your holiday costs include ferry crossings with a cabin, accommodation, breakfasts, evening meals, maps and routes, luggage transport and technical support.

The only additional costs to you are likely to be lunches, drinks and sightseeing.

For further information:-

email: fundraising@headwayessex.org.uk or call 01206 547616.

Visit: www.bike-events.com

"So get in gear with Headway and cycle through the tulips with us"



Headway Essex
Registered Charity No. 1008807
Patron: David Tennant



ROUND HOLLAND



**Get on your bikes!
Join the Headway Essex team!**

Monday 26th July to Monday 2nd August

Fully supported by Bike Events
professional mechanics and
luggage transport

6 days of cycling with time for
sightseeing and
relaxation included

More information from
Headway Town Office, 58b Head Street, Colchester,
CO1 1PB. Tel: 01206 547616

Email: fundraising@headwayessex.org.uk

www.headwayessex.org.uk



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