NORFOLK HUFF & PUFF

CYCLE CHALLENGE

Along the Norfolk Coast Cycleway from Kelling Heath Holiday Park ● Sunday June 28 2009

Fun and fitness in the company of like-minded individuals... distances for all abilities. Typical challenge rides *BUT with a difference* - the extensive facilities at Kelling Heath Holiday Park (in North Norfolk) combine with local tourism attractions to create a day (or a weekend) for all tastes... even non-cycling partners and families!

25-mile ride... a come-and-try-it event for novice cyclists that visits the atmospheric village of Binham, home to an ancient priory and the real ales of The Chequers pub.

50-mile ride... that takes in Binham and the dramatic grounds of Holkham Hall, one of Norfolk's finest stately homes.

100-mile ride... featuring both Binham and Holkham Hall before heading to the picturesque seaside resort of Hunstanton.

- All rides are out-and-back and based on the Norfolk Coast Cycleway, a quiet lanes route promoted by the Norfolk Coast Partnership and Sustrans. It is signed but some junctions will be marshalled on the day.
- The start and finish is at Kelling Heath Holiday Park, Weybourne, in North Norfolk (NR25 7HW), where afternoon entertainment will include live music, a barbeque, and real ales. Toilets, free-to-use showers, and car parking all available on site - as well as a shop, bar, restaurant, café... and cycle hire.
- Riders can purchase refreshments along the way, with comfort facilities at Binham, Holkham Hall, and Hunstanton. All rides feature mechanical support.
- Free souvenir for the first 250 entries, and a prize raffle!
- The 100-mile riders start from 7.30 to 8.30am, the 50-mile from 8.45 to 9.45am, and the 25-mile from 10.00 to 11.00am. All riders need to be back at Kelling Heath Holiday Park not later than 5.00pm.
- Advance booking recommended but entries will be accepted on the day (supplies of the free souvenir may be limited).
- A charge of £2 for car parking will apply, so why not car-share? Parking FREE if on-site accommodation booked. FOR MORE DETAILS see leaflet, or visit...

www.cyclenorfolk.co.uk

Don't want to cycle?

Set in 250 acres of outstanding natural beauty Kelling Heath Holiday Park offers accommodation from woodland lodges to camping and caravanning.

On the day of the cycle rides there will be events for non-cycling partners and families, including guided walks (as well as adventure playgrounds, nature trails, and a trim trail), and an easy 5-mile on-park cycle circuit ideal for all ages. An indoor pool and fitness centre are also available.

Discounts on local attractions!

There will be discounts on local attractions from the North Norfolk Railway to the Splash Leisure Pool... and the nearby Muckleburgh Military Collection will be staging its annual Display event over both days of the weekend. Or simply explore the Georgian town of Holt, and the seaside resorts of Sheringham and Cromer. Add to that the National Trust's neighbouring Sheringham Park, and Holt Country Park... plenty to keep everyone entertained!

Make it a weekend! Kelling Heath Holiday Park is offering great deals on accommodation.

Bits and pieces BUT IMPORTANT

Organiser... the Norfolk Huff & Puff is organised by Huff & Puff Cycles which trades under the name of: Sam Weller & Associates, Ash House, Bure Way, Aylsham, Norfolk NR11 6HJ (VAT regd 595 1513 27). Email: enquiries@cyclenorfolk.co.uk (www.cyclenorfolk.co.uk). Telephone: 01263 734558. Mobile: 07747 012616. Fax: 01263 731950.

Disclaimer and insurance... although Sam Weller & Associates carries event organisers' insurance, in entering the Norfolk Huff & Puff riders accept they are participating on the public highway and that they, solely, are responsible for their safe riding and for ensuring that cycles are in a safe condition. The event is not a race. Riders are responsible for their own insurance (and for any loss or damage on the day), and for assessing their own health.

Charity collection... the Norfolk Huff & Puff is not a charity ride but we hope entrants will feel able to donate to charity on the day. There will be collections for two nominated charities... the East Anglian Air Ambulance and Norfolk Community First (Medical) Responders.

Age limits... minimum age 14 for the 25 and 50-mile rides; 16 for the 100-mile ride (unless special consents are agreed). Parental/guardian consent needed for riders under 18 and all must be accompanied by an adult. No age limit for the free-to-enter on-park five-mile ride.

Rider support... roving and static mechanical support. Any repairs will be subject to a fair charge.

How to find us... Kelling Heath Holiday Park is near the Weybourne Station of the North Norfolk Railway (postcode NR25 7HW), between Sheringham and Holt. A location map can be found on the Huff & Puff website www.cyclenorfolk.co.uk.

Accommodation... Kelling Heath Holiday Park is offering great discounts for the cycle challenge weekend. For other accommodation try www.visitnorthnorfolk.com, or call the Tourist Information Centre in Cromer on 0871 200 3071.

Cycle hire... well maintained mountain bikes available, but book early. Call Huff & Puff Cycles on 07747 012616.

Refunds and revisions... refunds issued only at the organiser's discretion, and rights reserved to alter the event details without notice.

Data protection... information provided may be stored on computer for the sole use of the event organiser. It will not be shared with others.

Thanks... many organisations support the Norfolk Huff & Puff. Our appreciation to the Norfolk Police, Norfolk Highways, North Norfolk District Council, the Borough Council of King's Lynn & West Norfolk, the Norfolk Coast Partnership, the East of England Tourist Board, Visit Norfolk, The Chequers (Binham), Holkham Hall, and the cycling community - including Fat Birds (Hunstanton).

For more information about cycling contact... CTC (www.ctc.org.uk) . British Cycling (www.britishcycling.org.uk) . Sustrans (www.sustrans.org.uk).

STAY THE NIGHT!

Kelling Heath Holiday Park truly is Norfolk's best kept secret. Enjoying a visual feast of 250 acres, in an area of Outstanding Natural Beauty, it has views across the stunning North Norfolk coast (for details see www.kellingheath.co.uk).

As a special offer during the challenge weekend cyclists and their partners/families can enjoy three nights for the price of two on camping and caravan pitches... that's just £14.27 per night including VAT! Luxury holiday homes sleeping up to six people are available too, from as little as £224 for three nights. These offers include FREE parking.

KELLING HEATH

Call Kelling Heath Holiday Park on 01263 588181. And the FIRST 50 people to book on-site will also be offered 2 for 1 leisure passes... giving access to a gym and indoor pool!

BOOKING FORM

One form per rider please (you may photocopy this form or download a copy from www.cyclenorfolk.co.uk). I wish to enter for the 25/50/100 - mile event (circle your chosen distance):

Name of rider: _____

Address: _____

_____

_____ Postcode: _____

Telephone: _____ Mobile: _____

Email: _____

I enclose a fee of £..... £15 per person for the 50 or 100-mile rides (BUT £18 on the day). £10 for the 25-mile ride (£12 on the day). Family entry for the 25-mile ride only £30 for up to two adults and two children under 18 years of age (£36 on the day). SAVE BY BOOKING IN ADVANCE!

Please make cheques/postal orders payable to Sam Weller & Associates and post to: Ash House, Bure Way, Aylsham, Norfolk NR11 6HJ. See above for more contact details.

In entering the Norfolk Huff & Puff I accept and abide by all the conditions as declared in this leaflet.

Signed: _____

Date: _____

Please tick here ☐ if this is parental/guardian consent for a rider aged under 18 and PRINT YOUR NAME

_____

ID cards will be issued in advance if entries are received not less than two weeks before the event. YOU MUST bring the ID card with you on the day. All other information issued on arrival.

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