



DBF

Douglas Bader Foundation

Cycle 18-21 September 2009 London to Amsterdam

In support of
The Douglas Bader
Foundation

This long weekend challenge from London Stanstead to Amsterdam covers 300km in three days. We set off through the rolling Essex countryside, then take the ferry from Harwich overnight to Holland where we have two days on cycle paths through sand dunes, nature reserves and past many windmills

For more information and a registration pack email Keith Delderfield at douglasbaderfdn@btinternet.com or phone 01442 826662 / 07831 596015

There is a minimum fund raising requirement
There is a non-refundable registration fee
This is a major fundraising initiative for the charity



This is part of an open challenge organised and managed by Classic Tours

www.douglasbaderfoundation.com The Douglas Bader Foundation is a registered charity (RCN 800435)

To participate in one of our fund-raising challenge events visit the Bader Events section of the website, email douglasbaderfdn@btinternet.com or phone 01442 826662 / 07831 596015