

# NORFOLK HUFF & PUFF CYCLE CHALLENGE

Along the Norfolk Coast Cycleway from Kelling Heath Holiday Park ● Sunday June 27 2010

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 prize raffle!
- The 100-mile riders can start any time between 8.30 to 9.00am - the 50-mile riders any time between 9.00 and 9.30am - and the 25-mile riders any time between 9.30 and 10.00am.
- Advance booking recommended but entries will be accepted on the day.
- A charge of £2 for car parking will apply, so why not car-share? Parking FREE if on-site accommodation booked (see overleaf).

[www.cyclenorfolk.co.uk](http://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.

## Plenty of local attractions!

If you want to make a weekend of it (or you are not cycling) there are plenty of attractions practically on the doorstep of the Kelling Heath Holiday Park... from the steam of the North Norfolk Railway, to the military might of the Muckleburgh Collection (which will be staging special displays), or the laid back lifestyle of the Splash leisure pool. Locally the National Trust has Felbrigg Hall, Blickling Hall, and Sheringham Park. Or simply explore the Georgian town of Holt, and the seaside resorts of Sheringham and Cromer.

**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) Responder. **£1 from each entry will also go to the charities.**

**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, Active Norfolk, Visit Norfolk, The Chequers (Binham), Holkham Hall, and the cycling community.

## 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 (**PLEASE 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!**



## 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](http://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 a total of just £50 per pitch including VAT! Luxury holiday homes sleeping up to six people are available too, from as little as £256 for three nights. These offers include FREE parking.



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!**



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**



Ride details will be issued in advance if entries are received not less than two weeks before the event. **YOU MUST** bring this information on the day. All other information issued on arrival.

Leaflet PRODUCED BY Sam Weller & Associates ([www.nfkmedia.co.uk](http://www.nfkmedia.co.uk)) and printed using material from sustainable sources.