

Hospice at Home

Carlisle and North Lakeland



Coast to Coast Summer Solstice Ladies Cycle Ride

Experience the adventure of a lifetime and join a team of 50 special women to raise funds for Hospice at Home



Challenge yourself in 2011 by taking on the 140mile Coast to Coast Summer Solstice Ladies Bike Ride. Your journey will take you through stunning Lake District scenery, over the 'Roof of England' on the Northern Pennines, and down towards the North East Coast at Tynemouth.



On the way you will be raising funds and awareness for a vital local charity that provides palliative care at home for patients with life limiting illnesses and their carers.

We need your help to raise the £9,500 a week necessary to maintain the service.

Enter
Today!

call 01768 210719

email fundraising@hospiceathome.co.uk
or visit www.hospiceathome.co.uk



Brief Encounter
Coffee Shop & Restaurant

Starfruits
of Penrith



Arragon's
Cycle Centre

To take part in the challenge you need to pay a registration fee of £100 and raise a minimum of £500 in sponsorship for Hospice at Home Carlisle and North Lakeland.

Hospice at Home Carlisle and North Lakeland is a registered charity (Number 1095708) and a Company Limited by Guarantee (4609579)