

Lauenburger 3-Muscle-Tour 18. - 21. of May 2023 - Adventure with 'Bicycle group Rückenwind' for Kids and Oldies on their push bikes



Tour on bikes for the whole family with activities full of joy, integration and team spirit. We are talking German, English, by Heart and perhaps Ukrainian, Afghan, Syriac, Turkish and?

After a short journey with DB we will cycle from Hamburg along the Dyke through Vierlander flower and fruit plantations to the Youth Hostel Geesthacht, where we will have a warm dinner together. On tour we will have an introductory game to learn more from each other. On Friday we will experience the Lauenburger hills and the Elbe-Lübeck-channel before we will reach historical city of Mölln. Who knows a story of Till Eulenspiegel, the funny fool, who lived here in the middle age? On Saturday, we are heading to the 3 muscle tour in Ratzeburg. We will enjoy the parkour by driving draisines, fun-bikes and canoes together easily. After such action we will be ready for the barbeque back in the Youth Hostel at Mölln. On Sunday our tour guides us via Büttenwarder (known from TV-comedy) to train station Aumühle. Back by DB.

The adventure is for kids from 6 to 17 years (or even older) with their parents. All tours have distances possible for kids and adults. We stay in a group and will support each other. There will be enough time to make the ride with joy and happiness.

What is needed to bring? During the first day you should provide yourself with food. Towels, drinking bottle on the bike, warm, multi-layer clothes, if weather turns cool. Rainwear protects against wind. Spare tube and tires on bikes fit to drive.

Urgently recommended: helmet, cycle gloves, weatherproof shoes. In the evening we will get dinner in the hostel, bedclothes will be provided. You get more infos in the 'tour packing list' when registration is done.



Fees for the whole weekend (4 days) Children before 18J. € 115,- / Adults € 198,- (adult members pay a reduced price € 18,- less) The price contains full board and lodging, barbeque, train tickets for persons and bikes, 3- muscle tour, goodies, tour guiding, support money from Rückenwind, grant funding form official authorities, time for creative solidarity, fresh air and fun.

START: We meet at train station Elmshorn in tunnel with access to platforms on **Thursday, 18.05.2023 - 8h00.** Return will be on Sunday, 21.05. approx.18h

Be quick – first come – first serve. Registration ends on **16th of April latest.** Please transfer the fees to our bank account and mention your name: **Rückenwind Elmshorn, IBAN: DE15 2215 0000 0000 104337 BIC: NOLADE21ELH.** Please register by email until 16.04.2023 to Thorsten, provide name, birthday, address, phone no. and email for further info. If you can't participate due to cost issues, please contact me, we will find a solution.

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We are looking forward meeting you: **Patricia, Adrian, Raimond, Sylvie, Eddie, Thorsten**

