

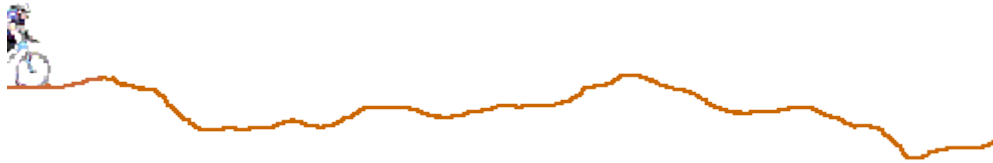


GNH 2010 Bike Hash Option



For the first time GNH 2010 will be offering the option of a bike hash trail on Saturday, as an alternative to the running and walking trails, to give you the opportunity to see more scenic Bodensee countryside.

For anyone new to bashing, the trail is laid like a normal hash trail with checks, false trails, etc, but on a larger scale. Typically a trail will take 2 or 3 hours to ride.



The GNH2010 bash trail will be suitable for anyone with a reasonable level of cycling competence and fitness. Although the trail takes advantage of the areas extensive network of undulating, traffic-free cycle routes, with no serious climbs or descents, it is recommended that everyone wears a helmet and suitable cycling clothes. The trail will incorporate scenic 'refreshment' stops, but it is still recommended that everyone carries their own water bottle, remember "hydrate or die".



Bike Hire

Bikes can be rented from Zweirad Schmid FN, which is located close to the Friedrichshafen Hauptbahnhof. Reservation in advance is recommended.

http://www.zweirad-schmid.de/html/rader_mieten.html



Registration

If you would like to take part in the GNH2010 bike hash, then please send an email to registrar@gnh2010.harrier.ch to give an idea of the numbers to cater for.

