

Lugano Overland Adventure

the journey is as important as the destination

The 9th International Congress of the F.M. Alexander-Technique

We are delighted to announce our third Congress group trip from the UK, this time it is a fun overland adventure coach trip to the Lugano 2011 Congress.

PACKAGE A - TRAVEL ONLY

Group of approximately 30 people travelling together by coach.

OUTWARD JOURNEY

We plan to depart from the UK early on Saturday 6th August, we will gather and depart from Victoria in London to travel to Kent and then onto the French/German border where we will stay the night. We will continue our journey on Sunday and arrive in Lugano in the early afternoon on Sunday in time to check in to the accommodation and then on to the Congress to register in time for the evening opening ceremony.

RETURN JOURNEY

We plan to return to the UK on Saturday 13th August, after the closing ceremony we will depart from the congress venue to travel back with an overnight stay. On Sunday the 14th we will continue our journey back to Calais and across to the UK, to arrive in London in the evening.

Saturday 6th August

London to Dover 2 hours
Calais to Strasbourg 6 hours
1st Night in Strasbourg (SAT)

Sunday 7th to Saturday 13th August

Strasbourg to Lugano 4 hours

Saturday 13th August

Lugano to Strasbourg 4 hours
8th Night in Strasbourg (SAT)

Sunday 14th August

Strasbourg to Calais 6 hours
Dover to London 2 hours

COSTS : Travel £336.00 (to the Congress and return, including two overnight stops and ferry crossings)

NOT INCLUDED : Accommodation in Lugano, travel insurance, Conference registration and fee.

PACKAGE B - ACCOMODATION ONLY

6 nights hotel accommodation in Lugano, with own single room and breakfast.

Sunday 7th to Saturday 13th August
6 Nights in Lugano (SUN - FRI)

COSTS : Accommodation £450.00

NOT INCLUDED : Travel costs and Insurance

INTERESTED?

Places will be allocated on first come first served basis.

Please email mail@trackaccess.co.uk by **Saturday 9th October** to register your interest. State your contact details and indicate either (a) TRAVEL (b) ACCOMMODATION or (c) BOTH.

We will then contact you with further details by email.
For any further queries please contact the organisers below:

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Event organised by www.AlexTech.tv