



FOR IMMEDIATE RELEASE

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**PLAN NOW FOR THE SEPTEMBER 5-7 'SURF AND TURF'
WEEKEND OF CYCLING AND KAYAKING IN DELAWARE'S CAPITAL REGION**

DOVER, DE – Are you into fitness and the great outdoors? If cycling the Amish countryside and kayaking the smooth, cool waters of Silver Lake sound like fun, why not sign up today for the “Surf and Turf” Weekend, September 5-7, in Delaware’s Capital Region.

The weekend adventure includes two nights of lodging, admission to the 22nd Annual Amish Country Bike Tour on Saturday, September 6, catered picnic lunch, as well as a kayaking tour of Silver Lake on Saturday, September 6 or Sunday, September 7. Cost of the all inclusive weekend package is \$275 per person or \$325 per couple.

The Amish Country Bike Tour spins off between 8 and 10 a.m. on Saturday. Cyclists have their choice of 15, 25, 50, 62 or 100 mile loops through Delaware’s Amish countryside. Four food stops, including the Amish Country Schoolhouse, will be provided at no additional charge, along with bike tour map and water bottle. At the Schoolhouse, members of the Amish community will serve their home-baked pies and cookies, along with healthy foods and beverages. Following the bike tour, a catered picnic lunch will be served on Legislative Mall during the after-tour party featuring live musical entertainment.

The package includes two nights’ lodging, inclusive of tax, at any of the following Capital Region hotels: Country Inn and Suites of Dover; Hampton Inn of Dover; Best Western of Smyrna; Comfort Inn of Dover; Mainstay Suites of Dover; Microtel Inn and Suites of Dover; AmericInn of Harrington or AmericInn of Milford.

Dover-based outfitters, Return to Nature Kayaking, will provide the kayaking tours. Package participants can choose from the following tours, all of which meet at the beach on Silver Lake in Dover: Saturday, September 6, 2-4 p.m. or 6-8:30 p.m. or on Sunday, 9-11 a.m. (family fun paddle) or 11:30 a.m. to 1:30 p.m. (eco paddle).

For more information about the weekend Surf and Turf package, call Kent County Delaware Convention and Visitors Bureau at 800-233-5368 or visit www.visitdover.com.

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