

Join us on this cycling challenge as we bike from Vietnam to Cambodia! This breathtaking bike ride will take us from Vietnam's Ho Chi Minh City (Saigon) to the ancient temples of Angkor Wat in Cambodia.

Few locals will have seen foreigners cycling past, and their interest and hospitality will spur on even the most tired cyclist as we cycle through breathtaking countryside.

From Saigon we cycle into Cambodia and push on to the world famous temple site of Angkor Wat - arguably one of most fascinating wonders of the world! Built from 879 – 1191AD by the Khmer civilization, Angkor Wat represents one of mankind's most astonishing architectural achievements, and is certainly the jewel in Cambodia's crown.

Perhaps the most exciting part of the trip will be visiting the orphanage in the countryside of Cambodia for whom the money is being raised. Spending a few hours with the precious youngsters will definitely make all the work worthwhile!

**Two fascinating countries – one awesome Challenge!
Join us today and experience South East Asia at its best!**

Challenge Highlights

- Cycle from Vietnam to Cambodia – 2 country cycle challenge!
- Experience 2 of the most fascinating and friendly cultures in South East Asia
- Cycle far from the tourist trail – discover the REAL Vietnam and Cambodia!
- Visit the HopeAsia Orphanage and witness where the money goes!

Overview

- **Trip Dates:** Friday 10th to 19th February 2012
- **Duration:** 10 days
- **Cycling days:** 6
- **Distance cycled:** 362km
- **Accommodation:** Hotels
- **Challenge grading:** Challenging

Itinerary

Day 1

We depart the UK for our flight to Ho Chi Minh City (Saigon) arriving the next day.

Day 2

Upon arrival, we are met by our local guides and transfer to our hotel. After taking delivery of our bikes the rest of the day is free at our leisure to relax after the long flight.

Day 3 **Saigon to Tay Ninh**

After our morning transfer of about 25km, we then embark on a guided ride from the outskirts of Saigon to the Cu Chi tunnels.



Itinerary

We cycle along the beautiful Saigon River passing through the fascinating rural villages and giant rubber plantations before finally reaching the Cu Chi tunnel. The tunnels were Vietcong sanctuaries, used by the guerrillas as living quarters and escape routes. After visiting the tunnels, we continue to pedal along quiet country roads passing through local villages before getting to Tay Ninh town.

Cycling distance - 90km approx

Day 4 Tay Ninh to Kratie

We start cycling towards the border at Xa Mat. On reaching Xa Mat we bid farewell to our Vietnamese guides and cross the border to meet our Cambodian guides and support crew.

Note: Visa on arrival for Cambodia is not available. Visa must be obtained before arrival at Cambodian in country of residence.

Our local guide will help with immigration formalities and it's not long until we start our transfer towards Snuol located in the Far East corner of Cambodia. After arriving in Snuol we enjoy lunch in a very local establishment. Snuol is primarily a village that is used for refill stops on the way to Mondulkiri in Cambodia's remote east. From Snuol we transfer 85km to Kratie where we will take our bikes and cycle a mere 16km towards the dolphin pool where we can witness the rare Irrawaddy Dolphins. We enjoy a one hour cruise on the Mekong and enjoy plenty of sightings of this rare species before heading back to Kratie.

Cycling distance - 72km approx

Day 5 Kratie & Hope Asia Orphanage

This morning we ride straight to the HopeAsia orphanage near Kratie for the highlight of the trip and are introduced to the orphans that the trip is all about. We are guaranteed a very warm welcome and will have the opportunity to see what has been achieved there in recent years. At the end of the day we will be sad to have to say goodbye to the children who will leave us with renewed determination to complete the challenge! We then transfer to our hotel in Kampong Cham.

Cycling distance – 35km approx

Day 6 Kampong Cham to Kampong Thom

We have an early breakfast and transfer for 30km out of Kampong Cham then its back on the bikes! We cycle all the way to the hotel at Kampong Thom along a route filled with rubber plantations and passing the friendly locals of the picturesque villages of the region.

Cycling distance – 80km approx



Itinerary

Day 7 Kampong Thom to Siem Reap

After an early breakfast we transfer 80km from Kampong Thom to an ancient red sandstone bridge on the route to Siem Reap, built in the Angkor period. From here, we jump on our bikes to cycle the final leg of our epic journey on quiet earth roads through local villages, arriving at our finish line in the Angkor Wat complex!

At night you will be free for dinner and explore Siem Reap's famous "bar street" with many stylish restaurants and bars to celebrate your cycling achievements.

Cycling distance – 60km approx



Day 8 Siem Reap to Angkor Wat

This morning we start our bike ride to Angkor Wat. Our first visit is to the breathtaking Ta Prohm temple. After our Ta Prohm exploration we continue to Angkor Thom, which was the last capital of the Great Khmer Empire under the reign of Jayavarman VII. After passing through the south gate, we head along a shady road to the Bayon temple. This temple lies exactly in the center of the city and the popularity of this monument are the 54 towers representing the 54 provinces of the ancient Great Khmer Empire. Each tower has 4 Bayon faces and is the only temple in Cambodia depicting scenes of every day life at the time of the empire.



We enjoy lunch at the Angkor Café before we explore the biggest religious Hindu edifice in the world: Angkor Wat. The magnificent Angkor Wat Temple was built by Suryavarman II. After experiencing all these magnificent temples and intensive visits, we cycle back to Siem Reap for a well deserved dinner with traditional Khmer Ballet.



Cycling distance: 25km

Day 9 – Depart Siem Reap

Following breakfast, we have a free morning before our flights back to the UK.

Day 10 – Arrive UK

This itinerary may alter due to local conditions, the strength of the group and other unexpected circumstances. We will do our very best to adhere to the set itinerary, however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, our cycling guide will have the final say.

Cost

Each participant must pay a non-refundable registration fee of £299 to Global Adventure Challenges in order to secure their place. Thereafter we ask that each participant aim to raise approximately £2,750 from sponsorship and their own contributions. Within this all the other costs are met as detailed below.

We are able to give some advice on fundraising but perhaps one of the biggest parts of the challenge is securing your sponsorship. We also have the facility for you to set up a page on the "charitygiving.co.uk" website so that individual sponsors can make all their contributions and Gift Aid declarations online.

Included

- Return flights from London to Ho Chi Minh, then return from Siem Reap to London
- Accommodation based on double/twin Room with breakfast
- Transfer & back-up by private air conditioned vehicles
- Lunches and dinners starting from dinner day 2 through to breakfast day 9 EXCEPT dinner on day 7
- Biking related services: transfers of bikes between or to/from destinations, Spare parts and helmets, water during the rides, fresh fruits and snacks
- First aid kit
- Local English speaking biking guide and a cycling assistant
- Sightseeing tickets in Cu Chi Tunnel
- An English speaking guide for city tours and Angkor Wat visit
- All entrance fees as indicated in itinerary + Angkor Wat entrance fee
- Global Adventure Challenges Leader from UK
- Global Adventure Challenge Comprehensive Medical Kit

Not Included

- Dinner on day 7
- Visa for Cambodia (to be obtained in the UK) and Visa for Vietnam (obtain in UK)
- Airport Taxes and Fuel Surcharge – approx. £185 payable 6 weeks prior to departure
- Alcoholic drinks & drinks at mealtime + Optional visits + Personal expenses (Telephone, laundry etc)
- Personal travel insurance
- Tips for guide, driver, boat crew & hotels' porters
- Local departure tax (Cambodia USD25)



Further information from Crispin Fairbairn at HopeAsia on 0118 947 4781.

Phone for a chat or to get a registration form

www.hopeasia.org