

# FURTHER INFORMATION



## VIETNAM TO CAMBODIA CYCLE

This breath taking charity bike ride is one of the best in the world and will take us from Vietnam's Ho Chi Minh City (Saigon) to the ancient temples of Angkor Wat in Cambodia. Before you start cycling you'll have time to explore the fascinating city of Ho Chi Minh City – the heart of Vietnam.

Our 382km route will take us through many traditional Vietnamese villages, following gorgeous streams and rivers, passing paddy fields overlooked by stunning mountains. Few locals will have seen foreigners cycling past and their interest and hospitality will spur on even the most tired cyclist.

After a fascinating river journey and rest day on the Mekong and Bassac Rivers, we cross the border 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 civilisation, Angkor Wat represents one of mankind's most astonishing architectural achievements and is certainly the jewel in Cambodia's crown.



“BELIEVE YOU CAN”



# VIETNAM TO CAMBODIA CYCLE



## CONTENTS

**Page 2:** Contents, introduction and financial protection.

**Page 3:** About Global Adventure Challenges, minimum numbers and responsible tourism.

**Page 4:** A few notes on Vietnam & Cambodia and currency.

**Page 5:** Local way of life, climate, temperature & humidity and snakes & bugs.

**Page 6:** Health & vaccinations, safety & security and some useful tips.

**Page 7:** Passport & visa and travel insurance.

**Page 8:** Flights, luggage and extending your stay.

**Page 9:** Accommodation, toilet & washing facilities and telephone & Wi-Fi.

**Page 10:** Other costs to budget for and tipping.

**Page 11:** Difficulty & terrain, challenge grading and training tips.

**Page 12:** Support on your challenge, food, water & refreshment stops and traffic.

**Page 13 - 15:** Detailed challenge information.

## INTRODUCTION

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change including the accommodation details noted within this document and the facilities available.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com).

## FINANCIAL PROTECTION

By travelling with Global Adventure Challenges you are protected by the Civil Aviation Authority (CAA) under our ATOL licence number 6506.

When you buy an ATOL protected flight inclusive Overseas Challenge from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

The CAA are the UK's specialist aviation regulator. They are a public corporation, established by Parliament in 1972.



# VIETNAM TO CAMBODIA CYCLE



## ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours!

We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising

event experience, are what makes us different from other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!

## MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 15.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the Challenge with less than the minimum number, however a small supplement will be applicable.

In this instance we will communicate this to you no later than 11 weeks before departure.

## RESPONSIBLE TOURISM

At our overseas destinations we work with small, local ground handlers who employ local guides and we use as much local infrastructure as we can to boost the economy and income. We aim to ensure that all local guides involved with our events are given a fair wage in accordance with appropriate local standards and each of our challenges is designed using the knowledge of local experts.

We believe that we need to preserve and respect the locations in which our challenges take place in order for future generations to experience the same fantastic places as we do now. More information regarding our Responsible Tourism Policy can be found on our website.



# VIETNAM TO CAMBODIA CYCLE



## A FEW NOTES ON VIETNAM & CAMBODIA

VIETNAM is the easternmost nation on the Indochinese Peninsula. It borders China to the north, Laos to the northwest, and Cambodia to the southwest. On the country's east coast lies the South China Sea. The Mekong Delta, covers about 40,000 square km and is crisscrossed by a maze of canals and rivers. Hanoi in the North is the capital city but Ho Chi Minh City, formerly Saigon, is the largest city. With a population of over 85 million, Vietnam is the thirteenth most populous country in the world.

After a troubled past - most notably, the Vietnam War (called the American War in Vietnam) that broke out in 1959 and lasted until 1975 - the economy of Vietnam has achieved rapid growth in agricultural and industrial production, construction and housing, exports and foreign investment. It is now one of the fastest growing economies in the world and the largest producer of cashew nuts and second-largest rice exporter in the world.

CAMBODIA has a population of almost 15 million people, with Phnom Penh being the capital city. A citizen of Cambodia is usually referred to as 'Khmer'.

The country borders Thailand to its west and northwest, Laos to its northeast and Vietnam to its east and southeast. In the south it faces the Gulf of

Thailand. The geography of Cambodia is dominated by the Mekong river (colloquial Khmer: *Tonle Thom* or "the great river") and the Tonle Sap ("the fresh water lake"), an important source of fish.

Brutal war and genocide under Pol Pot from 1975-1979 created subsequent famine in Cambodia. Desperate farm families had no choice but to eat their rice seeds and only in 2000 was Cambodia once again self-sufficient in rice.

Despite recent progress, the Cambodian economy continues to suffer from the effects of decades of civil war and corruption. The standard income of most Khmer is increasing, but is low compared with other countries in the region. Most rural households depend on agriculture for survival.

### Fact File - Vietnam

- **Population:** 85.5 million.
- **Capital city:** Hanoi.
- **Religion:** Approximately 85% Buddhism, 8% Christian, 3% Cao Dai, 4% other.
- **Language:** Vietnamese.
- **Time difference to GMT:** +7 hours.

### Fact File – Cambodia

- **Population:** 14.8 million.
- **Capital City:** Phnom Penh.
- **Religion:** 95% Theravada Buddhist, remaining 5% Muslim, Christian, Animist and Hindu.

- **Language:** Khmer.
- **Time difference to GMT:** +7 hours

## CURRENCY

In Vietnam the currency is Vietnamese Dong (VND) and this can be exchanged for US dollars at all hotels. The current exchange rate is US\$1 to 22500 Dong. You should take cash in US dollars to exchange once you arrive in the country.

ATMs are available in Ho Chi Minh City. US dollars are accepted at some places in Ho Chi Minh City but Dong is needed for smaller purchases and once we leave the city.

In Cambodia the currency is Riel (KHR) but it is not necessary to change any currency as US dollars are accepted everywhere and are the preferred form of currency anywhere in Cambodia. The current exchange rate is US\$1 to 4000 Riel. If you pay in US dollars you will receive change in US dollars and very small amounts in Riel, so you will still be able to acquire a Cambodian note for a souvenir without the hassle of changing currency. You should take cash in US dollars.

ATMs are also available in Phnom Penh and Siem Reap.



# VIETNAM TO CAMBODIA CYCLE



## LOCAL WAY OF LIFE

Once we leave the cities we will travel through areas that are off the usual tourist route. In the countryside the villagers are much more traditional than in the towns. Women usually dress very modestly, so it is best to avoid skimpy tops and “short” shorts. Public displays of affection between men and women are frowned upon and may be considered offensive. You will be the star attraction wherever you go and children will come up to you in droves the moment you stop. The Vietnamese and Khmer are both very welcoming but you will be stared at from morning till night! People are only curious though and if you take the trouble to give them a smile they will be ecstatically happy.

- Always ask before taking photos of local people, do not point cameras in their faces.
- Please **don't** give sweets to children, it leads to dietary and dental problems which they cannot afford to deal with.
- Please **don't** give money to children - it encourages them to beg and stay away from school.
- Please **don't** buy from the children selling souvenirs, as again, it encourages them to stay away from school. What seems like generosity is sometimes not. This is advice given to us by local guides.

- Please **do** feel free to give out pens, pencils, hair clips, small toys, etc. If you feel you want to give something bigger, please ask your guide about making a donation to a local school or hospital.

## CLIMATE, TEMPERATURE & HUMIDITY

Vietnam and Cambodia have a tropical monsoon climate so both countries are subject to two main seasons, wet and dry, but they can still be visited and enjoyed all year round. The winter or dry season, is roughly from November to April and the wet season is May to October.

The average day time temperature in November and March is normally between 23-30°C, Average humidity in November is approximately 79%, but in March can drop as low as 65%

Month	Average Max Temp °C	Average Min Temp °C	Rain Fall (mm)
Jan	32	22	10
Feb	33	23	10
Mar	34	24	10
Sep	31	25	190
Oct	31	24	160
Nov	31	23	120
Dec	31	22	40

## SNAKES & BUGS

It is unlikely that you will encounter any snakes or creepy crawlies, especially if you follow a few simple rules:

- Never put your hands or feet anywhere you cannot see.
- Shake out all clothes and shoes before reaching into them.
- Never go barefooted.
- Use a torch at night so you can see where you are walking.

Your local guides will inform you of any other precautions that may be necessary.

As with most wildlife they would rather avoid an encounter with you as much as you would with them!

We do pass through a village where girls will wander round the market with trays of deep fried tarantulas – they may have one or two live ones with them to frighten the tourists and for photo opportunities!



# VIETNAM TO CAMBODIA CYCLE



## HEALTH & VACCINATIONS

As part of the registration process we require you to complete a medical questionnaire in full. Your answers will be treated in the strictest confidence in accordance with the Data Protection Act and our policy is to encourage and support as many people as possible to take part in our challenges. We request medical information from you in an endeavour to minimise risk to all participants, and for that reason we ask that you disclose all your medical history. Depending on the answers given you may need to get your Doctor to sign and stamp your medical declaration. If you are 64 years of age or over at time of travel you must be authorised by your Doctor regardless of the answers given.

It is strongly recommended that you consult a medical professional to ensure your vaccinations are all up to date. You must discuss your own particular needs and contra-indications to vaccines or tablets with them.

The following information is only given as a guideline – always seek professional advice:

- Confirm primary courses and boosters as recommended for life in Britain are up to date.
- Vaccines sometimes advised - Hepatitis A, Typhoid, Tetanus and Polio.
- Anti-malarials may be required.
- You should take the usual precautions to avoid mosquito bites e.g. long sleeves, mosquito repellent with 50% DEET.

If you take prescription medication please make sure they are in the original packaging with a label showing your name, alternatively take a copy of the prescription with you or a letter from your doctor confirming you have been prescribed this medication.

Wash your hands wherever possible to avoid stomach upsets. We highly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.

We also recommend you use a high factor sunscreen and re-apply regularly.

## SAFETY & SECURITY

To ensure the safety and security of your group all guides will be in radio/phone contact with each other.

You should always be vigilant when staying in an unfamiliar environment and it is sensible to look after your personal possessions as you would do at home:

- Keep handbags closed and wallets in zipped pockets.
- Don't leave valuable equipment such as cameras and mobile phones unattended on tables etc.
- Don't wear expensive jewellery/watches or carry large amounts of cash.
- Use hotel safes and lock boxes where available for passports, tickets and other valuables when leaving your accommodation for the evening.

- Our recommendation is to leave valuables at home. If you don't need it, don't bring it!

It is estimated that 15% of Cambodia still has undiscovered minefields and these are thought to be mostly around the border regions with Thailand, it is still sensible not to walk too far off local paths and to avoid kicking any chunks of metal lying about.

**Credit card for emergencies** – in the unlikely event you have to curtail your challenge, it is expected that you will have to cover any additional costs such as extra accommodation, transfers etc. Often these additional costs incurred can be claimed back through your travel insurance.

## SOME USEFUL TIPS

- Hello in Vietnamese is 'xin ciao' but most people you meet will expect you to say 'hello'.
- Hello in Khmer is 'sour sdey'.
- Thank you in Vietnamese sounds like 'cam on' and in Khmer sounds like 'aw guhn'.
- Ladies, please take a scarf to cover your shoulders and a skirt to cover your cycling shorts at Angkor Wat if you are planning on climbing to the highest level of the temple.
- Vietnamese coffee is very strong and sweet and is usually served with condensed milk. Bring your own sachets of coffee or tea bags if you need your daily cuppa in the morning!



# VIETNAM TO CAMBODIA CYCLE



## PASSPORT & VISA

Passports should have a validity of at least 6 months after your return. Please ensure that your passport is in good condition as you may be refused entry onto the plane if it is damaged in any way.

On 22 June 2015, the Vietnam Embassy received formal notification from the Government of Vietnam that British Citizens will not require a visa to travel to Vietnam for a period of up to 15 days on the basis of meeting all conditions prescribed by Vietnamese laws (if you wish to re-enter Vietnam without a visa, the next entry must be at least 30 days after the previous exit). To be eligible for visa exemption your passport must have at least 6 months validity. The visa exemption period will start from 01 July 2015 and end on 30 June 2018. At the moment there is no official announcement on an extension to this exemption.

Currently British Citizens do not require a visa to enter Vietnam but please check with the Embassy ([www.vietnamembassy.org.uk](http://www.vietnamembassy.org.uk)) if you are extending your stay, will be re-entering Vietnam, if you are a citizen of the Republic of Ireland or are any other nationality other than a British Citizen.

For a visa to enter Cambodia you will need to bring 2 recent passport photographs and \$30 with you on the challenge and the visa will then be obtained at

the border crossing. Please ensure that you have 2 blank pages in your passport to allow for the Cambodia visa.

We will send you further information in the lead up to your challenge on visa/entry requirements for both Vietnam and Cambodia including any entry requirements for countries visited whilst in transit. Please read all the information provided carefully before applying. If you have any queries, please contact either the Vietnamese or Cambodian Embassy directly as they will always have the correct, up-to-date information on the application procedure.

Please note that it is your responsibility to check all entry requirements and ensure that you have the correct paperwork/visa to enter both Vietnam and Cambodia.

## TRAVEL INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges and details of how to apply are given in your welcome pack letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.



# VIETNAM TO CAMBODIA CYCLE



## FLIGHTS

Flights normally depart and arrive back into the UK in the morning. Your flights will normally have a combined flying time of approximately 14 hours on both the outbound and inbound legs and can often include two separate flights on each leg. So you need to prepare yourself for long journeys at the start and end of the challenge.

Your exact flight details will be confirmed in the lead up to your challenge. Flight bookings will normally be made on a group fare basis and be in economy class. If you would like us to look into upgrading you to a different class please contact our Customer Care team at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or call us on 01244 676454.

## LUGGAGE

You will need a large soft holdall/rucksack for your main luggage which will be transported by vehicle between our accommodation on each day.

We recommend that your main piece of luggage weighs no more than 20kgs irrespective of whether the airline has a higher baggage allowance. Please remember our ground crew, porters and in some cases animals, will be transporting your luggage whilst you are on the challenge and so with their health and safety in mind, it is advisable not to pack any heavier.

You will also need a small backpack/camel bac to carry any essentials with you during the day i.e. sunscreen, tissues, camera, small personal first aid kit etc.

## EXTENDING YOUR STAY

If you would like to take the opportunity to extend your stay, it might be possible for us to arrange an extension for you with the airline so you can spend some extra time immersing yourself in the culture and beautiful landscape on offer.

If you are interested, please contact the Customer Care team to request an extension form at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or by calling us on 01244 676454. We recommend you do this as soon as possible as all extensions are strictly limited, subject to availability, given on a first come, first served basis and the final decision always rests with the airline. Your request will be placed on a list in order of receipt and we will contact you at the earliest opportunity before the date of travel to confirm whether the extension has been granted. Therefore please do not make any plans for your requested extended period until you have heard back from us.

There is a minimum £60 + VAT charge to have your return airline ticket extended.

Through our in-country ground handler it may also be possible for us to create bespoke/tailor-made extension packages to suit your needs.



# VIETNAM TO CAMBODIA CYCLE



## ACCOMMODATION

We will be staying in air-conditioned hotels with en-suite washing facilities, usually two people to a room. The hotels are clean and comfortable but possibly much more basic outside the cities.

We submit our rooming lists for your challenge at 8 weeks before challenge departure. Please make sure you have informed us of anybody you would like to share with along with your relationship to them before this time as we are unable to amend the rooming lists once submitted. If you are a solo participant we will partner you with another participant of the same sex, and where possible, of a similar age.

Please contact the Customer Care team at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) if you would like the cost of a single supplement.

## TOILET & WASHING FACILITIES

Toilets will be available at our accommodation and we will do our best to make sure toilets are available at our water and lunch stops – they are usually of the ‘hole in the ground’ type and may be of a poor hygiene standard. Used tissue should be disposed of in the bins if provided, or disposed of appropriately at a later time, *not* flushed down the toilets.

Facilities are scarce elsewhere so you will have to be prepared to use the ‘great outdoors’ when necessary! You should carry your own supply of tissues but please dispose of these appropriately (‘nappy sacks’ are very useful!).

Remember to wash hands wherever possible to avoid getting stomach upsets. A small bottle of antibacterial hand gel is a must.

## TELEPHONE & WI-FI

In all major cities and towns in both Vietnam and Cambodia you can expect to have cellular access as well as most popular beach locations. However, we are cycling through remote parts of Vietnam and Cambodia so expect your mobile phone coverage to be poor for significant parts of the challenge.

Wi-Fi – is limited along the route and more information can be found on Wi-Fi availability at the hotels we stop at later in this document. A Wi-Fi signal may also be available at some of the cafés that we stop at whilst cycling.

There will be the opportunity to charge electrical items at hotels in the evening so make sure you bring the appropriate travel adapter for Vietnam and Cambodia.



# VIETNAM TO CAMBODIA CYCLE



## OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Kit and clothing	Please see kit list
Visa	\$30 - to enter into Cambodia, but this is subject to change
Travel insurance	£63
Spending money	£200 - £250
Hotels the night before your UK departure and/or the night of your UK arrival	£60 - £100 per night
Airport car parking	£75 - £150
Travel to and from the UK departure airport	The cost depends on how far you need to travel and type of transport you are taking - flights and trains are quicker but also more expensive than going by coach

**Average costs** - The average cost of a beer in Ho Chi Minh City is around 25,000 Dong and around 10,000 Dong in smaller towns. The average cost of a beer in Phnom Penh and Siem Reap is around \$2.

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!

## TIPPING

In Vietnam we will collect a 'kitty' of \$5 from each participant which will cover all the tips for the porters, waiters, etc, for the Vietnamese part of the challenge. In addition to the above we would be expected to tip the boat teams on Days 5 & 6 and the tour guide at the Killing Fields. We recommend budgeting \$2-3 per person for each excursion.

Tipping your crew/drivers is appropriate, customary and always appreciated. Your guides work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special the team did to enhance your trip. We need to bear in mind that we have a different team of guides in each country so you will have to budget for tips for two teams. We recommend around US\$60 from each person for *each* team, but this does depend on your budget, and what you feel is appropriate.

We normally collect the tip for both teams at the start of the challenge. Your challenge leader will then ensure that this collection is split evenly between both the Vietnamese and Cambodian teams.



# VIETNAM TO CAMBODIA CYCLE



## DIFFICULTY & TERRAIN

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 1 (Challenging).

The cycling is not physically demanding in terms of terrain - we cycle through very pretty landscapes, rice paddies and local villages - but the high temperatures and humidity make it tough, especially for the first couple of days until you acclimatise and it is essential to stop often to cool down and replenish yourself with water and snacks. You will have to drink much more than you think – between 8-10 litres per day!

The daily distance cycled is usually 50-80km, although sometimes it may be a little more or a little less. Even though these distances may not seem too far to some of you, remember, this is a challenge and you will be cycling all day in the heat.

We would strongly recommend you increase your training preparation for this challenge.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. GAC reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you

have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.

## CHALLENGE GRADING

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or ‘super fit’, however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give an insight into the difficulty level associated with the challenge. You may find that an event rated ‘Challenging’, could have a ‘Tough’ day, or we may find that a ‘Tough’ challenge, may have a ‘Challenging’ day.

### CHALLENGING

A ‘Challenging’ cycle requires a good level of fitness. They usually involve varied terrain, with some tough long cycling days.

Hotels and lodges are used and any camping is kept to a minimum, also we are usually never too far away from civilisation.

The weather may also be changeable.

Please contact the office and speak to the team if you are in ANY doubt regarding your suitability for one the challenge events.

## TRAINING TIPS

Training is a critical component in the preparation for your challenge. Good cardio vascular fitness is essential and it is important that you are fit enough to complete this challenge, therefore prior fitness preparation is a MUST!

Training tips can be found on our website and in your welcome pack to point you in the right direction. We also offer training days and weekends to help you prepare.

As mentioned previously this challenge has been graded as ‘Challenging’ and we strongly recommend training for this challenge.

### Our training tips include:

- We recommend that you train with some hills in mind and try and get used to riding on rough rocky terrain; visit a mountain bike centre or forest fire roads. If you haven’t experienced a sore bum or aching hands then we think you probably haven’t trained for long enough!
- Try to go training on consecutive days instead of doing one big day. This will help your muscles get used to the strains of cycling over consecutive days.
- Work on improving your stamina.



# VIETNAM TO CAMBODIA CYCLE



## SUPPORT ON YOUR CHALLENGE

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, knowledgeable and experienced local professional guides and bike mechanics.

An air-conditioned vehicle/coach will also provide support to the group.

A comprehensive first aid kit will be carried with the group at all times. All Global Adventure Challenges leaders are 16 hour Outdoor First Aid qualified.

It is likely that you will have to pay for any medical treatment in Vietnam and Cambodia.

## FOOD, WATER & REFRESHMENT STOPS

All meals will be provided on the challenge from dinner on Day 2 to breakfast on Day 10, we will have 3 good meals a day which will be a mixture of local and western style. The local food is very nutritious with plenty of rice, beans, beef, chicken and fish. All dietary requirements can be catered for so long as we know in advance.

On cycling days, lunch will be at a local café, packed lunch or picnic style prepared by the guides en route.

Local branded snacks are also provided with the opportunity to purchase more along the way at local stores. Another tip is to bring along some of your absolute favourite snacks to give you an extra boost when you find the going tough. Tracker bars and fruit sweets such as jelly babies are ideal.

Use bottled water for drinking. Do not drink tap water in Vietnam & Cambodia unless it has been boiled, filtered or chemically treated. Water will be provided throughout the challenge.

We try to have two water / refreshments stops plus lunch on each cycling day (except Day 2).

## TRAFFIC

Traffic drives on the right in both Vietnam and Cambodia. Traffic in both countries seems completely chaotic and a little daunting to the uninitiated – motorbikes, cyclos, bicycles and pedestrians just seem to swarm about each other with no ‘rhyme or reason’ – especially in the cities. However, the simple technique to mastering cycling is to ‘go with the flow’ – don’t stop suddenly if you are crossing to the left or tackling a roundabout – just take it slowly and keep going and the bigger, faster traffic will find its way around you. All motorised vehicles ‘honk’ incessantly – this isn’t aggressive and is a friendly way of saying, “don’t pull out suddenly, I’m just behind you”.

The same rules apply while on foot – although it goes against everything you’ve ever been taught, to cross the road just take the plunge and start walking – the traffic will avoid you. The most dangerous thing to do is stop or panic and run across – if you take it slowly you will be fine.



# VIETNAM TO CAMBODIA CYCLE



DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	RIDE STATS (APPROX.)	ITINERARY NOTES
Day 1: Depart UK for Ho Chi Minh City	N/A	N/A	N/A	N/A	N/A	<ul style="list-style-type: none"> <li>We depart the UK for our overnight flight to Ho Chi Minh City, formerly Saigon.</li> </ul>
Day 2: Arrive Ho Chi Minh City	Approx. 30 minute transfer to our hotel.	Le Duy Hotel Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes Facilities: Restaurants on site.	Dinner	N/A	N/A	<ul style="list-style-type: none"> <li>We have a bike fitting early / mid-afternoon.</li> <li>Rest of the day is free to rest or explore the sights and sounds of this unique city.</li> <li>At approx. 6pm we will head into Ho Chi Minh City to enjoy an evening meal at a local Vietnamese restaurant.</li> <li>We will also have a briefing tonight about the challenge ahead.</li> </ul>
Day 3: Ho Chi Minh City to Ben Tre and then Tra Vinh	Approx. 2 hour transfer to the start point of our cycling adventure.	Cuu Long Tra Vinh Hotel Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes Facilities: Restaurant on site	Breakfast, lunch and dinner	Challenging	Distance cycled: 62km Cycling time: 5 - 6 hours	<ul style="list-style-type: none"> <li>6.00 – 6.30am wakeup call as we aim to start our transfer at 7.30am.</li> <li>We transfer for a couple of hours out of Ho Chi Minh City to My Tho – the gateway to the Mekong Delta. We commence our cycling challenge after the ferry journey across the Tien Giang River.</li> <li>Today’s ride will lead us right into the heart of the rural Mekong. We pedal along narrow paths and lanes, past banana plantations and fields of sugar cane, through the lush green landscape of the Delta until we reach Tra Vinh - a small town off the tourist trail, with a large population of ethnic Khmer.</li> <li>Our route today is mainly flat with the odd steep but short hill climb.</li> <li>Time permitting we will also stop at a local coconut candy workshop.</li> <li>Dinner tonight will be at the restaurant in the hotel.</li> </ul>



# VIETNAM TO CAMBODIA CYCLE



DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	RIDE STATS (APPROX.)	ITINERARY NOTES
Day 4: Tra Vinh to Can Tho	45 minute – 1 hour transfer at the end of the day’s cycling	Ninh Kieu 2 Hotel Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes Facilities: Restaurants, gym, massage, Jacuzzi, steam bath	Breakfast, lunch and dinner	Challenging	Distance cycled: 90km Cycling time: 9 hours	<ul style="list-style-type: none"> <li>▪ We aim to start cycling at approx. 7.30am along roads that are peaceful, narrow and very pretty all the way to Can Tho. Along the way we cross numerous rivers and streams via bridges and local ferries. There is plenty to see on our journey, including colourful Khmer temples and the pond of Ba Om, where we’ll hear the story of how it was dug and subsequently got its name according to local legend. We cycle along riverbank paths and through busy villages until we join the main road to Can Tho.</li> <li>▪ Can Tho is a popular town on the banks of the Mekong with a night market and waterfront bars and restaurants.</li> <li>▪ We will walk into town tonight to have dinner at a local restaurant.</li> </ul>
Day 5: Can Tho to Chau Doc	Approx. 2 – 2.5 hour transfer at the end of the day’s cycling	Ha Long Chau Doc Hotel Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes Facilities: Restaurant	Breakfast, lunch and dinner	Challenging	Distance cycled: 70km Cycling time: 7 - 8 hours	<ul style="list-style-type: none"> <li>▪ We start the day by catching the boat to Cai Rang floating market to see the local farmers selling their produce from their boats on the busy river.</li> <li>▪ Once we’re back on dry land we cycle along narrow roads weaving through the morning market hustle and bustle on the banks of the river, whilst absorbing the sights of endless cottage industries, timber merchants and coconut shredders.</li> <li>▪ Dinner tonight will be in the restaurant at the hotel.</li> </ul>
Day 6: Chau Doc to Phnom Penh	1 – 2 hours of transfers at different points through the day	Asia Tune Hotel Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes Facilities: Restaurant & bar	Breakfast, lunch and dinner	N/A	N/A	<ul style="list-style-type: none"> <li>▪ We continue our journey by boat up the Mekong and then the Bassac River to Phnom Penh. We stop off en route to officially exit Vietnam and to obtain our visas into Cambodia.</li> <li>▪ We arrive in the Cambodian capital for lunch. In the afternoon we may have time to visit the Tuol Sleng Genocide Museum or one of the killing fields of Cambodia at Choeung Ek - sad but important reminders of this beautiful country’s troubled past.</li> </ul>



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Day 7: Phnom Penh to Kompong Thom	Approx. 2 hours of transfers in total split between the morning and at the end of the days cycling	Kampong Thom Village Hotel Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes	Breakfast, lunch and dinner	Challenging	Distance cycled: 70 - 90km Cycling time: 6 - 8 hours	<ul style="list-style-type: none"> <li>Following breakfast we transfer across the Japanese bridge and start cycling alongside the Mekong River on a mixture of tarmac and dirt roads on one of the most scenic rides in the country.</li> <li>We stop at Kang Meas for lunch and then carry on with our cycling challenge as our route takes us west until we meet up with the main national road. We continue on to our finishing point of today's cycling - Totoeng Village.</li> <li>We then transfer to our hotel in Kompong Thom.</li> <li>We meet and see many friendly locals as we pass through orchards and villages.</li> </ul>
Day 8: Kompong Thom to Angkor	Approx. 1.5 hour transfer in the morning and a 30 minute transfer in the afternoon	Somadevi Angkor Hotel & Spa Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes Facilities: Restaurants, bar, swimming pool, spa and fitness centre	Breakfast, lunch and dinner	Challenging	Distance cycled: 66km Cycling time: 3.5 - 5 hours	<ul style="list-style-type: none"> <li>Our morning transfer takes us to an ancient bridge at Kompong Kdei, one of the best examples of the remaining 800 year old bridges in Cambodia.</li> <li>We take another short transfer to meet up with our bikes in the village of Damdek.</li> <li>We have lunch along the way and then continue cycling directly to our hotel in the colonial city of Siem Reap – a fantastic city with markets, bars and restaurants to suit everyone!</li> </ul>
Day 9: Exploring Angkor Wat	2 hour transfer if we don't want to cycle back to the hotel	Somadevi Angkor Hotel & Spa Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes Facilities: Restaurants, bar, swimming pool, spa and fitness centre	Breakfast, lunch and dinner	Challenging	Distance cycled: 28km Cycling time: 2 – 3 hours	<ul style="list-style-type: none"> <li>Following breakfast, we cycle on to the finish line at the famous Angkor Wat!</li> <li>After lunch we explore the incredible city of Angkor - the overgrown Ta Prohm, embraced by tree roots and gigantic creepers, the tranquil Bayon with its multitude of serene stone faces, the impressive 350m long Terrace of the Elephants and the magnificent pièce de résistance, Angkor Wat!</li> <li>We head back to Siem Reap to celebrate our achievements at a local restaurant.</li> </ul>



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Day 10: Siem Reap	35 minutes transfer to airport	N/A	Breakfast	N/A	N/A	▪ Enjoy a free morning in Siem Reap before we catch our flight back to the UK.
Day 11: Arrive UK	N/A	N/A	N/A	N/A	N/A	▪ Arrive back into the UK on our overnight flight. We say our final goodbyes as a group and make our onward journey home.

