

VIETNAM & CAMBODIA Ho Chi Minh to Angkor Wat Cycle

This is an Open Challenge itinerary; you can take part on the dates shown and raise money for a charity of your choice. Itineraries for bespoke trips (run for sole charities) may differ slightly, and will have different dates and pricing schedules.

Duration: 12 days / 11 nights

Trip Grade: Moderate

Dates:

11 – 22 Feb 2012 9 – 20 Feb 2013
6 – 17 Oct 2012 5 – 16 Oct 2013

Payment Options:	2012	2013
Fundraising:		
Registration Fee	£449	£449
	+	+
Fundraising Target	£3400	£3500
Self Payment:		
Registration Fee	£449	£449
	+	+
Trip Cost	£1360	£1400

Please note Registration Fee is in addition to Trip Cost / Fundraising Target .

Cycle through beautiful rural landscapes dotted with ruins of ancient civilisations and small towns where Buddhist temples nestle amongst graceful French colonial buildings and ramshackle houses.



Our challenge takes us from Vietnamese Saigon, now Ho Chi Minh City, through the rice-paddies and waterways of the beautiful Mekong Delta into Cambodia. We pedal on through this friendly country



towards one of the most impressive sights in Southeast Asia, the Royal Temples of Angkor Wat.

We encounter some rolling hills, but the main challenge lies in the long, hot humid days in the saddle with the occasional tropical downpour. The fascinating insight into the region's cultures, ancient and modern, are a real highlight of this challenge.

ITINERARY

Day 1: Depart London

Day 2: Arrive Ho Chi Minh City

On arrival we transfer to our hotel and have a trip briefing before getting a good night's sleep, ready for the start of our challenge! Night hotel.

Day 3: Ho Chi Minh City – Tra Vinh

After breakfast we transfer out of the bustling city of Ho Chi Minh. We'll visit the famous Cu Chi Tunnels: a sanctuary for the Vietcong at the height of the Vietnam War; they give us a good insight into the country's recent history. We have lunch in a local restaurant, enjoying the local cuisine before getting on our bikes. We cycle to Ben Tre though the gateway to the Mekong Delta; it's a wonderful place to start our ride. We cycle on narrow lanes through the heart of this rural area, passing banana plantations, sugar cane fields and the lush rural landscape



of the Delta. We have short ferry crossing before reaching Tra Vinh. Night hotel.

Cycle approx 45km

Day 4: Tra Vinh – Cau Ke – Can Tho

Our first full day's cycle takes us along quiet backroads to Can Tho, passing numerous Khmer temples and fascinating river scenes en-route. We will start to get a great feel for the friendly Vietnamese culture, and the traditional rural scenes we see are fascinating. Night hotel.

Cycle approx 95km

Day 5: Can Tho – Long Xuyen

After an early breakfast we set by boat through the Can Tho floating market seeing a multitude of boats trading livestock, fruits, rice and fish. We then get back on our bikes and cycle along the banks of the busy river continuing towards Sa Dec. After lunch we cycle upstream alongside the river towards Long Xuyen. Night hotel.



Cycle approx 75km

Day 6: Long Xuyen – Tri Tron – Chau Doc

Our route starts to undulate as we near the mountains near Chau Doc; although the hills are fairly gentle, the heat will make them feel tougher. We cycle via the killing fields at Ba Chuc, where Pol Pot's regime massacred over 3000 Vietnamese people in 1978; harrowing history. Night hotel (near border).

Cycle approx 95km

Day 7: Chau Doc – Phnom Penh

Today we swap our bikes for a motor boat and journey up the Mekong River crossing into Cambodia arriving at Phnom Penh. This capital city was once considered one of the most beautiful in the Orient, and despite its turbulent recent history it still retains a colonial charm. We have the opportunity in the afternoon to visit the infamous Killing Fields and the Tuol Sleung Museum, a former school which

was turned into the notorious Khmer Rouge interrogation camp during the Pol Pot regime. Although it tells a tragic story, it is a fascinating place to visit and essential to understanding present-day Cambodia. Night hotel.

No Cycling today.

Day 8: Phnom Penh – Kampong Chhnang

Refreshed after yesterday's rest, an early start sees us heading out of the city for our first taste of rural Cambodia. The bustle around Phnom Penh soon fades away and as we head to Udong, we see the rice paddies stretching out for miles and busy with workers in the fields. We pass Udong, once the ancient capital, and visit a hill temple with stunning views of the fertile region and many of the old Royal Palaces. Continuing on we cycle towards Kampong Chhnang and the enormous Tonlé Sap Lake. Night hotel.

Cycle approx 95km

Day 9: Kampong Chhnang – Siem Reap – Angkor Wat

A beautiful boat ride awaits us this morning, as we cross the immense Tonlé Sap. The largest freshwater lake in South-East Asia, it features an incredible biodiversity and has UNESCO biosphere status. We enjoy a rest from our bikes as we soak up the views of fishing communities and calm waters. Reaching Siem Reap, we pass the floating village of Chhong Kneas, an unforgettable insight into life on the lake. After a short bus ride we arrive at the most famous World Heritage site of Angkor Wat. The area is dotted with many ancient buildings and temples amidst dense forest, the sheer scale of the complex will astound you. We cycle from here to the Banyan Temple in Angkor Thom soaking up the atmosphere of this incredible place. We then cycle into Siem Reap after a truly fulfilling day. Night hotel.

Cycle approx 20km



Day 10: Siem Reap – Ta Prohm - Beng Mealea

Our last day of cycling rewards us with two amazing sites where the jungle has reclaimed former glorious hindu and buddist temples. We arrive early in the morning, so will have the place to ourselves. We cycle on to Beng Mealea for a late lunch and our last incredible temple. Cleared from landmines and open to tourists only in the past few years, this incredible temple dates from the early 12th Century and lies unrestored, swathed in jungle canopy. Incredible tree roots break through walls and stone carvings, illustrating the power of nature over man. Exploring it is truly atmospheric and reminiscent of 'Indiana Jones' and 'Tomb Raider.' We transfer back to Siem Reap and spend the evening celebrating our achievement. Night hotel.

(Dinner not included)

Cycle approx 70km

Day 11: Explore Angkor Wat complex; Flight departs

We have most of the day free to explore the incredible temples and ruins that make up the complex. Angkor Wat itself is just one of the many temples in the region but is one of the best-preserved and most impressive. It is worth climbing the remarkably steep and narrow steps of the central spire for the view over the whole temple surrounded by jungle. The Bayon in Angkor Thom, the old city central to the area, is a fascinating ruin featuring many mysterious giant carved faces and some incredible wall carvings, and is one of the most remarkable sights in the area. You may also wish to explore the markets of Siem Reap and haggle for last-minute souvenirs. Meeting again at the hotel, we say a fond farewell to Cambodia and transfer to the airport for our flight.

(Lunch not included)

Day 12: Arrive UK

Our flight connects in one of South-East Asia's main cities and we return to the UK.

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

GENERAL INFORMATION

TOUR COST

The tour cost includes flights, all accommodation, transport and food other than 2 meals as detailed in itinerary; entry to the temples of Angkor is also included. It also includes full



trip support of experienced Discover Adventure leaders and medic; local guides, bikes, drivers and cooks (see Trip Support below).

It does not include your personal travel insurance, entry visas, tips for local support crew, any extra meals and entry to any other tourist sites you may wish to visit. Transport to the temples on your free day is also at your own cost.

Costs in Vietnam & Cambodia

We recommend you budget for the following costs in-country:

- Tips for Local Crew: US\$50
 - Entry Visas: Vietnam £44 & Cambodia £15 (obtained before departure)
 - Meals not included: US\$30-40
 - Transport to temples on free day: few dollars
- Remember to allow extra for drinks, souvenirs & other personal expenses. This recommendation is a guideline only. Please note that costs may fluctuate and we have no control over any changes.

We strongly recommend you carry a credit card in case of personal emergency.

FLIGHT INFORMATION

Group flights leave from London Heathrow or Gatwick and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

We are most likely to fly with Singapore or Malaysian Airlines. However, we don't always fly with the same airline so this is a guideline only. You will usually receive confirmed flight details several months before departure.

Our itineraries are always based on current flight schedules and are therefore subject to change by the airline.

Connecting Flights

If you book flights to Heathrow or Gatwick, it is your responsibility to allow plenty of time to connect to the group flight and to cope with any flight schedule changes. Please be aware that the best deals allow little flexibility if you need to change them. We regret that we are unable to book connecting flights for you.

Transit Stops

When booking group flights we endeavour to find the best flights that match our itinerary. There are often no direct flights to our destination, so do be prepared for transit stops: bring a good book or chat to your fellow cyclists! Airlines that do offer direct flights rarely offer competitive rates for groups. Please remember that the main purpose of our trips is to raise money for charity!

Flying Separately

If you prefer to book your own flights please ask us for a land-only cost. You will be responsible for making your own arrangements for meeting the rest of the group, though we can advise you. We need to know if you do not require our group flight as early as possible – please complete the form you'll have been sent by your charity, or request one from us.

CULTURAL DIFFERENCES

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for!

We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow cyclists and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

ACCOMMODATION

When cycling we stay in small friendly hotels or guest-houses. Some are more basic than others! In towns and

cities our hotels are generally more Western-style and 2-3* standard. Please do not expect the same standards as you would in the UK!



FOOD

All meals are included other than 3 meals as detailed in the itinerary. The food is good and there is plenty of it; most meals are local-style not western. Lunches are mainly cooked, though occasionally we may have packed lunches.

Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we will be in rural areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Other Meals

Any meals not included are listed in the itinerary and are generally when we are in towns or cities and you are free to explore and try other culinary experiences! There is always something to suit every budget.

PASSPORT, VISA & VACCINATIONS

A valid ten-year passport is essential for travel in Vietnam and Cambodia and must be valid for at least 6 months after entry. A Vietnamese visa is essential for British passport-holders, costing approx £44 in person (at time of writing). Visas are also required for Cambodia and can be obtained in advance (currently £15) or on entering the country with a passport-sized photograph and US\$20 (at time of writing). Most other nationalities require an entry visa for both

countries and are responsible for checking their requirements with the respective embassies.

We insist that you have had a Tetanus injection in the last ten years, and highly recommend protection against Polio, Hepatitis A and Typhoid. We strongly recommend taking malarial prophylaxis.

A yellow fever certificate is required only if coming from an infected area.

You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

CYCLING INFORMATION

Terrain

Distances vary from 30 - 95km per day. Our route is mainly on tarmac roads of varying quality with some that are more like dirt tracks; terrain is generally flat or undulating. There are several waterways we cross by small boat. Traffic is usually light and we will cycle at our own pace, but when we pass through a large town we go through as a group. We will always take safety into consideration and reserve the right to change the itinerary on that basis.

We will be using 21-speed mountain bikes fitted with semi slick tyres.

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

TRAINING WEEKENDS

Discover Adventure Cycle Training Weekends in Wiltshire are designed to help you prepare for your challenge. Whether you use the weekend to gauge your fitness, get your training back on track, boost your confidence, get advice or meet other cyclists, you're bound to find it incredibly useful!

For dates and further information refer to our website: www.discoveradventure.com

Your charity may organise a training weekend for your bespoke group, but if not don't worry – our training weekends are open to people on all our challenges, no matter which trip you are booked on or who you are raising money for.

Bike Repairs

There will be a range of spares in the vehicle along with a full tool kit; however, it is impossible for us to carry spares for every eventuality. It is vital that if you bring your own bike it is in excellent working order before departure.

Clothing & Equipment

We are travelling through remote areas where we could be exposed to bad weather at any time. The table below gives you an idea of the climate, but be prepared for everything! Weather conditions can change quickly. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

It is imperative that you supply your own helmet and wear it at all times while cycling, with straps done up.

Weather

It can be very hot and humid, and only cools slightly at night. There may be cooler breezes in the hills or by water. However, cooler weather can come in without warning so be prepared.

Temperatures shown are average min / max and number of rainy days for Phnom Penh:

Jan / Feb	21 - 31°C	2
Oct / Nov	28 - 34°C	7

FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This ride is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the ride less enjoyable – and we want you to have the time of your life!

Fitness Levels

Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge, but we respect everyone's limits. We design our

challenges so that everyone can go at their own pace: this is not a race.

For logistical and safety reasons we sometimes need to re-group, so the front-runners will find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

TRIP SUPPORT

Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with a Discover Adventure leader.

All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our leaders to the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

Although our leaders are trained in expedition first-aid, they are accompanied by an expedition doctor or medic, who is there to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly and encourage you when things get tough.

The number of crew looking after you will depend on the final size of your group, but at Discover Adventure we pride ourselves on our high leader: cyclist ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Local Support Crew

Our local support crew is made up of local guides, drivers and cooks. Your local guide knows the local area well, and is a great source of knowledge about local customs and lifestyles. Drivers and cooks do not always speak English but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Tips for Local Crew

Your leader will arrange a collection of tips for the local support crew at the end of your ride. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! Your leader will give you an idea of appropriate guidelines. All our local crew are paid wages, but bear in mind that the average wage in this country is far below what you would spend on a normal night out.

Luggage

Support vehicles will be with the group at all times. All luggage and spares will be carried in the vehicles. Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft sailing bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already.

Bikes can be transported on flights in bike bags or – a much cheaper option – cardboard bike boxes: ask your local bike shop if they have any. You should also bring a small daypack or large waist-pack to carry for items needed during the day as you will not have access to your main luggage until the evening.

TRIP SAFETY

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with radios and emergency satellite phones, extensive medical kit and other safety apparatus where necessary. They always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

WORLDWIDE SUSTAINABLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association, has recognised the work we do in this area and has awarded us 5 stars as a Responsible Tour Operator.

Discover Adventure Projects

We are supporting a tree-planting project in Peru and a children's home in Tanzania on a long-term basis. If you would like to 'give something back' please consider donating £5 to our projects when you sign up. Please see our website for more details.

Carbon Offsetting

We encourage all our customers to offset emissions connected with their trip. You can offset at any time in the lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them. Alternatively, if you wish to take more practical action in the UK you can volunteer for a day with BTCV and work on an environmental project local to you. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Make your volunteer pledge by going to www.btcv.org/dapledge



Please contact the Discover Adventure office with any queries using the contact details below.

Copyright Discover Adventure 2006 / Updated 2011