

# CYCLE VIETNAM TO CAMBODIA

FOR AGE UK PLYMOUTH

**EXPLORE. FUNDRAISE.**  
INFORMATION AND REGISTRATION PACK



[www.ageuk.org.uk/plymouth](http://www.ageuk.org.uk/plymouth)  
01752 256020

Registered charity number 281820



## HO CHI MINH TO ANGKOR WAT CYCLE 28TH SEPTEMBER - 9TH OCTOBER 2024

**CHALLENGE :**  
**MAIN ACCOMMODATION :**  
**CHALLENGE FACTOR :**  
**GRADING :**

CYCLE  
HOTEL  
HUMID  
YELLOW 2

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. The fascinating insight into the region's cultures, ancient and modern, are a real highlight of the trip.



# ITINERY

## 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!

## DAY 3 : Ho Chi Minh City to Tra Vinh

After an early breakfast we drive (approx 1.5 hours) out of the bustling city of Ho Chi Minh to 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 then drive south towards the Mekong Delta (approx 2.5 hours). We stop near Ben Tre, the gateway to the Mekong Delta, and after lunch and ensuring our bikes are comfortable, we set off! It's a wonderful place to start our ride. We cycle on narrow lanes and tracks through the heart of this rural area, passing banana plantations, sugar cane fields and the lush rural landscape of the Delta. We have a short ferry crossing before reaching Tra Vinh.

## DAY 4 : Tra Vinh to Cau Ke to Can Tho

Our first full day's cycle take us along quiet backroads to Can Tho, the largest city in the Mekong Delta, known for it's picturesque canals full of scenes of everyday life. En route we pass numerous Khmer temples and pagodas, and cross several waterways - some by footbridges, some on ferry crossings. We will start to get a great feel for the friendly Vietnamese culture, and the traditional rural scenes we see are fascinating. We ride today on a mix of roads and tracks; most of it is very quiet, but the last section gets busier as we approach Can Tho.

## Day 5 : Can Tho to Long Xuyen

After an early breakfast we set off by boat through the Can Tho floating market, seeing a multitude of boats trading livestock, fruits, rice and fish. We then get back to 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. This is a beautiful day, with some wonderful photo opportunities. We end our ride at a bird sanctuary, home to thousands of storks - we can have a quick visit to see them before loading up into the vehicles for a short transfer (approx. 45 mins) into Long Xuyen.

## Day 6 : Long Xuyen to Tri Tron to Chau Doc

Our last day of cycling in Vietnam! A short transfer (30 mins) allows us to avoid the traffic, and we set off. Our route starts to undulate a little as we near the hills near Chau Doc; although these climbs are fairly gentle, our leg muscles have become used to flat terrain so they often feel harder than they really are! The heat, moreover, makes them feel tough! We cycle via the Killing Fields at Ba Chuc, where Pol Pot's regime massacred over 3,000 Vietnamese people in 1978; harrowing history. We continue our ride to the busy town of Chau Doc.

## DAY 7 : Chau Doc to Takeo to Phnom Penh

Today we set off early, heading north towards Phnom Penh. After around 20km we reach the border with Cambodia and meet our new guides who will be waiting for us. We then head off through the lovely rural landscapes of Cambodia. At the small town of Takeo we load up into the buses, which take us the remaining distance to Phnom Penh, stopping en route to visit the infamous Killing Fields, which are harrowing but compelling and a significant part of the rich history of the area. We then arrive at Phnom Penh; once considered one of the most beautiful cities in the Orient and which, despite its turbulent recent history, remains a colonial charm.





## DAY 8 : Phnom Penh to Kampong Chhnang

We start our day with a visit to the Tuol Sleung Museum, or School 21, 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. We then leave Phnom Penh by bus (approx. 1 hour) to avoid the city traffic before we start our ride. As we head to Udong we see the rice paddies stretching out for miles, busy with workers in the fields. We ride through Udong, once the ancient capital, and pass by 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.

## DAY 9 : Kampong Chhnang to Siem Reap

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. Leaving the boat at Kampong Khlaeng, we ride on small roads through beautiful landscapes and villages, heading towards Siem Reap. This area is unspoilt and very traditional, and it's a lovely quiet ride to savour before reaching the main tourist draw of Angkor. Meeting our vehicles, we load up before reaching the busy streets and drive (approx 30 minutes) into Siem Reap, the closest town to the temple.

## DAY 10 : Angkor Wat Cycle

Today we ride to the 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 ride a circuit around some of the temples, including Ta Prohm, the best-known of the temples overgrown by trees. Our ride also takes in the Bayon in Angkor Thom, the old city central to the area. It 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. Our ride ends at Angkor Wat itself, one of the most impressive and best-preserved temples of the complex. If there's time it's worth climbing the remarkably steep and narrow steps of the central spire for the view over the whole temple surrounded by jungle. It's a wonderful place to finish our challenge after 500 hot kilometres across two countries! After the obligatory group photos we transfer back to our hotel (approx 30 mins) and should have some free time this afternoon to spend as you wish - relax at the hotel, or explore Siem Reap's markets for last-minute shopping opportunities, or visit more of the temples. We meet again in the evening to celebrate our achievements.

## DAY 11 : Free time

We will have some time free for further exploration of the incredible temples and ruins that make up the Angkor complex; or simply relax or haggle in the markets if you prefer. How much time we have free depends on our flight schedules. We meet again at the hotel, say a fond farewell to Cambodia and transfer to the airport for our flight.

## DAY 12 : Arrive UK





# MILEAGE

(APPROX.)

- Day 3 :** Drive 1.5 & 2.5 hours  
Cycle 42 - 50 km
- Day 4 :** Cycle 90 - 95 km
- Day 5 :** Cycle 75km
- Day 6 :** Cycle 90 - 100 km
- Day 7 :** Cycle 50 km
- Day 8 :** Cycle 75 km
- Day 9 :** Boat 5 hours  
Cycle 30 - 40 km
- Day 10 :** Cycle 30 km

## FITNESS LEVELS

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may 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.



 **"VIET2CAM" to 70580**  
to donate £5

Texts will cost the donation amount plus one standard network rate message



# WHAT'S INCLUDED

- All return transport from London to Ho Chi Minh City / Siem Reap to London
- All meals except where specified, and accommodation
- Discover Adventure leaders; local guides/mechanics and cooks
- Vehicle support and backup equipment on the trip
- 21-speed Mountain bike (Trek/Giant or equivalent)
- Entrance to Angkor Wat and any other sites visited as part of the itinerary



# WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary at [discoveradventure.com](http://discoveradventure.com)
- Travel insurance
- Cycle helmet (compulsory) and water bottle
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Vietnam or Cambodia entry visa
- Fees for any optional sites, attractions or activities
- Airline taxes: Discover Adventure cap these so £250.00 is the maximum you will pay
- Any applicable surcharges as per Terms and Conditions

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## FAQs

### What is the challenge grading scheme?

Discover Adventure grades its trips yellow, orange or red in increasing levels of challenge. This trip lies within the YELLOW range. The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a spectrum which reflects the difficulty of these factors; trip duration, accommodation and living conditions are also taken into account

### Where will we stay?

Discover Adventure use a variety of hotels/lodges ranging from quite simple, friendly guesthouse-style to more international-style hotels in larger towns or cities. Standards are generally good, in great locations, but there may be a night or two where facilities are more basic, as you'd expect in very remote, untouristed or rural areas. Accommodation is usually on a twin-share basis in hotels or camp. Occasionally we may use hostel-style accommodation.

### Do I need specialist kit?

Trips are planned around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. Discover Adventure 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. If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants 15% off any purchases you make with them.

### Do I carry my own luggage?

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the destination and terrain.

### What will we eat?

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten in camp or at the hotel, depending on accommodation. Being vegetarian or having other dietary requirements is not usually a problem provided you let the tour operator know well in advance.

### How much does it cost?

All cyclists will need to pay a £399 registration fee  
Then either:

- Pay your own event costs of £2,100 and then fundraise a minimum of £1,800
- Or fundraise for your whole event of £3,900

### What documents do I need?

Travel Insurance is compulsory; we strongly suggest that you arrange insurance cover as soon as your booking is confirmed. Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the FCO's advice on entry requirements for your destination to be sure. Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check Fit For Travel for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

### How do I book?

Go online to [discoveradventure.com](http://discoveradventure.com) to book.



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DISCOVER  
Adventure



# SPONSORSHIP

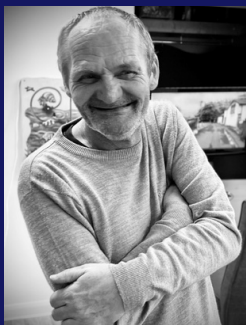


- We'll support you with your fundraising, donations sent via our text service will be added to the team's fundraising total.
- You can be featured on our socials and we'll invite people to donate directly to you via your online donation page.
- You can host a takeover of our monthly quiz, adding around £150 of donations to your sponsorship.
- We can work with you to approach corporate sponsors.

## WHY FUNDRAISE FOR AGE UK PLYMOUTH?

Age UK Plymouth exists to care for and work with over 50s, those living with dementia and carers in and around the City of Plymouth to improve their quality of life through promotion of choice, opportunity and independence.

We rely on donations to keep us active in the community. All money raised is spent locally supporting people in Plymouth.



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 **Plymouth ageUK**  **DISCOVER Adventure** 



# WILL I MAKE A DIFFERENCE?

ABSOLUTELY. The money donated through these fundraising activities is such an important part of what keeps charities like us going. Unlike grants and money for specific projects, this 'unrestricted funding' allows us to take action on vital work with real urgency. Essentially it enables us to identify a problem or opportunity in the community and immediately start work on addressing it and putting solutions in place. Given the current social and economic climate, for some, the stakes have never been higher.

**TARA DALE - HEAD OF FUNDRAISING, AGE UK PLYMOUTH**

## At a glance...

We're a local charity working in the community to support over 50s, those living with dementia and carers. We are committed to making Plymouth a city where people Love Later Life.

## WHAT YOUR FUNDS COULD DO...



**£5**

Provides simple sports equipment and games, for fun and engaging activities at our Day Centres.



**£10**

Supports our team in accessing vital funding for people to secure care, heat their homes or buy food.



**£50**

Helps our teams returning people to safe, independent living at home after a long stay in hospital.



**£100**

Would support one of our team of Volunteer Befrienders in making 3,360 call a year.



Astor Drive, Mount Gould,  
Plymouth, PL4 9RD  
Registered charity: 281820

## CHALLENGES

To get a sense of the urgency and size of the support that Age UK Plymouth provides consider this:



The City of Plymouth is within the 20% most deprived districts in the country.



In 10 years Plymouth's population of over 65s will increase by 1/3. That's 15,400 people.



One in 14 people over the age of 65 lives with dementia, that increases to 1 in 6 people over 80.



In 2021, 432 people a month called our Information & Advice team for their free help & support.

## SOLUTIONS

1

### Day Centre & Dementia Day Centre

We operate a day care service offering those aged 50+ an enjoyable and friendly atmosphere to socially engage. We also run a specialist Dementia Day Centre providing meaningful and varied activities and invaluable respite for carers.

2

### Help at Home Community Support

From shopping to assisted trips out, laundry to household and garden maintenance our Help at Home team offer a high-quality, flexible service providing vital support that helps people to remain living independently and safely in their own homes.

3

### Wellbeing Hub

Our specialist 50+ Wellbeing Hub connects people with free or subsidised events and services. Including Befriending, Veterans activities and exercise classes. Activities at the Hub reduce isolation and promote mental and physical health improving overall well-being.

4

### Hospital Discharge Service

This free service provides a vital life line for those leaving hospital by existing solely to support the journey to independence. Our high-quality and flexible short term service is tailored to create a bespoke package tailored to suit an individual's needs.

# DISCOVER Adventure

- Est. 1994
- Approx 120 challenges each year
- £110 million and counting... fundraised by our challengers!
- Safety is our highest priority – high leader to participant ratio
- Financially bonded for your peace of mind
- Full back-up on trips with 24-hour emergency UK support

**"Amazing from start to finish!  
Vietnam and Cambodia are both  
unmissable destinations and  
doing them by bike gives you a  
unique insight into the cultures  
and landscapes."**

**Josh - October 2022**

## RESPONSIBLE TOURISM COMMITMENT

"We really believe that. We care and we know you do too but we know we aren't perfect, and we imagine that you might not be either. But whether we're thousands of miles apart or living next door, we share this blue and green planet and we want to make sure that what we do whilst we are living on it, benefits future generations of all species for years to come - human, animal, plant or otherwise!"

*We are really thrilled to be working on so many forward-thinking projects to help enhance the sustainability of our challenges, changing the way we encourage people to travel with us and helping the people and land we come into contact with around the world. Even on a smaller scale, seeing what can be achieved right here in the UK at DA HQ. Responsible travel is central to DA's identity and the team and business' core beliefs, so we will not only continue, but work harder to reach new levels of sustainability. Now, more than ever, it is vital for the travel industry to do their bit in the fight for our planet and Discover Adventure are absolutely going to be a part of this.*

**Jonathan Bryan  
MD Discover Adventure**



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