



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

ANGKOR WAT TO BANGKOK -
LONDON AC
CAMBODIA

Fri 08 Nov - Mon 18 Nov 2019





In aid of Cancer Research UK

08 Nov - 18 Nov 2019



CANCER
RESEARCH
UK

11 DAYS | CAMBODIA & THAILAND | MODERATE

The challenge begins in Siem Reap, Cambodia, from where you can explore the ancient city of Angkor Wat. Built between 879-1191AD by the Khmer civilization, the UNESCO World Heritage Site is one of humankind's most astonishing architectural achievements.

The route stretches over 375kms, across waterways, rice fields and deep into the heart of ancient Cambodia. Heading for the Thai coastline, the setting becomes lush and green along the way.

Expect to see countless temples and colourful pagodas as we pedal through Thailand and towards Bangkok, where a true Thai celebration will await us.

- Explore the ancient city of Angkor Wat
- View countless temples and pagodas along the way
- Cycle across a broad range of different terrains, from mountains to beaches
- Celebrate in true Thai style in Bangkok
- Embrace the freedom of life on a bike!

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 08 Nov*

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International departure from London

The countdown is over as we meet at London Heathrow for the long-awaited adventure. You will meet the rest of the group at the airport before you board and embark on your challenge!

DAY 2 *Sat 09 Nov*

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Arrival in Siem Reap

You'll arrive in Siem Reap and once through immigration will be met by a local Charity Challenge representative to meet you. Depending on your flight arrival you will either transfer straight to the hotel for check in or head for some breakfast. After lunch you'll go and find the perfect bike for you; give it a little test before enjoying a little relaxation time. Over dinner you'll get a full briefing from your leader about the challenge ahead.

DAY 3 *Sun 10 Nov*

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Sightseeing in Angkor Wat (approximately 30kms cycling)

There is no better way to explore the great temple complex of Angkor Wat than on your bike! Cycle around the ancient site and explore some of the temples by foot, negotiating some of the steep and ancient staircases to view some spectacular scenery. You'll be spending another night at your hotel in Siem Reap.

DAY 4 *Mon 11 Nov*

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Battambang (approximately 90kms)

An early rise this morning and your transfer to Svay Sisaphone from where you'll begin your day's cycle. You'll start your cycle off on the main road to warm up the legs and then head off on to the smaller paved roads with views of mountains, fields of corn and rice and passing through some traditional Khmer villages. Your destination is Battambang, originally founded in the 11th century by the Khmer Empire and fast becoming an important city of trade due to position on the Sangkae River.

DAY 5 *Tue 12 Nov*

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Pailin (approximately 90kms)

You'll saddle up and ride south to Pailin. The road varies from bumpy and potholed to smooth and improved; but do watch out for cows crossing ahead of you! You'll cycle along the Cardamom mountain range passing rice fields and the local children greeting you with "Mr Hello". A stop for lunch will be welcomed after the 60km of cycling. You haven't finished yet though and your afternoon will see you do another 30km with a few hill climbs finishing in the town of Pailin, where your Cambodian adventure ends.

DAY 6 *Wed 13 Nov*

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Chanthaburi (approximately 47kms)

A short pleasant ride on the quiet scenic roads to the border crossing, this quiet rural crossing used mainly by local traders makes for a pleasant stop for lunch, we complete the immigration and say good bye to our team for your onward travel to Thailand. Arriving at the Thai border you will meet with your Thai English speaking guide and then start ride through the Thai countryside till we reach the main road. Continue the ride until Pong Nam Ron junction in Chanthaburi, where you will be transferred to the your resort located by the beach.

DAY 7 Thu 14 Nov

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Rayong (approximately 80kms)

Heading out from the resort you'll cycle along the panoramic and casuarinas tree lined road to Kung Wiman Bay. The bay is home to a friendly community of fisherman, fruit and rubber farmers in the foothills of the Cardamom Mountains. Along route when opportunity presents you may want to take a dip in the sea from one of the pristine clean beaches.

DAY 8 Fri 15 Nov

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Bangkok (approximately 50 kms)

This morning we transfer you to Nong Nooch Botanical where you'll and find a wide variety of flora from all over the world. Right after we hop on the bike and ride to the locals' favourite mountain of Khao Cheejan. It has a gigantic Buddha image measuring 130 metres, a landmark of the district which can be seen from kilometres away. We keep continuing to Bang Sarei before we hit Sukhumvit Road for 15 km to Jom Tien Beach. Here our cycling adventure ends and we transfer to Bangkok in van. Within walking distance of the hotel there are local restaurants, food stalls and live music where we have a celebration dinner to mark the end of our challenge.

DAY 9 Sat 16 Nov

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Free day in Bangkok

Spend the day enjoying the sights of Bangkok!

DAY 10 Sun 17 Nov

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Depart Bangkok for London

Enjoy a final day at leisure in Bangkok before a late night flight home.

DAY 11 Mon 18 Nov

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Arrive UK

Be sure to exchange contact details with your fellow cyclists as you arrive back home in the UK. Armed with a sense of achievement, you can feel proud as you touch down and share your fantastic journey with your family and friends.

NB

The itinerary & distance approximations are there as a guide and may change due to unusual weather, road conditions, the strength of the group, and so on. We will do our best to keep to the itinerary; however we cannot be held responsible for any last minute changes. In all such circumstances, your expedition leader will have the final say.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £385.00 when you book

Raise a minimum of £4060.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Access to your own password protected account including support materials and training schedules

On your challenge

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- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)
- All challenge management before, during and post event
- A Charity Challenge T-Shirt
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- All ground staff including English speaking guide, drivers, cooks, and porters
- Entrance fees to national parks or other places of interest visited on the itinerary

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)

On your challenge

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- Tips
- Departure Tax (if applicable)
- Personal spending money

THE DETAILS

Fundraising deadlines	<p>You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 30/08/2019), and the remaining 20% within 4 weeks of completing the challenge (by 16/12/2019). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.</p>
Raising the sponsorship	<p>Register for your free Cancer Research UK fundraising pack now:</p> <p>http://supportus.cancerresearchuk.org/</p>
Typical group size	The typical group size is 16 - 37 participants
Small group supplement	<p>The costs and sponsorship levels on our website are based on a minimum of 16 participants. We can run this trip with 10-15 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.</p>
Optional extras	<p>Business class upgrades* (*subject to availability)</p>

Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

Level of Difficulty

The Angkor Wat to Bangkok cycle challenge is graded as moderate. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a strenuous challenge event before and are hoping to push themselves out of their comfort zone. You can tell your supporters that on your Saigon to Angkor Wat cycle Challenge you will be:

- Cycling for around 6-8 hours per day, covering approximately 400kms over 7 days.
- Battling the heat and humidity. Temperatures can reach the 30s.
- Cycling across unpaved, dusty roads and busy national roads.

Money

Currency: The currency in Cambodia is the Cambodian Riel (KHR) and in Thailand is the Thai Baht. For up to date currency exchange, go to www.xe.com. We recommend exchanging currency before you go; however there are ATM's and currency exchanges available at Ho Chi Minh airport to exchange in Vietnamese currency. US dollars (small denominations) are preferred and widely accepted in Cambodia for payments. You can also exchange GBP in Siem Reap into local Cambodian Riel currency.

Credit Cards: Visa and Mastercard are now accepted in many hotels and shops, but the preferred currency is dollars cash. Visa and MasterCard credit-card holders can get cash advances in some banks. ATMs are available in provincial capitals; please check with your bank the specific charges applied to your account. Many hotels, shops and restaurants will accept credit cards.

ATMs: You will have access to ATMs in the main cities in Cambodia such as Phnom Penh and Siem Reap and in the main cities in Thailand.

How much to bring: All accommodation and meals are included within the price of the trip, as well as water during the days of your cycling challenge. You will not need a large amount of money during this trip. We recommend that you take approx £200 in small denominations, and in cash (for most of the expedition you will be remote rural regions without access to a foreign exchange or bank). You can use USD\$ throughout the trip so only change approx. £20 into Riel for use in Cambodia and £20 into Thai Bath for use in Thailand. Travellers' cheques and credit cards are only accepted in major hotels or banks and so should not be relied on. There are plenty of great craft souvenirs, silk clothing and silver jewellery in Vietnam and Cambodia. Keep this in mind!

Tipping: Tipping is at your sole discretion and all staff are paid a fair wage. However, tourism is a tipping culture, and Vietnamese and Cambodian guides will generally receive a tip at the end of a job well done. If you choose to tip, we would suggest an amount of USD\$80-100 per participant for the duration of the challenge. For those on Charity Challenge organised extensions, we would suggest between USD\$10-12 per person per day.

Visa

Cambodia

UK citizens DO require a visa to enter Cambodia but this can be arranged on your arrival at the airport. You must hold a full ten-year passport with at least six months to run from the end of your challenge, and at least two blank pages for your visas and entry/exit stamps. All nationalities must obtain a visa for entering Cambodia. It costs US\$30 and allows a stay of up to 30 days and one entry only. You must pay in USD cash. You will need 2 passport photos. If you are a

British national and plan to stay for an extended period in Cambodia you are strongly advised to register with the British Embassy in Phnom Penh upon arrival.

Thailand

UK citizens DO require obtaining visas for Thailand, but this will be arranged locally on your arrival. You will be issued with a free 30 day Tourist Visa on arrival. Ensure that your passport is stamped on arrival, especially when you cross over a land border. Do not overstay your welcome. You are automatically fined for each day you remain in Thailand beyond the date stamped in your passport. If you cannot pay you could be arrested.

Vaccinations

For up to date vaccination information please check the NHS 'Fit for Travel' website:

<http://www.fitfortravel.nhs.uk/home.aspx>. Although the Charity Challenge team are travel professionals, they are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements.

Your GP may ask questions about the specific locations that you are visiting in Cambodia and Thailand, and as such it may be useful to take a copy of your itinerary with you.

Flights

You will be flying from London Heathrow to Siem Reap and back from Bangkok to London Heathrow. The flight time is approx. 14-15 hours indirect. Your flight tickets will be emailed to you before your departure. If you choose to book your own flights please confirm with the Charity Challenge office first, otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance). For more general flights questions, please refer to our main Q&As page.

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQs](#) page.

Group Size

Each group is intended to be 16 people minimum in order to run and maximum of approx. 30 people. We will be able to run this challenge for 10 to 15 people by charging a small group supplement of £75 which will be added to your final

balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

Climate

While hot and often humid, Cambodia and Thailand have a tropical climate, and so you may experience tropical rain and very occasionally storms. During the wet season it can be very humid. Cambodia and Thailand have 2 seasons. The dry season is from December to May, with temperatures over 40c, and the rainy season from June to early November, during which the temperature is around 25c but with a high humidity level.

Terrain

The Cambodian section of the ride is fairly flat, whereas you will notice the hills become more undulating near Kung Wiman Bay, in Thailand. As you cross the border from Cambodia to Thailand you will cycle along country roads. The majority of the ride in Thailand will be on local tarmac-ed roads. You should be confident with gear changing on hills.

Luggage allowance and valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum. Each day when you begin to ride, your personal kit will be transported to the next hotel. You will only need to have a handle bar bag or bum bag with you during the day and you will be able to access your day pack at rest stops. The luggage allowance will depend on the airline we are using for your challenge, but in general it will be one piece of checked baggage at around 23 kg. However, we suggest that for our Angkor Wat to Bangkok challenge you should only need around 15 kg-17 kg. If you don't need it, don't bring it, is a good rule. For any valuables, safe deposit boxes are usually provided to use in the hotels. Use a padlock on your luggage when in transit to reduce any risks. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance etc.) in case they get lost or damaged.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the [International Porter Protection Group](#) and [Climate Care](#) to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in

Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the projects that we currently support.

Typical day

During the cycling days you will cycle for 6-8 hours. We will stop at shady rest stops every 15–20km where you can rest and regroup. Here you will be able to re-energise with fruit snacks and fill water bottles. For lunch you will stop at a local restaurant or beauty spot for a picnic lunch. These stops need to be taken in a timely manner to keep to the schedule. In the evening there is usually an hour or so free time before we meet to discuss the next day's adventure. Dinner follows the briefing.

Accommodation

You will be in hotel accommodation throughout the challenge, and the standard in Cambodia and Thailand is generally very high. You will be sharing in rooms of two. If you are travelling with a friend or partner who you wish to share with please ensure that you note this where appropriate when booking or email challenges@charitychallenge.com.

Food & Drink

Cambodian meals are based on fish, poultry, pork, vegetables and rice. The dishes are all very tasty and different and for the most part not too spicy. Food is usually prepared with a minimum of oil and served with ubiquitous fish sauce called nuoc mam. Thai food is widely known for being hot and spicy since almost all Thai food is cooked with basic ingredients such as garlic, chillies, limejuice, lemon grass and fresh coriander leaf and fermented fish sauce or shrimp paste to make it salty. Thai dishes are stir fried or grilled and served with rice. Fish, pork, beef, and chicken are all prepared in a variety of ways, though typically cut into bite sized pieces and stir fried with various spices, such as garlic, chilli, and/or basil. Imported wines and beers are usually expensive, but you can find local wine rice and beers. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies. You will need to be somewhat flexible with your eating habits when travelling in SE Asia, however, as some diets are hard to cater for! Water will be supplied while you cycle. Please note that you may encounter a large amount of seafood on this challenge so please inform Charity Challenge of your dietary requirements if you do not eat seafood so we can accommodate you the best we can.

What are the bikes like?

The bikes are good quality lightweight Trek 4300, 4500 & 4700 – 24 & 27 spd Mountain bikes with Shimano Deore components, V Brakes and front suspension. All bikes have water bottle carriers & quickly detachable wheels. On arrival you will be asked to sign a waiver issued by our local ground handler on arrival in case of incident caused by yourselves. Please indicate your height on your booking form so that we can aim to book the correct size well in advance.

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, helmet and comfortable foot wear for your cycling will be indispensable, particularly coupled with some good quality padded cycling shorts. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are a high quality gore-tex waterproof jacket and technical/Dry fit t-shirts rather than cotton shirts. Cycling gloves, and cotton scarf or buff are also highly recommended, to protect you from the dust. A full kit list for this challenge can be found [here](#), and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

Toilets

These ranges from very basic during the cycling route to normal western standards in the accommodation. There will be en-suite toilet and washing facilities at the hotels. Remember bringing with you some tissue as you might find it difficult to find during your cycling route

Phone and WiFi

Most of the accommodation you are in will have limited WiFi which you will be able to use, but please do not rely upon this, especially while in Cambodia as internet connections are not always reliable. You will have phone signal in almost all places on the challenge.

Safety

Safety advice for the Angkor Wat to Bangkok cycle challenge

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

In terms of your Angkor Wat to Bangkok challenge, there are a couple of important points that you should be aware of:

- The cycling route is very exposed, with almost no shade, and on sunny days the temperatures can soar. You should ideally be wearing a sun hat, sun cream, and hydrating constantly!
- Smoke alarms are not a legal requirement in Cambodia, and as such some of the hotels we use do not have them in place. Your leader will explain the emergency fire procedures to you.
- Cambodia is a region where still today, a high number of unexploded land mines are being found every day. Don't wander off well-trodden paths. You could encounter forgotten land mines and undetonated munitions. Never touch a leftover grenade or mine!

Emergencies

The event is not run as a race and there is always a large discrepancy in people's cycling abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. If we find somebody is unable to cycle at all, then we can transport them from one location to the next.

It is policy that participants must wear a helmet – please take your own for comfort reasons. Be aware that cycling can be dangerous and accidents do happen – you must take responsibility for your own safety whilst riding. Throughout the challenge, back-up support will be close by. If for any reason any injury should occur, a relief vehicle will be made available. The relief vehicle will be a private air-conditioned bus, minibus or jeep that will support the riding throughout the tour. It will follow at a discreet distance, and is there for clients who need to rest, to carry the spare bike parts, and will also often contain refreshments such as water, snacks and soft drinks. During transfer sections, the bikes will be carried in the bus. When riding off road on single track trails support will sometimes be by motorbike. The guide will carry water and the first aid kit with him/her until the trail joins the main track where the bus will be waiting.

Training

Training is definitely required. It is important that you work specifically on your stamina, leg and joint strength, and balance in order to get as much out of the challenge as possible. Don't forget that the temperature and climate is different to the UK and that you will be exercising constantly for a number of days – the heat and distance will be your biggest challenge. You need to be able to sustain around 6-8 hours of cycling for 7 continuous days, so if you can then replicating this over a weekend would be fantastic training. In your members area you will find more comprehensive Fitness Training Notes in your Account once you have signed up. You can also look to join one of our [training weekends](#).

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

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Any more questions?

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