CHARITY CHALLENGE

TRIP NOTES

# BELIEVE ACHIEVE INSPIRE

## TREK ANGKOR WAT CAMBODIA

Sat 22 Jan - Sat 29 Jan 2022

## In aid of your choice of charity

*22 Jan - 29 Jan 2022*

**8 DAYS | CAMBODIA | CHALLENGING**

Finishing at the Khmer architectural masterpiece of Angkor Wat, this 5-day trek will take you into the heart of the stunning Phnom (Mount) Kulen National Park. Along the way, you will have the chance to experience the rhythm of rural life and marvel at the dazzling landscape that surrounds Siem Reap.

Expert guides will be with you every step of the way, ensuring your comfort and safety whilst also providing information about the country's turbulent past. A perfect mix of adventure, history, and culture, Trek Angkor Wat is sure to create memories that will last a lifetime.

- Marvel at the ancient temples of Angkor Wat and Ta Prohm
- Trek through local villages, rice paddies & into the Cambodian Jungle
- Visit the sacred Kulen Mountain Waterfall
- View the Giant Sleeping Buddha, carved directly out of the mountain top
- Experience everyday life in rural Cambodia

## YOUR CHALLENGE DAY BY DAY

**DAY 1** *Sat 22 Jan*

-

**Day 1 - Depart UK**

It's time to put all your hard work and training to the test as you make your way to the airport to begin your Cambodian trekking challenge.

---

**DAY 2** *Sun 23 Jan*

-

**Day 2 - Arrive Siem Reap**

Touching down in Cambodia, you will be met by your Charity Challenge team and will experience the buzzing vibrancy of Siem Reap. After transferring 1 hour to your hotel to check in, enjoy a welcome dinner. After dinner, you will receive a full trip briefing and have the opportunity to ask any questions about the challenge ahead.

Accommodation: Hotel

---

**DAY 3** *Mon 24 Jan*

-

**Day 3 - Siem Reap - Chao Srei Vibol Pagoda - Wat Preah Bat Bunthan (6 - 7hrs)**

Today your challenge begins!
An early start today. After breakfast, you will take a short transfer out of town to the Chao Srei Vibol temple to start your trek. Today's route will take you through dazzling green rice-paddies and small villages, where you will receive friendly waves from the locals as you pass. There will be plenty of time to stop and take a closer look at some of the beautiful temples and pagodas as you pass them. The route is exposed so be prepared to protect yourself from the sun. After lunch in one of the villages, the path will continue on towards Wat Preah Bat Bunthan, a beautiful pagoda and its grounds, which will serve as your campsite for the evening.

Accommodation: Camping

---

**DAY 4** *Tue 25 Jan*

-

**Day 4 - Wat Preah Bat Buntham - Beng Mealea (7 - 8hrs)**

This morning wake at sunrise, after witnessing the daily life of monks, you leave the Pagoda behind and head out across the paddy fields where you will be treated to fabulous views of Mount Kulen in the distance. Following the tracks, you'll wind your way towards the mysterious ruins of the Beng Mealea Temple. Here, you can venture into the thick jungle and hanging vines to explore the remains of the temple complex. Next, you will have a short walk to the evening's campsite at Beng Mealea Pagoda. In the evening, you can gain an insight into the way of life in this remote area by visiting the lively market or having a drink with the locals.

Accommodation: Camping

---

**DAY 5** *Wed 26 Jan*

-

**Day 5 - Beng Mealea - Svay Leu - Kulen Mountains (7 - 8hrs)**

After an energising breakfast and another early start, you will have a short 250m challenging climb from camp to the top of Cambodia's sacred Mount Kulen. The top of the plateau will provide fabulous views across the forests and fields below. Next, you'll take an undulating track through the forest before stopping for lunch at Anlong Thom, a small village of stilted houses. Finally, head off the beaten path to visit the 'Bat Cave' and 'Elephant Pond,' before finishing at your riverside campground for a night under the stars.

Accommodation: Camping

---

**DAY 6** *Thu 27 Jan*

-

**Day 6 - Kulen Mountains - Tbang Pagoda (7-8hrs)**

Today will start with a short trek to the 'Big Buddha', a spectacular monument carved directly out of the mountain top. Continuing on, you'll arrive at the famous Kulen Mountain Waterfall and the 'River of 1000 Lingas (phalluses).' Here you can see the riverbed covered with hundreds of Lingas, along with the depictions of Hindu deities which have been carved into the rocks along the river. Finally, you'll travel through villages and past local schools and pagodas before reaching the campsite for the night.

Accommodation: Camping

---

**DAY 7** *Fri 28 Jan*

-

**Day 7 - Tbang Pagoda - Angkor Wat Complex (6 - 7hrs)**

After your camp breakfast, you will set off on the final 6km of your trek towards Phnom Bok. From there, you will finish your journey in style as you arrive into the Angkor Wat complex in a colourful procession of tuk tuks. Before lunch, you will be able to climb the steep stairs of the central spire of Angkor Wat for unparalleled views over the whole site. The afternoon will be spent at Ta Prohm, a temple widely recognised as the iconic setting of the 2001 Tomb Raider film. Over the years, the carvings and pillars have intertwined with jungle vines and tree roots to create one of the most picturesque and memorable temples in the Angkor complex.

At sunset, you transfer to the hotel where a long shower and a farewell dinner will be waiting for you. With a belly full of traditional Khmer food, you can celebrate the completion of your Cambodian challenge with your new friends.

Accommodation: Hotel

---

**DAY 8** *Sat 29 Jan*

-

**Day 8 - Depart to UK**

Enjoy a leisurly morning and a free part of the day to roam at ease around Siem Reap. Lunch (at your own expense) before heading back to the hotel early afternoon for the transfer the 1 hour to the airport for the overnight flight back to the UK to arrive early morning.

---

**DAY 9** *Sun 30 Jan*

-

**Arrival UK**

Arrive early morning into London.

---

## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

### SELF FUNDER

-

*Pay a registration fee of £450.00 when you book*
*Then a balance of £1649.00 (10 weeks before your challenge)*
*Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

-

*Registration fee of £450.00 when you book*
*Raise a minimum of £3365.00 for your charity.*

### FLEXI

-

*Registration fee of £450.00 when you book*
*Then £450.00 towards challenge costs (10 weeks before your challenge)*
*Raise a minimum of £2445.00 for your charity.*

## WHAT'S INCLUDED

**Before you go**

-

- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Warm up exercise routines
- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules
- 16 and 20 week trek/bike training schedule
- Access to training weekends (optional and at additional expense)
- Fitness training notes
- Fundraising advice
- Public liability insurance

**On your challenge**

-

- Drinking water on challenge days
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- An English speaking first aid trained challenge leader and full local support team
- Full back-up support including first-aid qualified staff and first-aid supplies
- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)
- Equipment as per the challenge activity
- A Charity Challenge T-Shirt
- Accommodation during the challenge (usually in twin share)
- Entrance fees to national parks or other places of interest visited on the itinerary
- Three meals a day (unless otherwise stated in the itinerary)

## WHAT'S NOT INCLUDED

**Before you go**

**On your challenge**

-
- Visa (if required)
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

-
- Tips
- Departure Tax (if applicable)

## THE DETAILS

| | |
|---|---|
| Fundraising deadlines | 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 12 weeks before departure (by 30/10/2021), and the remaining 20% within 4 weeks of completing the challenge (by 26/02/2022). 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. |
| Prices include all known air taxes | We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't. |
| Typical group size | The typical group size is 16 - 30 participants |
| Small group supplement | The costs and sponsorship levels on our website are based on a minimum of 16 participants. We can run this trip with 11-15 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. |

| | |
|---|---|
| Optional extras | Extensions at end of trip*<br>Single room supplements*<br>Business class upgrades*<br>Travel insurance<br>(*subject to availability) |
| 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 http://www.campbellirvinedirect.com/charitychallenge. |

### Level of Difficulty

Challenging: A “challenging” trip will test someone who is relatively fit and has a spirit of adventure. You may have had some previous experience, but this is not necessary as long as the correct training is undertaken. A “challenging” trip may involve some altitude, but this will be compensated by easier terrain and trekking conditions.

You can tell your supporters that on your Angkor Wat Challenge you will be:

- Trekking an average 15km-20km over 7-8hrs per day
- Trekking for 5 consecutive days in hot and humid weather
- Camping with very basic facilities, including 'bucket showers'

### Typical Day

You will wake early (around sunrise) in time for a light breakfast. Walking days will last 7–8 hours. Trekking on your challenge will take place on a range of terrain, including fields, farming tracks, jungle trails and rural paths. Packed lunch will be provided and usually served around noon. You will arrive at camp by late afternoon in order to wash before it gets dark. Supper will be prepared and you can relax as the stars come out.

### Safety

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, an advanced and thorough safety management systems. 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 Trek Angkor Wat Challenge, there are a couple of important points that you should be aware of:

- When temperatures are hot, the risk of becoming dehydrated and succumbing to sunstroke are particularly high. You should be drinking over 2L of water per day during the trekking and using sunscreen continuously.
- You will be trekking on varied terrain which will require concentration and appropriate kit.
- You will be trekking for 7-8hrs a day for 5 consecutive days, which will test your stamina.

### 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.

## Extension

Hidden Angkor Wat and Tonle Sap Lake Extension

Day 8 - Explore the best of Angkor Park and Phare Circus
After waving farewell to your fellow trekkers, it will be time to head back to Angkor Wat for further exploration. You will arrive at the gates of Angkor Thom, the original capital of the Khmer Empire. Upon arrival, there will be bikes waiting for you so you can hop on and pedal your way around the temple walls before heading to the centre to marvel at the Bayon Temple.

You will then head off the normal tourist trail and onto a 3km trek behind the Elephant Terrace. Finally, you can walk along the path where mighty Kings once oversaw fighting elephants and other ceremonial activities. After lunch, you will have the option to spend more time at the temples or head back to the hotel to relax.

In the evening, you will have dinner at the Phare Cafe before attending a performance of 'Phare, the Cambodian Circus.' This troupe of professional acrobats and artists have played an influential role in promoting and developing Khmer culture following the Khmer Rouge genocide. (B,L,D)

Accommodation: Hotel

Day 9 - Roluos Temples and Tonle Sap Lake
This morning, you will head off on a 25km cycle to the Roluos Temples and Tonle Sap Lake. The short 25km ride will pass through many small villages that skirt the city of Siem Reap. When you arrive at the Rolous Group, a series of Pre-Angkor temples, you will be able to observe their clear differences from the temples of Angkor Wat.

Next, you'll head to a small market before boarding a boat to take you to Kampong Phluk. The inhabitants of this incredible floating village have learned to adapt to the rise and fall of Tonle Sap - in some cases up to 9 metres throughout the year! You will have lunch at a local home where you will get a real sense of life on the lake.

After transferring back to the hotel, you will have dinner at Malis, providing you with the perfect opportunity to sit and reflect on your incredible journey. (B,L,D)

Accommodation: Hotel

Day 10 - Departure to UK

After breakfast in your hotel, it will be time to head back to Siem Reap International Airport for your flight back to the UK. (B)

### Flights

You will be flying from London Heathrow to Siem Reap. The flying time is approx. 17 hours with a stopover. Your flight info can also be found in your Account Area under 'Flights'. 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 prior to booking any flights, otherwise you may be liable for your included group flight cost. Contact flights@charitychallenge.com for any further info or intent of booking your own flights. For any general flights questions, please refer to our main FAQs page.

### Visa

We will upload a Visa Application Advice document into your account area 3 months prior to your departure to help you with your application.

The approximate cost of visas for this itinerary is $35.

### Insurance

It is a condition of travelling with Charity Challenge that you have a suitable travel insurance policy which covers you for your entire 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 must complete and return to Charity Challenge prior to travel.

For more travel insurance questions, please refer to our main FAQs page or for any specific queries, please contact us at bookings@charitychallenge.com.

### Vaccinations and Medicine

Vaccinations: For up to date vaccination information please check the Travel Health Pro page:
https://travelhealthpro.org.uk/country/39/cambodia

The Charity Challenge team 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, and as such it may be useful to take a copy of your itinerary with you.

Medication

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses
- If you have an allergy which requires an epi-pen, ensure that you carry 2 during your trip

N.B. Some medications are banned abroad so please check. You can find further information at https://travelhealthpro.org.uk/factsheet/43/medicines-abroad

### Climate

Cambodia is warm all year round, with temperatures rarely dropping below 20c. The average daily temperature for trekking will be 25c. Trekking in Cambodia can be extremely humid and you should come prepared for sporadic rainfall. The trails are fairly exposed so you should be prepared to protect your self from the sun and stay hydrated by drinking plenty of water. A wide brimmed sun hat is recommended.

### Training

Training and fitness 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. The best training advice is to get outdoors into some of the mountains of the UK to familiarise yourself with walking on rugged terrain, while carrying weight in your daypack. You need to be able to sustain around 5-8 hours of trekking for 5 continuous days. If you can, then replicating this over a weekend would be fantastic training. 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

### Luggage Allowance and Valuables

The luggage allowance will depend on the airline being used for your challenge, but in general, it will be one piece of checked baggage at approximately 20kg.

Each trekking day, your personal kit will be transported to the next stop by a support vehicle. You will carry a daypack for your daily needs such as sun cream, lunch, water, camera, and lightweight waterproofs.

We will do everything to provide adequate security for your possessions. The general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance, passport, visa etc.) in case they get lost or damaged.

We advise that you wear your walking boots on the plane and take a set of trekking clothing (especially your jacket) in your hand luggage. In the unlikely event that your hold bag should go missing, you will be able to begin the challenge until you are reunited with your luggage.

### 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 guides and staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

### Group Size

Each group is intended to be 16 people minimum in order to run and a maximum of approx. 30 people. We will be able to run this challenge for 11 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).

### Clothing and Equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some quality walking socks. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are a high-quality waterproof jacket and technical/wicking t-shirts rather than cotton shirts. Walking poles can be useful, however, we would recommend training with these prior to your trek. 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 Outdoorhire and Cotswold Outdoor.

### Accommodation and Toilets

Accommodation

The standard of accommodation in Cambodia is generally high and the hotel rooms are western standard en-suites and have facilities for charging batteries and wifi connection. Whilst camping, you will be in single tents. The campsites are usually at pagodas and the facilities will be very basic.

Single rooms are available on this trip for a surcharge. Please email challenges@charitychallenge.com if you would like more information.

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

Toilets

Whilst the hotels will have western style toilets, along the trekking route you will need to embrace the great outdoors. At every campsite, several toilets will be located a small distance from the campsite. These will be very basic and will not be western toilets. Remember to bring some toilet paper and antibacterial hand gel with you, as well as small plastic bags to dispose of waste responsibly.

## Food and Drink

Cambodian meals are based on fish, poultry, pork, vegetables and rice. The dishes are all very tasty and, for the most part, not too spicy. Food is usually prepared with a minimum of oil and served with a fish sauce called nuoc mam. Angkor Beer is the local brew. Wines are very expensive unless you want to sample locally made rice wine – 'Roau' (pronounced zeeo).

Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies. You will need to be as flexible as possible with your eating habits when travelling in south-east Asia, as some diets are hard to cater for! Water will be supplied while you trek.

Please note that you may encounter a large amount of seafood on this challenge, so please inform Charity Challenge if you do not eat seafood so we can accommodate you the best we can.

## Money

How much to bring

All accommodation and meals are included within the price of the trip, as well as water during the trekking days. You will not need to carry a lot of money with you during the challenge, but there may be daily opportunities to buy soft drinks, alcohol and snacks on the way. We would suggest a maximum of about £15 a day. Bring more if you intend to buy souvenirs as there are plenty of great handmade crafts, silk clothing and silver jewellers in Cambodia. Keep in mind that it is useful to have notes in small demoninations.

Currency

The US dollar is the main currency used in Cambodia. Prices in hotels, shops and restaurants are quoted in US dollars. Cambodian Riels are used only as small change.

ATMs

ATMs are available in Siem Reap, but take care when withdrawing cash and be aware of your surroundings. Not all ATMs and banks accept foreign debit and credit cards so check with your bank before you travel. Once you begin trekking, ATMs will be extremely hard to find so bringing cash is essential.

Credit Cards

Visacard and Mastercard are now accepted in many hotels and shops in Siem Reap, but the preferred currency is dollars, cash.

Tipping

Tipping is personal and at your sole discretion. We recommend approx. US$15 per person per day ($90-$100). This should be given to the challenge leader who will distribute it among the support team, including guides, assistant guides, cooks and porters.

### Phone and Wi-Fi

Your hotel will have limited wifi internet, but please do not rely upon this. During the trek there may not be opportunities to charge your phone and signal may not always be available. You should look at this challenge as an opportunity to get away from the stresses of daily life!

### Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking 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. In the event of an emergency, all guides and leaders are maintaining contact via radio, and the backup vehicle will not be far away. If somebody is unable to walk at all, then the guides will arrange evacuation to a vehicle.

### Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

### Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and

terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-exiting medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

CHARITY CHALLENGE

**Any more questions?**

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

facebook.com/charitychallenge
twitter.com/charitychall