

Date: November 2016

Registration fee: \$150
(non-refundable)

Fundraising target: \$3,000
(excludes travel)

Travel cost: \$4181.00 including taxes
(can be fundraised – conditions apply)

Trip duration: 16 days

Physical activity: Bike Ride Adventure

Accommodation: Twin Share

Cambodia to Vietnam

BIKE RIDE **2016**



CONNECT ADVENTURES

Creating Charity Challenges

Get set for an Inspiring adventure

Riding through Vietnam gives you the opportunity to mix with the beautiful people of Vietnam. Experience first hand their resilience, their traditions, their culture, their warmth. Cycle through the diverse countryside; the hustle and bustle of the energetic city that is Saigon, to sites rich in historical and military significance, to stunning coastal scenery. Enjoy the food, the people, the experience.

Cambodia has come out of years of tragedy and turmoil to become a must see on many people's travel wish list.

Escape the crowds, the busy roads and the well-worn trails instead ride out towards the main temples on small roads following the river, You have seen the main temples and the sunrise, now see something really different. A bike ride through the beautiful countryside that surrounds Siem Reap city. Meet the locals and be a part of their culture in a way that wouldn't normally be possible

Are you up for the challenge?

**You'll have an
unforgettable
adventure
in Cambodia
and Vietnam
– One that will
stay with you
for a life time**



Are you up for the challenge ?

The Connect Adventure challenge is your perfect opportunity to cycle with a group of like minded people, while raising funds to help The Cancer Care Center to provide vital courses, resources, workshops, and therapies to people dealing with cancer, along with their families.

To become a part of this truly inspirational experience involves two simple steps:

1 Register with Connect Adventures for the Vietnam challenge. As soon as you register your dedicated fundraising team will work with you to create a comprehensive fundraising plan.

2 You start to fundraise the minimum target amount of \$3000. A team representative will contact you regularly with ideas, advice, encouragement - and plenty of inspiration. You will also receive a registration pack with a comprehensive fundraising guide full of great ideas and case studies from previous participants. We will support you every step of the way.

You can pay the whole amount yourself rather than do fundraising or you can pay for part of it and fund raise the remainder. Do whatever works for you!



On a routine visit to my wife's doctor, I came across a Cancer Care Centre brochure, which led me to visit the Centre and changed my life.

Cancer Care Centre

Functional benefits

The Centre provides a comprehensive range of complementary services.

We seek and provide the latest information on complementary care.

Our support groups are well facilitated and offer the opportunity for participants to share feelings and experiences, which we believe is of paramount importance in the cancer journey.

Our therapists are fully qualified and experienced in cancer treatment and tailor services to the individual's needs.

Emotional benefits

Self-empowerment allows you to take steps toward your own recovery.

You will discover you have choices and therefore can feel positive about your cancer journey.

Cancer Care Centre provides a place of help, hope and understanding.

You are not alone – you will be with people who are on the same journey and helped by people who can make the experience easier.

The central premise of Cancer Care Centre is:

Help

We support you through your cancer journey; during the newly diagnosed phase, treatment and post treatment phases. That you are not alone is reinforced by support groups, workshops and therapies.

Help is support

Hope

We embrace hope through sharing, information and belief in a positive outcome. We look to restore the natural condition which implies hope, that all is not lost.

Hope is empowering

Understanding

Our staff can help you find perspective, acceptance and desire. We help you to search for more answers, to find a healthier state of body and mind and strive for wholeness in your journey.

Understanding is empathy

Testimonials

I have been involved with Cancer Care Centre since 1984 as a complimentary therapist. I found the centre after the diagnosis of my Mother's ovarian cancer when I was looking for sources of support and information. With the help and advice the Centre gave me, I gained the confidence to use my skills to aid my Mum's recovery. The first thing that struck me about the Cancer Care Centre was the atmosphere of positivity and hope, after weeks of hospital appointments and stays laced with "doom and gloom" and this was uplifting and refreshing to say the least. Cancer Care Centre gives options and strategies to help regain that sense of control and with it empowerment.

– Sarah Trangmar, Massage Therapist

My connection with the Centre goes back to 1996 when, in my early 40 s I was diagnosed with Breast Cancer. I found the Centre to be an inspirational place to be. As a person with cancer, I frequently found myself to be a sick body in a medical setting. By contrast, at the Cancer Care Centre I felt that I was a whole person in a setting full of encouragement, hope and inspiration.

– Louise

I was diagnosed with breast cancer in April 2005. At that time, I was 32 years of age and it was the last thing I was expecting, considering myself healthy and fit. My life changed dramatically. I joined Cancer Care Centre. I found the female volunteer who greeted me on arrival so welcoming and compassionate as she went through a range of services they offered. Attending Cancer Care centre was fantastic, I have always been guaranteed a sympathetic ear and get just what I am looking for at the time in the way of resources and support.

– Antionette

Frequently Asked Questions

Q: Will I be able to meet my travelling companions before we leave?

A: Yes, we have two information nights scheduled prior to departure, which is a great opportunity to meet and get to know each other.

Q: Will I get support in my fundraising efforts?

A: Yes, we actually put on a few fundraising events that are great fun and all you have to do is invite your family and friends we make it so easy. Plus a team representative will contact you regularly with ideas, advice, encouragement - and plenty of inspiration.

Q: What happens if we don't reach my target?

A: You will, with the right commitment and a good fundraising plan you have plenty of time and the support you need from us to reach your fundraising goal.

Q: What sort of things have people done to fundraise for our trips?

A: Wine tasting, sausage sizzles, football games, lawn bowls, conferences, cook books, comedy evenings, cinema nights, clothing sales, donations from family and friends.

Q: When does the fundraising target need to be reached by?

A: There are a number of payment milestones that need to be met, each adventure is different, please refer to the countdown document in the specific adventure for the actual dates.

Q: Are donations tax-deductible?

A: All of the money that goes directly to the charity over \$2 is tax-deductible (providing your supporters received nothing in return for their donation) and the charity will issue your donors with a receipt.

Q: How do donors get receipts?

A: When your fundraising monies are paid to the charity they will issue a tax-deductible receipt to your supporters who made a donation, providing you have provided all the relevant details.

Q: How fit do I need to be?

A: The Vietnam bike ride is a comfortable challenging adventure. You will be cycling every day in a warm climate this requires a level of physical fitness. It is important therefore to train properly, building up stamina and fitness.

Q: What is the minimum age for participants?

A: The minimum and maximum age is adventure specific, please contact us. We have had participants from 15 to 64 years old on our adventures.

Q: What's the food like during the trek?

A: Food throughout the bike ride is excellent. Get your taste buds ready for all the traditional Vietnamese dishes.

Q: How safe is it?

A: On all our trips your well-being is our first priority. Our travel partner staff constantly review every aspect of your adventure and our expert guides are fully conversant with the demands of traveling in remote regions.

Q: Do I need to bring a bike?

A: No your bike will be supplied as part of the trip

Q: Do I need travel insurance?

A: Yes, it is obligatory and your responsibility to get this and provide details to our travel partner, before departure.

Q: Do I need a visa and passport?

A: It is the personal responsibility of the passenger to make sure his or her passport is valid and contains the necessary visa and travel documents for his or her journey. Your passport must be valid at least six months beyond intended stay. Please refer to the pre-departure information in your registration pack.



Vietnam & Cambodia Bike Tour

Vietnam is a nation of captivating diversity. From north to south you will find 'authentic' Asia – the fertile plains of the Mekong Delta, long deserted stretches of spectacular coastline, majestic mountains in the north, bustling cities and street markets, and faded elegance from the French colonial era. You will also encounter a nation of people rich in culture, tradition and history with a refreshing warmth and friendliness unequalled in South East Asia; a people who have put the war-torn past behind them and are clearly focused on a brighter future.

Cambodia has emerged from its recent tragic past to reveal ancient temple complexes unrivalled in scale and aura, and friendly, open people, eager to communicate with the rest of the world and share their knowledge of a truly remarkable national history. The following information is designed to help you get the most out of your travelling, and includes a day-by-day itinerary detailing touring and accommodation on your journey

Day 1: Arrival and transfer to your hotel in Siem Reap

Upon arrival in Siem Reap (please ensure you have 20USD in cash and a passport photo if you are obtaining your Cambodian visa on arrival) you will be met and transferred to your hotel. This evening is free for your own exploring of Siem Reap Town.

ACCOMMODATION - 3 NIGHTS

Shinta Mani Resort – Pool View Room with daily breakfast
Riding 30 to 40kms per day

Day 2: Cycle the Angkor Temples

Meals included: Breakfast/ Lunch

Escape the crowds, the busy roads and the well worn trail at Angkor. We will start with a ride out towards the main temple area on a small road following the river, we pay a visit to Angkor Wat, then cycle the main circuit road and just as we enter Angkor Wat, Angkor Thom. We leave the road and spend the rest of the day on charming, quiet trails through these majestic structures. We visit The Bayon, famous for its serene faces and The Elephant Terrace. We then visit Tha Prom, known commonly as the jungle temple, with tree roots attempting to reclaim the ruins. From here we ride a red dirt road and then some great small tracks back to town. NO van support included.

Riding 30 to 40kms per day

Day 3: Cycle Boeng Melea Temple

Meals included: Breakfast/ Lunch

You have seen the main temples and the sunrise, now see something really different. A bike ride through the beautiful countryside that surrounds Siem Reap city. We get off the main roads and onto the fascinating red dirt trails that weave their way through the rice paddies and villages towards Beng Melea Temple. This temple is quite less visited due to its distance from Siem Reap. The ride to get there is a great countryside experience. Built in 12th Century from sandstone, Beng Melea is a sizable temple, orientated towards the east. It has been largely reclaimed by nature with trees and moss covering the ruins. It gives a shady and quiet atmosphere and the lack of other visitors makes this temple a real treat. After lunch and some time to visit the temple, we will drive back to Siem Reap. Van Support included.

Riding 30 to 40kms per day

Day 4: Transfer from Siem Reap to Battambang. Afternoon half day tour

Meals included: Breakfast

Today you will depart Siem Reap and head to the Northwest of Cambodia. Cycle from Siem Reap to Battambang takes in some of Cambodia's prettiest landscapes. Battambang is Cambodia's second most populated city after the capital Phnom Penh, situated on the banks of the Stung Sangke this vibrant and bohemian city is full of charm. This afternoon take a short drive to the ancient temple of Ek Phnom, stop a local rice paper making village along the way for a glimpse of daily life. Ek Phnom is a partly collapsed 11th Century temple and features some impressive and intricate carvings and driving around for city tour.

ACCOMMODATION - 1 NIGHT

BAMBU HOTEL – Standard Room with daily breakfast

Day 5: Transfer from Battambang to Phnom Penh

Meals included: Breakfast

This morning transfer from Battambang to Phnom Penh by coach with approximately 50 kms bike ride.

Phnom Penh will be bustling as we arrive late afternoon, so as the sun drops, it's a great time to get out into the markets to see what the locals are planning on for dinner

ACCOMMODATION - 3 NIGHTS

The Frangipani Royal Palace and Spa – Deluxe Room with daily breakfast. Riding 30 to 40kms per day

Day 6: Cycle Mekong Islands (Koh Dach Island)

Meals included: Breakfast/ Lunch

Meet at your hotel in the morning at 07:30am to start our Phnom Penh countryside cycling day tour. Bring with you the camera, sunscreen and some comfortable clothing. We then, cross the river by ferry and take in this relaxing 25km ride through Cham Muslim communities on quiet back roads to reach the Mekong Islands. On the islands, cycle through orchards and market gardens. Enjoy the peaceful farmland and learn about the lives of the people who live here. Boat trip back to Phnom Penh at the end of the ride is time to see also local life over the water on both sides of the river. You can expect to return to Phnom Penh around for 1230 for lunch and finish about 130pm. NO van support, and only tuk tuk support by request.

Riding 30 to 40kms per day

Day 7: Phnom Penh City tour

Meals included: Breakfast

Phnom Penh, after years of violence and terror, is a city reinventing itself. Many parts of the city are testament to its French colonial past while the recently developed riverfront area is proof of its future. Depart your hotel at 8.00 am and visit the National Museum for an appreciation of the splendour of Khmer history and its amazing collection of Angkorian and pre-Angkorian artifacts. We also spend time at the Royal Palace and the beautiful Silver Pagoda, famous for its 5000 silver tiled floor, set within its grounds. In the afternoon, we visit the chilling Tuol Sleng Museum of Genocidal Crimes and the Killing Fields of Choeng Ek. Both sites are a testament to the insanity of the Pol Pot era and whilst they can be challenging places to visit, these sites give an important insight into recent Cambodian history.

Riding 30 to 40kms per day

Day 8: Transfer from Phnom Penh to KEP (Ha Tien Border check point).

Meals included: Breakfast / Dinner

Breakfast overlooking the Gulf of Thailand is a nice way to start out last morning in Cambodia. Our ride today passes the salt flats along the coast and then before you know it, we are at the sleepy Ha Tien border point. After completing formalities, bidding farewell to the Cambodian team and entering Vietnam, it is only a short distance further to the boat pier where we take an express boat to Phu Quoc Island. One last ride for the day brings us from the pier to our comfortable hotel that will be your home for three nights. Cycle to Phu Quoc 50km

ACCOMMODATION - 3 NIGHTS

Saigon Phu Quoc Resort – Panorama

Vietnam & Cambodia Bike Tour

Day 9: Phu Quoc

Meals included: Breakfast
Today is free at your leisure.

Day 10: Half day bike ride around PHU QUOC

Meals included: Breakfast/ Lunch
After breakfast at the resort, you will spend half day biking around the island, the biking will go through the fishing villages, fruit farm, enjoy normal life of local people in Phu Quoc Island. The ride will take up most of the morning and the afternoon will be free time, you can go back to the resort or continue your own exploration of the island. Cycle 75km

Day 11: Phu Quoc – Chau Doc

Meals included: Breakfast/ Dinner
This morning enjoy breakfast at leisure before being transferred to Phu Quoc pier for boat to Ha Tien.
Upon arrive Ha Tien, you will visit Tra Su bird sanctuary, a project of the local community. Enjoy your adventure along the green mysterious canals. After a boat ride to meet the waders and other water birds, we pedal on to Chau Doc, an important regional trading town particularly known for its pungent and tasty fish sauce. Tonight, enjoy a hosted dinner at a local restaurant; sample some great cuisine. Cycle to Chau Doc 50km

ACCOMMODATION - 1 NIGHT
Chau Pho Hotel – Superior

Day 12: Chau Doc – Long Xuyen

Meals included: Breakfast/ Lunch/ Dinner
Today we will departure Chau Doc for Long Xuyen. The Delta adventure starts in early today, the distance is about 60km with a partially biking. You will cross numerous canals by bridge and boat and following a path through the maze of waterways that is the Delta. The riding is predominantly on small, paved canal paths with only motor scooters as other traffic. On arrival, check into your hotel and enjoy the rest of the day at leisure for own exploration. Cycle to Long Xuyen 75km

ACCOMMODATION - 1 NIGHT
Long Xuyen Hotel – Superior

Cambodia inclusions

Land transportation by private air-conditioned vehicles
Local English speaking guides on mentioned touring days
Hotel accommodation with daily breakfast
Entrance fees on touring days
Cycling tour on day 2,3 & 6
Lunch on day 2,3 & 6
Imported Mountain Bikes and helmets on Cycling days
(throughout the 15 days of cycling, pick up bikes in Cambodia and return in Saigon).
Cold water and wet towel on touring days

Vietnam inclusions

3 nights in Phu Quoc
1 night in Chau Doc
1 night in Long Xuyen
1 night in Can Tho
2 nights in Saigon
Private boat in Tra Su, Phong Dien to Can Tho, floating market in Can Tho.
Daily breakfast at hotels, lunches and dinners as mentioned above.
Transportation and touring as per the itinerary with entrance fees.
Round trip express boat Ha Tien-Phu Quoc-Ha Tien.
Welcome drink upon arrival at each hotel
Local English speaking guide throughout.

Day 13: Long Xuyen – Phong Die – Can Tho

Meals included: Breakfast/ Lunch/ Dinner
Today we will travel to Phong Dien with a brief bike ride before taking a boat ride to Can tho, the largest city in the Mekong Delta with an official population of around half a million people. Although it has become a bustling, commercial city it still retains a nice waterfront area.
Cycle to Can Tho 85km

ACCOMMODATION - 1 NIGHT
Golf Can Tho Hotel – Superior

Day 14: Can Tho – Saigon

Meals included: Breakfast/ Lunch/ Dinner
After breakfast, you will take boat to Cai Rang, the largest wholesale floating market in the Mekong Delta, starts around 04:00 and runs until 10:00, You'll pass vibrantly painted boats anchored along the shore, merchant vessels carrying loads down the river and houses built on stilts over the water. Once you finally reach the market, it's an impressive site. A stretch of boats selling all variety of goods lines the river. Not really a place for souvenirs, people comes here instead to buy large quantities of goods, mostly foodstuffs, and you will get an idea of what water commerce in the Delta looks like. This afternoon you will be transferred to Saigon, enjoy your walking tour of Saigon's famous and historic city landmarks. The tour will take you through the heart of the city along Dong Khoi Street (formerly Rue Catinat), pass the Ho Chi Minh Square, Municipal Theatre and Notre Dame Cathedral.

ACCOMMODATION - 2 NIGHTS
Lavender Hotel – Run of House.

Day 15: Saigon

Meals included: Breakfast
Today is free at your leisure.

Day 16: Depart Saigon

Meals included: Breakfast
Today your tour ends with a transfer from the hotel to Tan Son Nhat airport for your onward flight. End of services.

EXCLUSIONS:

Visa fees for Vietnam / Cambodia
Meals & drinks that not mentioned
Travel Indochina western tour leader
Personal expenses (laundry, telephone, drinks, tips for local guide(s) drivers during excursion on board...)
Additional services not listed in your itinerary.
Possession of adequate travel insurance is a compulsory condition of travelling with Travel Indochina.

NOTES:

The quoted prices will be subject to change upon the hotel availability at the time of booking.
Quote validity: It is in the manual that the quote we provide is only valid for 30days
Fitness form: please ensure to provide us signed Fitness form for any pax who are 70+ years old. This is very important.
We do not make any reservation for this booking until receive confirmation from yours.

IMPORTANT NOTES

The quoted prices will be subject to change upon the hotel availability at the time of booking.

Fitness form: please ensure to provide us signed Fitness form for any pax who are 70+ years old. This is very important. No reservations have been made until we receive your acceptance of our quotation and instruct us to make a reservation.

Early check-in and late check-out of hotels. If this is required, please inform us and we can request the charge or the guests may pay for this at the hotel.

Please note that all rates advised are nett and therefore non-commissionable.

A non-refundable holding deposit of AUD\$500.00 is required to make a booking.

Most services in Vietnam and Cambodia such as transport and hotels are transacted in USD. The pricing given is affected by movements in the Australian Dollar. Please be advised that travel Indochina reserve the right to apply a surcharge to pricing without notice.

Please note that this group range is based on minimum 10 paying passengers travelling together for the land portions. Should the minimum number of passengers not be reached, the costs given above will need to be revised. These costings are a proposal only and subject to availability at the time of booking. This quote does not guarantee availability of any of the above mentioned services and at this stage, no arrangements have yet been booked or confirmed. This quote should be treated as indicative

VISA REQUIREMENTS

You will need valid a visa in order to enter Vietnam, Cambodia, Laos, China or Thailand. Visas for Vietnam, China and India must be obtained prior to your arrival in Asia. Visas for Cambodia, Laos, Thailand and Japan can be obtained on arrival by many nationalities including Australian, New Zealand, U.K, U.S and Canadian passport holders. Visa costs and permitted length of stay can vary depending on nationality and method of arrival in country. Visa requirements in Asia often change, so for the most up to date visa information, please refer to the relevant embassy or consulate in your country. Please remember that it is your responsibility to ensure



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