

# VIETNAM TO CAMBODIA CYCLING ADVENTURE



## Highlights

- A fantastic cultural two-wheeled journey of 450kms from Vietnam to Cambodia
- Wander the timeless alleys and chic streets through the metropolis of Ho Chi Minh City
- Discover the quiet backwaters, narrow lanes and local life as your journey takes you off the beaten track
- Immerse yourself in the maze of colourful pagodas and bustling markets dotted along the Mekong Delta
- Experience the warmth and friendliness of the local people and get a true taste of rural hospitality
- Pedal through traditional Vietnamese villages and shimmering emerald paddy fields as local farmers attend to their rice crops
- Relish in the spine-tingling moment as you arrive at the heart and soul of Cambodia, Angkor Wat
- A week's journey giving you a lifetime of memories to share and cherish
- Receive a complimentary Water-To-Go bottle when you depart on this trip to minimise our plastic footprint in two very special countries!



# WELCOME

Chào mừng / Saumosvakom

## Overview

Experience an incredible cultural journey as you pedal 450kms through remote villages, bustling markets, narrow lanes as you travel get off the beaten track to immerse yourself first-hand in the rawness and way of life of the people of Vietnam and Cambodia.

With time to explore the timeless alleys and chic streets through the metropolis of Ho Chi Minh City, you'll start your epic cycling adventure igniting all your senses with the sights, sounds, smells and tastes of the beautiful South East Asia.

Jumping in the saddle at the gate of the Mekong Delta your route winds into the heart of the maze of channels and intenseness of activity and work that seems unique to Vietnamese people. This water world is just one of many highlights of your journey where you can pedal to the rhythms of the mighty Mekong, as boats, houses and markets float upon the innumerable rivers, canals and streams criss-crossing the landscape. With taking the roads less travelled along the delta's relatively flat terrain, you'll experience the local way of life and the warmth and friendliness of the country's rural hospitality.

Staying in locally owned hotels enroute, you'll also have the chance at the end of each day's ride to share stories over a delicious authentic meal in a local restaurant.

With crossing into Cambodia there's time to visit Tuol Sleng Prison and the Killing Fields to learn about Cambodia's turbulent past under the Khmer Rouge regime. The final stretch takes you through lush jungle landscapes to Siem Reap and arrive near the Western Gate of Angkor Wat. Watching the sun set over the sugar palm trees marks a memorable finish to an incredible journey on two wheels.







# TRIP SUMMARY



**Activity:** Cycling  
**Duration:** 11 days & 10 nights  
**Active days:** 7 days  
**Distance:** Approx 450kms  
**Accommodation:** Local hotels  
**Cost:** Deposit: £295 per person  
Remaining balance: £1660 per person

**Group size:** 10 – 24 people  
**Level of difficulty:** ■ ■ ■ ■  
**Moderate**  
**Dates 2020:** Nov  
**Dates 2021 – 2022:** Feb / Oct / Nov

# ROUTE MAP

Get ready for an adventure



**DAY 1**  
Flight from UK to Ho Chi Minh City, Vietnam

**DAY 2**  
Ho Chi Minh City, Vietnam

**DAY 3**  
Ho Chi Minh City - My Tho - Tra Vinh (52kms cycle)

**DAY 4**  
Tra Vinh - Can Tho (82kms cycle)

**DAY 5**  
Can Tho - Long Xuyen (90kms cycle)

**DAY 6**  
Long Xuyen - Chau Doc (cycle 80kms)

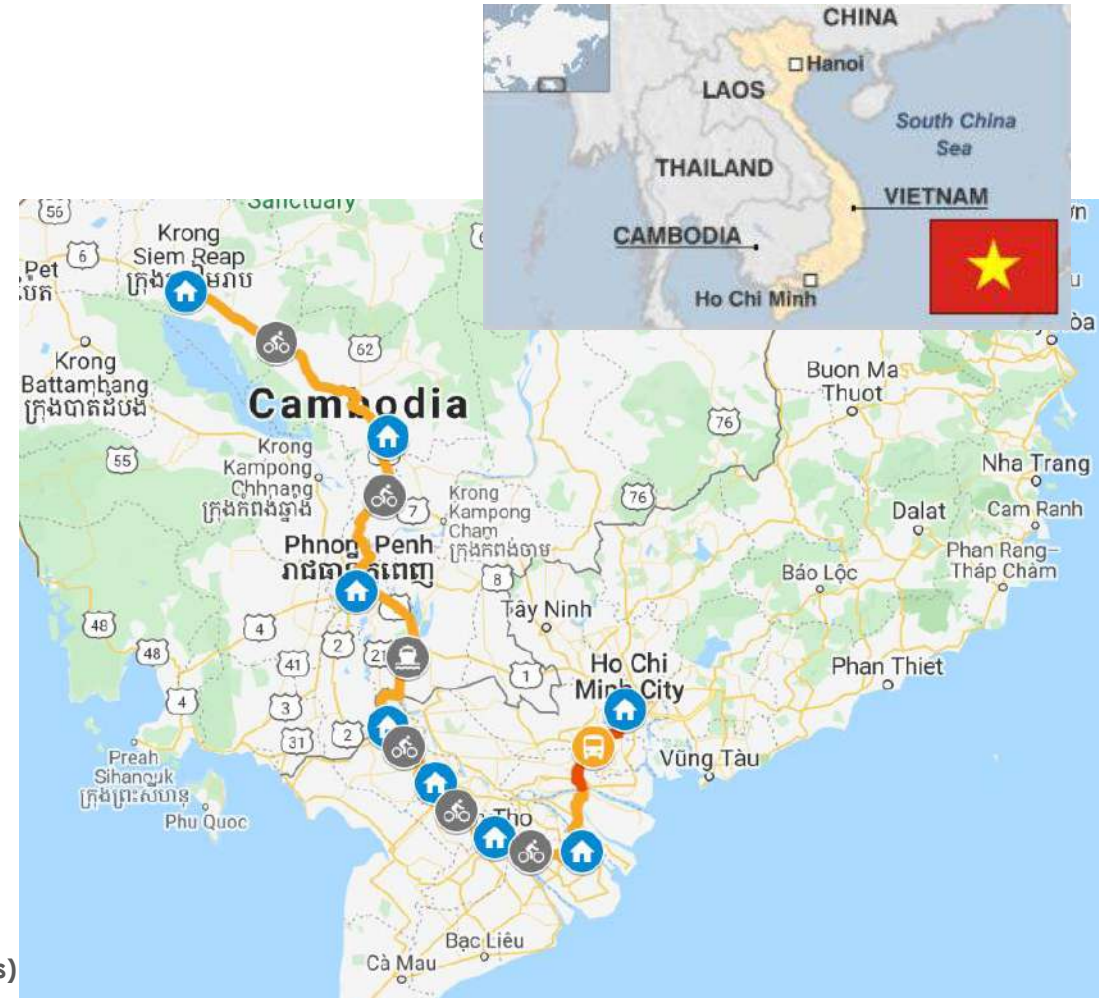
**DAY 7**  
Chau Doc – Phnom Penh (boat transfer)

**DAY 8**  
Phnom Penh – Kampong Thom (cycle 70kms)

**DAY 9**  
Kampong Thom- Siem Reap (cycle 66kms)

**DAY 10**  
Full day in Angkor Wat - Depart Siem Reap

**DAY 11**  
Arrive home





# ITINERARY

## 1 bike. 2 countries. 450kms. 1 epic journey

**THE CHALLENGE** – a 500km journey from Saigon to Angkor Wat navigating through quiet backwaters of the Mekong Delta and narrow rural lanes discovering local life as your route travels off the beaten track. This two-wheeled adventure immerses you in the sights, smells and sounds of the heart of South East Asia finishing at the ancient Royal Temples of Angkor Wat. There's no better way to experience the rawness and fascinating cultures of these two countries.

### DAY 1

#### Flight from UK to Ho Chi Minh City, Vietnam (between 12 – 16 hours)

On signing up for the trip, we'll provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at the cost of the flight. Flights are not included in your package to give you the flexibility to travel from your nearest airport, use your frequent flyer points or extend your stay in Cambodia if you wish. The recommended flights for this will include airport transfers in Vietnam and Cambodia.

There are direct flights from London and non-direct flights from major airports across the UK. Flights are operated by British Airways, Vietnam Airlines, Qatar, Turkish Airlines and Cathay Pacific cost upwards £485pp economy return depending on the airline and when you book.

### DAY 2

#### Ho Chi Minh City, Vietnam

On arrival into Ho Chi Minh City Airport on the nominated Adventurous Ewe flight, you'll be met by your Local Leader and transferred to your hotel. You'll be kitted up with your bike and have time to get organised. All being well you'll have the chance to explore this metropolis and wander through timeless alleys to incense-infused temples before negotiating the more modern side of chic cafes and restaurants beneath sleek 21st-century skyscrapers. Welcome to the largest city in Vietnam (formerly Saigon).

In the evening you'll have your first chance of sampling delicious Vietnamese food in a local restaurant whilst receiving a trip briefing of your exciting journey ahead.

#### Included

Transfers:	Private vehicle transfers
Accommodation:	Hotel (twin share basis – share & save)
Meals:	Dinner

### DAY 3

#### Ho Chi Minh City - My Tho - Tra Vinh (52kms cycle)

Following breakfast, a private transfer will escort you from the metropolis of Ho Chi Minh City to My Tho – the gateway to the Mekong Delta. After a short ferry journey across the Tien Giang River at My Tho, your two-wheeled journey will lead you right into the heart of rural Mekong.

Pedal narrow roads and lanes, past banana plantations, fields of sugar cane, through the lush green landscsszape of the Delta, crossing rivers and canals by numerous, ubiquitous, fascinating ferries. A section of biking cuts off road onto gravel and dirt lanes, and weaves around hamlets, across water channels and through quite dense vegetation. This makes for superb biking. A final ferry across the gaping expanse of Co Chien River leads us to Tra Vinh, a pretty tree lined town with a large population of ethnic Khmer. Overnight at a hotel in Tra Vinh.

#### Journey info

Transfer:	approx. 2 hours
Cycling distance:	approx. 52kms

#### Included

Transfers:	Private vehicle transfer
Accommodation:	Hotel (twin share basis – share & save)
Meals:	Breakfast, lunch and dinner

# ITINERARY CONTINUED

1 bike. 2 countries. 450kms. 1 epic journey

## DAY 4

### Tra Vinh - Can Tho (82kms cycle)

Today's route winds its way along quiet roads, country lanes and dirt tracks to Can Tho, the largest city on the Mekong Delta. You'll have the chance to get a real feel for the Vietnamese way of life as you travel amidst colourful riverside scenes of activity, through contrasting architectural styles of ethnic Khmer homes and to the numerous colourful Khmer temples. Stopping at a local Khmer Temple School you'll learn more about the way of life of the students and gain more of an understanding of life in the Mekong Delta.

There's plenty of fun river crossings over small wooden bridges and the chance to visit Ba Om Pond with its magnificent lotus flowers before reaching Can Tho for a well deserved break and some time to explore the epicentre of the Mekong Delta with it's buzzing vibe and lively waterfront of floating markets, bars and restaurants.

#### Journey info

Transfer: approx. 2 hours  
Cycling distance: approx. 82kms

#### Included

Transfers: Private transfers  
Meals: Breakfast, lunch and dinner  
Accommodation: Hotel (twin share basis – share & save)

## DAY 5

### Can Tho - Long Xuyen (90kms cycle)

Today's journey is spilt into two sections and is a contrast to the previous day's ride. After a very early breakfast, you'll cycle along a narrow paved road via Cai Rang floating market, the largest floating market of the Mekong Delta. Being a wholesale market, you'll witness the bustling hub of locals trading with much produce grown locally.

Weaving through morning bustle along the banks of the river, take the time to absorb the sights of endless colourful stalls, cottage industries, timber merchants, coconut shredders, small docks loading and unloading rice. After visiting An Binh market, continue cycling to Phong Dien Village. Here the floating market sells not just agricultural products, but also household and working tools such as canoes, boats, hoes, fishing nets and locally made weaving products.

Lunch will be in a local restaurant and there is a 45 minute transfer to avoid heavy traffic into the town of Long Xuyen where you will overnight. Long Xuyen is the capital of An Giang province and the birthplace of Vietnam's second president, Ton Duc Thang.

#### Journey info

Transfer: approx. 2 hours  
Cycling distance: approx. 90kms

#### Included

Transfers: Private transfers  
Meals: Breakfast, lunch and dinner  
Accommodation: Hotel (twin share basis – share & save)

# ITINERARY CONTINUED

1 bike. 2 countries. 450kms. 1 epic journey

## DAY 6

### Long Xuyen - Chau Doc (cycle 80kms)

Once more the scenery is completely different on your final day of cycling in Vietnam. After a short early morning transfer (approx. 30 mins) to Tri Ton to avoid the traffic, your route starts to gently undulate and mountains begin to loom as you ride closer to Chau Doc. The presence of Thot Not trees indicates the growing proximity to Cambodia and the local people speak Vietnamese as their second language. Cycling via the Killing Fields of Vietnam at Ba Chuc, where Pol Pot's regime massacred over 3,000 Vietnamese in 1978, is a real insight into the country's harrowing past. Continuing along incredible country roads to arrive in Chau Doc, a small town on the banks of the Hau Giang River (Bassac River). Chau Doc's cultural diversity with Chinese, Cham and Khmer communities is apparent in the mosques, temples, churches and nearby pilgrimage sites making it a fascinating town to explore.

#### Journey info

Transfer: approx. 2 hours  
Cycling distance: approx. 80kms

#### Included

Transfers: Private transfers  
Meals: Breakfast, lunch and dinner  
Accommodation: Hotel (twin share basis – share & save)

## DAY 7

### Chau Doc – Phnom Penh

Giving your legs a rest today as you swap your bike for a boat journey along the Mekong and Bassac Rivers. Entering Cambodia via a checkpoint along the river, you'll spend time soaking up the rural way of life as your cruise towards Cambodia's capital, Phnom Penh. Arriving in time for lunch near the riverfront, there's time to immerse yourself in the town's colonial atmosphere and buzzing local life. In the afternoon, visit Tuol Sleng Prison and the Killing Fields to learn about Cambodia's turbulent past under the Khmer Rouge regime. Although a harrowing past, a visit here is eye opening and will instil a new level of respect to those Cambodians you encounter who are over the age of 40 given that they have lived through the oppressive regime and yet remain as resolute and beautiful as ever.

Tonight, you will be treated to a delicious Khmer welcome dinner at Romdeng, a lovely charity restaurant where former street children are taught the principles of hospitality. The restaurant is located in a restored colonial building with an atmospheric garden right in the city centre.

#### Journey info

Transfer: By boat approx. 5 hours  
City tour and transfer approx. 1 hour

#### Included

Transfers: Boat and city transfer  
Meals: Breakfast, lunch and dinner  
Accommodation: Hotel (twin share basis – share & save)

# ITINERARY CONTINUED

1 bike. 2 countries. 450kms. 1 epic journey

## DAY 8

### Phnom Penh – Kampong Thom (cycle 70kms)

This morning sees an early start with a transfer (approx. 77 km) north taking you past an ancient Japanese bridge to arrive at the village of Skuon, known for its fried spider trade. Whilst it's completely your choice if you wish to sample this 'delicacy', we don't encourage it given that the sustainability of this trade is uncertain as the spiders are caught in the wild. Over-hunting coupled with widespread deforestation is putting pressure on the tarantula population and the industry is entirely unregulated.

From Skuon you'll continue on to Thnong village where the team are ready for you to start the next leg of your two-wheeled journey. Cycling through tropical countryside of rich forests and rice fields creates a sea of green stretching as far as the eye can see. This fertile region is also the home of many of the old Royal Palaces. Arriving Kampong Thom, a picturesque town on the banks of the Stung Saen River and the famous Tonle Sap Lake, this region is one of the best areas in Cambodia for rice cultivation and fishing to support the needs of the province.

#### Journey info

Transfer: approx. 1.5 hours  
Cycling distance: approx. 70kms

#### Included

Transfers: Private transfers  
Meals: Breakfast, lunch and dinner  
Accommodation: Hotel (twin share basis – share & save)

## DAY 9

### Kampong Thom- Siem Reap (cycle 66kms)

Today we avoid some of the poorer roads in Siem Reap province by transferring 85km to an ancient bridge at Kampong Kdei, one of the best examples of the remaining 800 year old bridges in Cambodia. It's then a final 31km transfer to Domdek village where the team and the bikes are ready for your next cycling leg.

It's then time to jump back in the saddle for your 66km journey connecting the provinces of Kampong Thom and Angkor Wat travelling deep in the countryside of Cambodia. Stopping for lunch in Rolous Pagoda, one of the oldest and most famous Buddhist monasteries in the area, the road then continues through beautiful landscapes and villages heading towards Siem Reap. This area is unspoilt and traditional as you journey in to the heritage site lined with temples and creatures, a fitting entrance to this unique and spiritual city and one to savour for many years to come. On reaching the finish line, located a short distance from the Western Gate of Angkor Wat in the open field it's time to celebrate and reflect on your incredible journey as you watch the sun set over the sugar palm trees.

Tonight, enjoy a celebratory Khmer dinner at Viroth's, a stylish and comfortable restaurant set in a quiet garden.

#### Journey info

Transfer: approx. 2.5 hours  
Cycling distance: approx. 66kms

#### Included

Transfers: Private transfers  
Meals: Breakfast, lunch and dinner  
Accommodation: Hotel (twin share basis – share & save)



# ITINERARY CONTINUED

1 bike. 2 countries. 450kms. 1 epic journey

## DAY 10

### Full day in Angkor Wat - Depart Siem Reap

**Optional: View sunrise over Angkor Wat** - A very early morning start with a transfer by Tuk Tuk and accompany by your English Speaking guide to view sunrise at Angkor Wat. Return to hotel for breakfast.

After breakfast at your hotel, you'll be transfer to the famous temple is Angkor Wat. Angkor Wat itself is just one of the many temples in the region but is one of the best preserved and most impressive. It is worth climbing the remarkably steep and narrow steps of the central spire for the view over the whole temple surrounded by jungle. Continue to Angkor Thom, the last capital of the Great Khmer Empire under the reign of Jayavarman VII. The city is surrounded by an 8m high wall; each side of the city is 4km long. It draws a perfect square on the map and you can access the town through five gates; four of gates used for exiting the dead out of the city.

After passing through the south gate, you will go down along this shady road to the Bayon temple. This temple lies exactly in the centre of the city. The particularity of this monument is the 54 towers representing the 54 provinces of the ancient Great Khmer Empire. Each tower has 4 Bayon faces. This is the only temple in Cambodia depicting scenes of everyday life at the time of the empire. Also not to be missed is the temple of Ta Prohm, which has been left to be reclaimed by nature and features incredible tree roots breaking through the stone carvings and walls, a fascinating tribute to the power of nature and an experience reminiscent of 'Indiana Jones' and 'Tomb Raider.'

Early evening transfer to Siem Reap airport for your return flight to the UK.

#### Included

Transfer:	Private vehicle transfer
Accommodation:	Not included
Meals:	Breakfast and lunch

## DAY 11

### Arrive home in the UK

**Please note, if you wish to extend your stay in Cambodia or visit neighbouring countries, we can help you with plenty of recommendations or trip extensions. Simply get in touch to chat further about what you can do at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069.**



*Please note, this itinerary is subject to change due to local conditions, weather, flight arrival and departure times, fitness of the group, etc. The itinerary provided outlines an excellent indication of what you will experience however, your Leader will be responsible for any changes which need to be undertaken for the safety and well-being of the group and the original itinerary will be honoured as best that it can.*

# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



## TRIP SUMMARY

Dates, trip overview



## TRIP DETAILS

Itinerary, activity details and inclusions



## TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



## OTHER INFO

Weather, maps, etc.





# ESSENTIAL INFO

The nitty gritty bits for your adventure



01



## Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Vietnam to Cambodia Cycling Adventure will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place. You're in safe hands with Adventurous Ewe.



## Leaders & crew

An Adventurous Ewe UK Cycle Leader will accompany groups of over 10 people and is an experienced cycling guide. Leaders have been carefully selected to ensure you have the best experience with a bit of humour thrown in for good measure. Your Leader will be Wilderness First Aid trained too.

Your Local Leaders are a key part to this trip. They are expertly trained and experienced in every field of this cycling trip, bilingual (English and Vietnamese / Cambodian) and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you. They are responsible for ensuring the complete safety, wellbeing and enjoyment of the team whilst also retaining a flexible and fun attitude. The Leaders have radio and phone contact with base, the local office and Adventurous Ewe's HQ.

## Level of difficulty

The Vietnam to Cambodia Cycle is graded as **'Moderate'**. The trip is designed for confident cyclists who may be new to multi-day cycling trips as well as those who have some experience of such trips. You will be cycling on a variety of terrain from smooth to broken tarmac roads and dirt tracks. Technical cycling skills are not required however we strongly advise that you train on similar terrain to get a feel for it.

Whilst the terrain has very few hills, temperatures will be hot and humid which makes cycling more challenging. Traffic levels in South East Asia are higher near the larger towns, so you should be comfortable riding occasionally in traffic. Your Guide will give a full briefing prior to each day of cycling and they are well trained and experienced in handling all scenarios and safety procedures in country to ensure your safety.

Preparation is key to help you get the most enjoyment and reward from this trip. A good level of fitness, endurance and some gritty determination will help you conquer each day. It is a team effort and not a race. This trip is to give you time to experience an incredible two wheeled journey whereby you can absorb the sights and smells of the landscapes and meet with the local people and learn about their way of life.

[adventurousewe.co.uk/vietnam-cambodia-cycle/](http://adventurousewe.co.uk/vietnam-cambodia-cycle/)



02



03



04



05

## Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & well-being and to make your experience more authentic.

The minimum group size for this trip to run is **10 people** and the maximum group size is **24 people**.

You are most welcome to join this trip as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 10 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

## Training

A bespoke cycling training programme will be provided when you join this trip to help you with your preparations and make sure you reach the start line knowing that you're ready for the journey ahead.

The programme includes info, videos and an exclusive discount code for a 28 day kettlebell training programme & app which is ideal for strength and endurance training for those short on time. Plus it has great nutritional tips. The more you are prepared, the more you will enjoy the challenge.

Our motto is:

**Train hard, smile harder and enjoy the journey!**



## Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

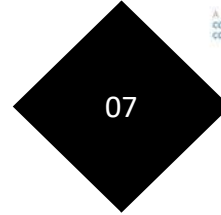
Packing and kit tips will also be provided when you sign up.

Mountain bike hire provided (Trek X-Caliber 7 or Trek 4500). Please provide your own cycling helmet (mandatory).

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



06



07



## Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

# Any queries?

Feel free to contact Jim or Sue at:

[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.



# Travel Admin

A quick snapshot of what you need to know...

## Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

## Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

## Passport

All nationalities require a full passport. For the most up to date passport info, please visit the [FCO website](#).

## Visas

**Vietnam:** A visa is no longer needed for British, German, French, Spanish and Italian citizens travelling to Vietnam (for all purposes) for a period of up to 15 days, and on the basis of meeting all conditions prescribed by Vietnamese laws. The visa exemption period will end on 30 June 2021. For the most up to date info, please visit the [FCO website](#).

**Cambodia:** An electronic visa (e-Visa) facility is available via the Ministry of Foreign Affairs & International Co-operation website at the cost of \$37. A tourist visa can be obtained on arrival for British nationals at most border crossings. Two passport photos are required. The cost is US\$30, although an additional express fee of US\$5-6 may be incurred at the border. For the most up to date info, please visit the [FCO website](#).

## Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking, personal liability, cancellation, curtailment and loss of luggage and personal effects.

## Vaccinations

There are currently no mandatory vaccination requirements. Recommended vaccinations include: Tetanus, Polio, Typhoid, Hepatitis A and Diphtheria. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>.







# WHY ADVENTUROUS EWE

## Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

## Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

## All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

## World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

## Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at [www.futureoftourism.org](http://www.futureoftourism.org). #FutureofTourism



For more info please visit:

<https://www.adventurousewe.co.uk/safety-wellbeing/>



# ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.



For more info please visit:

<https://www.adventuroousewe.co.uk/coolearth-partnership/>



Cymdeithas Eryri  
Snowdonia Society





# YOU'RE IN SAFE HANDS

## ADVENTURE SAFETY AND WELLBEING GUIDELINES

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority. We have implemented a range of changes and precautions focused on ensuring strong hygiene practices for all our adventures. This also includes ensuring our suppliers of accommodation and catering have strong hygiene practices in place too.

Please note that while these procedures take into account current WHO and government guidelines, it is a live document which we will update as new information becomes available about COVID-19.

- ✓ The maximum number of participants will be kept under 10 people per team.
- ✓ Pre-adventure briefings will be in a digital format for you to view 2 days prior to your trip.
- ✓ Hand sanitiser will be provided before, during and after your adventure and also carried by the crew.
- ✓ Your Leader/s and Crew, who are first aid qualified, will be operating under higher-level protocols for infection control and patient care. They will wear masks and gloves where appropriate.
- ✓ We will honour social distancing guidelines wherever possible during the adventure. If the 2-metre rule is unable to be maintained, please place yourself side by side, or facing away from each other, rather than face to face if possible.
- ✓ For any accommodation bookings included as part of your package, if you would prefer a single room / tent please let us know asap and we will make the arrangements for you dependent on availability. There will be an additional cost for this dependent on the hotel/tent transport, therefore please get in touch with us for further info at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).
- ✓ Any equipment or hire items such as bikes, helmets, kayaks, buoyancy aids and paddles, that we supply will be hygienically cleaned and sanitised. Items will not be used 72 hours prior to when you used it and they will not be used for 72 hours after your use.

- ✓ If there's a requirement whereby you need to share an enclosed space such as the cabs of vehicles, you should keep the window open for ventilation and you should be careful to avoid touching your face at all times. On leaving the enclosed space, wash your hands with soap and water for 20 seconds or use hand sanitiser if there are no washing facilities available.
- ✓ If you are feeling unwell, DO NOT attend the trip. For your own health and the well-being of others, please remain at home and rest until you are well again.
- ✓ To protect other members of the flock on your adventure, you should also remain at home if someone in your household is self-isolating.
- ✓ If you have been travelling overseas in the last 14 days, please DO NOT attend until further advised. Please contact us to discuss in further detail.

### Friendly reminder:

- ✓ Participants & crew to maintain good hand and personal hygiene. Wash hands regularly with soap for 20 seconds and or an alcohol-based hand sanitiser before handling food and after being in public spaces and between activities wherever possible.
- ✓ Participants and crew to avoid touching eyes, nose and mouth and to cover their nose and mouth when coughing and sneezing with a tissue or flexed elbow.
- ✓ Participants, Leader/s and Crew to avoid sharing personal items.
- ✓ You will need to complete a 'Travelling Self Assessment Form' for this trip.

Participants, crew and supporter health and safety remains a priority for Adventurous Ewe, and we will continue to monitor and follow the advice and directions of government and health experts.

If you have any queries, please feel free to contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069. Thank-ewe.

# TOP TIPS

## Cycling

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- Train in your cycling kit in varying weather conditions so you know your kit is both suitable and comfy (non-chaffing) for your big challenge. Also train on a variety of surfaces, ie. smooth tarmac, old bumpy tarmac, dirt roads and gravel so you are accustomed to cycling on this terrain
- Use all your bike gears and anticipate when the gradient is differing so you can change gears early
- Look where you want to go so your bike goes where your eyes are directing it to go
- Keep your eyes peeled at all times and absorb the way of life in the rural villages and bustling markets
- Have the stuff you need with you in a bike bag or light-weight daypack ie. waterproof jacket, snacks, water (there are bottle cages on the bikes), a spare tube (or two), pump & multitool, medication and sunscreen; plus some cash if you wish to have an impromptu stop for a cold drink. You'll be more relaxed and have more fun with the peace of mind knowing you have everything you need. There will be cycling leaders accompanying you and a support vehicle on hand should you need them
- If you really feel the heat, bring a buff & hat which you can wet or have a cooling spray
- Look after your feet – blister prevention and wear cycling gloves
- Bring some of your favourite high calorie snacks. Remove as much packaging as possible before taking it on the bike (less litter to carry)
- Bring your own water bottle, your Water-to-Go bottle is ideal, plus a camelbak./platypus that you can refill and avoid plastic bottles
- Be respectful of the communities, the people, their land and their homes
- **Most importantly.....SMILE & ENJOY THE ENTIRE EXPERIENCE!**







# COST

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**Deposit:** £295 per person payable on booking

**Remaining balance:** £1660 per person payable 6 weeks prior to start of trip

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**A monthly payment plan can be arranged for this trip.** Please contact us for more information or to set up your plan. Simply email [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069.

Please note, if you need to change your booking 60 days or more before the start date you can make flexible date change, subject to availability, without incurring any admin costs. If you need to cancel your booking 60 days or more before the event start date, you will be issued with a credit note to the value of your payment that you can use for another event of your choice, subject to availability.

You are welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.



# INCLUSIONS & EXCLUSIONS

## VIETNAM TO CAMBODIA CYCLING ADVENTURE

### INCLUDED

#### Pre-trip:

- Personalised trip support in the lead up to your trip from Adventurous Ewe
- Cycle training guide & top tips
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei sustainable athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app, Vamoos
- Digital trip briefing sent before your arrival in Vietnam
- Public liability insurance
- Financial Travel Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

#### During your trip:

- Adventurous Ewe Leader (for groups over 10 people)
- Local Leader, bike mechanic and support crew in Vietnam
- Local Leader, bike mechanic and support crew in Cambodia
- All ground crew per your itinerary
- Bike hire (Trek X-Caliber 7 or Trek 4500) and spare parts
- VHF radio comms
- Road transfers via private air conditioned vehicle
- Boat and ferry transfers
- Accommodation – 8 nights in local hotels (twin share – share & save package)
- All meals as stated in the itinerary (all breakfasts and dinners)
- Drinking water, local fruits, soft drink and snack for cycling days
- Medical kit and supplies
- All logistical and safety management
- All trip management and hygienic cleaning procedures of equipment before, during and post trip.

### NOT INCLUDED

- Travel insurance (mandatory)
- Return flights. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Airport transfers when not booked on Adventurous Ewe recommended flights
- Visas
- Vaccinations
- Personal spending money and drinks
- Meals not listed in your itinerary
- Snacks, electrolytes, water purification tablets
- Kit and equipment as listed on your kit list and medication
- Tips for local crew
- Single room supplement where available
- Any associated costs with leaving the trip early.

### TRIP EXTENSION

If you wish to extend your stay in Cambodia or visit neighbouring countries, we can help you with plenty of recommendations of things to do and see. For more information, please contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).

# KIT LIST

Good quality, durable kit could mean the difference between a fantastic adventure and an uncomfortable one. This is a list of recommended kit to take on your trip.

## BAGS

- ❑ **Main kit bag (duffle bag)** – recommend no more than 80L soft duffle bag with back straps as you will need to carry this bag at some points. Your kit bag will be transferred to each hotel. Please ensure it has a clearly marked name tag
- ❑ **Daypack** – optional. To use on your bike ride to carry essentials
- ❑ **Bike bag/bum bag or saddle bag** – to carry essential items. Enclose items in dry bags just in case

## CLOTHING

- ❑ **Waterproof jacket** – breathable lightweight & foldable
- ❑ **Wicking/merino wool t-shirts/cycling jerseys** – for 6 days
- ❑ **Padded cycling shorts** – for 6 days of cycling. Can be worn under your cycling clothing
- ❑ **Cycling shorts** – wicking fabric and comfy (check they don't chaff)
- ❑ **Lightweight warm top** – an extra layer if needed whilst cycling
- ❑ **Cycling gloves** – padded, fingerless gloves are ideal
- ❑ **Casual clothes** – for evenings, walking, free time and travel. Ensure you have some lightweight full length clothing that can be worn in the evening for mozzie protection. Slouchy trousers, lightweight trekking trousers or leggings are ideal
- ❑ **Headwear** - cap/sunhat which can be worn under your helmet plus sunhat that can be worn casually
- ❑ **Buff** – for sun protection and can be soaked in water for cooling the back of your neck. We recommend at least 2 x buffs
- ❑ **Swimwear**
- ❑ **Underwear** - merino wool or wicking material, not cotton. How many pairs is up to you.

## BIKE HIRE INCLUDED

Mountain bike provided: Trek X-Caliber 7 or Trek 4500. Please provide your own cycling helmet (mandatory).

[adventuroousew.co.uk/vietnam-cambodia-cycle/](http://adventuroousew.co.uk/vietnam-cambodia-cycle/)

## FOOTWEAR

- ❑ **Approach shoes or trail running trainers** – light, durable pair of trainers! We'd recommend something that will be comfortable as you ride and can be used during the evenings, sightseeing and walking around towns
- ❑ **SPD's & pedals** – optional for those who wish to use cleats whilst cycling
- ❑ **Socks** – recommend merino wool/wicking cycling socks and some casual wear socks
- ❑ **Sandals or flip-flops** – casual wear

## EQUIPMENT

- ❑ **Bike helmet** – essential. You must always wear a helmet whilst on your bike
- ❑ **Water bottle** – (essential) 2-3 litre capacity. Water-to-Go bottle ideal and a platypus / camelback. There are bottle cages on your mountain bike
- ❑ **Head torch** & spare batteries
- ❑ **Sunglasses** – strong UVA/UVB protection preferable. Ensure they are comfy and do not slide off your face whilst cycling
- ❑ **Dry bags** – can be used to itemise clean kit and store dirty kit

## TRAVEL ADMIN

- ❑ **Passport & visa**
- ❑ **Flight tickets**
- ❑ **Travel insurance policy and emergency number**
- ❑ **Debit/credit cards**
- ❑ **Cash** – Vietnamese dong / Cambodian riel. Please ensure you have cash for tips for local crew in both Vietnam and Cambodia

## ADDITIONAL ITEMS

- ❑ **Antibacterial hand gel & face mask**
- ❑ **Sunscreen and lip block** – minimum SPF50
- ❑ **Favourite snacks** - both sweet and savoury, high calorie
- ❑ **Electrolytes** – ie. High5 Zero Electrolyte Drink Tablets
- ❑ **Camera** – enclose in a dry bag
- ❑ **Toiletries** – including biodegradable soap/shampoo, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip salve, etc.
- ❑ **Travel towel and/or sarong** – for swimming
- ❑ **Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, antiseptic wipes & cream, rehydration sachets, anti diarrhea medicine and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.
- ❑ **Insect repellent** - heavy duty mozzie repellent. If you wish to avoid DEET products try Smidge waterproof protection or Incognito insect repellent.
- ❑ **Chamois cream**
- ❑ **Contact lenses** (plus spare glasses)\*

## NICE TO HAVE

- ❑ **Rear LED bike light** for your bike
- ❑ **Gel bike seat**
- ❑ **Dextrose tablets** for extra energy
- ❑ **Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- ❑ **Ear plugs** for hotels
- ❑ **Reading material / card games**
- ❑ **Portable charger and plug converter**
- ❑ **Small foldaway bag** for shopping, etc.
- ❑ **Travel padlocks**
- ❑ **Multitool/Swiss army knife**
- ❑ **Poncho** for casual wear in wet weather



# KIT TIPS

Please find below some of top tips to ensure you will be well kitted for your trip:

- Mark all your personal kit clearly, as no doubt there will be others with similar items
  - Ensure your luggage has your name tags clearly displayed
  - Think light and small wherever possible
- Long sleeves and trousers are essential for sun and insect protection
- Test and train in your kit so you become familiar with any shortfalls, rubbing issues, breathability, quick drying ability, etc.

## Cycling Shorts

Whether skin-tight Lycra or MTB-inspired 'baggies' – are designed to keep you warm, dry and comfortable, with the addition of being cut to take into account the ergonomics specific to the bike-riding position.

Quality shorts are a sound investment no matter what cycling discipline, with body-hugging lycra the best bet for long hours of pedalling and tough but lightweight baggy shorts able to take the punishment of trail riding.

Bike shorts as with other types of cycle clothing are designed to keep you dry by channelling moisture from perspiration to the outside of the fabric ('wicking') and in the case of Lycra garments, warm and comfortable by trapping a layer of insulating air close to the skin.

Bike shorts differ from 'normal' shorts in taking into account the different demands of cycling and the riding position – high, elasticated waistbands; vents to allow cool air enter; avoidance of flapping fabrics that can chafe or get in the way; seams designed and placed to prevent irritation etc.

The key factor that separate most bike shorts from 'normal' shorts is the pad or chamois in the seat area for maximum comfort when pedalling in the saddle.

## Lycra shorts

Tight-fitting Lycra road shorts are the 'classic' cycling garment. Lightweight and snug to the skin, Lycra shorts are regarded as the most comfortable and aerodynamic option for long, pedal-intensive riding as they allow for fantastic freedom of movement and are not prone to chafing.

They are made of modern materials which are 'breathable' (allow water vapour to escape through the fabric, rather than condensing on the skin) and which draw sweat away from the skin to where it can evaporate (a quality known as 'wicking').

Better-quality shorts are made up of more individual panels to provide an optimum fit to your body contours, while chamois quality will also improve with premium shorts: contoured, multi-density 'shammies' that are more supple and comfortable on long rides and less prone to bacteria and odour. It is worth noting that chamois care is essential to prolonging the life of any shorts, with post-ride washing obligatory and pre-ride treatment with special cooling and moisturising chamois cream advised for both comfort and long life.

## Mountain bike (MTB) shorts

Baggy shorts are made of tough but lightweight nylon fabrics they provide better protection against brambles, branches and the occasional encounter with the ground than do thin Lycra, while cooling air vents and a multitude of pockets are also helpful.

Most baggy shorts also feature a chamois where long hours pedalling in the saddle are not an issue. The chamois can be an integral part of the shorts, or with more expensive garments, can form part of a removable liner. This is a useful option as it means the shorts can be worn off the bike without the liner, or liner and shorts can be washed separately.

A comfortable and adjustable elasticated waistband is essential, as is a secure method of closure that is easy to operate with gloved fingers (snap buttons or velcro in preference to 'normal' buttons, for example). Lycra stretch panels are good for an optimum on-bike fit, while cooling vents may appeal if you are a hard-working rider who sweats a lot. A selection of cargo pockets as well as a zip-secured pocket for valuables is good for storage, but bear in mind that it's not comfortable or advisable to pedal with pockets stuffed to the brim, or to carry sharp objects in your shorts pocket when there is a risk you may fall off.

The best baggy shorts strike a simple balance: lightweight but durable fabric, a comfortable fit without chafing or irritation, plenty of adjustability and enough pockets to be practical.

# EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

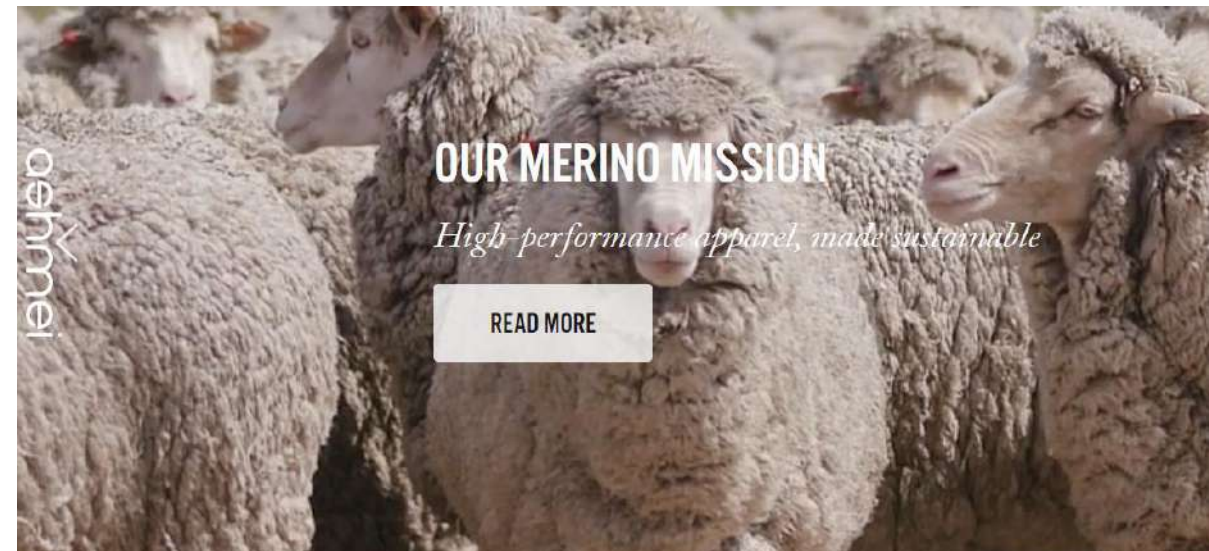
**Joe Brown and The Climber Shop** who are kindly offering any members of our flock a 10% discount\* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

**Ashmei** who produce sustainable high-performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>





# ADVENTUROUS EWE

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Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC  
ADVENTURES

# CONTACT US

For any further info or any questions,  
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Online chat on our website at  
<https://www.adventurousewe.co.uk/>



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We look forward to welcoming you on this cultural two-wheeled journey through the stunning landscapes and friendly communities of Vietnam and Cambodia.

