This enchanting cycle explores the sights of cities, royal palaces, dazzling green paddy fields, temples and much more. Cyclists will peddle their way across two magical countries, taking in the wealth of experiences each has to offer.

The Vietnam to Cambodia Cycle is the perfect challenge for any adventurer. From the bustling Vietnamese city of Ho Chi Minh to the serene temple of Angkor Wat in Cambodia, the route has its fair share of charm.
Is the trip for me?  
Absolutely! The majority of people on the Cycle Ride won’t have done anything like this before so you will all be in the same boat! Most participants will be on the trip on their own although some may come along with friends or family. You won’t ever regret choosing to go on this challenge – and when else will you have the opportunity to make so many new friends in such a short space of time?!

How fit do I need to be?  
You don’t need to be an athlete to go on the Cambodia to Vietnam Cycle Ride however you will need to undertake a good level of training to get the very best out of the challenge. We will provide you with a comprehensive training plan to help you prepare for the trip and if you need any hints or guidance along the way we will be on hand to help you every step of the way.

Will I be able to raise the sponsorship money?  
YES! It may seem like a lot to raise if you have never done anything like this before but once you have started you will find that in no time you will be racing towards your target with ease! We have suggested a few sponsorship hints and tips in this brochure to help you start and our overseas managers are awash with fresh and original fundraising ideas should the need arise.

Can I stay on in Cambodia for longer?  
YES! For a nominal administration fee your flight can be extended (subject to availability) which will give you the opportunity to explore more of this fantastic country in your own time.

Will you help me?  
YES! We have a dedicated co-ordinator on hand from the time you register through to the time you go on the trip. You will be sent a link to your own online confirmation site, which will cover everything you’ll need to know. We are always just a phone call away and our aim is to make the trip as enjoyable as possible from start to finish. We even organise a get-together for everyone going on the trip so you have the opportunity to meet fellow trekkers and swap training and fundraising ideas!

What’s the food like?  
We’ll enjoy traditional Vietnamese and Cambodia cuisine along with delicious rice and noodle dishes with fish and chicken.

What do I need to bring?  
No specialist kit is required although you will need to bring your own cycle helmet and a gel saddle might be useful!

Will you carry my luggage whilst I’m cycling?  
YES! Your luggage will be carried separately in one of the support vehicles. You’ll just need a bum bag to carry those essentials like a camera and sun tan lotion!

When should I book my place on the trip?  
TODAY! Places are limited so avoid disappointment reserve your place as soon as possible!
Registration Fee:
All our fundraising trips require a registration fee to be paid on booking – please see the enclosed Reservation Form for details (1).

Minimum sponsorship:
We ask you to raise a minimum amount of sponsorship to take part in this trip – please see the enclosed Reservation Form for details (2).

No. of days:
11 days (10 nights)

Accommodation:
2-3* Hotels where possible

Temperature:
Can reach 26°C and can be quite hot and humid at this time of year

What’s included:
Flights and all internal travel, 21 gear bikes, accommodation, all meals on cycling days, water, refreshments, guides, a mechanic, a doctor and medical support. (4)

Notes:
1. The registration fee is non-refundable.
2. The first 80% of the sponsorship level is due 12 weeks before the event.
3. All fundraising incurs costs. The tour costs are approximately 50% of the minimum sponsorship level. Costs are confirmed 8 weeks before departure.
4. All participants are responsible for their own passports, visas and vaccinations and the tour cost stated above is exclusive of airline/airport taxes and travel insurance which you must have. Once you have booked your place our experienced staff will help you make these arrangements.
5. Skyline Events and the charity act as agents for Skyline Tour Operations Ltd (ATOL protected 10069).
6. Photos courtesy of tour operator.

Groups and corporates
This event is brilliant for teams as well as individuals. If you are a group or you want to organise a company team, call our group specialists now – call Siobhan, Tom or Sally on 0207 424 5505.

For more facts and figures call 020 7424 5505
THINK BIG!
The average sponsorship level for the Vietnam to Cambodia Cycle Ride is around £3,500 so below we have indicated some tried and tested ideas to get you started.

Start by asking everyone you know – the more people you ask, the more you will raise! Try to get payment upfront to halve the effort, and ALWAYS start each sponsorship form with a generous sponsor as this will set a high standard for the rest. (It really does work!) Ask your employer to sponsor you, too – many companies actually match pound for pound!

Here are some ideas:

- Arrange a £10 menu at a local restaurant on one of their quiet nights and charge 20 friends £20! (Do this twice as it’s so easy)  
  £400
- Hold a karaoke in your local pub for a percentage of the drinks sales  
  £200
- 2 car boot sales (get your family and friends to have a clear out!)  
  £150
- Ask your local school to hold a non-uniform day  
  £120
- Place collection boxes in 5 outlets  
  £160
- Ask friends and family to take part in a local sponsored walk/fun run or maybe even organise your own  
  £200
- Hold a quiz night with raffle  
  £200
- Dinner party or barbecue for 15 friends who each pay £10  
  £150
- Hold a skills auction where you rope in friends with certain skills (hairdressing, reflexology etc) to donate their skills for free  
  £250
- Persuade a friend to shave their head/legs/sit in a bath of custard!  
  £100
- 2 Friday night Three-legged Pub Crawls  
  £300
- Ask 10 close friends to write to everyone they know  
  £300
- Collect at a local football ground/supermarket (get permission!)  
  £200
- Ask friends and family for sponsorship money instead of Birthday/Christmas presents  
  £170
- Hold a raffle at a local event  
  £150
- Ask friends and family to take part in a local sponsored walk/fun run or maybe even organise your own  
  £200
- Ask 10 business clients or suppliers for £25  
  £250
- TOTAL £3,500!

Tell the world!
You are doing something quite amazing – make sure you tell EVERYONE – and let your local newspaper/radio know, too!

With a bit of thought, planning and some help from your friends, you’ll have reached the target before you know it – GO FOR IT!!!
Day 1
Depart London for Ho Chi Minh City

Day 2
Ho Chi Minh City
On arrival in Ho Chi Minh we are quickly made aware just what a fascinating city this is with its fast pace and never ending hustle and bustle. After transferring to our hotel in town there will be time today for a full trip briefing before we eat together and sample our first taste of Vietnamese cuisine.

Day 3
Ho Chi Minh – Tra Vinh
We transfer out of Ho Chi Minh early in a bid to beat the morning commuters to My Tho: the gateway to the Mekong Delta. We will take a ferry across the Tien Giang River before we set off on our bikes, beginning our challenge! The stunning rural area takes us cycling along the sugar cane and banana plantations of the Delta, allowing us to see the fascinating ferries in the area. After regrouping we take a short ferry crossing into Tra Vinh for our first nights rest.
Approx 62km

Day 4
Ta Vinh – Can Tho
Our first full day of cycling will take us deep into local life, crossing wooden bridges and traversing estuaries. We are thrown right into the cottage industry that the area is famed for! After lunch we take a short transfer to get on the best cycle route to Can Tho, the largest city in the Delta. We will take quiet backroads through the villages, which offer a glimpse into the lives of the local people. As we approach our hotel for the evening we will come across the Khmer temples and Pagodas, which this area is known for.
Approx 80km

Day 5
Can Tho – Long Xuyen – Chau Doc
Today we embark on yet another stunning day of cycling, but unfortunately it is our last day doing so in Vietnam. An early start as we catch a boat to Cai Rang, the famous floating market, we will see the trading of livestock, fish, fruit and rice. Once set down we will cycle along the bank of the river passing more floating markets, taking in how busy the river can be with all the trade. The rest of the day becomes tougher as we cycle up river through a narrow trail to our bus for a short transfer to our hotel for the night.
Approx 95km

Day 6
Chau Doc – Phnom Penh – Koh Dach
We start today catching a speed boat up to Phnom Penh, Cambodia’s capital city. Crossing the border and saying goodbye to Vietnam, we start to see the beautiful rural landscape of Cambodia. After a relaxing lunch at a traditional Khmer restaurant we will cycle to Koh Dach island. The day will end with us arriving at the Island and having dinner at a local charity restaurant, where street children are given the opportunity to learn skills within the business.
Approx 20km

Day 7
Phnom Penh – Kampong Thom
We leave Phnom Penh by bus to avoid the city traffic, crossing the ancient Japanese bridge to Kampong Cham before we get back on our bikes after lunch and push on experiencing more and more of life in Cambodia. We will see the rice paddies along our route to Kampong Thom. Our route leads us through the lush landscape of the area, which is littered with old Royal Palaces and rubber plantations. This is a long day and gives us a great comparison between Vietnam and Cambodia.
Approx 70km

Day 8
Kampong Thom – Siem Reap – Angkor Wat
Today is our last day of cycling as we head into our end point of Siem Reap and the grand Angkor Wat. We start the day with a transfer to our start point under the ancient bridge of Kampong Kdei. After lunch we take on our last section of cycling as we finish at the Western Gate of Angkor Wat. After watching the sun set over the beautiful monument we park our bikes for the final time and prepare for the evenings celebrations!
Approx 96km

Day 9
Siem Reap and Angkor Wat
Today is your free day. It gives you the great opportunity to explore the beautiful and engulfing Angkor Wat. This UNESCO World Heritage Site, one of the largest religious monuments in the world, spans 203 acres and encapsulates a complicated pattern of temples, three triangular main sections, and a moat. It is the national symbol of Cambodia and is featured on their national flag as well. If this isn’t for you explore Siem Reap and the many wonderful markets!

Day 10
This morning we head to the airport to make our way home, saying our last goodbyes to Cambodia and our fantastic challenge.

Day 11
Arrive in London

For the experience of a lifetime call 020 7424 5505
Every day in the UK, up to 6 teenagers or young adults (between the ages of 13 and 24) will find out they have cancer that is approximately 2,100 new cases a year. These young people, in the midst of their already difficult journey to adulthood, suddenly find themselves faced with a possible life-threatening illness and very often receiving treatment in inappropriate facilities with inadequate support options. Until the age of 16 a teenager is likely to be treated in a pediatric ward alongside toddlers. If the same teen was diagnosed after turning 16 then they are likely to end up in an adult ward with elderly patients. Many must put life on hold, just as it is starting to take off.

Cancer is the most common cause of death at this age and is the most common cause of non-accidental death at this age. Incidence rates are now higher in teenagers and young adults than in children, yet survival rates fall behind those of children and older adults. Teenage Cancer Trust exists to ensure that teenagers and young adults are diagnosed efficiently, treated effectively, and have the support they need to make it through their treatment and rebuild their lives after cancer.

TCT’s top priority is building units in NHS hospitals specifically for teenagers with cancer. As well as superior medical facilities, these units are equipped with day rooms, kitchens and chill-out rooms where teenagers can relax and feel at home or have friends and family to visit in a comfortable environment. There are computers with internet access, pool tables, playstations, satellite TV, musical instruments, and other things teenagers might like to occupy their time with, or share with friends. Most importantly, the units provide an environment where teenagers can meet others in a similar situation and allow patients to build friendships and mechanisms to cope with their disease.

The hospital staff on these units are devoted to treating teenagers with cancer, and TCT funds activities coordinators in some units to help patients cope with their disease and pass the time in hospital. These units cost upwards of 2 million each to build, and TCT has built 8 around the UK so far. We estimate that to reach our goal of giving every teenager with cancer in the UK access to treatment in a specialist unit, we will need to build at least 15 more.

Quotes from Patients

“Teenage Cancer Trust has given me the confidence to be who I am today and not to be afraid of the experience that I have been through. Teenagers have this world where you can only get in if you are another teen. It is the most crazy and mixed up time of your life, but to throw cancer into the equation is madness.”

“I had so much fun over the past three years. Besides the fact that I have an illness, I see myself as someone privileged. I know Teenage Cancer Trust has done a lot for me which I can’t even put in writing, but this is most appreciated.”