

# Vietnam to Cambodia Cycle

2022 & 2023

[actionchallenge.com](https://actionchallenge.com)

 **actionchallenge**  
challenge events worldwide



## About Us

# Action Challenge

**We are Action Challenge, and we bring people together through challenge & adventure.**

Since 1999 we've organised inspirational challenge events & adventures in the UK and Worldwide, for individuals to join, and for groups, companies & charities. Take on a challenge just for yourself, or link it to a special cause and fundraise – so far our events have raised over £90 million for charities. Now is the time to set new goals, to re-energise, and to get active!

We have over 40 UK & overseas challenge events that you can sign up to now – ranging from a meandering 25 km Thames Path walk, to conquering a mighty Himalayan peak. Take on an unforgettable group adventure and push yourself further! We welcome individuals, couples, or groups of friends & family – and you can self fund, or link your challenge with fundraising for a chosen charity.

Few experiences bring a group closer together than an outdoor adventure which challenges comfort zones, builds resilience & understanding, and forges respect & friendships. If you have a group, you can join one of our 40 or so scheduled events, or if you want something special – we can craft a bespoke itinerary or plan a unique challenge event to meet your objectives and get your team energised!

# Why Choose Us?



## 100% ATOL PROTECTION

We are 100% ATOL (Air Travel Organiser's Licence) bonded - ATOL number 6296. Offers full financial protection by the CAA (Civil Aviation Authority) for clients who have booked package trips, including flights.



## UK LEADERS & MEDICS

Every challenge is managed & led by one of our expert UK Qualified & trained Mountain Leaders, working alongside them will be a UK Medic whom has experience of expeditions & group challenges.



## EXPERIENCED LOCAL TEAMS

Our hand picked local teams & crew know the routes like the back of their hands! You will be fully supported by the experts - who will also teach you about the destination, people, culture & history!

## 4 THE GROUP EXPERIENCE

Join as an individual, couple, or group of friends - we bring people together and create an atmosphere where each person is supported, motivated & encouraged through the trip. Sharing adventures together we have a lot of fun!

## 5 TRAINING & SUPPORT

Once you've signed up to the challenge, you'll be supported by our teams with specifically designed training plans, a challenge app, an invite to join our Facebook group & options to join us on training walks & challenge briefing. By the time you are due to travel you'll be ready & raring to go!

## 6 OUR ITINERARIES

**OVER 20+ YEARS OF EXPERIENCE BRINGS YOU THE BEST ITINERARIES & DESTINATIONS**

## 7 QUALITY ASSURED VALUE

We pride ourselves on selecting the best local teams, hotels (always 3\*+), restaurants & guides so you can experience the best each destination has to offer. A highlight will certainly be our final celebratory meals & party at a fantastic venue!

## 8 OUR CLIENTS

We've taken teams from Harrods, Blackrock, HSBC and more to the summit of Kilimanjaro, and have also run events here in the UK for companies such as Tesco, British Gas and M&S. We've got over a decade of experience of working with organisations of every size. Our team of experts will work with you to ensure that your event is a success, achieving your goals and leaving a lasting impact.

## The Challenge



# Vietnam to Cambodia Cycle

## OFF THE BEATEN TRACK CYCLE ADVENTURE THROUGH SE ASIA

This remarkable 9-day challenge takes us from the colourful city of Ho Chi Minh in Southern Vietnam to historic Angkor Wat in Cambodia along off the beaten tracks. The adventure begins with the exploration of the elaborate warren Cu Chi Tunnels and progresses as we spend 5 days cycling through rural Vietnam over the border into Cambodia. On our journey, we find ourselves surrounded by paddy fields, rubber plantations, and traditional wooden houses that take shade under the coconut palms. We may also catch a glimpse of water buffalos or the rare Mekong river dolphin before peddling into the busy city of Kampong Cham. Our challenge culminates with an exploration of ancient temples and the UNESCO World Heritage Site of Angkor Wat, before sharing our last dinner together in Siem Reap.

# Vietnam to Cambodia Cycle

## DAY 1&2 - DEPART LONDON/ARRIVE IN VIETNAM

We meet our group and Action Challenge staff at the airport in London, for our flight to Ho Chi Minh City. We land in Ho Chi Minh and are transferred to our hotel. We will get a chance to settle in before tucking into a welcome dinner with our local guides, who will give us a full briefing on our adventure ahead.

Meals: B,L,D Accom: Hotel (day 2)

## DAY 3 - TAY NINH

77km

We transfer north of Ho Chi Minh to the historic Cu Chi Tunnels. We have a bike fitting before visiting the elaborate warren of underground tunnels constructed by Vietnamese resistance fighters during the war. After lunch we set off on our bikes. The route to Tay Ninh unwinds along quiet rural roads through local villages surrounded by a patchwork of paddy fields. We arrive in the bustling market town of Tay Ninh to spend the night.

Meals: B,L,D Accom: Hotel

## DAY 4 - SVAY RIENG

80km

We set off for the Moc Bai border crossing, via the striking Caodai Great Temple. We pass traditional wooden houses on stilts, framed by a backdrop of vast rice fields before stopping at a school for an afternoon snack. The day comes to a close in the quiet provincial town of Svay Reing.

Meals: B,L,D Accom: Hotel

## DAY 5 - KOMPONG CHAM

98km

We cycle straight from our hotel in Svay Rieng. There are many villages and the children like to say hello along the routes. We cycle mostly on dirt gravel countryside road. We make a water stop at one of the primary school and have a packed lunch in a Buddhist temple. As we approach Cambodia's third largest city we are greeted by the sight of a hotel complete with pool to soothe our weary limbs!

Meals: B,L,D Accom: Hotel



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## DAY 6 - KAMPONG THOM

90km

After breakfast, we leave the city behind us and embark on the longest day of the challenge. Heading into the backwaters of Cambodia, we cycle through tropical countryside until we find ourselves right in the heart of the sleepy waters! Our day draws to a close as we finish at a local school before transferring the final busy section into our accommodation in Kampong Thom.

Meals: B,L,D Accom: Hotel

## DAY 7 - ANGKOR WAT

82km

Today we avoid some of the poorer roads in Siem Reap province by transferring two hours to the Ancient Bridge at Kampong Kdei, one of the best examples of the remaining 800 year old bridges in Cambodia. From the bridge we follow the historic highway connecting the provinces of Kampon Thom and Angkor Wat. We begin to cycle off road from Ou village through the remote countryside to Samrong and we stop for lunch at Stung Tracheck restaurant. After lunch we cycle taking the off road again until we arrive in the Angkor archeological park. The road into the World Heritage Site of Angkor Wat is lined with temples and creates a fitting entrance to this unique and spiritual city. After celebrating our arrival in Angkor Wat, we cycle the last few kilometres to Siem Reap where we will spend the night and enjoy a well earned celebratory meal together.

Meals: B,L,D Accom: Hotel

## DAY 8 - DEPART CAMBODIA/ARRIVE IN UK

We have free time to explore more of the outlying temples of Angkor by Tuk Tuk or souvenir hunting in the markets of Siem Reap. We depart for the airport early evening for an overnight flight back to the UK.

Meals: B (day 8)



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### INCLUSIONS

- International flights
- Action Challenge cycle guide
- Full support team, including local guides
- UK medic
- High quality bike hire
- All accommodation
- All meals, except in free time
- Airline taxes
- All transfers in local vehicles
- Celebration dinner
- Fitness and training guide
- Discounts from UK retailers
- Reduced rates at Nomad Travel Clinics and Masta Health

### DATES & PRICES

Visit website for dates in 2022 & 2023.

### PAYMENT OPTIONS

An online Registration Deposit is required to secure your place on this challenge. Once registered, there are 3 payment options available to cover the remaining cost of your trip.

### SELF FUNDING

You pay the registration deposit, and then the full final balance directly to us.

### CHARITY SPONSORSHIP

You pay the registration deposit & fundraise twice the amount of the final balance. Your chosen charity pays us the final balance from this fundraising.

### MIXED FUNDING

A bit of both. You pay the deposit and split the final balance with your chosen charity. You will fundraise twice the amount that the charity is due to pay.



# Contact Us

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