



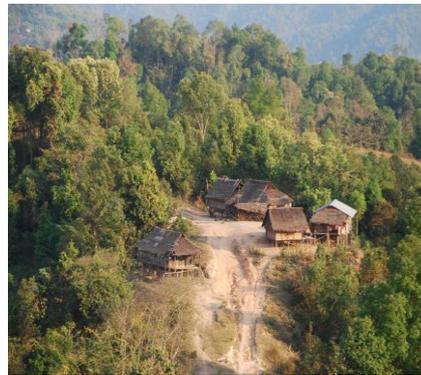
Cambodia Group Ride 2016



Join *Beyond the Bike* on an epic multi-day, 300km cycling adventure in Cambodia and raise money for education in some of the poorest and most remote parts of the world. Stuart and Claire will already have cycled nearly 10,000km through Southern Africa and Asia raising money for *Beyond Ourselves* in Zambia and *United World Schools (UWS)* in Asia. (Visit www.beyondthebike.org for more details about Stuart, Claire and their challenge).

You are invited to join them in Cambodia from March 26th- April 2nd 2016 (during school holidays for any teachers!).

See firsthand the impact you and *Beyond the Bike* will make through your sponsorship and fund-raising. On the way you'll visit the UWS Schools in Cambodia, meeting pupils and teachers, and staying in the villages. Experience living in remote and isolated communities. Following the week long cycle, recover by taking in the incredible temples of the UNESCO world heritage site Angkor Wat, relaxing on the beaches, or head across to Thailand, Laos or Vietnam.



Left to Right. The route will primarily be cross-country (tough but safe from traffic); one of the UWS communities; Cambodia's geography

Provisional Itinerary 26th March – 2nd April 2016:

26th March (Saturday): Meet in Phnom Penh at the Kabiki Hotel (<http://www.thekabiki.com/>) for bike hire and planning (PM). Rooms can be reserved at a discounted rate at the Kabiki for the evening of 26th March – please enquire.

27th March: Depart Phnom Penh from Kabiki Hotel (7am) in private minibus(s). Drive Phnom Penh to Siem Pang, Stung Treng Province (North Cambodia) c.7 hours. Group briefing (PM). Stay in guesthouse/homestay. Leave large bags at guesthouse (for transfer in UWS vehicle to Banlung).

28th March: Cycle Siem Pang to Kiri Vong Sa Village (c.5 hours cycling), visiting Chan Tuk Village and 2-3 UWS Schools on route. Stay in the remote Kiri Vong Sa Village in Stung Treng Province (hammocks).

29th March: Cycle Kiri Vong Sa to UWS Rock School via Vernsai (note - this is a tough day of cycling through jungle and plantations, c.10 hours, depart 6.30am). Stay in hammocks in Rock Village in Ratanakiri Province.

30th March: Cycle Vernsai to O Tabok (c.3 hours), visit UWS O Tabok School. River swim. Stay in O Tabok Village.

31st March: Cycle O Tabok to Banlung (c.3 hours). Check into guesthouse and celebratory meal.

1st April: Rest and recovery/reserve day. Debrief. Visit Banlung and Crater Lake.

2nd April: Minibus returns to Phnom Penh (option to travel onto Siem Reap (Angkor Wat) at own expense).

UWS will provide:

- Bikes from Phnom Penh (purchased in advance and then donated to UWS at the end of the trip)
- Minibus travel Phnom Penh – Siem Pang – Banlung – Phnom Penh
- Support vehicles and transport (based on one 4x4 support vehicle per 10 cyclists, plus motos as required)
- Basic meals on route and drinking water (from evening of 27th March to evening of 31st March inclusive)
- Accommodation in guesthouses in Siem Pang and Banlung, hammocks in the villages on route
- Translators/guides/UWS Cambodia Team support
- Adventure travel insurance 26th March – 2nd April (8 days)
- DBS/background checks on all participants

Cost: £650 per person – based on a minimum of 12 riders and a maximum of 20.

Riders need to organise themselves:

- Flights – riders must arrive in Phnom Penh by 1pm Saturday 26th March 2016.
- Any accommodation/travel/tourism before 27th March and after 2nd April.
- Cycling clothes (kit list will be provided), day bag/panniers/ruc sac and any personal kit.
- The cycling will be a tough challenge (and so should enable lots of sponsorship to be raised!); a reasonable level of endurance and fitness will be needed. Please talk to us if you are unsure of the requirements.
- Riders can bring their own touring/mountain bikes if preferred – please discuss with us.
- Minimum fundraising pledge: £1,000 per person (plus Gift Aid, to be raised in advance of travel).
- Tourist Visas (on arrival in Phnom Penh, USD \$35).

Timeline:

By 31st December 2015...

1. Deposits of £300 to be paid to UWS (on a first come, first served basis)
2. Start spreading the world about Beyond the Bike and your personal challenge.
3. Begin your fund-raising challenge.

January 2016: Final payments by 31st January 2016, minimum fund-raising targets met by 28th February 2016.

March 2016: Join *Beyond the Bike* in Cambodia



Left to Right. A typical UWS Community School Classroom; Chan Tuk Village, Stung Treng Province, Cambodia.

Register your interest at beyondthebike@unitedworldschools.org



Cambodia Group Ride 2016



Quick questions... Beyond the Bike Cambodia Tour 2016

What kind of bikes will we be riding?

We will be testing and purchasing mountain style bikes from Phnom Penh in preparation for the trip, and suggest that at the end of the trip we donate all the bikes to

1. Teachers at a UWS Community School
2. An eco-tourism operator in Ratanakiri who will rent them out to tourists, donating the profits to UWS.

We will also purchase basic spare parts for the bikes (inner tubes, wheels, chains etc) in an event of a crisis!

Can I take my own bike?

Absolutely – though please also ensure your bike and tyres are appropriately robust and recently serviced; you will need to be self-sufficient and have all the necessary tools/equipment to keep your bike on the road. Alternatively you may wish to purchase your own saddle and bring this to Cambodia.

Please describe the tracks we are cycling?

We will mainly be on 4x4 tracks and paths through jungle and plantation areas. A few sections will be on sealed roads.

How challenging will it be?

While this ride is designed to be challenging for those of good health and fitness, our aim is for it to be achievable for most people provided they train well in advance. It's set up to be an enjoyable group ride rather than a serious off-road mountain bike endurance event. Part of the challenge involves living and sleeping in ethnic minority villages, away from all the usual creature comforts!

How will I carry my stuff?

You will need three bags.

1. Your large 'carry all' bag which will be transported from start to finish.
2. A 'trip' bag (max 45L / 10kg) which will be transported by 4x4 or moto to your daily destination.
3. A small (max 25L) ruc-sac for use as a day bag. We don't recommend panniers as they may not fit on the bikes we are purchasing.

What will the weather be like?

It is the dry season in March – which will be warm! Expect temperatures around 30 degrees with humidity being a factor during the day. We will carry lots of drinking water with us.

Is it possible to join the ride later on or leave earlier?

As this is a group ride we ask for all riders to be available for the whole trip. In the event of injury we will use our back up vehicles to support riders. We will be in a remote part of Cambodia so it's not possible to join the ride later on or leave before the end.

Where will we be staying?

In a combination of local guesthouses and hammocks in villages. We suggest you take a light sleeping bag for cooler evenings.

What will we eat?

Our cook will provide traditional Khmer-style meals on route.

What will we do at the UWS Schools on route?

This is an opportunity to visit the UWS Schools and observe the teaching in action – participation is not mandatory, though there will be opportunities to play games, sing songs and lead activities.

Tell me about fund-raising. How much do I have to raise?



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We're asking all riders to set their own fund-raising target, with a minimum of £1,000 (excluding Gift Aid). We ask this to be collected in full before the trip. If riders are struggling to meet the minimum target they can make a personal donation to cover any shortfall by 28th February 2016.

What about visas and medical conditions?

A ten-year passport is essential and must be valid for at least 6 months after entry. Tourist visas are required and can be obtained on arrival. We recommend you personally seek medical advice before traveling; most travel clinics recommend a Tetanus injection in the last ten years, protection against Polio, Hepatitis A and Typhoid as well as taking malarial prophylaxis.