Cambodia BIKE ADVENTURE 2014

CONNECT ADVENTURES
Creating Charity Challenges
Get set for an inspiring adventure

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

Cycling through this spectacular country gives you the opportunity to get off the traditional tourist track and immerse yourself with the friendly and resilient Cambodian people.

Highlights of this trip include the temples of Angkor Wat, they are among the world’s most long-lasting and outstanding architectural achievements. Tonle Sap the largest freshwater lake in South East Asia; the lifeblood of Cambodia, it’s flow changes twice a year and it expands and shrinks dramatically with the seasons. The intriguing River of 1000 Lingas; a spectacular carved river bed set deep in the Cambodian jungle.

With flat roads, the journey will be enough to make you tired at the end of a day’s riding but not exhausted. This trip is the perfect introduction to adventure travel in a breathtaking country.

“When I look back at the difficult period of time, I have so many positive associations with the hospice and the support and care my whole family got while we were there. I’m not sure how I could have made it through without all the doctors, nurses, therapists and volunteers that helped us, and I know I wouldn’t have been able to be as loving and supportive to my father during his final months. Larissa”
Are you up for the challenge?

The Connect Adventure challenge is your perfect opportunity to cycle through Cambodia with a group of like minded people, while raising funds to help Daw House Hospice Foundation continue its vital work helping people with life limiting illness and their families.

To become a part of this truly inspirational experience involves 2 simple steps:

1. Register with Connect Adventures for the Cambodia 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 fundraise the remainder. Do whatever works for you!!

DAW HOUSE HOSPICE

Behind every person with a life ending illness, is the support of a loving family and friends who also share the journey.
About Daw House Hospice

When a cure is no longer possible, patients require not only physical support, but also psychological, emotional, and spiritual care.

The Daw House Hospice Foundation is part of this vital support network. The Foundation plays a direct role in this work by raising the funds needed to ensure the journey is made comfortable by supporting programs, items, and services not currently funded by the Government.

Southern Adelaide Palliative Services (SAPS) manage the Daw House Hospice and community service programs which enable over 1,200 patients each year the choice to remain at home through this stage of life.

Through the work of our members, staff and volunteers we raise the $97,000 every year needed to provide this support.

Our work is driven by a strong emphasis on encouragement, motivation and a celebration of life. We invite you to join us in making sure that the funds are available so that we can continue this crucial support.

Shelly knows the importance of this work. Shelly was initially cared for by services in her own home, but when her condition became more complex, Shelly chose to move to Daw House Hospice Foundation, the SAPS inpatient unit.

Shelly and her family spent a total of 7 weeks at the Daw House Hospice. During this time, Shelly expressed her joy at being in such a special place with her family welcomed at any hour of the day.

Because of her experience, Shelly’s daughter Candi has committed her time to raising funds to help other families.

The following is a quote from her mum Shelly's journal:

“The Daw House Hospice is such a wonderful place, the nurses and staff here are such beautiful souls. I am so comfortable here and it’s so calming. My family are also comfortable and are being treated with such kindness. I know I'm not leaving here now in the physical sense, but it is okay because I feel like I am home. We all do.”
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: How fit do I need to be?
A: • The Cambodia cycling trek is not a challenging adventure. Cycling days will be between 15 and 50km mostly on flat roads.
  • This is a chance to cycle through the Cambodian countryside in relative comfort, with an experienced guide; DCXP Mountain Journeys.

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: Will I get support in my fundraising efforts?
A: Yes we will support you. 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, discos, 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 safe is it?
A: On all our trips your well-being is our first priority. Our travel partner’s 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 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?
A: It is your responsibility to obtain the relevant visa or visas that you may need. Please refer to the pre-departure information in your registration pack.
Angkor Wat Bike Adventure

Adventure Facts

Start & Finish at: Siem Reap, Cambodia
Season: November to February is most temperate
Duration: 9 days
Hotels: 5 nights twin share
Camping: 3 nights (share tent)
Meals provided: 8 Breakfasts, 7 Lunches, 3 Dinners
Group Size: 4 to 20 or by negotiation
Activity: split (days) 2 travel, 7 ride
Cost: $1695 USD (negotiable subject to numbers and package)

Highlights

• Ride through the villages around Siem Reap
• Explore the awesome Angkor Wat, a spectacular temple of soaring towers and intricate carvings
• Your experienced guides are there to ensure your safety and enjoyment. A guide to introduce you to the marvels of Cambodia, and a bike mechanic to look after your bike!
• Visit some more remote and beautiful temples that few visitors get to see
• Spend a night in a floating village on Tonle Sap, the massive freshwater lake in central Cambodia
• Meet the friendly and welcoming Khmer people - be greeted by smiling faces and happy greetings as you ride through the villages

Attractions

A visit to Cambodia is not complete from the inside of a bus or car. With this great bike adventure we want to show you much more of Cambodia than just Angkor Wat.

We will take you camping near some more remote temples that few visitors get a chance to see. Riding there we will also go through the Kulen Mountains which are sacred to the Khmer people.

This adventure biking holiday is an amazing opportunity to get to places and meet people, that the normal tourist to Cambodia does not experience. As well as the incredible Angkor Wat, we explore many more temples, in normally inaccessible areas and head out into the stunning countryside to explore this amazing place and its people.
Angkor Wat Bike Adventure

The Journey

Brief Itinerary
Day 01  Arrive at Siem Reap
Day 02  First Discovery and Small Circuit
Day 03  Banteay Samre, Rolous and Tonle Sap Morning
Day 04  Tonle Sap Floating Village
Day 05  The big ride - Beng Malea
Day 06  Kulen Mountain & River of 1000 Lingas
Day 07  Banteay Srei & the Grand Circuit
Day 08  Puok silk farm, Western Baray & Chantiers Ecoles
Day 09  Final Day - Farewell to Cambodia

Important Note: Every effort will be made to keep to the above itinerary, but as this is adventure travel, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns, the health of participants and other issues can all contribute to changes.

What's included
Your expedition price includes:
• Airport transfers
• Hotel in Siem Reap with breakfast
• 3 nights camping with all meals
• 1 week pass to the temples
• Local guide for temples
• Brilliant local leader and bike mechanic
• Lunch on rides
• Vehicle support on rides - van for the cyclists and a truck for the bicycle if required!

Accommodation and Food
In Siem Reap: We will be staying at the Steung Siemreap Hotel (or similar). This charming hotel is centrally located near the main restaurant area and river. It is safe and clean and well staffed, and is a safe place to leave your clean town clothes and other gear when you are out on the bike.

On the bike: We will stay in a house in the floating village on Tonle Rap. Whilst camping you will be provided with tents and mats, and beautiful scenic camp sites, either near a temple or a small village.

What's not included
Your expedition cost does not include any of the following:
• Personal travel insurance (REQUIRED)
• Changes in itinerary, such as extra hotel nights, or break from the group
• Personal expenses such as gifts, phone calls, laundry and drinks (including alcohol)
• Meals and accommodation other than those specified, including outside the trip dates
• Personal clothing and equipment
• International flight to and from Siem Reap
• Cambodian Visa fees (available on entry)
• Airport taxes
• Dinners and lunches in Siem Reap
• Optional trips and sightseeing tours
• Excess baggage charges