



**Noble
Challenge**

#breakthecycle

22nd November - 2nd December 2019

**Join us on an exclusive 10-day Noble Challenge
Cycle adventure through Cambodia and Vietnam.**

Cycling is one of the best ways to experience the diverse scenery and rural cultures of Southeast Asia, and continuing our tradition of pioneering cycle trips, this unique itinerary takes us from the iconic temple complex of Angkor Wat through untouched villages to the bustling streets of Ho Chi Minh City. Our comfortable geared bikes, support crew and steady pace mean that you'll be free to enjoy the stunning scenery along the way, with our backup vehicle available to give tired riders a break at any time. We take time out to cruise down the river to Tra On and immerse ourselves in the tranquility riding along the delta. We will be cycling through lush green countryside, fertile rice fields and small minority villages. We'll have time to absorb the palaces, pagodas and French inspired architecture of Phnom Penh before embarking on the bustling city of Ho Chi Minh.



**Take part in this adventure
challenge and we promise you
a life-changing trip which
makes a direct impact on the
lives of vulnerable children.**



Get involved

CURRENCY	Registration fee	Total Fundraising target
USD \$	330	3,300

Please note these prices are valid at the time of publication but prices may change due to currency fluctuations. Please check www.cncf.org/noblechallenges for current targets.

These last two weeks have changed my life and how I see my world. The people I have met, the friends I have made, the things I have experienced, the people I have helped and the people that have helped me. I have done things that terrified me, I feel bigger and smaller all at once, I care more for the really important things and less about the insignificant. Genuinely wasn't expecting that...

Shaun Miller - Australia, Previous Challenger



What is included in my fundraising target?

Pre-event support for training and fundraising, accommodation, all meals listed in itinerary, airport transfers, 21 gear bikes and cycle support crew, expert bilingual guide, medical kit, national park and site entry fees as listed in the itinerary and of course your donation to the Christina Noble Children's Foundation.

What is not included:

Flights, visa's, insurance, bicycle helmet, meals not listed in your itinerary, optional excursions and personal expenses are not included in your fundraising target.

What will the accommodation be like?

Hotels: in cities and large towns you will be accommodated twin share in 3 to 4 star properties that are generally well located, atmospheric and reliable and where we have seen a good track record with traveller satisfaction over many years. Guesthouses: We use quality guesthouses. They are not luxury Inns but we make sure they offer you a truly authentic experience.

Challenge difficulty - Introductory to Moderate

The Angkor Wat to Ho Chi Minh Cycle is graded moderate. This trip does not take place at altitude and most cycling surfaces are well paved roads, however some days cycling are over rough un-graded surfaces and the climate in Cambodia is very hot and humid. Expect cycling times to average 4 - 6 hours a day covering distances ranging from 40-120kms.

How do I sign up?

Complete the online application form. Your place is not confirmed until your registration fee is received. Your registration fee will be deducted from the overall fundraising target and will secure your place on the challenge. Places are limited for each challenge so we recommend signing up early to avoid disappointment.

Go to Visit www.cncf.org/camnam-challenge-registration



Itinerary:

Day 1: Arrival in Siem Reap, Cambodia

22nd November - You arrive to Siem Reap and start your CNCF adventure. You will be met at the airport and taken to your hotel where you will meet your fellow challengers. In the evening we will have a welcome dinner at a local restaurant.

Meals included - D
Sokha Roth Hotel

Day 2: Cycle the temples complex of Angkor

23rd November - In the morning we get on our bikes and head off to explore the amazing temples in the UNESCO World Heritage site of Angkor.

Our first stop is the ancient city of Angkor Thom, surrounded by an 8m high wall. Angkor Thom was the last capital of the Great Khmer Empire under the reign of Jayavarman VII. From there we will continue to Bayon in the exact center of the city. This 12th century masterpiece is a study in grandeur, its exterior gallery walls featuring extensive, bas-reliefs, particularly the East and South Galleries.

In the afternoon we will discover Angkor Wat, easily the most famous and best preserved of all the temples within the Angkor complex. It is a massive three-tiered structure crowned by five lotus-like towers rising 65 meters from ground level.

Note: Appropriate attire when visiting Angkor temples is long pants (covering the knee) and shirts that cover shoulders. Skirts, small shorts, tank tops, and other items of revealing clothing are not allowed within temple grounds. Visitors can and are frequently turned away from temples when wearing revealing clothing.

Riding distance today will be 40km
Meals Included B/L/D
Sokha Roth Hotel

Day 3: Siem Reap – Kampong Thom

24th November - In the morning we will start with a short transfer from the hotel to Dam Dek, where our ride starts. This day we will ride about 90 kilometers to reach Kampong Kdei. After about 45kms we will stop

and visit the Beng Meala temple. This temple is tucked away deep in a dense jungle and is known as the forgotten temple. Then back onto the bikes and continue cycling along rice fields, palm trees and quaint villages to Kampong Kdei. Here we will get back in our vehicle and have an around one-hour transfer to our hotel in Kampong Thom.

Riding distance will be 90km
Meals Included B/L/D
Glorious Hotel & Spa

Day 4: Kampong Thom – Phnom Penh

25th November - We start with a short transfer to our departing point. Our ride will take us along rubber plantations and nice little Khmer villages on a mix of paved and unpaved roads. We will reach the Mekong River and continue to cycle until we reach Kampong Cham. From there we will transfer by vehicle to Phnom Penh.

Riding distance will be 85km
Meals Included B/L/D
River Home Hotel

Day 5: Phnom Penh – Chau Doc

26th November - You will have a free morning to go and explore the town, grab a massage and discover the delights of local street food. We will meet back in the hotel at noon and head to the pier to catch our afternoon speedboat to Chau Doc. We will be met in Vietnam by our driver and local guide and transferred to the hotel.

Meals Included B/D
Chau Pho Hotel
Itinerary: Noble Challenge CamNam
Contact details E: jane.barrell@cncf.org
W: www.cncf.org/noblechallenges





Itinerary continued:

Day 6: Chau Doc – Long Xuyen – Can Tho

27th November - It is going to be a big cycling day! We will head off from Chau Doc and cycle along the Song Hau River heading to Long Xuyen, a well-developed town of the delta, not touristy but rich due to fish, rice and cashew nut trading. From here we will continue to Can Tho, the big metropolis of the delta. We should arrive at the hotel in the late afternoon and we have the rest of the day at leisure.

Riding distance on the day will be 120km

Meals Included B/L/D

Iris Hotel

Day 7: Can Tho – Vinh Long

28th November - After breakfast, we transfer to the pier and hop on a boat to cruise down the river to Tra On. We then get on our bikes and start our cycling heading North towards Vinh Long. We ride along the back roads of the delta and immerse fully into the tranquil atmosphere. There will be lots of opportunities to stop en-route, whether to enjoy a tea with locals or simply to rest and contemplate. We will have lunch in a local house along the way. Our ride continues to Vinh Long and a local guesthouse where we spend the night.

Riding distance will be 70km

Meals Included B/L/D

Guesthouse

Day 8: Vinh Long – Saigon

29th November - We start our ride after breakfast and head north for about 40 kilometers, passing from one island of the mighty river to another. A ferryboat ride will take us across the river to our lunch place.

In the afternoon, we will ride a further 20 kilometers across this rural region where life is made of agriculture and craftsmanship. We will then get back on the bus and travel the last 75 kilometers to our hotel in Ho Chi Minh City.

Riding distance will be 60kms

Meals Included B/L/D

Le Duy Hotel

Day 9: Saigon – Tay Ninh – Saigon

Our last cycling day of the trip and our visit to the CNCF Centre for the visually impaired children in Tay Ninh. We depart after breakfast and drive about 2h30 across the bustling city and its suburbs to the province of Tay Ninh. We will spend the rest of the morning visiting the centre and seeing the amazing work they do. After lunch, we will get on our bikes for the last time and leave the centre heading to the region of the Cu Chi tunnels. After our visit to the tunnels, we will load up the bikes and drive back to Ho Chi Minh City.

Riding distance will be 60km.

Meals Included B/L/D

Le Duy Hotel

Day 10: The CNCF's Sunshine Social and Medical Centre

We will spend an emotional and life changing day at the CNCF Sunshine Social and Medical Centre where you will see first hand the amazing work the foundation does for these children and where your much needed and appreciated sponsorship money goes.

In the evening we will celebrate the end of an amazing challenge with a farewell dinner at Soul Burger.

Meals Included B/L/D

Le Duy Hotel

Day 11: Departure

You will have a day at leisure until you are transferred to the airport to catch your outbound flight.

Meals Included B

Photos by Shaun Miller – Previous CamNam Challenger

Contact details

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