



CyclePower 2016
13Days / 12Nights



Day	Destination	Activity	Difficulty	Transfer	Meals	Hotels
1	Siem Reap	N/A	N/A	20 minutes	-/-/D	Angkor Holiday
2	Siem Reap	Cycling	Easy	None	B/L/D	Angkor Holiday
3	Battambang	Cycling	Medium	1hr 30mn	B/L/D	Classy Hotel
4	Battambang	N/A	N/A	N/A	B/L/D	Classy Hotel
5	Pursat	Cycling	Medium	30 minutes	B/L/D	KM Hotel
6	Kampong Chhnang	Cycling	Medium	20 minutes	B/L/D	Sovannphum
7	Phnom Penh	Cycling	Medium	30 minutes	B/L/D	Phnom Penh Hotel
8	Bavet	Cycling	Medium	1hr 30mn	B/L/D	Titan King Hotel
9	Border Crossing/ Tay Ninh	Cycling	Easy – Medium	5mn	B/-/-	Hoa Binh hotel
10	Saigon	Cycling	Medium	1 hours	B/L/D	Winsor Plaza hotel
11	Vung Tau	N/A	N/A	2hrs 30mn	B/L/D	Hoa An hotel
12	Saigon	N/A	N/A	2hrs 30mn	B/L/D	Winsor Plaza hotel

Day 1: 7th Aug 16: Arrive Siem Reap

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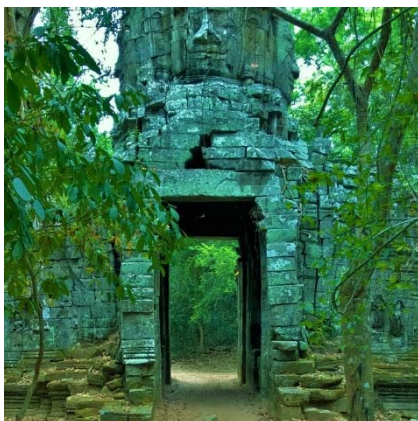
This afternoon, arrive at the Siem Reap International Airport. Our guide and transportation will meet us here and transfer directly to the hotel this evening.

Distance and journey time:

Transfer from Airport to the hotel – 20 minutes

Day 2: 8th Aug 16: Angkor Wat

(B/L/D)



After breakfast this morning, we'll meet with the guides and prepare for our journey over the **Grand Circuit of Angkor Wat**. Along the way from our hotel, we'll stop at some of the roadside temples and take a brief moment to learn about their history and the purpose they served in the ancient times.

Our first stop on the tour will be **Prasat Kravan**, a temple known for its unique brick sculptures. From here we'll cycle onward past Srah Srong and Banteay Kdei to the temple of **Pre Roup**, another temple mountain at the far end of the grand circle. It once stood at the edge of a massive reservoir known as the **East Baray**.

We'll continue onward through the lush countryside. Along the way we can catch a glimpse of another ancient reservoir surrounding the temple of Neak Pean. Cycle onward to the ancient city of **Angkor Thom**. This was the last capital of the Great Khmer Empire under the reign of Jayavarman VII. An eight meter high wall draws a perfect square around the city ruin. Enter through the ancient East Gate. On each side of the entrance path a row of fifty-four gods and demons hold the sacred Naga snake of Hindu lore.

From here, continue to **Bayon Temple** in the exact center of the city. This 12th century masterpiece is a study in grandeur and is well-known for its fifty-four towers with enigmatic faces representing the fifty-four provinces of the Great Khmer Empire. The **Terrace of the Elephants** and the **Terrace of the Leper King** are also must-visits as they are both known for their intricate bas-reliefs.

We'll break for lunch outside the massive temple of **Angkor Wat**. Built during the reign of King Suryavarman II in the early 12th century, Angkor Wat is constructed following the model of the temple mountain symbolizing Mount Meru, the home of the gods. Angkor Wat is well known for the more than 2,000 Apsara dancers

decorating the temple. Construction is thought to have taken around thirty years of intensive labor. Today, Angkor Wat is figured on Cambodia's national flag as the temple symbolizes the soul of the Khmer people.

Distance and journey time:

Transfer from Angkor Complex to hotel: none

Cycling distance: Up to 40km

Difficulty: Easy

Day 3: 9th Aug 16: Siem Reap- Battambang (B/L/D)

We'll begin with a transfer this morning to our starting point along National Road Number 6. Our cycling goal today will be the crossroads of **Sisaphon**. The way today will be mostly open and hot, so make sure to apply generous sunscreen.

Once we've arrived at our destination for today, we'll pick up our bikes and transfer onward to **Battambang**. Battambang is Cambodia's second largest city and, not so long ago, was within target range of a stronghold of the erstwhile Khmer Rouge and was therefore off-limits to most travellers.



However, like the remainder of this beautiful gentle country, Battambang has recently re-opened to the outside world. One fortuitous result of its isolation and lack of development is that Battambang has some of the most well preserved colonial French buildings in the country. You will find local people here to be extremely friendly. They have not been exposed to many foreign visitors and they will be as interested in you as you are in them! Battambang was formerly the rice bowl of Cambodia although these days the production of rice is augmented by large orange and jute plantations.

Distance and journey time:

Transfer: 30 minutes from the hotel to the starting point.

Transfer: 1 hour from Sisaphon to Battambang

Cycling distance: 80km

Difficulty: Easy

Day 4: 10th Aug 16: Battambang Project Visit (B/L/D)

Today we'll keep off the bikes to join our project in Battambang.

Day 5: 11th Aug 16: Battambang – Pursat (B/L/D)

Today we begin the most difficult part of our journey. We strike southward, with the Cardamom mountains just visible to our right. Tonights' destination is the sleepy town of **Pursat**. Along the way we can expect to see many Cambodians going about their daily lives. We should arrive at the hotel in the late afternoon where we can freshen up and enjoy a meal at a local restaurant.

Distance and journey time:

Transfer: 30mn from the end point to hotel
Cycling distance: 80km
Difficulty: Medium

Day 6: 12th Aug 16: Pursat – Kampong Chhnang (B/L/D)

Another day in the saddle will bring us beautiful sights and pleasant cycling along the road to **Kampong Chhnang**. This provincial city near the very heart of Cambodia and not far from the Southern end of Tonle Sap.

Distance and journey time:

Transfer: 20mn from the end point to hotel
Cycling distance: 80km
Difficulty: Medium

Day 7: 13th Aug 16: Kampong Chhnang – Oudong – Phnom Penh (B/L/D)

We begin to approach the true metropolis of **Phnom Penh** today, a city unlike any other in Cambodia. But before we arrive, we'll take a short detour to the bottom of **Oudong Mountain**. We can relax here in the shade and catch our breath before transferring the rest of the way to Phnom Penh for our overnight.

Once considered as one of the most beautiful cities in the Orient, and despite its recent turbulent history, Phnom Penh still retains a colonial charm. Cambodia's capital is a bustling city, majestically located at the confluence of the mighty rivers of the Mekong and Tonlé Sap. Wide tree-lined boulevards and many colonial-era buildings reflect the glorious days and add to the allure of the city, where Asian and Western traditions meet in a fascinating way.

Distance and journey time:

Transfer: 30mn from the end point to hotel
Cycling distance: 80km
Difficulty: Medium

Day 8: 14th Aug 16: Phnom Penh – Bavet (B/L/D)

We'll carry on with our challenge today by transferring a short distance to Preah Veing province and continuing our cycling from there. We start the last day cycling in Cambodia on national road and enjoying our last glimpse of rural life in Cambodia. We pass the last of many wooden houses on stilts, all the time greeted by smiling children shouting hello and the sight of water buffalo wallowing in the vast rice fields. After complete our 80km challenge, we'll continue transfer to Prey Veng, a quiet provincial town, then continue other 40km to Bavet.

Distance and journey time:

Transfer: 30mn from the hotel to start point
Transfer: 1hour from Kraol Kou to Bavet border
Cycling distance: 80km
Difficulty: Medium

Day 9: 15th Aug 16: Bavet – Crossing border - Moc Bai – Tay Ninh (B/L/D)

After breakfast the hotel,

This morning we'll have very short transfer or walk from hotel to border about 1km, then say goodbye to the Cambodian team here. After the immigration formalities at the border check point (border formalities could take some time), our Vietnam team will wait for you at the Vietnam side.

This morning we cycle 50km from the Vietnam/Cambodia border - Moc Bai to Tay Ninh. Tay Ninh is the headquarters of one of Vietnam's most interesting religions - Caodaism which is a combination of Hindu, Roman Catholicism and Islam. Around 0530PM, we have chance to visit The Caodai Great temple - one of the most striking structures in the whole of South East Asia.
Overnight in Tay Ninh.

Distance and journey time:

Transfer: no transfer
Café local on the way.
Lunch in Tay Ninh
Cycling distance: 35-50km Difficulty: Easy - Medium

Day 10: 16 Aug 16 Tay Ninh - Saigon

(B,L,D)

Today's route is on tarmac roads with some undulations.

After breakfast, we do the first 15km bike on the town road from the bustling market town of Tay Ninh winding through villages of simple wooden houses. For the next 19km we forward to quiet rural roads and the scenery of paddy fields, water buffalo and local farmers cycling by with huge bales of straw bursting from their panniers. Continuing pedal on gently undulating roads to Dau Tieng (20km) with plenty of water stops en route.

We are in Cu Chi tunnel in the lunch time. The Cu Chi Tunnels is an incredible underground network which was excavated by the Vietnamese and used by the Viet Cong during both the French-Indochina War (1946-1954) and the Vietnam War (1955-1975). There are said to be 250km of tunnels in the Cu Chi village area alone.

After visit the tunnel we might cycle more around or transfer back to the city.
Overnight in Ho Chi Minh City,

Distance and journey time:

Transfer: no transfer from Tay Ninh to Cu Chi

Transfer 1 hour in afternoon to Saigon.

Cycling distance: 60km – 80 km

Difficulty: Medium

Day 11: 17th Aug 16: Saigon – Vung Tau

(B/L/D)

Depart your hotel at 0800 for a half day tour of vibrant Ho Chi Minh City. Your program includes the Reunification Hall, formerly known as the Presidential Palace it was towards this modern building that North Vietnamese tanks seized on the morning of April 30 1975, as Saigon fell. This fascinating building is filled with history still fresh in the minds of many. From there stroll (your vehicle will be available at all times) to the major sights of colonial Ho Chi Minh City: the Old Saigon Post Office, Dong Khoi Street (formerly Rue Catinat), Continental Hotel, Opera House and City Hall. After this historical visit continue to the War Remnants Museum where exhibition halls display imagery of both the French and 'American' wars. Continue to the Jade Emperor Pagoda located on the fringes of district 1. Dating from 1909 and built by Cantonese Buddhists this quiet oasis was designed using feng shui principals showcasing ornate statues and effigies. Following your tour head back to your hotel,

In the afternoon, we transfer to Vung Tau for overnight.

Overnight in Vung Tau

Distance and journey time:

Transfer: 2-2.5 hours

Cycling distance: no cycling

Day 12: 18th Aug 16: Vung Tau – Old Battle field tour (B/L/D)

Pick up clients at hotel, we go to Hoa Long village and visit Nui Dat - where Australian soldiers set up the base in 1966. We visit the old Artillery's rock, old bunkers, Kangaroo pad, SAS hill (Nui Dat Hill), Luscombe air field and the battalion's Flag pole.

Continue visiting the Nui Dat Kindergarten which is built by Australian Veterans for children in the village. We go to Long Tan village to visit the Long Tan Cross which was re-built by Australian veterans for soldiers in the battle of Long Tan in 1966; then travel The Horse shoe- fire support base; Long phuoc Tunnel, museum before we transfer back to Saigon

Overnight in Saigon.

Distance and journey time:

Transfer: 2-2.5 hours

Cycling distance: no cycling

Day 13: 19th Aug 16: Departure (B/-/-)

We transfer to airport for the flight home.

*******END OF SERVICES*******

“An itinerary may at times be altered by our guides due to local conditions, the skill of participants and other unexpected circumstances. Our priority is always the experience and safety of our clients.”



RATES AND CONDITIONS

ACCOMMODATION 2016

City	Hotel/Boat	Hotel Category	Room Type
Siem Reap	Angkor Holiday	Superior	Deluxe Room
Battambang	Classy Hotel	Superior	Deluxe Room
Pusat	KM Hotel	Superior	Deluxe Room
Kampong Chhnang	Sovann Phum Hotel	Standard	Standard Room
Phnom Penh	Phnom Penh Hotel	Superior	Superior Room
Bavet	Titan King Casino Hotel	Superior	Deluxe Room
Tay Ninh	Hoa Binh hotel	Standard	Standard Room
Ho Chi Minh city	Winsor Plaza hotel	Deluxe	Deluxe Room
Vung Tau	Hoa An hotel	Standard	Standard Room

Services include:

- Luggage transfer
- Vehicles: (varies based on local conditions and vehicle sizes available). Private air-conditioned vehicle for transfer and back up as itinerary.
- Plenty of water provided throughout the day when cycling
- Snacks and local fruits
- 1 ExoAdventure Certified English Speaking Guide
- 1 assistant guide for 7-15 cyclist, 2 assistant guides for 16+ cyclists
- 1 first aid kit per guide
- Each guide will have a full set of travel bike tools
- Main support vehicle will have spare parts
- Meals as mentioned in the itinerary (B – Breakfast, L – Lunch, D – Dinner)
- Sightseeing tickets where mentioned in the itinerary.
- Accommodation as listed above.
- Flight reconfirmations

Services don't include:

- Visa arrangement
- Meals other than mentioned above
- Soft drinks, or beverages beyond water
- Beverage and alcoholic drinks at mealtimes

- Tips
- Energy drinks or powders, performance bars, or performance gels (Gatoraid, Powerbars, Gue, Isostar, etc)
- Personal Travel Insurance
- Personal expenditure (Laundry, telephone)
- Any other services not clearly mentioned in the itinerary and in the inclusive portion.
- Other language speaking guides

Important Notes:

- We strongly recommend the purchase of travel insurance (covering emergency medical evacuation).
- The cost of air tickets is subject to change without prior notice by the airlines.
- If one or some proposed service(s) is (are) not available at the moment of booking, we will try to find other possibilities/options or other similar service(s) in order to avoid changes to the program.

AIRFARES with Singapore Airlines at this stage – departure times may vary:

07 AUG Depart Melbourne 0005 Flight SQ 218 Arrive Singapore 0600
07 AUG Depart Siem Reap 1030 Flight SQ 5026 Arrive Siem Reap 1140
OPERATED BY SILKAIR
19 AUG Depart Saigon 1555 Flight SQ 183 Arrive Singapore 1850
19 AUG Depart Singapore 2115 Flight SQ 227 Arrive Melbourne 0640 on 20AUG

IMPORTANT: All airfares and taxes are subject to change without prior notice until ticket issuance.

JETAWAY:

ALL PASSENGERS WHO ARE TRAVELLING INTERNATIONALLY MUST HOLD A CURRENT PASSPORT WITH AT LEAST 6 MONTHS VALIDITY BEYOND THEIR RETURN DATE TO AUSTRALIA.
IT IS EACH PASSENGERS RESPONSIBILITY TO CHECK THAT THEY HAVE THE CORRECT DOCUMENTATION AND VISA REQUIREMENTS PRIOR TO DEPARTURE FROM AUSTRALIA

AIRLINES TERMS AND CONDITIONS:

All airfares carry certain booking, amendment and cancellation conditions. These do vary between the airlines and the type of fare purchased. Please be aware that most special airfares are usually non refundable and changes are not permitted.

APPROXIMATE BAGGAGE ALLOWANCE

First Class:40 kg free baggage allowance per person.

Business Class:30 kg free baggage allowance per person.

Economy Class:20 kg free baggage allowance per person.

Please check with your consultant for dimension and weight information as details do vary from carrier to carrier.

PASSPORTS

A valid passport is required to travel internationally and must be valid for at least six months after your return date to Australia.

VISA AND DOCUMENTATION RESPONSIBILITIES

It is the passenger's responsibility to ensure they have the appropriate documentation including visas. We are happy to assist you in determining visa requirements wherever possible.

FREQUENT FLYERS

If you are a member of an airline frequent flyer programme, please retain your boarding passes and copies of tickets for point verification against your statement. Without these you may be unable to claim points. Not all fares accrue points please check with your airline frequent flyer department.

CANCELLATION AND AMENDMENTS

Fees are charged for both amendments and cancellation of flights and services, by Jetaway and our third parties. If you do have to cancel your reservation you will be advised of these amounts. Travel Insurance usually will cover cancellation costs please speak to your insurance provider.

CONDITIONS

All arrangements are subject to the supplier's (transport/accommodation/tour provider) regulations and conditions detailed on tickets, vouchers, travel brochures, at accommodation premises, on transport vehicles, or as advised at the time of booking.

TRAVEL INSURANCE

Travel Insurance is strongly recommended and Jetaway Travel can issue a policy on your behalf. Please seek a quotation from your consultant as soon as your booking is confirmed.

PAYMENT

If you wish to pay by credit card service fees of between 2% - 3% apply depending upon the type of card used.

VACCINATIONS

Vaccinations may be required or suggested for overseas travel. Please refer to your usual medical practitioner for full advice and assistance.

Summary:

Date: 7/08/2016 – 20/08/2016

Cost: \$5,400 per person (including airfares)

Deposit Amount: \$500 to secure place & to start fundraising

Payment Milestones:

On registration: \$500

1 February 2016: \$2200 received

13 June: \$5,400 in total received (includes deposit)

Please note that if you are paying for your trip and not taking up the fundraising option, it would assist DSR immensely if you were able to make the full payment required as soon as possible.

Karla

Disability Sport & Recreation

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