



The Mary Potter  
Foundation Inc

**Date:** October 2017  
**Registration fee:** \$100  
(non-refundable)  
**Fundraising target:** \$3000  
(excludes travel)  
**Travel cost:** \$3000 including taxes  
(subject to change)  
**Trip duration:** 9 days  
**Physical activity:** Bike Ride Adventure  
**Accommodation:** Twin Share



# Cambodia

## BIKE ADVENTURE 2017



CONNECT ADVENTURES

*Creating Charity Challenges*

# Get set for an inspiring adventure

Cambodia has emerged from its recent tragic past to reveal ancient temple complexes unrivalled in scale and aura, and friendly, open people, eager to communicate with the rest of the world and share their knowledge of a truly remarkable national history.

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, its 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.





## 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 the Mary Potter Foundation. This will enable the foundation to continue its vital work helping people with life limiting illness and their families.

**To become a part of this truly inspirational experience involves two 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. 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!



## The Mary Potter Foundation

Inspiring people to share our belief that caring for people at the end of their lives is an honour and a privilege and to work with us to support living every day, every hour.

# About The Mary Potter Foundation

The Mary Potter Foundation is a South Australian charity supporting end of life care, programs and education to improve the quality of life for hundreds of people and their families every year.

One of the key areas we support is the Mary Potter Hospice – a place recognised for its outstanding level of medical care along with the compassionate and holistic approach by the whole team to the care of people who cannot be cured and for their families.

Along with ensuring that specialist medical care and facilities are there when needed, The Mary Potter Foundation helps to deliver a range of wonderful programs to support the physical and emotional wellbeing of patients and their families. From art, to music, complementary and pet therapies the focus is on helping people to live well until they die.

Living every day means that we help families celebrate special moments while they are in the Hospice – we aim to add as much life to every day and every hour.

Garry knows the importance of this work. When his wife Claire arrived at the Mary Potter she felt like she could finally breathe. Garry and Claire spent many weeks at the Mary Potter Hospice and during this time Claire expressed her gratitude at being in such a special place.

Before coming to the Hospice, Claire had made a decision not to undergo anymore chemotherapy. While she was at Mary Potter, her plan was to make the most of the time she had left. The Hospice team knew that a Date Night would be something both Claire and her husband would really enjoy and could look forward too.

It was a truly special night. Preparations began early in the day to ensure this would be something special the couple would treasure.

Care was taken to order two servings of carefully crafted lobster mornay from one of Adelaide's finest seafood restaurants. Accompanied by Claire's favourite side dishes – golden roast potatoes and a fresh mango salad.

The Moët was put on ice.

The table was delicately set. The lights were dimmed and the candles were lit.

Claire and Garry were treated to the most important Date Night ever. It was a special time out and moment to enjoy together at a very difficult time of their life.

*"When I arrived at the Mary Potter Hospice I took a deep breath and knew I had made the right decision. My time here has enabled me to gather my friends and family and tell them how much I love them. The feeling here is of so much warmth, comfort and inner peace. This is the gift that Mary Potter has given me."*

*- Claire, who passed away in the Mary Potter Hospice in March 2016 at the age of 67.*

# Frequently asked QUESTIONS

**Q: Will I be able to meet my travelling companions before we leave?**

**A:** Yes, we have meetings prior to departure, which is a great opportunity to meet and get to know each other.

**Q: How fit do I need to be?**

- The Cambodia cycling trek is not a challenging adventure. Cycling days will be between 20 and 70km mostly on flat roads.
- This is a chance to cycle through the Cambodian countryside in relative comfort, with an experienced guide; Insider 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, a 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. Ideally, it would be great if fundraising could be completed three weeks prior to departure.

**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. Online donations receive receipts automatically.

**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.



# Cambodia Wat Bike Adventure

## Day 1: Arrive Siem Reap

Upon arrival in Siem Reap you will be met by an Insider Journeys representative and transferred to your hotel.

The rest of that day is free to take a little walk or ride around town at your own leisure.

**Meal: nil**

**Overnight at Steung Siem Reap Hotel – Superior room**

## Day 2: First Discovery and Small Circuit

**Morning** - This is an easy first day where we will ease into riding but see a lot of temples. We start the ride from Siem Reap to Angkor Wat early in the morning following small countryside trails and then the paved road of the small circuit. We spend the rest of the morning exploring the world's grandest temple and have lunch before heading on.

**Afternoon** - An afternoon of temples, we cycle on from Angkor Wat on the paved roads of the small circuit. We visit the Death Gate, Victory Gate, Terraces of Elephants and of the Leper King. Then we cycle on to Srah Srang and Phnom Bakeng. Before sunset we will make our way back to Siem Reap.

**Biking: 35km**

**Meals: Breakfast, Lunch**

**Overnight at Steung Siem Reap Hotel – Superior room**

## Day 3: Banteay Samre – Rolous and Tonle Sap

**Morning** - This is a great ride to get to know rural Cambodian life as we cycle through small farming villages on little trails through the countryside. We start the day riding west out of Siem Reap towards Banteay Samre, a unique temple with two moats, which has been superbly restored. Because it is not easy to reach, this temple doesn't attract a lot of visitors and we can explore this site undisturbed. From here we continue to the intimate temples of Chau Srei Vibol (Wat Trak), here we will have lunch and relax.

**Afternoon** - After lunch we head on the Rolous group or Bankong as it also called via the little town of Rolous where we can have a look at the local market. We explore the temples of Rolous and then cycle on to the Tonle Sap Lake, where we will be spending the night in a local floating village or in a boat.

**Biking: 50km**

**Meals: Breakfast, Lunch, Dinner**

**Overnight at Homestay**

## VISA REQUIREMENTS:

You will need a valid visa in order to enter Cambodia. Visa costs and permitted length of stay can vary depending on nationality and method of arrival in country. Visa requirements in Asia often change, so for the most up to date visa information, please refer to the relevant embassy or consulate in your country.

## Day 4: Tonle Sap Floating Village

**Morning** - We spend the morning on this massive freshwater lake which dominates the map of Cambodia. The lake is at once a reservoir, flood-relief system, communication route, home, and larder to the people who live on and around it. After exploring on the lake we head back to land and cycle through the country side to Siem Reap where we will have lunch.

**Afternoon** - After lunch we will have an optional tour to some of the local pagodas, like Wat Athvea and Wat Bo. We will also go to one of the local markets and explore the country side around town.

**Biking: 20km**

**Meals: Breakfast, Lunch**

**Overnight at Steung Siem Reap Hotel – Superior room**

## Day 5: The Big Ride – Boeng Mealea

This full day ride will take us far away from the normal tourist spots around Siem Reap. We ride on mostly unpaved roads and small trails through the country side all day and will have lunch somewhere nice on the way.

Today we visit the most interesting temple outside Angkor Thom city. Mid-morning we arrive at King Suryavarman II's eleventh century Boeng Mealea temple - a prototype for the more famous Angkor Wat. Boeng Mealea Temple stands almost forgotten in jungle and getting to the site is quite an adventure in itself.

It is the largest temple outside the main Angkor complex and in places it is remarkably intact, but in other places utterly destroyed; tree roots envelop many of the temple walls and doorways.

**Biking: 70km**

**Meals: Breakfast, Lunch, Dinner**

**Overnight at Campsite**



# Cambodia Wat Bike Adventure

## Day 6: Kulen Mountain and River of 1000 Lingas

We go out cycling to the top of Phnom Kulen (Kulen Mountain), which is considered by the Khmer people as the most sacred mountain in Cambodia. Here we will have lunch in the jungle by a waterfall before we cycle on to Kbal Spean (River of a thousand Lingas). Here we walk for 30 minutes through the jungle to the river, where crystal clear water washes over sacred lingas carved into the bedrock. After the walk back to the bicycles we cycle to Banteay Srei where we will spend the night camping in the little village.

**Biking: 45km**

**Meals: Breakfast, Lunch, Dinner**

**Overnight at Campsite**

## Day 7: Banteay Srei and The Grand Circuit

**Morning** - Early morning wakeup, so we can visit Banteay Srei before the tourist hordes arrive. Banteay Srei, rosy red temple with beautiful carvings of female divinities. After having explored Banteay Srei we cycle on a secondary and mainly unpaved road to Preah Khan. We visit the temple and ride on to have lunch at Neak Pean.

**Afternoon** - We have a look at Neak Pean and then continue cycling on the grand circuit to Banteay Kdei and finally Ta Prohm where we will end the ride and have a good look at this moody temple, increasingly in the surreal grip of towering trees as the jungle encroaches. From here we take the small circuit back to Siem Reap.

**Biking: 45km**

**Meals: Breakfast, Lunch**

**Overnight at Steung Siem Reap Hotel – Superior room**

## Day 8: Puok Silk Farm – Western Baray and Chantiers Ecoles

**Morning** - We cycle via Angkor Wat and the Western Gate of Angkor Thom on little trails through the country side to the Village of Puok. Here we will see all the stages of the production process, from the cultivation of mulberry trees to the dyeing and weaving of silk.

Then we ride to our lunch spot, the Western Baray. This was at one time an enormous 8km by 2.3km reservoir which was excavated all by hand, to provide water for the intensive cultivation of land by the people of Angkor. We will have lunch here.

**Afternoon** - On our way back to town we stop at the Les Chantiers Ecoles which is a school specialising in teaching wood- and stone-carving techniques to young people from impoverished backgrounds. Back in town we will have a farewell dinner in one of the many great restaurants.

**Biking: 35km**

**Meals: Breakfast, Lunch, Dinner**

**Overnight at Steung Siem Reap Hotel – Superior room**

## Day 9: Depart Siem Reap

We have this day free of any activities, so you can pack, go shopping and tell tales of the last few days' great rides before we take you to your departing flight and say goodbye.

**Meal: Breakfast**

### INCLUSIONS:

- International airfares and tax
- Experienced English speaking guide
- Private transportation by air-conditioned vehicle
- Accommodation in shared room the stated hotel and Homestay with daily breakfast
- Other meals as mentioned in the itinerary (8 Breakfast, 7 Lunch & 4 Dinner)
- Bottled drinking water and snacks for sightseeing
- All sightseeing entrance fees where required in the itinerary
- Boat excursion
- Mountain bike and helmet
- Support truck and mechanic
- Camping Tent and all admission fees where required in the itinerary

### EXCLUSIONS:

- Visa fees
- Travel Insurance (we highly recommend purchasing travel insurance from home)
- Personal expenditure (telephone, laundry, shopping and so on...)
- Tips for guide, driver, porters and project cost
- Beverage and alcoholic drinks
- Any other services not clearly mentioned on itinerary and trip inclusive portion.



# Important Notes

- The quoted prices will be subject to change upon the hotel availability at the time of booking.
- Fitness form: please ensure to provide us signed Fitness form for any pax who are 70+ years old. This is very important.
- No reservations have been made until we receive your acceptance of our quotation and instruct us to make a reservation.
- Early check-in and late check-out of hotels. If this is required, please inform us and we can request the charge or the guests may pay for this at the hotel.
- Please note that all rates advised are nett and therefore non-commissionable.
- A non-refundable holding deposit of AUD \$100.00 is required to make a booking.
- Most services in Cambodia such as transport and hotels are transacted in USD. The pricing given is affected by movements in the Australian Dollar. Please be advised that Insider Journeys reserve the right to apply a surcharge to pricing without notice.
- Please note that this group range is based on minimum *10 paying passengers travelling together for the land components*. Should the minimum number of passengers not be reached, the costs given above will need to be revised.
- These costings are a proposal only and subject to availability at the time of booking. This quote does not guarantee availability of any of the above mentioned services and at this stage, no arrangements have yet been booked or confirmed. This quote should be treated as indicative.



[connectadventures.com.au](http://connectadventures.com.au)

T 0404 965 815

F (08) 8296 6826

E [info@connectadventures.com.au](mailto:info@connectadventures.com.au)

PO Box 215 Brighton  
South Australia 5048