








Angkor to Saigon Fundraising Cycle 2023'

Operation Childlife is an Irish-registered charity with the mission to bring life-saving and life-transforming surgeries to children in less developed countries. **(Charity Reg No: 20079048)** In addition to bringing international medical professionals to perform surgeries, we also educate local healthcare professionals to improve their own knowledge and expertise, therefore enhancing their healthcare systems. For more information on our work please see www.operationchildlife.com

What's included

	Flights
	Accommodation
	Meals
	Local transfers
	Bikes
	Support transport

Event details

Dates	18 – 29 November, 2023
Location	Cambodia and Vietnam
Cost (includes min. donation to Operation Childlife)	€5,395
Fundraising deadlines	€4,000 by October 1. Balance due 18 December.
Registration deadline	June 15
Registration fee	€400
Minimum age	18
Fitness	To take on this challenge you'll need to be fit and train for long cycling distances of up to 85km.

This trip is organised by RCSI Travel. Flight upgrades and/or trip extensions can be facilitated at an extra cost. Insurance is not included; we recommend all cyclists purchase their own travel insurance.

Further information and booking please contact opchildlife@outlook.com



DAY 1 19th Nov, SIEM REAP ARRIVAL
20KM CYCLING (L,D)

Upon arrival at Siem Reap in morning, you will be met by your local guide and transferred to your hotel. After dropping off your luggage you will be taken to lunch before we start our riding to the Roluos Group. Roluos is the site of an ancient centre of Khmer civilization known as Hariharalaya. It was the first city built by the Angkorian kings in the 8th and 9th century and consists of three main temples: Bakong, Lolei and Preah Ko. The surrounding countryside with its rice paddy fields and sugar palm trees are very typically Cambodian. Enjoy the view of the surrounding countryside from the top of Bakong, a pyramid style temple that peeks up around the tops of the trees. Afterward we'll transfer back to hotel to freshen up before dinner.

Overnight in Siem Reap at [BOREI ANGKOR](#) (2 nights)

DAY 3 21st Nov, DRIVE TO PHNOM PENH
(B,L,D)

After breakfast, we transfer by private vehicle to Phnom Penh (6 hours), we stop en-route for an optional visit of Skun Market which is famous for where they hunt and eat spiders... or rather tarantulas. Lunch en-route. Arrive in Phnom Penh check in your hotel. Visit S21 in the afternoon.

Overnight in Phnom Penh at [DUONG CHAN](#)

DAY 2 20th Nov, ANGKOR EXPLORER
50KM CYCLING (B,L,D)

You may choose to rise early today to catch the awesome sight of the sun rising behind Angkor Wat's five carved towers, then return to the hotel for breakfast. After breakfast, we cycle to West Baray, the largest man-made body of water at Angkor built in the 11th century. We cycle around the stunning 8km long West Baray and through the surrounding countryside, you will get a sense of rural living. We then continue to the main circuit road and just as we enter Angkor Thom, we leave the road and spend the rest of the day on charming, quiet trails through these majestic structures towards to Preah Khan or 'Sacred Sword,' built by King Jayavarman VII in the late 12th century. Among the towered enclosures, shoulder-hugging corridors, and numerous trees growing among the ruins, admire the wonderful carvings adorning the walls including the spectacular Hall of Dancers. After which we cycle to Pre Rup and we stop at Sras Srong for lunch and enjoy the sights of this former Royal Pool.

After lunch, we begin our ride again to Ta Prohm, made famous by the Hollywood blockbuster "Tomb Raider,". Finally, you arrive at Angkor Wat, the world's largest religious building. After being initially inspired by its overall size you will explore in more detail, getting up close and personal to fully appreciate its architecture and intricately detailed bas-reliefs. This evening you will enjoy **dinner and a traditional Apsara dance show** at a local restaurant.



DAY 4 22nd Nov, PHNOM PENH – KAMPOT
80KM CYCLING (B,L,D)

This morning you spin away from the early morning hustle and bustle of Phnom Penh to Cheoung Ek, more commonly known as the 'Killing Fields'. After a visit, our first major day cycling day take us south of Phnom Penh to Chisor Mountain, when you arrive and have climbed up the 500+ steps you will be rewarded with nicely preserved 11th century temple ruins, as well as a fabulous panorama of the surrounding rice fields. Then, we continue to pedal towards Takeo province, a small town that is truly Cambodian in every sense. From here, we transfer to Kampot for overnight. Kampot is known to produce the world's best pepper.

Overnight in Kampot at [BOUTIQUE KAMPOT](#)

DAY 6 24th Nov, KEP – BORDER
30KM CYCLING (B,L,D)

After breakfast, we cycle along quiet coastal road, passing through salt flats and small villages to the border. You bid farewell to Cambodia and say hello to Vietnam. You have to get a Vietnam

e-visa in advance in order to cross Vietnam land border. After the border crossing and meet new team, we will drive to Can Tho where we spend the night.

Overnight in Can Tho at [SHERATON](#)

DAY 5 23rd Nov, KAMPOT – KEP
45KM CYCLING (B,L,D)

After breakfast, we cycle to the stunning cave temple of Phnom Chhnork which is located amongst rice paddies. We then cycle to La Plantation for lunch past 'Secret Lake' or also known as "Brateak Krola Lake", a man-made reservoir. Once arrive the pepper plantation, you'll have an opportunity to learn more about how pepper is grown and processed, see pepper in its different stages, and taste some of the hot local pride. After lunch, we cycle towards Kep, a famous holiday spot for French colonialists, this prestigious beach resort of the 1960s is finally reawakening to its former glory. Kep is also famous for its seafood and its Kampot Pepper Crab, so there is a fair chance you will get to try this local specialty and experience at the numerous beachside restaurants. Dinner in a local restaurant.

Overnight in Kep at [KEP BAY](#)

DAY 7 25th Nov, CAN THO – HO CHI MINH
30KM CYCLING (B,L,D)

Experience early morning Cai Rang floating market on a boat ride and then cycle to Phong Dien floating market. Weave through teeming early morning market bustle along the banks of an active riverfront. Absorb the sights of the endless cottage industries, timber merchants, coconuts shredders, small dock loading/unloading rice, and tiny vibrant markets. Continue by bike on the narrow lane and loop round to the main road. Later shuttle to Saigon.

Overnight in Saigon at the [REX](#) (3 nights)



DAY 8 26th Nov 2023 HO CHI MINH (B)

Christina Noble Charitable Foundation visit x 2



DAY 9 27th Nov HO CHI MINH CITY AND CU CHI TUNNELS (B,L)

After breakfast at the hotel, we pick up and take you through the city to visit the famous Cu Chi tunnels. It will take about 2 hours to reach the incredible underground tunnel network built by the Vietnamese resistance fighters during the long struggle for independence. On the way, we will stop en route to visit a local home where they make rice paste. On arrival at the Cu Chi tunnels we will spend 15 minutes watching a documentary filmed in 1967. It will show you the history of fighting the enemy of the Cu Chi people. With over 200 km of underground tunnels, the trip will give you an understanding of how hard life was during the war and you will also have a chance to shoot many kinds of guns on the shooting range (extra charge).

We then drive back to Ho Chi Minh City for a quick visit to some main tourist sites in the city. We start by exploring the Reunification Hall, formerly known as the Presidential Palace. It was here that North Vietnamese tanks burst through the gates and seized control of the Palace 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, the Notre Dame Cathedral which is set in the heart of HCMC's government quarter and dominates the city's skyline, and the impressive French-style post office. Built in the 19th century, it's the largest post office in Vietnam and worth visiting just for its architecture. We will also visit Dong Khoi Street (formerly Rue Catinat), Continental Hotel, Opera House and City Hall. After this we will 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.

Back to your hotel, free at leisure in the evening. Overnight in HCMC.

DAY 10 28th Nov 2023 HO CHI MINH DEPARTURE (B)

Spend your last day as you like, buying some souvenirs for family and friends back home or just relaxing and reflecting on the last week of travelling, before the transfer to Tan Son Nhat Airport for your departure flight.

End of tour and welcome back.

