

# Women for Women

18-27 Nov  
&  
26 Nov –  
5 Dec 2011

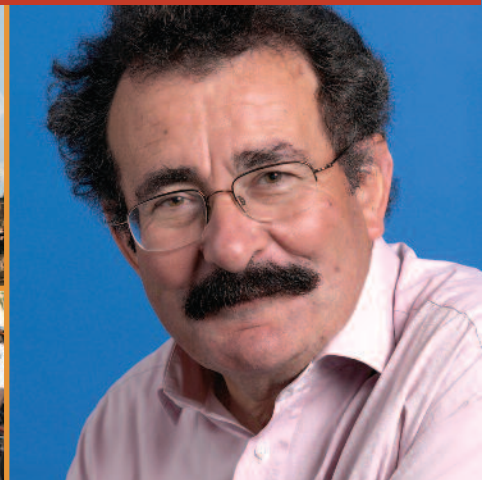
# Cycle Vietnam & Cambodia

JOIN PROFESSOR ROBERT WINSTON'S 11TH CYCLE RIDE. CHALLENGE YOURSELF AND CHALLENGE DEVASTATING CONDITIONS AFFECTING WOMEN AND THEIR BABIES.



Experience the adventure of a lifetime and join a team of very special women to raise vital funds for Genesis Research Trust\* to improve prevention, diagnosis and treatment of distressing conditions such as premature birth, miscarriage, cancer, genetic diseases and brain damage.

Cycle approximately 400km, starting in Vietnam's vibrant Ho Chi Minh City through magnificent rural landscapes, to the ancient temples of Angkor Wat in Cambodia and enjoy the breathtaking scenery, timeless traditions and beauty of an ancient culture.



“Women for Women challenges are amazing. Not only do you get fit and have an adventure of a lifetime, you make lots of wonderful new friends along the way. I have personally got so much out of doing the rides myself and highly recommend them.”

**Fern Britton**  
TV presenter and participant in Women for Women rides in Egypt, India, Cuba and Jordan

“Women have raised more than £2 million to improve prevention, diagnosis and treatment of a range of devastating conditions that cause brain injury, miscarriage, genetic diseases, infertility and cancer by taking part in our rides.

Come and join this fantastic team of special women.”

*Robert Winston*

**Professor Lord Winston**  
Chairman of Women for Women and the Genesis Research Trust



Register online  
or call now for  
information



**Women for Women**

Funding better health for women & babies  
[www.women-for-women.org](http://www.women-for-women.org)

## Call 020 7594 2158

e-mail: [genesisevents@imperial.ac.uk](mailto:genesisevents@imperial.ac.uk)  
[www.women-for-women.org/events](http://www.women-for-women.org/events)

To take part in the challenge you need to pay a registration fee of £195 and raise a minimum of £3,100 in sponsorship funds and donations for Genesis Research Trust. \*Women for Women is administered by Genesis Research Trust formerly known as the Institute of Obstetrics and Gynaecology Trust (registered charity no. 292518). Women for Women Cycle Vietnam & Cambodia is managed by Genesis Research Trust acting as agents for Classic Tours. ATOL protected no.3379.

# Women for Women Cycle Vietnam & Cambodia

An amazing group of women have raised nearly £2.5 million by taking part in Women for Women cycle rides in Cuba, Egypt, India, Israel, Jordan and Turkey. If you have ever wanted to experience beautiful scenery, timeless traditions and raise money for charity, this is the opportunity of a lifetime.

This five day 400 km challenge takes you from Vietnam's charming and vibrant Ho Chi Minh City past villages, temples and green paddy fields through to the breathtaking city of Angkor Wat in the magical kingdom of Cambodia.

The 11th Women for Women ride will be challenging and will earn every penny of the sponsorship raised. It is guaranteed to be full of fun and friendship.

"Wow! Cambodia and Vietnam. How exciting: Tomb Raiders jungle temple and Vietcong tunnels. After one ride they become irresistible. Why? It's the camaraderie, the banter, the scenery, and, yes, even the tough work on the bicycle and raising the funds for such a good charity. So come and join us and enjoy the fun."

Erica, eight-time Women For Women Cycle Challenge participant.



**Day 1**  
**Overnight flight from London to Ho Chi Minh City (Saigon)**

**Day 2**  
**Arrive Saigon**  
Arriving in the hustle and bustle of Ho Chi Minh City we transfer to our hotel for the bike fitting. The rest of the afternoon will be spent exploring the city before hearing more about the challenge ahead in this evening's briefing.

**Day 3**  
**Saigon – Tay Ninh 70km approx**  
A morning visit to the incredible underground network of the Cu Chi Tunnels, used by the Viet Cong during the Vietnam War, is a fascinating start to the week. There will be a chance to crawl through one of the tunnels during the visit – a claustrophobic experience! After lunch the bike ride begins as we set off slowly in the heat of the day. Undulating roads take us inland through rural Vietnam past paddy fields, water buffalo and local farmers. The last stretch is on busier road into the

bustling market town of Tay Ninh where we overnight.

**Day 4**  
**Tay Ninh – Cambodian border - Svay Rieng 80 km approx**  
This morning we have a short transfer to visit the striking Caodai Great Temple before setting off towards the Vietnam/Cambodia border at Moc Bai. Once across the border we tackle poor quality roads as we enjoy our first glimpse of rural life in Cambodia; wooden houses on stilts, smiling children and water buffalo wallowing in the rice fields. Tonight's hotel is very basic with no hot water – all part of the challenge!

**Day 5**  
**Transfer Svay Rieng – Neak Lung 65km approx**  
**Cycle Neak Lung - Kompong Cham 107km approx**  
Heading off along the Mekong River we experience more rural sights and sounds as we cycle between endless paddy fields dotted with coconut palms, as far as the eye can see. Traffic will be light

and the terrain flat. We cross the Mekong River and reach today's destination, Kompong Cham, a former French trading post and third largest city in Cambodia.

**Day 6**  
**Kompong Cham – Kompong Thom 110km approx (10km off-road)**  
The longest day of the challenge but by now we should be acclimatised and familiar with our bikes. It's a beautiful ride, at times with the jungle right to the edge of the road. Today, weather permitting, there will be a 10km off-road section. Towards the end of the day we ride through colourful market towns to reach Kompong Thom for our overnight stay.

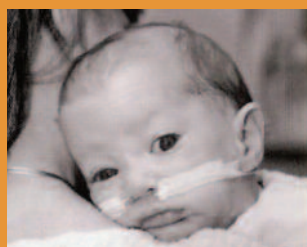
**Day 7**  
**Transfer 1 ½ hours from Kompong Thom – Ancient Bridge - Cycle Ancient Bridge – Angkor Wat 60km approx**  
We set off from the wonderful landmark of the Ancient Bridge at Kampong Kdei, connecting the provinces of Kampong Thom and

Angkor Wat. A fantastic rural road takes us to our final destination – the Boeng Mealeah Temple, one of the most beautiful of the outlying temples belonging to Angkor Wat, a fitting finish to this incredible journey. We celebrate the end of this memorable ride with lunch together and a visit to the temple before transferring to our hotel.

**Day 8**  
**Angkor Wat**  
Today is a free day to explore the World Heritage Site of Angkor Wat which along with its surrounding temples is justifiably regarded as one of the wonders of the world. This evening we come together to enjoy a celebratory meal. Overnight Siem Reap.

**Day 9**  
**Siem Reap – London**  
Midday flight from Siem Reap to London.

**Day 10**  
**Early morning arrival in London.**



The charity lies at the heart of the most profound of human wishes: to have a happy and healthy family. Funds raised by Women for Women will be spent on vital ground-breaking medical research to improve the prevention, diagnosis and treatment of a range of devastating conditions affecting women and their babies. This includes premature birth, brain damage, miscarriage, genetic diseases and ovarian cancer.

"It's an amazing feeling to spend time with dozens of inspiring people helping you through the hard bits; and an amazing feeling knowing that this experience is more than just making great memories, you're also making money that will help fund vital research for babies and new mums. In a word, amazing!"  
Helen, Cycle Jordan 2009 participant