



# INFORMATION PACKET

## CAMBODIA 2020: RIDE FOR CLEAN WATER

### 2020 RIDE DATES

#### WHEELS4WATER RIDE

Jan. 23 - Feb. 1 (plus travel time)

#### WHEELS4WATER RIDE + VISION TRIP

Jan. 21 - Feb. 1 (plus travel time)

Join a team of mission-minded people who are passionate about making a difference in the world! We are now taking applications for our 2020 Ride for Clean Water team. Together, we will ride from Angkor Wat to the Gulf of Thailand for the cause of providing safe water and sanitation to families living in rural Cambodia.

Each participant/household commits to raise enough funds to sponsor a village water project for 200 people and has the option to participate in a Vision Trip preceding the ride. It's an unforgettable adventure with a higher purpose!

In this information packet you'll find:

- Key dates and costs
- Fundraising information
- Helpful links
- Itinerary
- Next steps
- What's included with your trip

Questions? Contact team leader Daren Wendell at [daren@lifewater.org](mailto:daren@lifewater.org).

## HOW IT WORKS

The Ride for Clean Water is a unique way to raise awareness and funds for safe water. Each cyclist (or household, if more than one cyclist per family) commits to raising \$10,000 to fund one village water project. This is separate from the cost of the ride, which must be covered by the cyclist(s).

## COST FOR THE RIDE

- \$2,900 Flat Fee for Outfitter (\$800 deposit to secure spot). See what's included on next page.
- \$2,000 (est) Airfare/Travel Agent
- Cambodian Visa: \$30 (paid upon arrival to Cambodia) or online e-visa: \$30 + \$7 fee <https://www.evisa.gov.kh/>
- Medical and evacuation insurance <https://www.grasshopperadventures.com/en/travel-insurance.html>

**Est. Total Cost to Ride: \$4,930**

If you would like to participate in the Vision Trip, an additional **\$300 fee** applies.



## EARLY BIRD DISCOUNT AND RECRUITING CREDIT

- \$200 discount if you make deposit and submit all forms by March 28, 2019
- \$150 discount if you make deposit and submit all forms by April 30, 2019
- \$100 discount if you make deposit and submit all forms by June 30, 2019
- \$50 discount if you make deposit and submit all forms by August 31, 2019
- **Recruiting Credit:** For every person you are responsible for recruiting to the team, you will receive \$150 off your flat fee. Your name must be stated as the recruiter in writing when a new rider fills and submits forms. Discounts will be applied upon payment in full from recruited rider.

## FUNDRAISING COMMITMENT

As noted above, each cyclist/household commits to raise funds for one village (USD \$10,000). Lifewater will help you with fundraising, including providing a personalized website, but ultimately, the responsibility to fund a village is yours. You will be required to complete a Fundraising Agreement to participate in the ride.

**Fundraising Commitment: \$10,000**

## ABOUT THE RIDE

We will be cycling the 8-day Angkor Wat to Gulf of Thailand Route. Lifewater has partnered with Grasshopper Adventures, a respected operator based in Cambodia.

## ARRIVAL/DEPARTURE

You will need to arrive at Siem Reap International Airport no later than January 21st if you are participating in the Vision Trip. Ride only participants should arrive on January 23rd before noon. Departures can be planned anytime on February 1st from Sihanoukville International Airport.

## RIDE ITINERARY

**JAN 21:** Arrive for Vision Trip

**JAN 22:** Vision Trip Elective

**JAN 23:** Arrive in Seam Reap; Welcome Dinner; Phare Circus

**JAN 24:** Tour Begins - Angkor Sunrise Discovery | **15.5 miles** (25km)

**JAN 25:** Transfer & Cycle to Battambang | **18.6 miles** (30km)

**JAN 26:** Cycle Battambang & Transfer to Kampong Chanang | **19.8 miles** (32km)

**JAN 27:** Cycle & Transfer to Kampong Speu | **37.3 miles** (60km)

**JAN 28:** Cycle to Kirirom | **37.3 miles** (60km)

**JAN 29:** Transfer & Cycle to Kep | **28 miles** (45km)

**JAN 30:** Cycle to Kampot | **21.7 miles** (35km)

**JAN 31:** Transfer & Cycle to Sihanoukville. Stay in hotel near the beach. | **37.1 miles** (55km)

**FEB 1:** Travel to airport for flight



## NEXT STEPS: JOINING THE TEAM

Want to join the team? Here are your next steps to start the process.

- 1. Get medical clearance and passport:** Get medical clearance for your participation. Cycling long distance over several days is a strenuous activity. Please check with your doctor prior to applying to ensure you are healthy enough to ride. Apply for a passport, if you do not have one. Your passport must be valid for at least 6 months **after** your return to the U.S.
- 2. Register:** Register for the ride and any additional activities with our outfitter. You will need to make a deposit (\$800) to reserve your spot. Visit <https://grasshopperadventuresltd.rezdy.com/292216/cycle-angkor-to-the-sea-lifewater> to make your deposit. Our contact at Grasshopper Adventures is Jasmine Whitney; please contact her at 1.844.874.3720 or [jaz@grasshopperadventures.com](mailto:jaz@grasshopperadventures.com) if you have any questions.
- 3. Complete paperwork:** Sign Wavier, Code of Conduct and Fundraising Agreement (available at [lifewater.org/W4WCambodia](http://lifewater.org/W4WCambodia)) and send to: Lifewater International P.O. Box 3131, San Luis Obispo, CA 93403.
- 4. Fundraising page:** Set up your fundraising site, set a goal, and be the first to donate.
- 5. Book flights:** Book travel arrangements. (We will connect you to our travel agent.)
- 6. Engage your supporters:** Make a plan to engage your friends, family, church, co-workers, and other supporters so you can meet your goal and help others get safe water.
- 7. Begin training:** Start training for your ride!

## RIDE PACKING LIST

Be prepared for the adventure of a lifetime by packing everything that isn't labeled "optional." While your ride includes a support vehicle to carry your luggage, there will be times when you must carry your own. Try to fit everything in a backpack or small, wheeled suitcase. Below is our recommended list. Feel free to print this and use it as a guide.

### CYCLING ATTIRE

- 2 cycling shorts or leggings
- 2 regular sports shorts to wear over leggings
- 2 quick dry cycling shirts
- Trainers with a stiff sole or cycling shoes
- Cycling gloves
- Sun protection, hat and sleeves or arm warmers
- Windbreaker/vest/jacket

### OTHER CLOTHING

- Long trousers
- T-shirts and casual wear for dining out
- Lightweight, quick-dry towel
- Socks
- Sandals
- Swimwear
- Raincoat/poncho

### ELECTRONIC GADGETS

- Headlamp and batteries
- Camera and memory cards
- Cell phone
- Tablet or e-reader (*optional*)
- Weatherproof watch (*optional*)
- Chargers and plug adapters
- Waterproof or ziplock bags to store your technology

### HEALTH & SAFETY

- Travel insurance
- Medications
- Mosquito repellent with DEET
- Sun screen and lip balm
- Glasses or contacts with solution
- Polarized sunglasses
- First aid kit (*optional*)

### TOILETRIES

- Toothbrush and toothpaste
- Deodorant
- Shampoo and conditioner
- Roll of toilet paper or travel tissue packets
- Hand sanitizer
- Sanitary products
- Ear plugs (*optional*)

### OTHER ITEMS

- Hydration pack and small daypack
- Passport, visa and plane tickets
- 4 passport photos
- Photocopy of your passport
- 2 different credit cards and cash
- Book (*optional*)



## WHAT'S INCLUDED WITH YOUR TRIP

You can expect plenty of support both before and during your cycling trip. Here is a breakdown of what Grasshopper Adventures and Lifewater will provide.

### 8-DAY ANGKOR WAT TO GULF OF THAILAND ROUTE INCLUDES

- Grasshopper Adventures Travel Guide with travel & tour information and tips regarding visas, suggested packing list, health & safety, training, and more.
- Pre-Departure Document with guide, hotel, and emergency contact information and specific airport pick-up instructions
- Airport pick-up in Siem Reap (Day 1) and airport drop-off in Sihanoukville (Day 10)
- Access to a dedicated Reservations Consultant who is happy to answer any tour/travel-related questions that come up prior to your trip
- Bike rental: Cannondale CX 3's, with a class-leading lightweight build and powerful hydraulic disc brakes, are well-suited to the terrain encountered on this tour. Fast and smooth rolling 700cc wheels, lockout front suspension, a comfortable

saddle and a riding position that offers a good balance of upright comfort and forward-riding efficiency make cycles on regular, rough or unpaved roads a pleasant experience for everyone.

- Helmet
- Removable handlebar bags
- Grasshopper Adventures cycling jersey and memento water bottle, yours to take home
- A local, knowledgeable English-speaking cycling guide to lead the group; offer insight on topics ranging from history, politics, cuisine and local customs and cultures; and interpret interactions with local villagers you meet along the way
- A technical team to provide bike fixes and mechanical support as well as additional encouragement to those who may find themselves at the back of the group
- Daily briefings
- Daily luggage transfer to your hotel
- A comfortable, well-maintained, air-conditioned backup support vehicle always on hand in case you want a break from riding
- A safety-oriented, well-trained driver
- Accommodation for 9 nights; hotels are specified in the itinerary. In the major cities we stay in 4 star hotels; in more remote locations we stay in the best available properties, always with air-conditioning, private bathrooms, and Wifi

- All entrance fees for the sites listed on the itinerary
- Breakfast, lunch, and dinner with the exception of travel days as indicated on the itinerary
- A variety of local snacks, fruit and energy bars throughout the ride
- Unlimited clean water and electrolyte drinks
- Tips for hotel and restaurant staff
- Tips for your guide and support team
- Access to a well-stocked first aid kit; your guide and driver are trained in basic first aid and are knowledgeable about reliable nearby hospitals and clinics in each location

### LIFEWATER WILL PROVIDE:

- Fundraising support, including donation processing and receipts
- A personalized fundraising website
- Team leadership and coordination before and during the expedition
- Team leader
- Ideas, encouragement, and prayer
- Lifewater cycling jersey
- Reporting on impact of raised funds