

Trek Cambodia Challenge

3 – 11 October 2011

Limited
places
available
so sign up
today!



**Hike through undiscovered villages to
the ancient temples of Angkor Wat**

For further information
trekking@action.org.uk
0870 333 1662


THE ULTIMATE TRAVEL COMPANY

raising funds for
action **medical research**
for children, for life
Charity reg. nos 208701 and SC039284

The challenge

Discover the unseen treasures of the sacred Phnom Mountains, and visit one of the true wonders of the ancient world – the unbelievable Angkor Wat temple complex.

Modern Cambodia is still finding its feet after the Pol Pot era and decades of civil war, but peace has come to this beautiful land, and this incredible country offers some of Asia's ultimate adventures.

Contemporary Cambodia is the successor state of the mighty Khmer Empire, which at the height of their power during the Angkor period (9th to 14th centuries) dominated

Indochina, from Vietnam to Burma, expressing their divine confidence in the monumental temple mountains, monasteries and palaces of Angkor.

Our Cambodia Trek offers a unique and challenging way to experience this exciting country, from the bustling charm of French colonial Siem Reap and village life on the flood-plain of the mighty Tonle Sap Lake to the rain forests and unseen treasures of the sacred Phnom Kulen Mountain. We will pass through villages and have the opportunity to meet gracious, resilient local people and learn more about this timeless tropical landscape. In the evenings we will camp on the grounds of working Buddhist pagodas or local schools.

Our trek finishes at one of the wonders of the ancient world - the Temples of Angkor and the heart and soul of the Cambodian nation. Scattered over 400 square kilometers, there are hundreds of sacred temples, the biggest being Angkor Wat, the world's largest religious building and one of the most inspired and spectacular monuments ever built.

To experience this fascinating country we require a non-refundable registration fee of £199 plus your commitment to raise a minimum of £3000.



Join Richard Drummie (Go West) and Martin Fry (ABC) for this experience of a lifetime!



The itinerary

Day 1: Depart London

Depart London for Bangkok.

Day 2: Siem Reap

Arrive in Bangkok and transit for flight to Siem Reap. Upon arrival we have a short transfer to our hotel. We will have some free time in the afternoon to enjoy this charming town. Explore the shaded boulevards on the banks of the Siem Reap River; and the various markets, shops and cafes. In the evening we will have a full briefing about the challenge ahead, followed by dinner in a local restaurant.

Day 3: Trek Siem Reap – Pogoda

After breakfast, we take a short transfer out of town and begin our trek. Heading out south east across dazzling green rice-paddies and farmland, we pass through several small villages. Cambodia is one of the friendliest countries in south east Asia and we will get plenty of smiles and waves as we pass! We're never far from a temple or pagoda, and we make time to stop at a couple for a closer look. After a lunch-break in one of the villages, we continue our trek through rice fields and green pastures, now heading north to our evening's campsite.

Distance: Approx 16km 5-6 hours

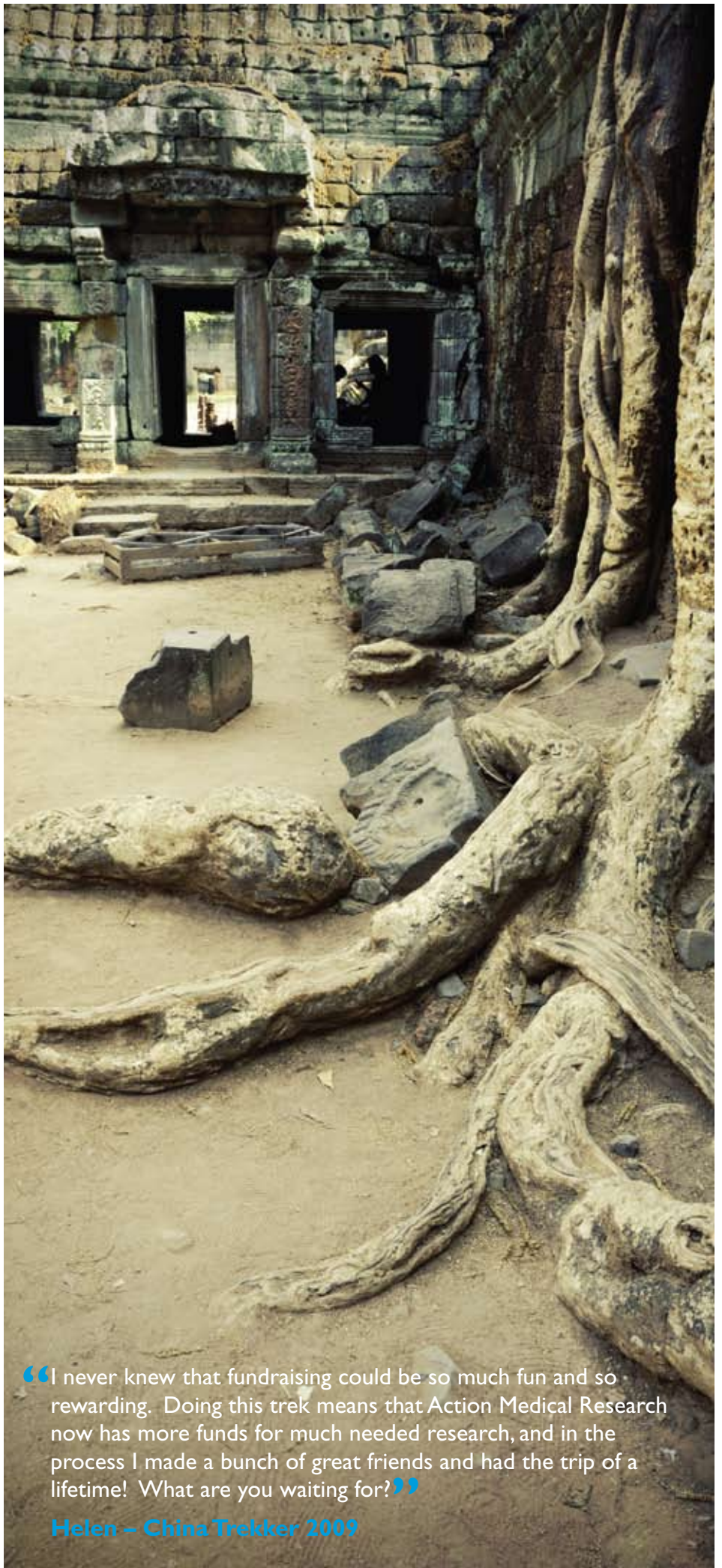
Day 4: Pagoda – Wat Preash Bat Bun Tham – Svay Leu

After a delicious breakfast at camp, we start our day's trek along small dirt roads before turning off into scrub and brushland, passing very remote villages and farmland. We have a short transfer at the end of the day to our evening's campsite at Svay Leu Pagoda. There is often a lively local market near the pagoda which we should have time to explore – a real insight into the way of life in this remote area.

Distance: Approx 22km 8-9 hours

Day 5: Svay Leu – Kulen Mountain

After an energising breakfast we set off on a challenging but rewarding climb to the top of Kulen Mountain (487m), Cambodia's sacred mountain. It's here that the local people make pilgrimages to the pagodas and ruins on the mountain top. The mountain forms a high plateau, from where there are fabulous views across the forests and fields below. We head west across the mountain, taking undulating



“I never knew that fundraising could be so much fun and so rewarding. Doing this trek means that Action Medical Research now has more funds for much needed research, and in the process I made a bunch of great friends and had the trip of a lifetime! What are you waiting for?”

Helen – China Trekker 2009

tracks through the forests and villages. We stop for lunch in Anlong Thom, a small village of stilted thatched houses. Our trek continues to the 'Big Buddha', which overlooks the central plain, a short distance on is a very picturesque waterfall. We camp overnight near the falls and we will have time to bathe in the 'River of 1,000 Lingas' and admire the elaborate carvings in the riverbed itself.

Distance: Approx 19km 7-8 hrs

Day 6: Kulen Mountain – School

We leave our campsite on an old trail, now little-used. We may meet a few local people who still use the path for hunting, cutting lianas and to work on the farms higher in the hills. Our trek continues south-east on a small jungle trail down the mountain. Back on the flat plains, we continue our trek on sandy, sometimes muddy tracks.

There is little shade as we pass a few villages, local schools and an abundance of pagodas. We will be ready for a rest by the time we reach our evening's campsite, our final goal nearly within reach.

Distance: Approx 20km 6-7 hrs

Day 7: School – Angkor Thom – Angkor Wat

We enjoy breakfast together in camp before setting off on the final 10km of our trek to Angkor Wat. The first section of our trek is on a tarmac road before we return to cow cart tracks leading towards the Angkor complex. We reach the first of our Angkor temples at Prasat Ta Som, then load up into the local mode of transport and journey in style to Angkor Wat in a colourful procession of tuk tuks.

We pass many temples and ruins as we near our goal – the magnificent 12th Century Angkor Wat. It is worth climbing the remarkably steep and narrow steps of the central spire for the unparalleled view over the whole temple.

The afternoon is free to explore the temple complex or the markets of Siem Reap. In the evening we celebrate our huge achievement with dinner at a local restaurant. We stay overnight in a hotel.

Distance: Approx 10 - 12km 2-3 hrs

Day 8: Siem Reap – London

Depart for our day flight back to London.



General information

How we support you

You will receive your sponsorship pack upon registration. Your pack is filled with 'real life' fundraising ideas and tips to help you get the money rolling in. You will receive a t-shirt should you want one, an extensive training guide, lots of information on Action Medical Research and much more.

Additionally, our friendly and approachable events team are always on hand to help and support you the whole way. Across the team we have experience of trekking all around the world, so we know what is required to complete a trek such as this.

You can set up an online sponsorship account with us to help you on your way and you will receive regular newsletters giving you help and advice on training and fundraising, information about Cambodia and the latest news from the events team.

Information day

This is your chance to meet everyone involved! We will organise an information day approximately four months before we head out to Cambodia. This is your opportunity to meet your Action Medical Research staff as well as the tour operator. You will be presented with information on both the charity and the trip itself. It's also a great chance to meet your fellow trekkers.

What's included

- Group flights from London (booked by the The Ultimate Travel Company Atol 5111)
- UTC expedition leader
- UTC expedition doctor
- Hotel accommodation at beginning and end in Siem Reap
- Tented accommodation on trek
- Professional guides and support staff
- Airport transfers on arrival and local transfers
- Angkor Wat entrance fees
- Full board, except lunch on day two
- Celebration meal
- The experience of a lifetime!

What's not included

- Departure tax \$25
- Personal expenses (incl. all extra facilities used in hotels, drinks etc)
- Gratuities
- Personal travel insurance
- Visas (approx £20)
- Lunch day two

- Airport and fuel taxes, totalling £190. You are expected to pay at least £85 towards this, with the charity covering the rest.

Weather

The climate can generally be described as tropical. October is the beginning of the dry season, with temperatures ranging from 25-32 C. Rain is still possible at this time of the year and it can also get very humid.

Passports, visas and vaccinations

Everyone must have at least six months validity on their passports from the date of return to the UK.

British passport holders will require a Cambodian tourist visa.

The easiest way to apply for a Cambodia visa is online through E-visa - <http://www.mfaic.gov.kh/e-visa/vindex.aspx>

You can apply three months before departure. The process takes three working days and you will need a recent scanned passport photo (in jpeg format) and pay \$25 on-line by credit card (Visa/MasterCard/American Express).

Typhoid and Hepatitis A vaccinations are advisable. Tetanus and polio vaccinations should be up to date. Anti-Malaria protection should also be taken eg: Malarone or Doxycylin. This is a guideline only. Participants must seek professional medical advice from their GP or local travel clinic

Questions and answers

How fit do I have to be?

You will need to have trained and established a good level of fitness for the trek. The more you have physically prepared yourself then the more enjoyment you will get out of the challenge. Don't worry, you will be sent a training guide to help you prepare, and we are always on hand for training advice and support.

Will I carry my own kit?

No, you will only be expected to carry what you need that day, ie. camera, sun cream, warm top, snacks etc. All you need to do is concentrate on enjoying the magnificent views and experiences.

Do I need any specialist kit?

No, all you will need are some good quality and comfortable walking boots. Walking poles are a good idea but not essential. A full kit list will be provided.

What does the registration fee cover?

The entire £199 non-refundable registration fee goes to Action Medical Research. It is used to fund all administration involved in organising the trek ie. resources, staffing, marketing, information packs and advertising.

Where will we stay?

We will be camping every night on the trek in two-person tents. On the first and last night we will be in a hotel in Siem Reap (Twin share).

What will we eat and drink?

Safe drinking water will be provided on the trek. Meals will be substantial, with extra snacks provided throughout each day.

What happens if I can't raise the money?

We require at least 80% of the sponsorship money prior to departure. If you cannot raise the amount, you are liable to forfeit your place on the trek or you may choose to make up the difference yourself. Remember to let us know if you have any difficulties; we can always help you. The deadline for 80% of your money is 25 July 2011.

What next?

To be part of this amazing trip, simply complete the enclosed registration form and return it with your non-refundable £199 registration fee to Action Medical Research or register online at www.action.org.uk/trekking





Why take part?

Action Medical Research is a leading independent medical research charity. For nearly 60 years we have been instrumental in the development of some of the most significant breakthroughs in recent medical history including the UK polio vaccine, ultrasound scanning in pregnancy, and discovering the importance of taking folic acid in pregnancy to prevent spina bifida.

Our research has helped and will continue to benefit thousands of children affected by disease and disability. By taking part in this trek you will be raising vital funds that will help us find ways to prevent life-threatening infections such as meningitis and pneumonia, develop new treatments to improve the quality of life for disabled children and tackle rare and devastating conditions for which there are currently no cures.

Why support us?

At Action Medical Research we are determined to stop the suffering of babies and children caused by disease and disability.

Every week in the UK more than 25 babies die as a result of premature birth, yet doctors still don't know what causes it or how to prevent it. By raising money for Action Medical Research you will be supporting our special Touching Tiny Lives appeal which is dedicated to funding research to reduce premature birth, prevent pregnancy complications that threaten babies' lives, and find the best ways to care for sick and vulnerable babies.

Every six hours in the UK a child is diagnosed with cerebral palsy, often as a result of a premature birth. You will be supporting our search for new therapies to help children facing a lifetime of challenges caused by cerebral palsy, as well as helping children dealing with disabling conditions including juvenile arthritis, diabetes, epilepsy, multiple sclerosis and stroke.

Thousands of families across the UK are dealing with the devastating fact that their child has a rare and disabling disease for which there is no cure. You will bring



hope to those families by funding cutting-edge research to help children with Rett syndrome, rare forms of blindness and brain diseases.

We know that medical research can save and change children's lives. Yet child health is a surprisingly underfunded area of research. By fundraising for Action Medical Research you will be supporting the very best medical research in children's hospitals and universities across the UK.

Unlike many research charities we rely entirely on donations. Only a lack of funds will prevent us funding more medical breakthroughs.

Sign up today to be part of the next breakthrough and help change more children's lives.

Registration form



give with confidence

You can also register online at www.action.org.uk/cambodia

Return this completed form with your non-refundable registration fee of £199 to register for the Trek Cambodia Challenge.

Personal details (as they appear in your passport)

Please print in BLOCK CAPITALS

Title _____
Surname _____
Forenames _____
Preferred name _____
Address _____

Postcode _____
Telephone (daytime) _____
Telephone (mobile) _____
Email _____
Dietary requirements _____

As part of your registration package you will receive a charity t-shirt for you to wear whilst you're fundraising. If you don't wish to receive a t-shirt please tick here .

Otherwise please let us know your size: S M L XL

Passport details

It is essential that you have a passport that is valid until six months after our date of entry into Cambodia. If you prefer you can provide us with these details post-registration.

Passport no. _____
Nationality (of passport) _____
Expiry date _____
Date of birth _____
Marital status _____

Accommodation

Accommodation is all twin share, please give the name of anyone taking part in the event that you would like to share with.

Name _____

Publicity

How did you find out about this trek?

Newspaper (if yes which one?) _____
 Magazine (if yes which one?) _____
 Website (if yes which one?) _____
 Search engine (if yes which one?) _____
 Via Martin Fry or Richard Drummie's involvement
(if yes, how/where?) _____
 An exhibition show (if yes which one?) _____
 An Action Medical Research staff member? (If yes, who) _____

 Letter (tick box) E-mail (tick box)
 Other (please state) _____

Next of kin

This must not be someone taking part in this event

Name of next of kin _____
Relationship to you _____
Address _____

Postcode _____
Telephone (daytime) _____
Telephone (mobile) _____

Employment

Name of employer _____
Type of business _____
Position held _____

Will your employer do either of the following?

sponsor you? match your fundraising total?

Recommend a friend

Please let us know the name and address of anyone you think may be interested in taking part in this event.

Name _____
Address _____

Postcode _____

Pledge

I have read and understood the Action Medical Research terms and conditions and The Ultimate Travel Company booking conditions. I have enclosed my non-refundable registration fee of £199 (cheques made payable to 'Action Medical Research'). I agree to raise the minimum sponsorship of £3000. I understand that my place in this trek is not guaranteed until my completed medical and insurance forms have been received by The Ultimate Travel Company.

Signed _____
Print name _____
Date _____

If you would prefer to pay your registration fee by credit or debit card, please call our supporter care team on 01403 210406 during office hours (9am – 5pm) or visit our website www.action.org.uk/cambodia

Return completed registration forms to:

Trek Cambodia Challenge,
Action Medical Research,
FREEPOST CY252,
Vincent House,
Horsham,
West Sussex
RH12 2BR

Data protection:

We would like to keep you informed about the important work that we do and advise you of the different ways in which you can help Action Medical Research. If you would prefer not to receive this information please tick the box.

Terms and conditions

By signing the registration form you agree to the following conditions:

Action Medical Research

1. In return for a secured place on the Action Medical Research Trek Cambodia Challenge, you must pay to Action Medical Research a nonrefundable Registration Fee of £199 and commit to raising a further minimum amount of sponsorship (£3000). Ideally the entire amount in sponsorship should be received by Action Medical Research a minimum of ten weeks before the first day of the trip or at least 80% (£2400) with proof of confirmed pledges for the full amount. The 80% figure does not include your registration fee of £199. Action Medical Research will hold costs of the tour and will pay this to the tour operator at the minimum sponsorship deadline when it will be protected by ATOL bonding. The balance itself must be paid to Action Medical Research within eight weeks of your return. Failure to do so means you must make up the balance yourself.
2. If you are unable to obtain the minimum target of sponsorship you are liable to forfeit your place on the trek – or you may choose to make up the balance yourself.
3. You must make it clear to all prospective sponsors that a certain amount from your sponsorship money goes towards payment for you to take part in the trek. The cost of the trek is estimated at £1550.
4. Should you not be able to take up your place, the people who sponsored you are required to ask for a refund in writing (letter or email) before we can return their monies to them.
5. You must be at least 18 on the day of departure.
6. All funds raised in the name of Action Medical Research must be paid as soon as practicable to Action Medical Research.
7. Action Medical Research acts as agent only for the tour company and has no control over the organisation and running of the event. All participants take part at their own risk. Action Medical Research has arranged flights, airport transfers, accommodation, a medic and guides with The Ultimate Travel Company, a specialist in overseas treks. In making these arrangements, Action Medical Research is acting as your agent and is therefore unable to accept liability for any loss or damage, however arising, or for cancellation of the event for any reason outside its control. Registration fees will only be refundable should Action Medical Research cancel the tour.
8. All flights, flight timings and itineraries are subject to change. All transfers to and from a London airport are at the participants' own expense.
9. Participants on the trek must be satisfied that there is nothing in their medical condition which could mean that there is danger in taking part. Action Medical Research does not accept any liability if anybody is injured on a trek, unless it is as a result of the negligence of Action Medical Research or of its agents or employees. Action Medical Research advises participants to have a medical check-up before trekking and to abide by any advice that might be given as a result of such check-up.
10. Action Medical Research reserves the right to use photography or videos taken of participants on behalf of the Charity to raise awareness of and/or funds for Action Medical Research.

Fundraisers agreement

Participants will:

1. Raise money using legal methods and complying with the advice given in the Charity's fundraising pack.
2. Keep accurate records of fundraising activities (please refer to sponsorship section of fundraising pack or online account for further details) and show these to the Charity on request.
3. Comply with all guidelines concerning use of the Charity logo and any other promotional materials/tools.
4. Do nothing that will bring the name or logo of the Charity into disrepute.
5. Not use the Charity name or logo for any purpose without written permission after the termination date of this agreement on 5 February 2012.
6. Make it clear that I am not an employee or agent of the Charity.
7. Inform all potential donors and sponsors that:
 - a) All donations are for the Charity (a registered charity)

- b) £1550 covers the travel and accommodation costs for my trip will be paid for out of the sponsorship money I raise, with Gift Aid where applicable being claimed on the balance raised;
 - c) Donations and registration fees will not be refundable to me, even if I do not participate in, or complete, the event. Money will only be refunded directly to the donor upon written request.
 - d) All cash and cheques (made payable to the Charity) should be sent to me and not to the Charity.
8. Pay all cash and cheques received into the Charity bank account and not into my own account at the earliest opportunity but in any event no later than 28 days after receipt, using the paying in book provided by the Charity.
 9. Participants must ensure that all sponsorship forms and donor details are passed to the Events Department at Vincent House as soon as sponsorship monies have been collected.
 10. I understand that if I have to cancel my participation in the event less than 8 weeks prior to the event start date, the Charity reserves the right to recover the following tour costs from me:

More than 60 days before departure	0%
More than 22 but less than 61 days before departure	50%
More than 1 but less than 23 days before departure	75%
Less than 1 day before departure	100%
 11. Action Medical Research reserves the right to alter or terminate this agreement with immediate effect for any reason by writing to you. Upon termination you should immediately stop raising funds for the Charity and pay the Charity any sums raised before termination. Your obligation to keep donors' details and provide them to Action Medical Research will continue to apply.

The Ultimate Travel Company

The Ultimate Travel Company accepts bookings subject to the following conditions:

You must be at least 18 before the departure date of the event.

Entry conditions into countries vary but you must not suffer from alcohol or drug dependency. You should not have any criminal convictions.

Your passport must be valid for at least six months from date of return to the UK. You are responsible for ensuring that you have a valid passport and appropriate visa for the challenge. Passport control and in-country authorities will reserve the right to refuse entry.

You must be covered by insurance for health, accident and loss.

All participants take part at their own risk.

For health and safety reasons the tour operator, ground agents and/or medical staff reserve the right to stop any person from participating.

Action Medical Research, the tour operator and local staff should not be subject to inappropriate behavior, either verbal or physical. We reserve the right to stop any person from participating in the event should we feel that boundaries have been crossed.

This contract is governed by English law and the exclusive jurisdiction of the English Courts. This trip is operated by The Ultimate Travel Company on behalf of Action Medical Research. Flights & ground arrangements are fully ATOL bonded (5111) through.

The Ultimate Travel Company Limited

25-27 Vanston Place

London

United Kingdom

SW6 1AZ

Action Medical Research acts as agent for The Ultimate Travel Company.

For further information contact:

Action Medical Research
Vincent House, Horsham, West Sussex RH12 2DP
T 0870 3331662
www.action.org.uk/cambodia

© Action Medical Research 2010

Action Medical Research is a registered charity:

England and Wales no. 208701; Scotland no. SC039284

