Join the next Women V Cancer cycle challenge from Ho Chi Minh City to Angkor Wat and raise funds to fight breast, cervical and ovarian cancers.

Registered Charity Nos: Breast Cancer Care: 1017658/SC038104, Jo’s Cervical Cancer Trust: 1133542/SC041236, Ovarian Cancer Action: 1109743/SC043478. Women V Cancer is established under the Charities Aid Foundation Charity No. 268369. To take part you need to pay a registration fee of £299 and raise minimum sponsorship funds of £3,200.
Women V Cancer overseas cycling challenges in Kenya, India, Cuba and China have raised a staggering £4.5 million for Breast Cancer Care, Jo’s Cervical Cancer Trust and Ovarian Cancer Action.

The next Women V Cancer challenge is an amazing 450km ride through two of South East Asia’s most fascinating countries. The challenge starts in Vietnam’s Ho Chi Minh City and finishes at the world heritage site of Angkor Wat in Cambodia. Along the way you will experience breath taking scenery, ancient temples and the warmth of the local people.

It will be a challenging ride that is achievable with plenty of training beforehand. The friendship and camaraderie along the way however will be amazing as women of all ages and from all walks of life come together to do something very special.

Women V Cancer is managed by Action for Charity on behalf of Breast Cancer Care, Jo’s Cervical Cancer Trust and Ovarian Cancer Action. All funds raised by the challenge will be divided equally between the charities. The specialist tour operator for the event is Dream Challenges.

This is an opportunity to share a challenge of a lifetime. We would love you to join us. If you have any questions at all or need further information please telephone the Action for Charity events team on 01590 677854 or e-mail events@actionforcharity.co.uk
The Itinerary

Join an amazing team of women for this incredible 450km adventure from Vietnam to Cambodia.

**Day 1 Depart UK**
> Overnight flights from London to Ho Chi Minh City, Vietnam.

**Day 2 Arrive Ho Chi Minh City**
> **Transfer Ben Tre**
> On arrival in Ho Chi Minh City we are met at the airport by our support team. We then have a transfer of approximately two hours to our hotel in the town of Ben Treh. We will have lunch at the hotel and in the afternoon our bike fitting. Dinner will be at the hotel which will be followed by a briefing about the exciting challenge ahead.

**Day 3 Ben Tre > Tra Vinh (50kms)**
> Today we will have a warm-up day with the cycling being relatively easy and the distance not too challenging. After breakfast we cycle out of the hotel along lovely country roads with very little traffic. We then follow a traffic free route through villages that give us insight into Vietnamese rural life. After crossing a number of river tributaries by bridge we reach one that requires a short ferry crossing. About an hour later we reach the main Mekong River where we re-group for a longer ferry crossing of the river.

**Day 4 Tra Vinh > Can Tho (100kms)**
> The cycling today is fairly flat and takes us through rural communities and a number of small towns. The interest today is provided by the many Pagodas that we pass, some of which we will use for rest stops.

**Day 5 Can Tho > Chau Doc (80kms)**
> We leave our hotel early this morning with a road transfer of approximately 2.5 hours. We start cycling form the town of Am Cham. We stop at a local restaurant in the small town of Triton for lunch before continuing through scenic agricultural land. This afternoon we also encounter our first real climb which lasts for a couple of hundred meters. Further, smaller climbs take us into the town of Chau Doc where we find our overnight hotel. On arrival we will de-fit the bikes in preparation for our crossing into Cambodia.
Day 6 Chau Doc > Phnom Penh > Today we enjoy a day off the bikes and the fascinating journey by boat from Vietnam to Cambodia. After breakfast we have a short transfer to the harbour where we embark on the boats that will take us along the historic Mekong River to the border.

After crossing the border we continue our journey up-river to the city of Phnom Penh where we have lunch in a restaurant overlooking the busy harbour. After lunch there will be time to visit this city’s historic sites, including the Royal Palace which is described as an impressive Khmer style Palace.

We overnight at a hotel in Phnom Penh where we will be briefed by our Cambodian support team.

Day 7 Phnom Penh > Kampong Cham (50kms) > Today we have our first day of cycling in Cambodia. Following an early breakfast we will have a short transfer to take us out of the city to the surrounding countryside where quiet roads await us. We overnight in the town of Kampong Cham.

Day 8 Kampong Cham > Kompong Thom (110kms) > This is probably our most demanding day of cycling. After breakfast we leave town on an undulating road that passes many temples and pagodas and leads us into a forest of rubber trees. We will have lunch today in a large Pagoda complex before continuing our ride into the town of Kampong Thom.

Day 9 Kompong Thom > Siem Reap (60kms) > This morning after an early breakfast we have a transfer of approximately 100kms to our start point. Our route today takes us through the Cambodian countryside until we reach the outskirts of Siem Reap. Our finish line will be at the entrance to the ancient city of Angkor where we will enjoy a celebratory drink and have a photo opportunity.

Day 10 Siem Reap > Visit Angkor Wat / Free Day > After breakfast we will visit the ancient and incredible ruins of the city of Angkor where we will take a walking tour of the overgrown ruins of Ta Prohm, entwined with tree routes and gigantic creepers, the tranquil Bayon with its multitude of serene stone faces, the impressive 350m long Terrace of the Elephants and the magnificent piece de resistance, Angkor Wat.

This evening we will have our celebration dinner at a nearby hotel which will be followed by a cultural show.

Day 11 Depart Siem Reap > We hope to have some free time this morning for last minute shopping before we depart for the airport at Siem Reap to begin our journey home.

Day 12 Arrive UK

This itinerary is complex and subject to change. © Dream Challenges
Your questions answered

How does it work?
To take part you are required to pay a non-refundable registration fee of £299, which is used solely for non-travel costs. You must also raise minimum funds of £3,200 for the Women V Cancer charities. Your charitable funds must be paid in by 23 August 2016. The charities will pay tour costs of £1,500 per person on your behalf to Dream Challenges our tour operator for the challenge. In return everything for the challenge will be provided – flights (not including airport taxes and the fuel surcharge), food, accommodation, guides, use of bikes, transfers, medical support etc. The more money raised by participants on the challenge the higher the percentage of funds that directly support the work of the three charities. You are therefore encouraged to exceed the minimum fundraising target.

How fit do I have to be?
This challenge is not designed for Olympic athletes – it is designed for women who are looking for an amazing goal to train and get fit for. A number of the women who will take part in this challenge will have little or no fitness level when they sign up. Women V Cancer is the perfect motivation to get fit, lose weight and have an experience of a lifetime. Once you are signed up for the challenge we give you a realistic training programme, which gradually builds up as the event gets closer.

I’m worried about signing up on my own…
Please don’t be! The majority of women sign up for Women V Cancer on their own and you will soon make new friends. Once the event is fully booked we will send you a contact list for the women on your challenge. Often there will be someone in your local area who you can meet up with to train or fundraise with. We also hold an information day and a training weekend, which are both great opportunities to meet people before the challenge.

Am I too old?
Absolutely not! One of the amazing things about Women V Cancer is that women of all ages will come together to do something very special to raise funds for three fantastic women’s cancer charities. The age range is likely to be from 18-75!

Who organises all the travel arrangements?
All the tour arrangements are organised by specialist tour operator Dream Challenges. The company is bonded with the Civil Aviation Authority ATOL number 10456.

Can I pay my own tour costs?
How you fund your challenge is completely up to you. Some women will decide to pay their own tour costs (£1,500) so they can tell their donors that the donation they are making is going directly to support the work of the charities. Others will fundraise the full amount.

When I first saw Women V Cancer Cycle Kenya advertised I didn’t really think it was possible, I weighed 18 stone and was massively unfit. However I took the plunge and signed up! I lost an amazing amount of weight before the ride and managed to complete the challenge. Taking part in Cycle Kenya has given me the determination to overcome years of low self confidence, shame and an unhealthy lifestyle. The challenge has literally turned my life around.

Jackie Bushnell
Women V Cancer Cycle Kenya participant
Your questions answered (cont.)

Do I need special equipment?
A cycling helmet is essential. Cycling shorts are also recommended and everyone will need their own water bottles or a camel back-type hydration system. Apart from that no specialist equipment is required. We will supply you with a list of everything you will need to take before you go. Cyclists will have the use of 18 or 21-gear bikes and it is suggested that you bring the saddle or gel cover you are used to riding on.

Where will we sleep overnight?
We will stay in tourist class hotels in shared rooms.

What happens if I don’t reach my fundraising target?
If you don’t reach your fundraising target you are not liable to pay any costs. You would simply forfeit your place on the challenge and lose your registration fee.

Can I extend my stay at the end of the challenge?
It is absolutely fine for you to extend your stay at the end of the challenge to explore Cambodia further or to take a well deserved break! Once the group flights are confirmed (11 months before departure) we will send you a flight extension form from the airline, which will enable you to extend your stay. Extensions are allocated on a first come first served basis.

What other costs will I have to pay?
In addition to paying your registration fee you will need to budget for your airport taxes and the fuel surcharge (currently £350 but subject to change), personal travel insurance, tourist visas for Vietnam (£40) and Cambodia (£40), gratuities, optional tours and personal expenses including travel to and from the departure airport in London.

What about insurance and visas?
You will need to take out your own personal travel insurance covering health, accident, loss and repatriation. Dream Challenges has a recommended policy, which we will send you details of. You can however take out your own insurance providing it covers you for a charity cycle ride in Vietnam and Cambodia. British passport holders require a visa to enter Vietnam and Cambodia. We will send you information and application forms to apply for your visa.

How do I sign up?
The best way to register is on the Action for Charity website: www.actionforcharity.co.uk alternatively you can complete the attached application form. Please note places are limited.
Why take part?

Funds raised by Women V Cancer will support the work of three very special charities:

**Breast Cancer Care**
Every year 55,000 women and men will receive the devastating news that they have breast cancer. Breast Cancer Care wants to be there for every one of them, providing expert information and skilled emotional and practical support, informed by our clinical expertise and our understanding of people’s experience. With your help, we can. For more information visit [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

**Jo’s Cervical Cancer Trust**
Jo’s Cervical Cancer Trust is the only UK charity dedicated to women affected by cervical abnormalities and cervical cancer. Nearly three women die every day in the UK from cervical cancer with a further eight being diagnosed and facing an uncertain future. We are there to offer support on every step of their journey, 24 hours a day. For more information visit [www.jostrust.org.uk](http://www.jostrust.org.uk)

**Ovarian Cancer Action**
Ovarian cancer is the biggest gynecological killer of women in the UK. 12 women die each day from the disease and the UK has one of the lowest survival rates of the developed world. Ovarian Cancer Action is dedicated to improving women’s chances of survival by funding research at the Ovarian Cancer Action Research Centre; raising awareness of the disease; and giving a voice to women affected by it. For more information visit [www.ovarian.org.uk](http://www.ovarian.org.uk)

How we support you

Action for Charity are here to help you achieve your challenge and will support you all the way. We are on hand from the minute you sign up to answer any questions that you might have about your fundraising, training or the challenge itself.

Fundraising
As soon as you register for Women V Cancer Cycle Vietnam to Cambodia you will be sent a welcome pack, which includes fundraising advice and original ideas on how to raise funds for Women V Cancer. You will receive sponsorship forms and regular fundraising ideas in the build up to the event.

Online Fundraising Page
Your welcome pack will also include a link to setup your very own Women V Cancer fundraising page on Just Giving. This will enable you to send a link that your sponsors can then click on and donate securely over the internet. Previous cyclists have raised hundreds online!

Information Day
We will be organising a Women V Cancer Cycle Vietnam to Cambodia information day, which will be a great opportunity to come along and hear more about your exciting challenge as well as to hear about the important work of the Women V Cancer charities. It will also be a chance to meet lots of the women you will be cycling with in Vietnam and Cambodia.

Training
As soon as you register for Women V Cancer Cycle Vietnam to Cambodia we will send you a training advice pack, which includes a realistic training programme. The programme gradually builds up as the event gets closer. We also organise a training weekend, which is a great opportunity to meet a number of the women you are going to be cycling with in Vietnam and Cambodia. It is also a great chance to do two days back to back cycling of 40 miles and to pick up some tips from our cycling guides.
Application form

Sign up now online www.actionforcharity.co.uk alternatively return this completed form with a cheque for your non-refundable registration fee of £299 (payable to ACTION FOR CHARITY) to Women V Cancer Cycle Vietnam to Cambodia, Action for Charity, Newcourt House, New Street, Lymington, Hampshire, SO41 9BQ.

Personal Details
Title
Surname
Forenames
Name by which you like to be known
Address
Postcode
E-mail
Home Tel
Work Tel
Mobile Tel
Occupation/job title
Employer’s name and address
Height (for bike size)
T-shirt size S/M/L/XL

Passport Details
Full name as on passport
Date of birth
Place of birth
Date of issue
Place of issue
Passport no
Date of expiry
Nationality
Marital status
Note: Your passport must be valid until 6 months after the event.

Next of Kin
Name
Relationship
Address
Postcode
Daytime Tel
Evening Tel

Room Sharing
Accommodation will be shared. Please give the name(s) of anyone with whom you specifically wish to share.
Name(s)

Special Dietary Requirements
Vegetarian
Vegan
Other (please state)

Medical Requirements
Do you suffer from a medical condition, allergy or take regular medication?
YES/NO
If yes please give details:

How did you hear about the event?
Please give details
Have you undertaken an overseas challenge for charity before?
YES/NO
If yes, please give details:

Please read the conditions of entry and sign below
I would like to take part in Women V Cancer Cycle Vietnam to Cambodia and agree to abide by the Conditions of Entry above and Dream Challenges booking conditions. I undertake to raise a minimum of £3,200 for the Women V Cancer charities and to send it to the organisers by 23 August 2016. I will also endeavour to raise as much sponsorship as possible in addition to the minimum amount. I confirm that to the best of my knowledge my general state of health and fitness is good and I take full responsibility for my fitness to take part.

Signature

Data Protection Action for Charity promises to respect your privacy. The information you have provided will be used by Action for Charity, the tour operator and the charities concerned for the purposes of administering the event. Your details will not be passed on to other organisations. The data we gather and hold is managed in accordance with the Data Protection Act (1998). We will not disclose or share personal information supplied by you with any third party organisations without your consent. Action for Charity would however like to pass on your contact details to other event participants with your agreement and contact you about future charity events. Please tick the relevant box or boxes below if you do not wish us to do that.

I do not wish my details to be passed to other event participants.
I do not wish to be contacted about future Action for Charity events.

Please return to
Women V Cancer Cycle Vietnam to Cambodia, Action for Charity, Newcourt House, New Street, Lymington, Hampshire SO41 9BQ
Conditions of entry

1. A registration fee of £299 (non-refundable) is required to participate in the Women V Cancer Cycle Vietnam to Cambodia event. In addition you must raise a minimum of £3,200 in sponsorship money and donations for the charities which must be sent to the organisers, Action for Charity, by 23 August 2016. Of the monies raised £1,500 will be used to cover your tour costs including air fare (not including airport taxes and the fuel surcharge), accommodation, food, transfers, guides, use of bikes and back-up support.

2. If you are unable to raise the minimum sponsorship required you will forfeit your right to a place on the event or you may choose to make up the balance yourself.

3. If you do not take up your place for any reason, you must inform Action for Charity immediately. You must contact all your sponsors to ask if they wish to make a donation or have their sponsorship money returned. You must send all sponsorship forms and sponsorship money collected to Action for Charity who will pass it on to the charities.

4. All cheques for sponsorship money must be made payable to Women V Cancer and sent to Action for Charity.

5. The good reputation of the charities is paramount. You must agree to act lawfully and follow the fundraising guidelines laid out by the organisers of the event.

6. You must be at least 18 years of age before 1 November 2016, unless special permission is granted by Action for Charity.

7. You must not be dependent on alcohol or drugs or have any criminal convictions.

8. You must be covered by full travel insurance for health, accident, loss and repatriation during the event. You will need to provide proof of travel insurance at least eight weeks before departure or you may forfeit your place on the challenge.

9. All those who take part in Women V Cancer Cycle Vietnam to Cambodia do so at their own risk. The charities have arranged flights, accommodation, food, guides etc. with Dream Challenges a company which specialises in events of this nature and is fully bonded by the Civil Aviation Authority ATOL number 10456. In making these arrangements the charities and Action for Charity are acting as your agents and are unable to accept liability for any loss or damage, however arising, or for cancellation of the event for any reasons outside their control.

10. If you are refused passage and/or entry/exit to or from Vietnam or Cambodia any additional costs incurred are your responsibility.

11. If you withdraw from the event in circumstances where recovery of cancellation charges is indemnified under travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers and any sums recovered under the policy will be paid to the charities. If the insurance company does not recognise your claim, you will be responsible for any cancellation charges levied on the charities.

12. Itineraries schedules and accommodation may change and other alterations may occur which are beyond the control of Dream Challenges.

13. You must agree to be bound by Dream Challenges Booking Conditions for the event.

14. Action for Charity and the charities may, at their discretion, withdraw places on the Women V Cancer Cycle Vietnam to Cambodia event if they believe it is in the best interest of the charities to do so.

15. Sponsorship money raised above the minimum required cannot be transferred to future rides/event.

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Dream Challenges booking conditions – charitable events

These are the terms and conditions of Dream Challenges which apply to those who are advised by the charity or its trading company, known hereinafter as the ‘charity’ that they will be participating in the fundraising event. Please refer to the charity’s own terms and conditions regarding your sponsorship and eligibility to travel. Only those potential participants who qualify under the charity’s rules will be entitled to travel. For those selected to travel the following conditions all apply:

1. Your contract with Dream Challenges
   (i) If selected to take part in the fundraising event we will advise of your details by the charity.
   (ii) Your contract for travel, accommodation and other services (your travel arrangements) will be with us, Dream Challenges Limited at Newcourt House, New Street, Lyminster, Sussex BN24 0XQ. If you are selected then we will confirm our contractual commitment to you by sending to you a confirmation invoice, together with the details of your travel arrangements and the itinerary that we have agreed to provide. It is only then that these terms and conditions will apply and a contract will exist between us, which is governed by English Laws and the exclusive jurisdiction of the English Courts. Travel arrangements made by us which include flight and accommodation are fully protected under the company’s Air Travel Organisers Licence 10465 arranged with the Civil Aviation Authority (CAA). When you buy an ATOL protected air package from Dream Challenges you will receive a refund of any pre-existing medical condition before travel. Failure to advise this may invalidate your insurance health or injury problems that arise and, if necessary, to arrange for your repatriation to the UK. You should check with your doctor that you are sufficiently fit, healthy and mobile to participate in the strength and endurance and it is your responsibility to ensure that you are suitably prepared. You

(ii) All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL sponsorship it has received in accordance with the charity’s terms for participating in the event.

   (a) (i) When you book your travel arrangements will be made to us by the charity from the sponsorship it has received in accordance with the charity’s terms for participating in the event.
   (ii) All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL sponsorship it has received in accordance with the charity’s terms for participating in the event.
   (b) All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL sponsorship it has received in accordance with the charity’s terms for participating in the event.

3. Health, Safety & Fitness and your insurance cover
   The event in which you will be participating is challenging and requires a good level of fitness, strength and endurance and it is your responsibility to ensure that you are suitably prepared. You should check with your doctor that you are sufficiently fit, healthy and mobile to participate in the event. You should take into account that medical and other facilities, particularly for those with any pre-existing medical condition, at the destination are likely to be inferior to those in the United Kingdom. Accordingly it is a compulsory term of travel that you take out travel insurance to cover any health or injury problems that arise and, if necessary, to arrange for your repatriation to the UK. You must arrange for your travel insurance to include adequate levels of medical cover for injury, illness and death. Your travel insurance must also cover your medical expenses, evacuation and repatriation costs should you require any pre-existing medical condition before travel. Failure to advise this may invalidate your insurance cover. Dream Challenges reserves the right to refuse participation if the above is not complied with.

4. Cancellation
   (i) If you cancel your travel arrangements; then there will be no refund payable to you as your sponsorship was raised for charitable purposes only. Any balance of the sum payable to us by the charity for your travel arrangements after deduction of cancellation charges, will be repaid to the charity.
   (ii) Similarly, if we cancel your travel arrangements any refunds or compensation will be paid to the charity.

   (a) Similarly, if we cancel your travel arrangements any refunds or compensation will be paid to the charity.

   (iii) If cancellation occurs in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will cooperate in the recovery of these charges from the insurers and any sums recovered under the policy will again be paid over to the charity.

5. Destination Safety and Force Majeure
   (a) Your personal safety during the charitable event is of fundamental importance to us and whilst we will carefully monitor the safety of your destination, the Foreign and Commonwealth Office do offer a travel advice line 0870 606 0290. You should ensure that you are kept informed of the latest FCO advice.

6. Alterations by Dream Challenges
   (i) Dream Challenges accepts responsibility for death, injury or illness caused by negligent acts and/or omissions of us, our employees, agents and suppliers (except for claims for death, injury or illness – see below).
   (ii) Should a charitable event be revised in the event, in which case you agree that the cost of your travel arrangements will be repaid by us to the charity and you will have no entitlement to such sums; or
   (iii) Agree to proceed with the revised arrangements for the event.

7. Standard and Quality of Accommodation and Services
   You should not have unreasonable expectations of the facilities that will be provided which in some remote areas and some destinations may be below what you might expect at home. The level of the standard and quality of your travel arrangements will be in line with the itinerary and any literature you receive from us.

8. Liability
   (i) Where you consent in writing for our services, an additional amount may be payable to us from any sums received from the charity for your travel arrangements after deduction of cancellation charges, will be repaid to the charity.

9. Flights
   (a) Delays
      Most flights are arranged with scheduled airlines that will usually provide refreshments, and or accommodation where a substantial flight delay occurs and when it is possible to arrange. If not offered by the airline, Dream Challenges will not arrange these facilities at outward or homeward points of departure.

   (b) Flight Changes
      Airlines may have to change aircraft without advance warning. You are asked to check carefully and check in times on your documentation when received to ensure that you arrive at the airport in sufficient time.

10. Passports, Visas and Health
    You will be advised separately of any passport, visa and compulsory health requirements to enable you to participate in your event. You will require a full British passport with at least 6 months validity at the date of return. For EU and other passport holders please contact Dream Challenges for special requirements.

11. This contract is governed by English Law and the exclusive jurisdiction of the English Courts.