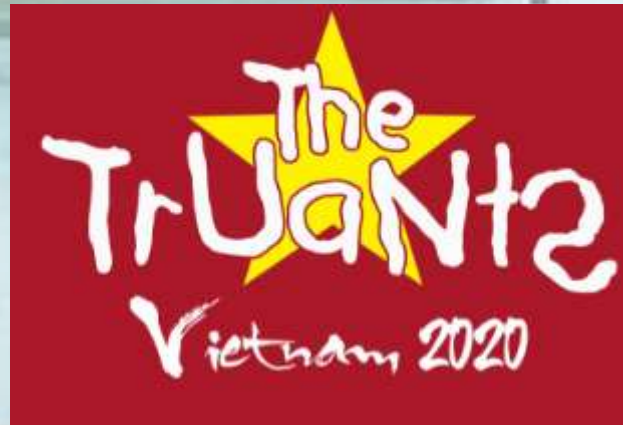


**classic challenge**  
LEADING THE WAY IN CHARITY CHALLENGES

**The Truants  
Vietnam Bike Ride  
20-27 Jan 2020**





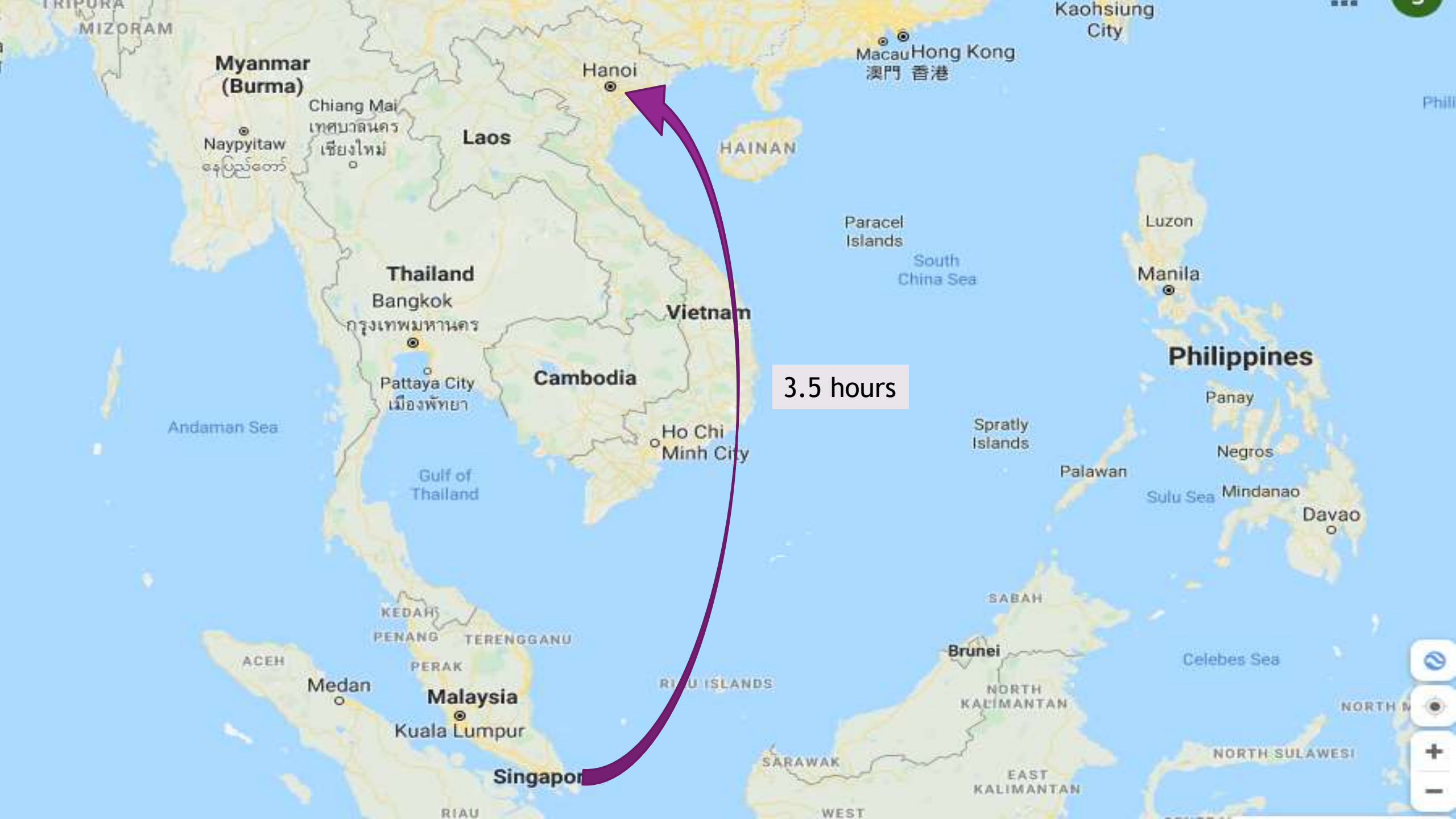
# classic challenge

LEADING THE WAY IN CHARITY CHALLENGES



Hit me baby one more time





3.5 hours

# An introduction to Northern Vietnam

- ✓ **Hanoi** - Ancient temple complexes nestle, leafy and inviting, between brightly coloured shops and houses. The people buzz along between them, stirring up the dust. A 'wonderfully chaotic' city, Hanoi undoubtedly ranks amongst the finest cities in Asia - if not the world.
- ✓ **Ninh Binh** Breathtakingly beautiful, the region clearly shares it's geology with nearby Halong Bay, and is often referred to as 'Halong on Land'.
- ✓ **Halong Bay** looks like those cinematic images of coastal Asia that hover in the collective subconscious - traditional junks sailing past craggy shorelines, as apricot sunsets blaze into the ocean.





# TET Festival

- ▶ Tết, Vietnamese New Year, Vietnamese Lunar New Year or Tet Holiday, is the most important celebration in Vietnamese culture. The word is a shortened form of Tết Nguyên Đán, which is Sino-Vietnamese for "Feast of the First Morning of the First Day".
- ▶ Saturday, 25 January 2020 when we are in Hanoi
- ▶ Marks the first day of the lunar new year
- ▶ Big celebrations and lots of fireworks



# Weather



January is usually the driest month of the year but still quite humid during the day

Its quite cool - average daily temperatures of 18 deg C

Evening temperatures may fall slightly to 15deg C

Swimming pools at most locations but may be too cool to use

Warm enough for cycle shorts and short sleeves but would recommend lightweight rain jacket, maybe some arm warmers for the morning chill

Pleasant evenings - not cold but may require a fleece



# Terrain

Mainly on sealed roads and paths

Some simple dirt tracks

Nothing technical

Pretty flat throughout. Day 3 has a small incline in the afternoon

Need to be careful of erratic driving behaviour

Drivers generally used to dealing with bikes and motorbikes



# Meet The Team





# Contact Info

<b>Charity Rep</b>	<b>Helen Curl</b>	<b>Mobile: 0044 7973 328 009</b>	<b>Flying with group</b>
<b>Classic Challenge</b>	<b>Gavin Kramer</b>	<b>Mobile: 0044 7818 117 073</b>	<b>Flying with group</b>
<b>Medic</b>	<b>Lee McKay</b>	<b>Mobile: 0044 7481 820 165</b>	<b>Flying with group</b>
<b>Emergency Contact</b>	<b>Emma Stewart</b>	<b>Mobile: 0044 7444 539 967</b>	<b>Not flying with group</b>

# Food and Drink

Hotel buffet breakfast each day

Lunch – mix of restaurants and cooked by the team – Vietnamese cuisine

Dinner – night 1 in hotel, night 2 and 3 in local restaurant across from hotel - Vietnamese cuisine

Night 4 BBQ celebration dinner at Hao Long Bay.





# Bikes

- ▶ 24 gear Cannondale mountain bikes. Good quality and well maintained
- ▶ One water bottle holder
- ▶ You can bring your own pedals, saddles or gel seat cover and bar ends that the team will fit
- ▶ You must bring and wear a cycling helmet



## Kit tips

- ▶ Helmet- essential
- ▶ Padded cycling shorts
- ▶ Cycle gloves – fingerless, gel pads
- ▶ Water bottle with lid
- ▶ Small first aid kit
- ▶ Decent sized bum bag for sun cream, tissues, waterproof etc.



# Accommodation

Rooms are twin unless requested a single supplement

All good quality 3/4 star hotels

Hanoi is 5 star international quality hotel



4\*

La Paz Hotel - Haong Bay

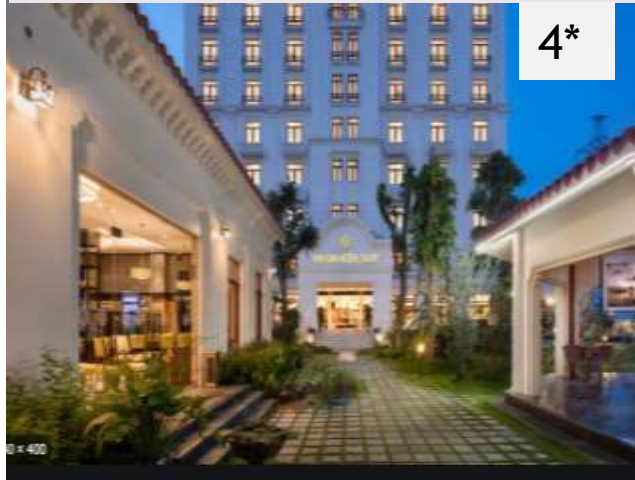
Phu Ly - Muong Thanh Hotel

4\*



Tam Coc - Hidden Charm Hotel

4\*



Huu Ngee Hotel Hai Phong

3\*



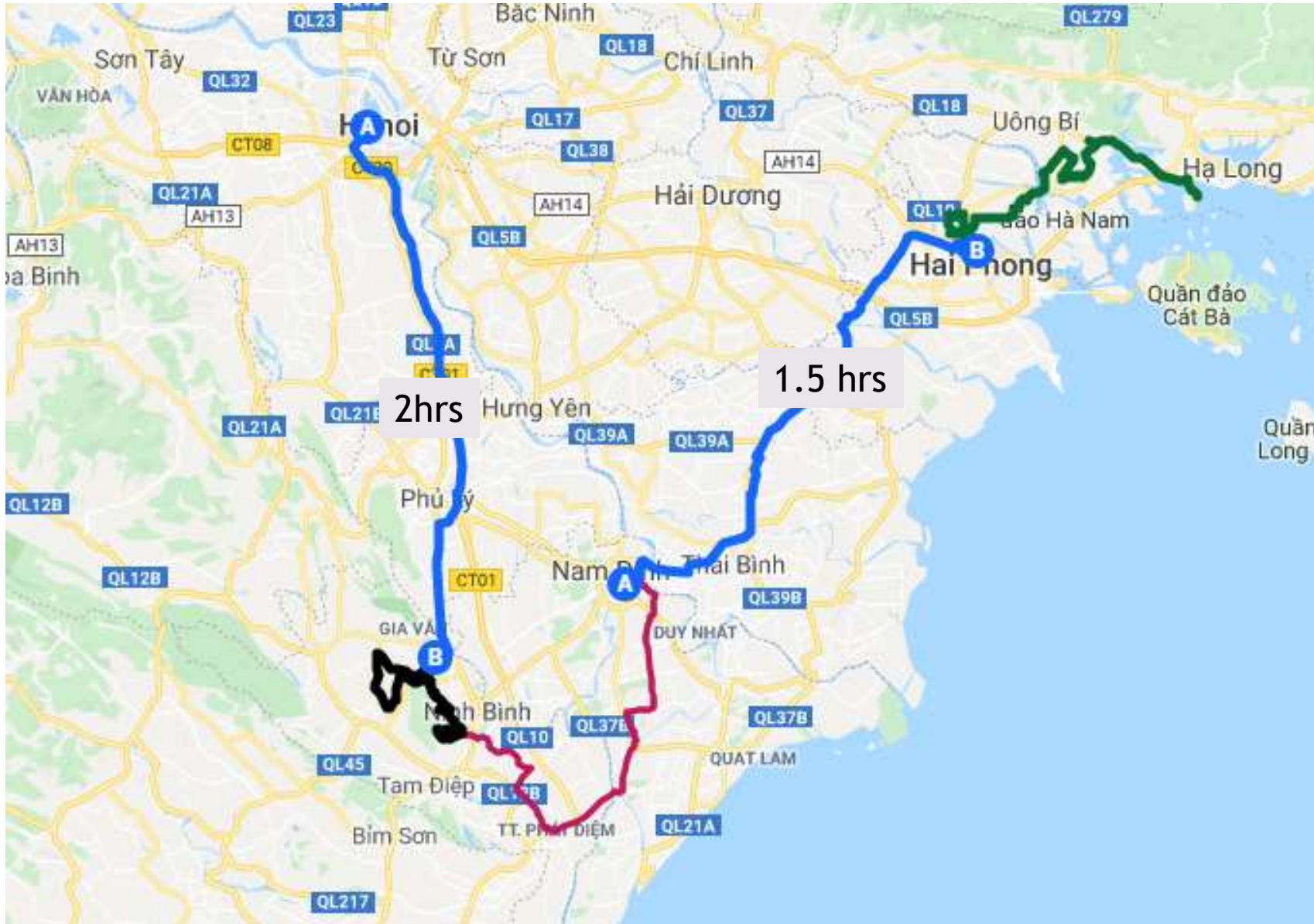
Melia Hotel Hanoi

5\*





# Route



## Key

- ▶ BLACK – Day 1 cycling
- ▶ PURPLE – Day 2 cycling
- ▶ GREEN – Day 3 Cycling
- ▶ BLUE – Bus transfer

# Itinerary Day 1 & 2

**20 JAN 2020** Meet at 8am at SQ check in  
Baggage allowance 30kg

Depart: London Heathrow T2  
Arrive: Singapore  
Timings: 10:55 - 07:50 (next day)

**21 JAN 2020** Singapore Airlines  
Depart: Singapore  
Arrive: Noibai Airport Hanoi  
Timings: 09:20 - 11:40  
Flight No.: SQ176

On arrival

2 hour transfer (traffic dependent) to Phu Ly

Lunch either on way to, or at hotel

Bike fitting and then opportunity for afternoon  
bike ride along river

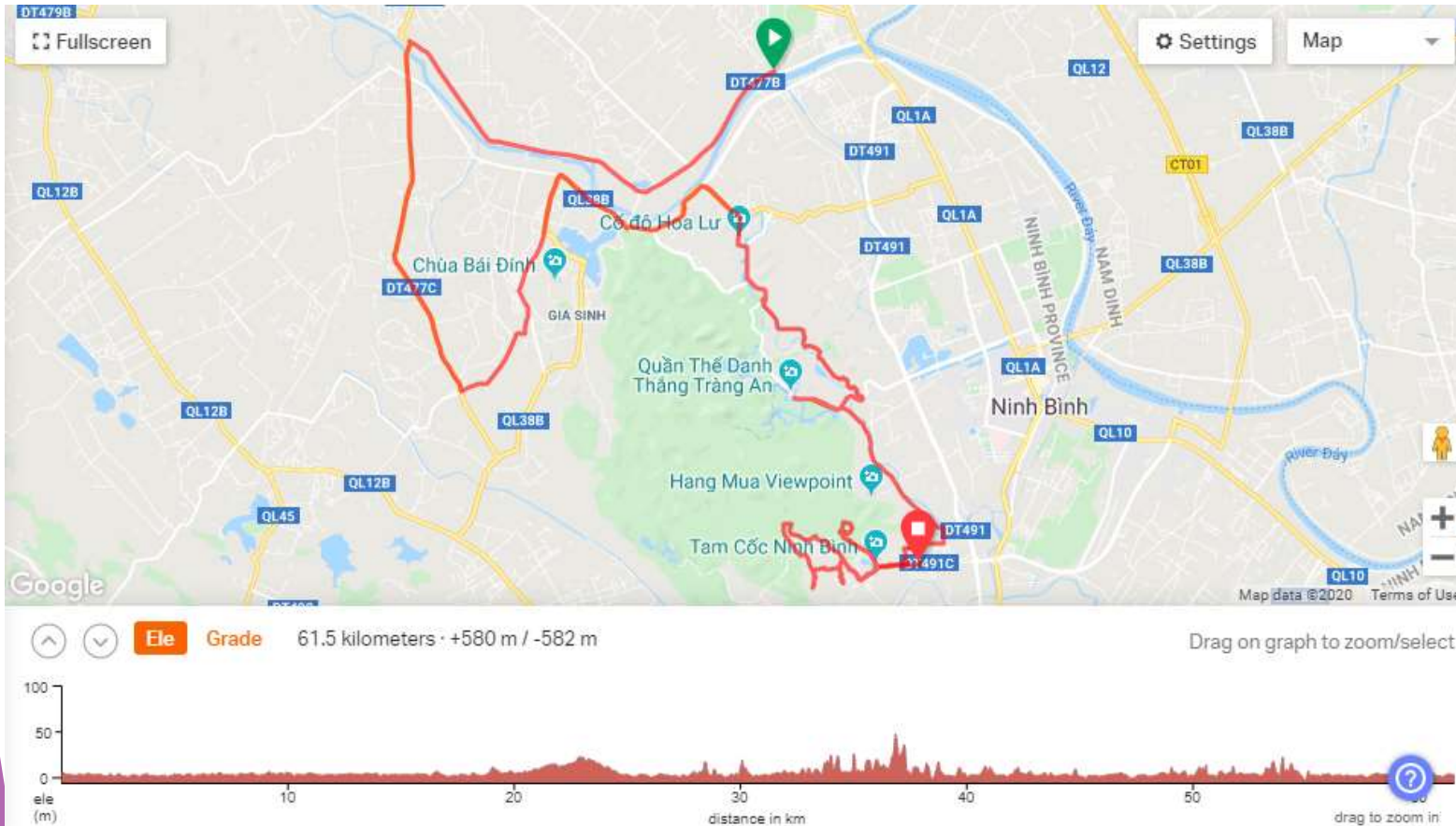
Dinner and briefing

Evening drinks and “Karaoke”





# Itinerary - 22<sup>nd</sup> Jan - day 3— 60km



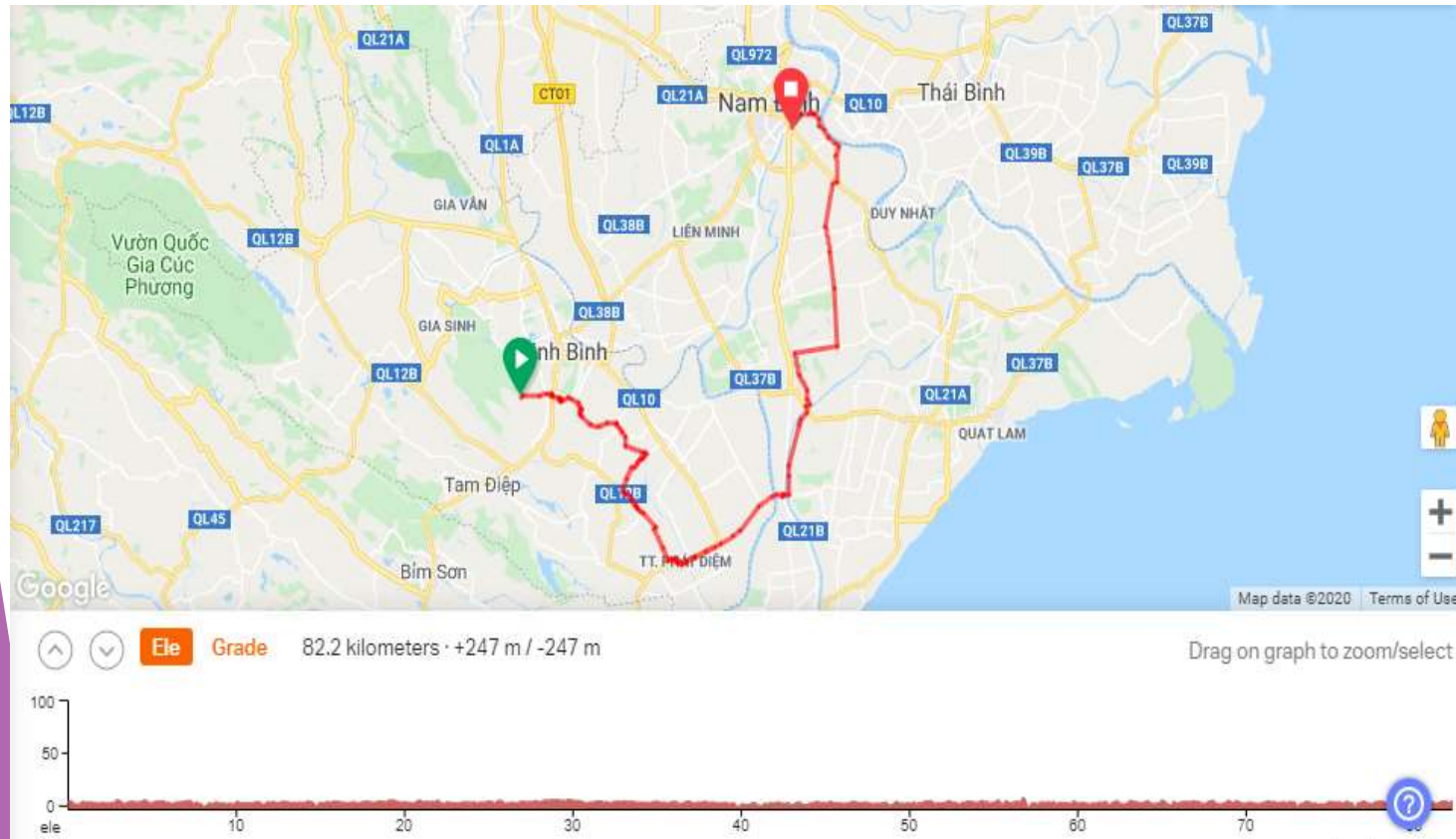
- ▶ 30min transfer from hotel to start point
- ▶ Ride starts through ride paddy fields in the vicinity of large temple acting as backdrop. At 25km we then ride through temple area.
- ▶ From 30km we head into the limestone cliffs and lakes. Temple visit at 32km, Lunch at 35km.
- ▶ Another temple visit or photo opportunity at 41km then through more limestone gorges and across a path through rice paddy fields to Tam Coc. 2 loops in and around Tam Coc to some spectacular gorges and then finish at Ninh Binh Hidden Charm hotel







# Itinerary - 23<sup>rd</sup> Jan - Day 4 – 90km

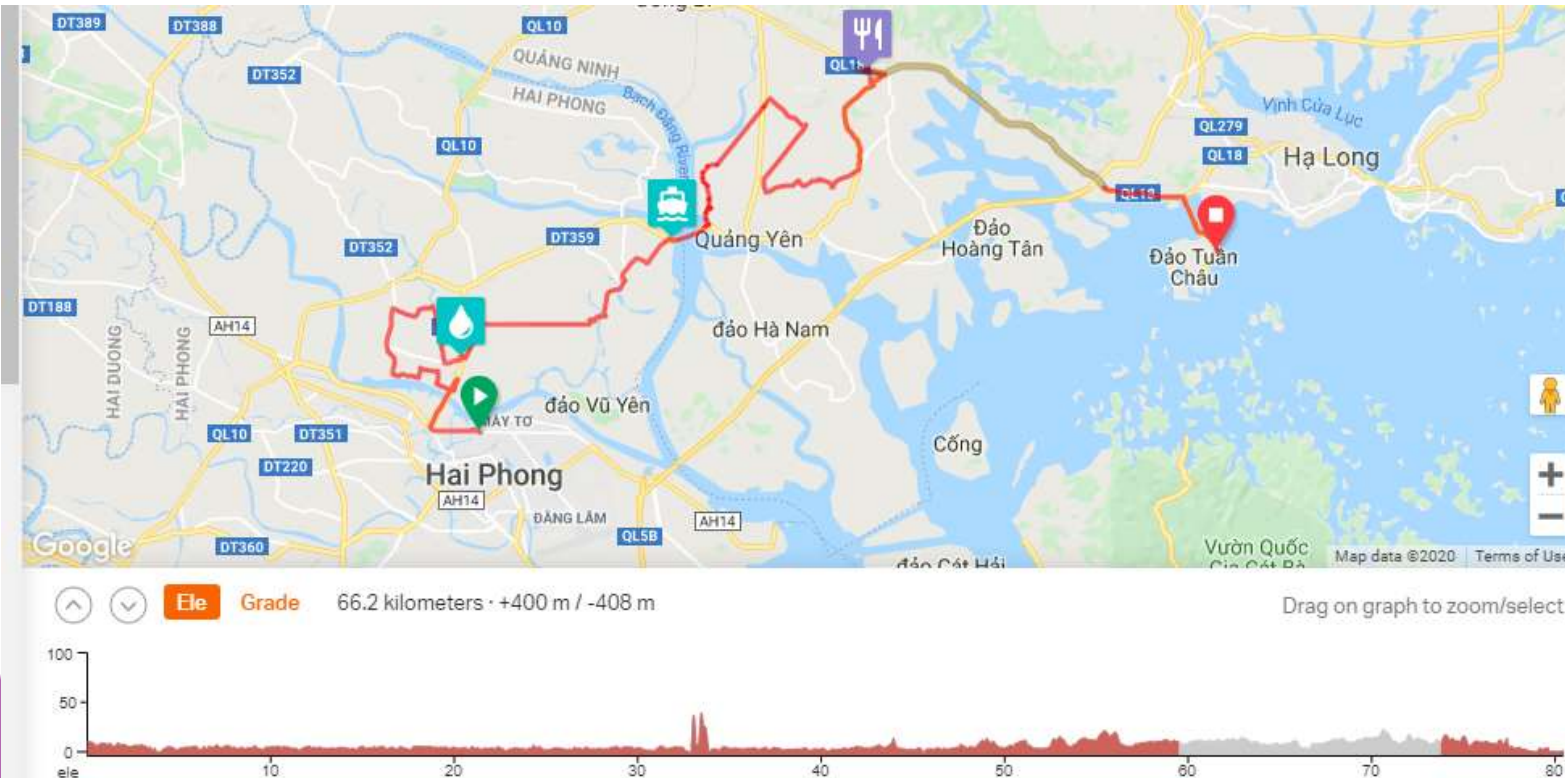


- ▶ Follow Red river through paddy fields riding along gravel trails. Very rural countryside.
- ▶ At 28km - break stop in square in town of Phat Diem - an orphanage visit is now confirmed in the town. 12km following canal and through townscape to 2 consecutive river crossings on small ferries.
- ▶ Lunch at 55km with ground crew preparing cooked lunch. Very fast last 20km on new roads along a river but with very little traffic. The fast cyclists can really go for it to the end, where buses will be waiting.
- ▶ 90 minute transfer to the city of Hai Phong.





# Itinerary 24<sup>th</sup> Jan - Day 5 – 70km



- ▶ Leave Hain Phong amidst chaotic traffic. Cross suspension bridge and into farmland
- ▶ Break at 18km. Next section is not so pretty, but interesting showing pace of development as we head to port and main river crossing at 26km.
- ▶ Back into rural countryside. We will have a picnic lunch while the local team load bikes in the truck and transfer to Halong for the last 10km cycling to the finish point
- ▶ On outskirts of Halong there is a new 6 lane road that heads into the town but free of traffic. We will regroup as we get onto the causeway onto the Dau Tuan Chau Island where the finish and our hotel and party venue awaits us.







# Itinerary 24<sup>th</sup> Jan - Day 5

## Celebration Dinner

Overnight at La Paz Hotel overlooking Halong Bay

Theme is to come dressed as your Chinese birth animal.

Dinner either in main hotel lobby area if weather is bad, otherwise between pool and the beach.

As we are taking over all the rooms in the main part of the hotel, we were advised we can have the run of the place and stay up as long as we wish around the pool or in the main hotel lobby.

There is a grand piano in the main hotel lobby area





# 25<sup>th</sup> Jan Day 6 (TET festival)

Buses depart at 10am for those that want to head to Hanoi. 2 hour transfer

Overnight in Melia Hotel Hanoi – excellent late night Camelia Lounge bar and close to lake for fireworks

Lunch and Dinner on Day 6 **not included** to allow you all to explore Hanoi and the multitude of food options. Hanoi tour can be arranged.

Short walk to French Quarter for evening drinks – Drinks at Factory 47 for those interested. Bar area will be reserved for us.

**Optional boat trip on Halong Bay** – depart hotel at 8am return at 1pm. Approx. £90 per person including lunch. Get to Hanoi hotel for mid afternoon.





# Itinerary - 26<sup>th</sup> Jan - Day 7

Buses depart at approx. 8.30am for airport. Approx 1 hour airport transfer

## 26 JAN 2020

Depart: Noibai Airport Hanoi  
Arrive: Singapore  
Timings: 12:35 - 17:15  
Flight No.: SQ175

## 26 JAN 2020

Depart: Singapore  
Arrive: London Heathrow  
Timings: 23:45 - 05:55  
Flight No.: SQ322

# Money and expenses



- Rupee: £1 = 30500 Dong approx. (January 2020)
- £200 spending money, souvenirs and optional tours

## **TIPS & GRATUITIES**

Classic challenge will take care of tips. These have been allowed for in cost of the trip

## **DRINKS**

Drinks throughout the trip when with the group (ie on transfers in the hotels and at dinners) will be covered by Classic Challenge and have been allowed for in the cost of the trip.

Individual room bills to be settled by each participant before leaving each hotel.





# Kit List



## CLOTHING:

- ▶ T-shirts - one per day
- ▶ Reflective / bright / luminous clothing
- ▶ Cycling shorts - 2-3 pairs
- ▶ Cycling gloves
- ▶ Scarf to cover back of neck
- ▶ Hat to cover head when not wearing helmet
- ▶ Sunglasses
- ▶ Ear plugs
- ▶ Sun cream
- ▶ Passport & Insurance policy
- ▶ Waterproof jacket

## EQUIPMENT:

- ▶ Helmet – essential
- ▶ Saddle
- ▶ Pedals
- ▶ Bar Ends

## MEDICAL KIT:

- ▶ Sudocream, Vaseline or similar
- ▶ Plasters, blister treatment
- ▶ Knee support
- ▶ Pain killers (e.g. aspirin)
- ▶ Insect repellent & sting relief, upset stomach relief (e.g. immodium & dioralyte)
- ▶ Isotonic powders (if used to taking them during training)
- ▶ Toilet paper, tissues & wet wipes

\*\*Full kit list on 'Challenge In Detail' Document\*\*

# Any Questions?





**CHARITIES**

The background features abstract, overlapping geometric shapes in various shades of purple, ranging from light lavender to deep, dark purple. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern, with the word 'CHARITIES' centered in a bold, dark purple font.



**NORDOFF  
ROBBINS**

Life-changing music



The logo for Childline is a blue rectangle with the word "childline" in white lowercase letters. Below it, the tagline "ONLINE, ON THE PHONE, ANYTIME" is written in white uppercase letters. The logo is centered on a light gray background.

**childline**

ONLINE, ON THE PHONE, ANYTIME



**TEENAGE**  
**CANCER**  
**TRUST**