

SoulFit adventures

welcome to SoulFit adventures

Thank you for your interest in SoulFit adventures. SoulFit adventures retreats and trips incorporate health and wellness activities including but not limited to yoga, cycling and hiking with a touch of pampering into adventures on the road less travelled and sometimes frequently travelled, while at the same time travelling responsibly and supporting local communities. SoulFit adventures aims to positively benefit the local community by staying at locally owned accommodation, generating income for local businesses, employing only local guides, drivers and assistants throughout the trip to ensure that the local community benefits not only in the short term but in the long term. Our retreats and tours are designed for people of all ages and abilities who want to take time out from their busy lives, have a holiday and do something that's good for them and the local community at the same time. Our group sizes are small, never exceeding a maximum number of fifteen.

SoulFit adventures Yoga & Cycling Retreat Cambodia: - 11 nights/12 days 19 to 30 July 2015 & 9 to 20 November 2015

We are thrilled to be extending our portfolio in Asia in 2015 and taking SoulFit adventures very special yoga retreat and cycling holiday to Cambodia. Exploring the temples, jungles, and countryside of enchanting Cambodia on two wheels, while practicing yoga in the mornings and evenings in the beautiful surrounds of tastefully designed guesthouses and eco-resorts. What a way to experience Cambodia! Starting from the spiritual and historical heart of the country, the ancient Angkor city, we take in a great variety of landscapes as we pedal through the friendly, engaging communities that line the secondary roads and back trails of this intriguing country. You might come to see Angkor Wat, but you will leave with a much wider appreciation of all that is Cambodia and just maybe, find a little bit more of yourself along the way!

Day 1 – Arrival Day in Siem Reap, Meals: D

As you exit the airport our driver will be waiting for you with a beaming smile. After a short drive to the hotel, you will have some time to relax before the group meeting at 5pm. Your SoulFit adventures host and local tour leader will conduct a briefing at this time, after which you can try out your bike for size and add any items you may have brought. After this an authentic culinary journey awaits to introduce you to Cambodia.

Accommodation - Navutu Resort

Day 2 – Cycle the Angkor Sunrise Discovery 30km

As first light dawns and the roosters begin to crow you will be at the most important religious monument in the country, looking at the triple towers of Angkor Wat across a reflecting pool. After the sun hopefully rises as a giant orange ball behind the towers, the crowds will thin out as most people return to bed or a hotel breakfast. For us however, we will make use of the cool temperatures and soft morning light to explore Angkor Wat. Monkeys and a handful of other travelers are the only others you will see. We move onto a clearing in the forest by the river and have a short yoga session before breakfast. We then continue to explore the iconic Angkor temples and some hidden treasures of the Angkor area. We ride some lovely back trails and even ride atop the wall of Angkor Thom, overlooking the moat.



Lunch is had by a small lake before we cycle back to our hotel. A restorative yoga session will be available in the late afternoon/early evening. Dinner is had at our lovely hotel this evening after a full day of activity.

Meals: B, L, D

Accommodation - Navutu Resort

Day 3 – Cycle Tonle Sape 45km

A morning yoga class to start the day, then breakfast at the hotel before we start the ride. The Tonle Sap Lake is the largest in South East Asia and is not even closely rivaled in this position by anything else. A huge expanse of water in the middle of Cambodia, connected to the Mekong River by the Tonle Sap, resulting in a natural phenomenon that must be seen to be believed. We take a ride on tracks and trails today to reach the lake. Along the way we ride next to the Baray, a huge reservoir used by the Khmer kings for irrigation of the surrounding area. Upon arriving at the edge of the Tonle Sap, we take a boat to explore the floating communities that call this area home. These are a less visited collection of villages due to their relative remoteness. We extend our boat ride (time permitting) to see the birdlife of this area before returning to our bikes and to town by a different route. An evening yoga session will help to restore the balance. After this, you are at liberty to choose your dining venue from among a wide range of options.

Meals: B, D

Accommodation - Navutu Resort

Day 4 – Transfer Siem Reap to Kampong Thom, Cycle Sambor Prei Kuk 55km

A morning yoga session will set us up for a full day. We start out from Siem Reap with a two and a half hour drive to reach Kampong Thom. This is the neighboring province to Siem Reap. After a bike fitting, we set off on a ride north of the town to find the sprawling complex of pre-Angkorian temples known as Sambor Prei Kuk. These ruins date back as far as the 7th century and are remarkably intact for their age. The leafy surrounds and absence of tourists makes this a really special experience. After we see out the heat of the day in the shade, we return to Kampong Thom by a different route and enjoy a tasty, authentic meal.

Meals: L, D

Accommodation - Sambor Village Resort.

Day 5 – Transfer & Cycle to Phnom Pehn 45km

Again a drive is necessary to set us up for a great ride, so before we fold ourselves into a vehicle, we have a yoga session by the pool of our guesthouse. It is then a drive of about three hours, after which we find ourselves at Oudong Mountain. Surprisingly, for a short period of time the capital of Cambodia. Today it is a hilltop temple with views over the surrounding flatlands. We enjoy a Cambodian style picnic here and then take an afternoon ride on lovely village roads and trails, mostly unpaved. We zig zag our way through farmland where rice is the main product and we pass Oudong's smaller brother, Basset Mountain. As the ride bears on, we cross the train tracks of the recently refurbished, but as yet un-operational railway line. From here the scenery changes rapidly and for those comfortable riding in traffic you can ride right up to the hotel door. For those that are not game, the support vehicle awaits. Dinner tonight marks the end of the first third of our epic journey and will be had by the Tonle Sap River, not far from where the three main rivers of Cambodia converge



which was the main reason for Phnom Penh's placement.

Meals: B, L, D

Accommodation - The Plantation Urban Resort

Day 6 – Rest Day in Phnom Penh

A morning yoga session is planned before you get out to explore. Phnom Penh has had a turbulent history. When the French colonialists arrived, it was little more than a collection of wooden shacks by the river, but they soon changed that and in doing so created what was once considered a very beautiful city. When the Khmer Rouge evacuated the city in 1975, they started it on its way to decay and decline, a theme that had carried through until only fairly recently when the country's economic development accelerated rapidly. Your guide can dispense a great deal of advice on how the city can be explored and will offer a late afternoon walk to introduce you to some of the lesser known aspects of this eccentric city. An optional restorative yoga session will be available in the evening.

Meals: B, L, D

Accommodation - The Plantation Urban Resort

Day 7 – Transfer & Cycling to Kirirom 85km

After a drive to exit the traffic of Phnom Penh, we hit the bikes and find ourselves in picturesque countryside again where water buffalo wallow in mud while kids tend to them and coconut and palm trees line the roads. Our cycling route today is on well made dirt roads with hardly a car in sight. We stop off mid way at a small community near a waterfall where we have lunch. We then continue on to Kirirom Mountain. Those not wanting to do the climb can use the vehicle to shuttle to the top of the hill where our guest house awaits. This is a recently constructed property in the cool air and pine tree surrounds. This is a lovely location for an evening yoga session before another healthy and delicious meal.

Meals: B, L, D

Accommodation - VKirirom Pine Resort

Day 8 – Cycle & Transfer to Sihanoukville 65km

A yoga and meditation session to start the day, a hearty breakfast and then a descent down a winding road back to the flatlands. We then shuttle a highway section by car until we find another one of those back roads that we've enjoyed so much. Our back road today includes rolling hills, something new for us to experience. We pop out at the coast about two thirds of the way in at a deserted beach. A chance for a dip before we push on through the port area of Sihanoukville and all the way to our secluded guest house up on a hill. Our evening yoga session will be by the pool overlooking the port.

Meals: B, L, D

Accommodation - Pagoda Rocks Resort

Day 9 – Cycle to Kampot 100km

A challenging day of riding today as we follow the coast around, past the base of Bokor Mountain to reach Kampot. The riding takes us on a variety of terrain, along sandy beaches, through forest trails and on more open roads as we pass the mountains. Kampot is a pleasant little town in the shadow of Bokor, set on an inlet.



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A nicely restored, colonial era building is our home for the night. A restorative yoga session is sure to help with the recovery after a long day on the bike.

Meals: B, L, D

Accommodation - The Columns Hotel

Day 10 – Cycle to Kep 35km

A short day on the bike allows for a morning yoga session. After a long day in the saddle yesterday, it is nice to have a lazy start today and a much shorter ride. We ride out east from town and spend a short while on a main road before leaving it to ride a small back road around a lake that was dug by labor during the Khmer Rouge times. We have a slight hill today as we pass some pepper farms. We then descend back down to the coast before one final hill to reach our lovely accommodation with views out over the Gulf Of Thailand. An evening yoga session overlooking the Gulf Of Thailand is a lovely memory to have of Kep.

Meals: B

Accommodation - Veranda Resort

Day 11 – Free Day in Kep

Even though this is a free day, a location like this deserves a yoga session. We'll have this before breakfast and the rest of the day is then yours to explore Kep. The bikes are at your disposal and Kep is a compact enough size that you can cover most of it on two wheels.

Meals: B

Accommodation - Veranda Resort

Day 12 – Transfer to Phnom Penh

We bid Kep farewell and take a drive of three hours to reach Phnom Penh. We can take you straight to the airport or to a hotel in town. The tour concludes upon arrival.

Meals: B



about your host and yoga instructor, Virginia Slevin, owner SoulFit adventures.

Virginia has always had a passion for travel which was first ignited some 20 years ago when she was fortunate to spend 7 years living and working in Europe. Her passion for health and wellness has developed slowly over a number of years and she is still on this journey. In early 2009 Virginia decided she needed to make a major change in her life. Virginia decided to find a way to combine her passion for travel, health and wellness with her skills as an event manager and so, SoulFit Adventures was born!

Virginia coordinates all the bits and pieces that happen when you're 'on retreat or tour' and worries about all the details - great and small - to guarantee you get the most out of your time away, and that you'll have a trip to remember. After all, your time is precious! Virginia is very grateful to have been part of the amazing Power Living Yoga community in Sydney, Australia and she has completed her 200 hour Power Yoga teacher training with modern Australian master yogi, Duncan Peak. Some of the many teachers Virginia has been privileged to train and study under include: Keenan Crisp, Sol Ulbrich, Tiffany Cruikshank and Kristi Abraham. Virginia also practises Kundalini yoga when time permits and you will find her either on her mat, on her bike or in the ocean.



Dates, Cost & Terms:

- **19 to 30 July 2015 & 9 to 20 November 2015**
- **US\$2950.00** per person in a twin room with private bathroom – check www.xe.com for current exchange rates.
- **US\$3730.00** per person in a single room with private bathroom – check www.xe.com for current exchange rates.

Most people are happy to share a room, if you are travelling alone and booking a shared twin room, we will put you in a room with a same sex person. Single rooms are limited and are subject to availability and additional fee applies. A non-refundable, non-transferable deposit of US\$800.00 is due for each person upon registration and full payment is required 90 days prior to the start of the tour.

Package includes:

- SoulFit adventures retreat leader
- Experienced English speaking local guide
- 11 nights' boutique accommodation + all linen and towels
- Meals as listed in the itinerary
- Fully qualified and experienced yoga instructor for daily yoga, or as per itinerary
- A beautiful, limited edition, souvenir cycling jersey is yours to wear and take home. A drink bottle is also supplied which will serve you well long after the tour has finished
- Water and snacks while cycling
- Mountain Bike and helmet while cycling
- Vehicle support and transfers as noted in the itinerary
- Admission fees where applicable
- Kayaks in the Tonle Sap lake.
- Transfers to and from airport on the first and last day.

The price does not include:

- All airfares
- Country entry visa
- Meals not listed in the above package
- Travel insurance
- Yoga mat, blocks, straps, bolsters etc
- Drink at meals
- Tips for local hotels, restaurant staffs and tour crew
- Incidentals and other travel related expenses additional excursions or activities not listed in the above package
- Single supplement

Please note that if you choose not to participate in the cycling, it's completely up to you, and you are welcome to jump in the support vehicle. Non cycling friends and partners are also welcome.

This is an amazing 11-night experience in one of the most beautiful locations in the world. The trip is limited to 14 places so book early to ensure your place. A minimum number of 6 are required to run the trip. For more information or to make a booking, please contact email virginia@soulfitadventures.com or call 61 407 88 600.

PRICES

Prices are quoted in local currency of the retreat or trip and are correct at the time of printing. Payment can be made by Paypal, bank transfer or credit card (which will incur a 3.5 % surcharge).

practical information including what to bring on your Cambodian SoulFit adventure

SoulFit adventures would like you to have a happy and memorable holiday and so that you are prepared for your time with us in Cambodia, following is some practical information for you to be ready for your holiday. Please take the time to read through and please email as soon as possible if there is anything unclear or incomplete.

SoulFit adventures Representative Contact Number

Virginia's mobile: +61 407 788 600

Cycling

SoulFit adventures yoga and cycling holidays have been designed for people of all ages and abilities and anyone with a reasonable level of fitness should be able complete all of the cycling. The terrain is a mix of sealed and unsealed roads, tracks and trails. It is our aim to deliver as much traffic-free track and trail, but at times we do need to resort to secondary roads. We spend no more than 20km over the whole tour on anything resembling a highway. The riding is easily achievable for those who are comfortable controlling a bike. There are only a few short hills on the last day, so you have plenty of time to work up to these. You must be comfortable riding in quite hot conditions and it is highly recommended to get some practice on unsealed surfaces with a little loose sand and gravel as this will help you feel more confident at times on this ride. There is always a support vehicle on hand to give you a lift if you need a break from the riding.

The Bikes

The bikes are Merida hardtail (front suspension only) mountain bikes in a full range of sizes with hybrid tires fitted for touring and special gearing ratios to suit the flat terrain. Lockable suspension forks for the smoother surfaces. A comfortable saddle with a women's specific version available. A handlebar bag to keep your goodies in and a sound maintenance program to ensure the bikes are in perfect shape for your ride.

Transfers

Airport transfers on the first and last day of the trip are included in the package. Please advise us in writing at least 2 weeks prior to arrival of your flight arrival and departure details. Should you arrive in Siam Reap prior to the first day of the tour, you will need to make your own way to the designated hotel in Siam Reap.

What to bring:

- Cycling pants and shirts
- Cycling gloves - *optional*
- Cycling shoes and pedals if you prefer to use – *optional*
- Helmet if you prefer to use your own
- Soft gel seat cushion cover for bike seat for some extra comfort - *optional*
- Light and comfortable clothing for yoga
- A hand towel to wipe your mat down during classes
- Yoga mat – ***please bring whatever you need for your own practise***
- Comfortable walking shoes/runners, sandals and sunglasses, hat, insect repellent, a good book
- Small backpack/'bum bag' for your camera and other bit's n pieces on cycling days
- Swimming suit!

- Good sunscreen
- Casual clothing for non-cycling days, a sarong/Turkish bath towel or similar is always handy especially when entering temples etc., and can also be used in place of carrying a beach towel.
- A light weight rain jacket just in case
- Last but not the least an open mind, tolerance, and some patience!

Of course it's up to you what you bring with you; the above list though may make your stay a bit more comfortable and enjoyable.

We hope the above information helps. If we have missed something or if you have any questions at all please let us know – virginia@soulfitadventures.com.

Best Wishes
Virginia

private groups

Private group bookings are available. Please contact virginia@soulfitadventures.com or call 61 407 788 600. SoulFit adventures works in collaboration with the best local tour operators making sure that where and whenever possible we positively benefit the local community – by staying at locally owned accommodation, generating income for local businesses, employing only local guides, drivers and assistants throughout the whole trip to ensure that the local community benefits not only in the short term but in the long term.

Disclaimer

The Provider reserves the right to adjust prices whether or not you have already made full payment. The Provider will do everything within our control not to adjust prices and will generally only amend prices in the event of marked fluctuations in exchange rates, fuel costs and other operating costs on which prices are based. Dates and itineraries departing more than 12 months after a booking is made are indicative only and subject to change.