

*Hello!*

*We are taking on a family challenge this October 2024 together with NGO Mekong Plus that we've been supporting for a long time: riding about 400km! Joining Saigon to Siem Reap by bike in one week, while visiting along the way villages where Mekong Plus has been supporting communities for 30 years now. That will be an exciting journey riding between 40km to 80km per day (some parts of the journey will be done by bus / boat for road safety reasons), and getting the chance to meet the people where Mekong Plus works with them hand in hand to improve their living.*

*10 years ago, Thanh Tuyen alone did a similar bike challenge for the 20th anniversary of Mekong Plus. This year, for the 30th anniversary of the NGO, we thought this would be the right time to participate as a family!*

*100% of the money raised here will be given to Mekong Plus. Your contribution will support many actions from micro-credit to education, improvement of agriculture practices, development of biogas usage... To know more about all the great actions of this charity: <https://mekongplus.org/en/home/>*

*♥ Thank you so much for your participation! ♥*

*Thanh Tuyen, Khang and our 2 daughters Bảo Tâm and Bảo Yên*

*Here are the details of our bike challenge we will do with other people and some Mekong Plus staff:*

*Day 1 : Saigon — Long My*

*Welcomed by the Mekong Plus team of social workers. Together, we will cycle through the countryside around Long My to discover sustainable agriculture projects led by Mekong Plus.*

*Distance : 40km*

*Day 2 : Long My*

*Biogas as a solution to pig manure pollution: we will visit a few farms by bike where ecological solutions (always with the means at hand) are implemented with the help of Mekong Plus. We will participate in village life through a supportive and fun activity.*

*Distance : 50km*

*Day 3 : Long My – Chau Doc*

*Still on the bike, we will go to a school where we attend an oral hygiene course. We will plant a tree with a child.*

*Distance : 50km*

*Day 4 : Chau Doc – Svay Rieng*

*We will take the boat to cross the border between Vietnam and Cambodia. It is by bike that we will meet the Khmer farmers and their incredible “cow bank”.*

*Distance : 55km*

*Day 5 : Svay Rieng — Kompong Cham*

*Great hike in rice fields, small lost villages and rubber plantations. Then 85km bike ride*

*Distance : 85km*

*Day 6 : Kompong Cham-Kompong Thom*

*We will go up the Mekong to visit the Han Chey temple, then cross the rubber plantations to Kompong Thom.*

*Distance : 85km*

*Day 7 : Kompong Thom — Siem Réap*

*The back road will take us to the Sambo Prey Kok temple, built in the 7th century as the former capital of the Khmer empire. Visit Sombo Prey Kok then head towards Siem Reap*

*Distance : 85km*