

cycle a DIFFERENCE



newborns
VIETNAM 

Cycle a Difference Vietnam Challenge Ride 5th - 7th September 2019

You are invited to join our 2019 three day, 419 km fully supported cycling challenge in the spectacular landscape of the central highlands of Vietnam.

On the Cycle a Difference ride, you will experience epic biking, amazing scenery, towering mountains, cascading rice terraces, the simple rhythms of rural life and the warmth of Vietnamese hospitality.

The ride is a tough but enjoyable challenge an average of 140 km a day with a total elevational gain of 3,900+ m. Day 1 is 'King of the Mountains' with some testing climbs from Thanh My to A Luoi. Day 2 is a steep climb and then a fast and furious descent on the Ho Chi Minh Road with stunning views along the river valley into Dong Ha. Day 3 is winding along the beach road from Hue to Lang Co and then an ascent of the Hai Van pass and a triumphant entry to Da Nang. Fly in and out of Da Nang.



Funds from the ride will provide postgraduate training for junior doctors at Vietnam National Children's Hospital, Hanoi Obstetrics and Gynaecology Hospital, basic training for doctors and nurses in Hanoi and Provincial and District Hospitals in some of the poorest provinces in Vietnam.

Entry Fees: We ask each team to pay a non-refundable registration donation of US\$500 and to raise a minimum of US\$6,000

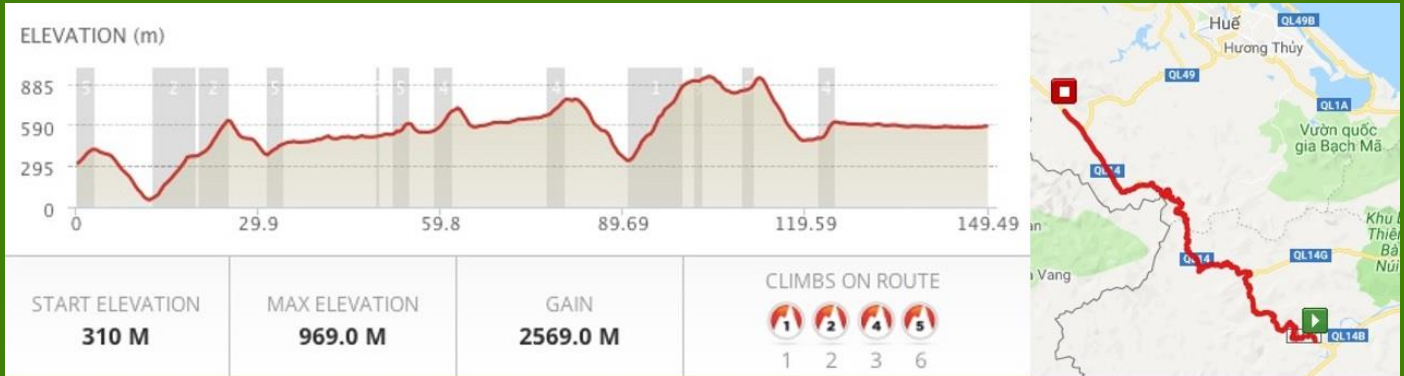
Register now on-line at: <http://www.cycle-a-difference.com>

Asian Business Ride

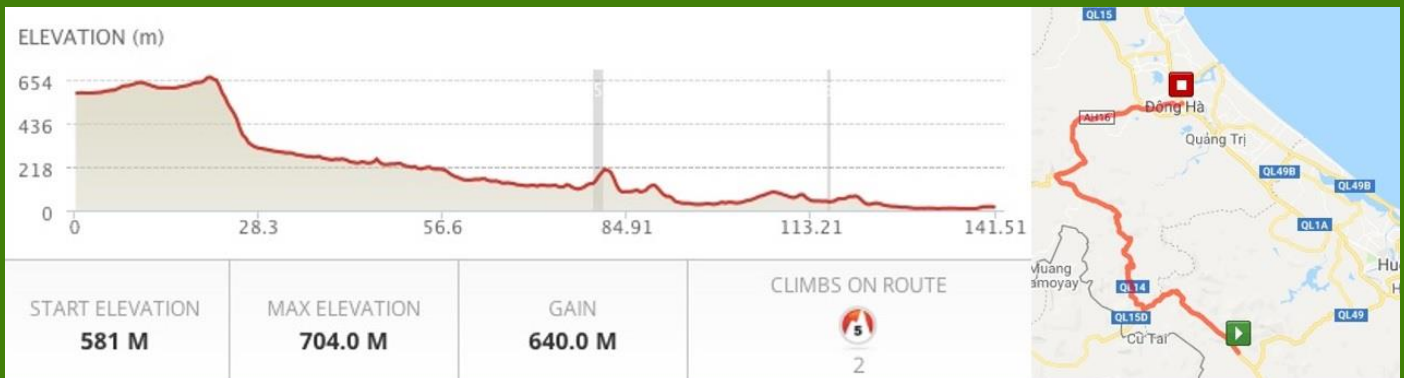
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Ride Details:

Day 1: Thanh My to A Luoi – Distance 148.5km – Climb 2,569m



Day 2: A Luoi to Dong Ha – Distance 140.8km – Climb 640m



Day 3: Hue to Da Nang – Distance 129.7km – Climb 762m

