

Camp Quality

Angkor Wat Bike Adventure 2010

See the Temples of Cambodia by Bike!



Information Pack

Adventure Facts:



Start & Finish at: _____ Siem Reap, Cambodia
Dates: _____ 5 to 13 November 2010
Duration: _____ 9 days
Hotels: _____ 5 nights twin share
Camping: _____ 3 nights (share tent)
Meals provided: _____ 8 Breakfasts, 7 Lunches, 3 Dinners
Group Size: _____ 4 to 18 for this private group
Activity split (days) _____ 2 travel, 7 ride
Cost: _____ \$1850 AUD



Highlights

- Ride through the villages around Siem Reap
- Explore the awesome Angkor Wat, a spectacular temple of soaring towers and intricate carvings
- Your experienced guides are there to ensure your safety and enjoyment. A guide to introduce you to the marvels of Cambodia, and a bike mechanic to look after your bike!
- Visit some more remote and beautiful temples that few visitors get to see
- Spend a night in a floating village on Tonle Sap, the massive freshwater lake in central Cambodia
- Meet the friendly and welcoming Khmer people - be greeted by smiling faces and happy greetings as you ride through the villages

Attractions

A visit to Cambodia is not complete from the inside of a bus or car. With this great bike adventure we want to show you much more of Cambodia than just Angkor Wat.

We will take you camping near some more remote temples that few visitors get a chance to see. Riding there we will also go through the Kulen Mountains which are sacred to the Khmer people.

This adventure biking holiday is an amazing opportunity to get to places and meet people, that the normal tourist to Cambodia does not experience. As well as the incredible Angkor Wat, we explore many more temples, in normally inaccessible areas and head out into the stunning countryside to explore this amazing place and its people.



Chessell Adventures
www.chesselladventures.com

Call Adele@ Airport Travel Centre to book: +61 8 8234 3511
atc@chesselladventures.com

delivering success

The Journey

Exploring Siem Reap



Day 01 Travel and Siem Reap

On arrival in Siem Reap, you will be met at the airport and transferred to your hotel by our staff. Subject to your arrival time, you will have the opportunity to explore the area around the hotel, and also be briefed as to what to expect for the first couple of days.

Day 2-8 Riding from and around Siem Reap

Day 02 First discovery and Small Circuit

This is an easy first day where we will ease into riding with stops to visit various temples. We start the ride from Siem Reap to Angkor Wat early in the morning following small countryside trails and then the paved road of the small circuit. We spend the rest of the morning exploring the world's grandest temple and have lunch before heading on. Following is an afternoon of temples. We cycle on from Angkor Wat on the paved roads of the small circuit. We visit the Death Gate, Victory Gate, Terraces of Elephants and of the Leper King. Then we cycle on to Srah Srang and Phnom Bakeng. A little

before sunset we will make our way back to Siem Reap for a well earned rest.

Day 03 Banteay Samre, Rolous and Tonle Sap Morning

This is a great ride to get to know rural Cambodian life as we cycle through small farming villages on little trail through the countryside, where you will be greeted by many friendly people. We start the day riding west out of Siem Reap towards Banteay Samre, a unique temple with two moats, which has been superbly restored. Because it is not easy to reach, this temple doesn't attract a lot of visitors and we can generally explore this site undisturbed. From here we continue to the intimate temples of Chau Srei Vibol (Wat Trak), here we will have lunch and relax. After lunch we head on the Rolous group or Bankong as it also called via the little town of Rolous where we can have a look at the local market. We explore the temples of Rolous and then cycle on to the Tonle Sap Lake, where we will be spending the night in a local floating village or in a boat.

Day 04 Tonle Sap Floating Village

We spend the morning on this massive freshwater lake which dominates the map of Cambodia. The lake is at once a reservoir, flood-relief system, communication route, home, and larder to the people who live on and around it. After exploring on the lake we head back to land and cycle through the country side to Siem Reap where we will have lunch. After lunch we will have an optional tour to some of the local pagodas, like Wat Athvea and Wat Bo. We will also go to one of the local markets and explore a bit of the country side around town. For those who need a rest, there are plenty of nice cafés in which you can relax and read a book or just observe life.

Day 05 The big ride - Beng Mealea

Today will take us far away from the normal tourist spots around Siem Reap. We ride on mostly unpaved roads and small trails through the country side all day and will have lunch somewhere nice on the way. When Maurice Glaize's wrote his popular - The Angkor Guide - in 1944, he described Beng Mealea like this; "A trip to Beng Mealea, can be combined with a hunting party, since the region is rich in both small and large game and wild animals; - tigers, panthers and elephants, herds of oxen and wild buffalo inhabit the forest! We don't have a hunting party but will still have a great adventure sleeping in this remote spot, after exploring this huge temple's complex, we



The journey...continued

will be spending the night in a local pagoda. Rest assured that you can sleep easy - the wildlife is no longer so prevalent in the populated areas!

Day 06 Kulen Mountain & River of 1000 Lingas

We go out cycling to the top of Phnom Kulen (Kulen Mountain), which is considered by the Khmer people as the most sacred mountain in Cambodia. Here we will have lunch in the jungle by a waterfall before we cycle on to Kbal Spean (River of a thousand Lingas). We can then walk for 30 min through the jungle to the river, where crystal clear water washes over sacred lingas carved into the bedrock. After the walk back to the bikes we cycle to Banteay Srei where we will spend the night camping in the little village.

Day 07 Banteay Srei & the Grand Circuit

We have an early morning start, so we can visit Banteay Srei before the tourist hordes arrive. Banteay Srei is a very popular rosy red temple with beautiful carvings of female divinities. After having explored Banteay Srei we cycle on a secondary and mainly unpaved road to Preah Khan. We visit the temple and ride on to have lunch at Neak Pean. We then have a look at Neak Pean and then continue cycling on the grand circuit to Banteay Kdei and finally Ta Prohm where we will end the ride and have a good look at this moody temple, increasingly in the surreal grip of towering trees as the jungle encroaches. From here we take the small circuit back to Siem Reap.

Day 08 Puok silk farm, Western Baray & Chantiers Ecoles

We cycle via Angkor Wat and the Western Gate of Angkor Thom on little trails through the country side to the Village of Puok. Here we will see all the stages of the production process, from the cultivation of mulberry trees to the dyeing and weaving of silk. Then we ride to our lunch spot, the Western Baray. This was at one time an enormous 8km by 2.3km reservoir which was excavated all by hand, to provide water for the intensive cultivation of land by the people of Angkor. We will have lunch here. On our way back to town we stop at the Les Chantiers Ecoles which is a school specialising in teaching wood- and stone-carving techniques to young people from impoverished backgrounds. Back in town we will have a farewell dinner in one of the many great restaurants.

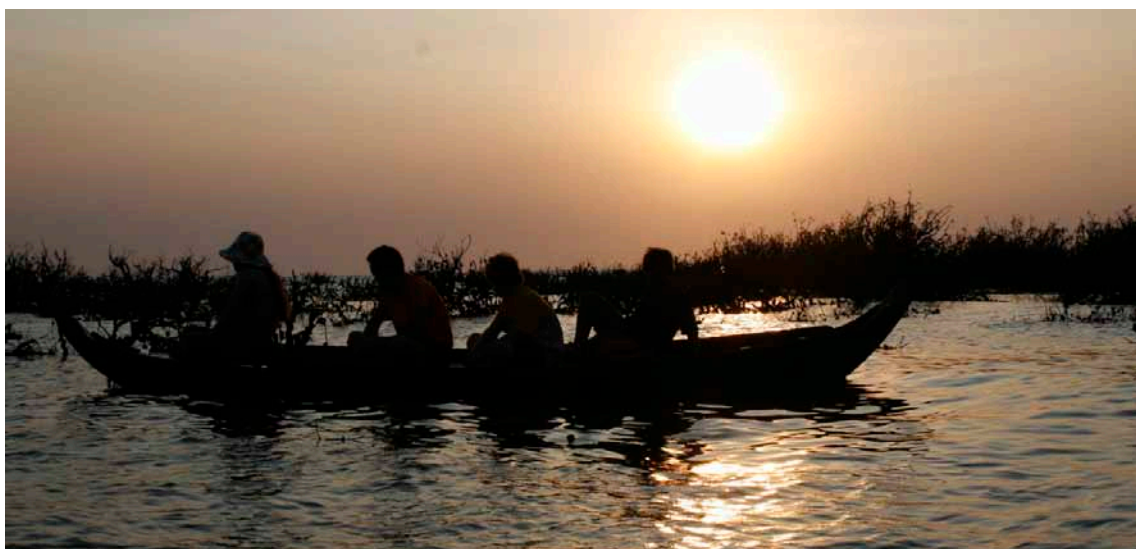
Final Day - Farewell to Cambodia

Day 09

We have this day free of any activities, so you can pack, go shopping and tell tales of the last few days' great rides before we take you to your departing flight and say goodbye.

Important Note:

Every effort will be made to keep to the above itinerary, but as this is adventure travel, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns, the health of participants and other issues can all contribute to changes.



Is it right for me?

This Cambodian adventure is achievable for almost anybody. The cycling is not difficult - almost all of the terrain is extremely flat except for the one day heading up Kulen Mountain. If the steep hill on this afternoon is too much, then there is always the option of cruising up in air-conditioned comfort in the van and meeting the hillclimbers at the top for lunch! The weather is, however, warm, which does add to the effort required. With only 3 nights camping, interspersed with nights at the hotel, you do not have to prepare yourself for days on end in tents, without showers!

You will need to be able to ride a bike as a start, obviously! However, not only that you do need to be prepared for several hours a day in the saddle. Although none of the days are terribly long or difficult, most people's rear ends do need a bit of conditioning before the trip. So make sure you are used to being on a bike and cruising along at an easy pace for a couple of hours at a time. Most days are broken up by exploring a few temples en route, so there are no very long stretches without respite.

So - training can include trekking, to get some leg strength, but make sure that you do get out on a bike before-hand, or pack a lot of nurefen! (which is not necessarily medically the best thing for you - much better to do the training and be prepared!).



Why go with Chessell Adventures

This Cambodian Adventure will treat you to Chessell Adventures' usual high levels of service. Your excellent leaders, quality hotels, friendly service, and great meals make for a great trip. Our whole ethos revolves around giving people excellent experiences that will leave them wanting to do more.

Most importantly for busy participants, the expedition has been specifically designed to allow flexibility so you get the most out of your time away. Our expeditions are well planned, well led, and well resourced with good quality food, transport and equipment. That the vast majority of our clients are advocates for Chessell Adventures speaks volumes.

To ensure the best possible experience for you, we will provide you with a local guide as well as a crew of friendly and trusted drivers, for both a van for those days when you may need a rest, and a truck for the bikes. Our leaders are selected for their local expertise and an appropriate temperament to lead an expedition of individuals who have a range of previous experience and expectations. It is their job to make the expedition both successful and enjoyable throughout.

About Chessell Adventures

In charge of Chessell Adventures is Duncan Chessell. He is a qualified climbing instructor and veteran of more than 100 expeditions and adventures worldwide. Duncan has extensive experience of leadership, expedition logistics and health, and over the years has developed teams of talented staff that are the basis of Chessell Adventures' high quality expeditions.

Our adventures are to mountainous destinations worldwide including to the seven summits (Mt Kilimanjaro in Tanzania, Mt El'brus in Russia and the extreme summit of Mt Everest to name a few). We trek the Kokoda Track in Papua New Guinea, conduct a wide range of adventures in the Himalayas and arrange custom expeditions worldwide.

We are the providers of CQ National overseas program to such destinations as the Kokoda Track, PNG, and Mt Kilimanjaro, Tanzania.

What's included?

Your expedition price includes:

- Airport transfers
- Hotel in Siem Reap with breakfast
- 3 nights camping with all meals
- 1 week pass to the temples
- Local guide for temples
- Brilliant local leader and bike mechanic
- Lunch on rides
- Vehicle support on rides - van for the cyclists and a truck for the bicycle if required!

Accommodation and Food

In Siem Reap: We will be staying at the Steung Siemreap Hotel (or similar). This charming hotel is centrally located near the main restaurant area and river. It is safe and clean and well staffed, and is a safe place to leave your clean town clothes and other gear when you are out on the bike. There are many restaurants in Siem Reap catering to western tastes as well as plenty of local restaurants at very reasonable prices.

On the bike: We will stay in a house in the floating village on Tonle Sap. Your host will welcome you to his home, and prepare your dinner and breakfast for you. Whilst camping you will be provided with tents and mats, and beautiful scenic campsites, either near a temple or a small village



What's not included?

Your expedition cost does not include any of the following:

- International flight to and from Siem Reap
- Cambodian Visa fees (available on entry)
- Airport taxes
- Dinners and lunches in Siem Reap
- Optional trips and sightseeing tours
- Excess baggage charges
- Tips for crew - allow ~\$100USD for tips, to be divided between drivers, bike guide and sightseeing guide.
- Personal travel insurance (REQUIRED)
- Changes in itinerary, such as extra hotel nights, or break from the group
- Personal expenses such as gifts, phone calls, laundry and drinks (including alcohol)
- Meals and accommodation other than those specified, including outside the trip dates
- Personal clothing and equipment for the (helmets can be provided, but it is recommended you bring your own)

Personal and group gear checklist

✓ Personal Clothing etc

- Sun hat for exploring the temples
- Sunglasses
- Bike helmet (optional - one is supplied, but it is nice to have your own)
- Bike pants (optional but highly recommended for the padding!)
- Bike gloves (optional)
- T-shirt and long-sleeved shirt
- Trekking shorts &/or long pants light weight
- 1-2 trekking/exercise t-shirts
- Several pairs socks and underwear
- Shoes for riding - sandals are fine
- Sandals, for town

Other Personal Gear

- Sun screen, zinc cream and lip balm
- Wash kit (small personal toiletries, nail clippers and pack towel)
- Basic first aid kit
- Personal medicines including your usual medicines AND 1 course each of:
 - respiratory antibiotic (e.g. Amoxicillin)
 - gastrointestinal antibiotic (e.g. Ciprofloxacin)
 - gastro treatment (e.g. Imodium)
 - mild pain killers (e.g. Aspirin/paracetamol/ibuprofen)
 - throat lozenges (e.g. Strepsils)
 - water purification tablets (e.g. Katadyn Micropur -pkt 50)

NOTE: it is a tropical climate so no need to pack any heavy fleece jumpers.
A light fleece is possible, but a long sleeved top should be more than enough for most people.

✓ Personal Equipment

- Day pack 20L-30L (handy - although items can be left in the van during the day)
- Water containers: Camelbak bladder is handy but not essential - bottles of water are provided regularly.
- CA Foam sleeping mat
- An extra sleeping mat (*optional; e.g. ThermoRest or RidgeRest)
- Sleeping bag - light mild weather weight
- Spare bag for leaving at the hotel whilst camping
- Hand torch or head lamp, plus spare batteries, for evenings in camp
- CA Bike Giant, Bergamont or similar

Group Equipment Supplied by Chessell Adventures

- CA Tents, meals and any cooking and eating equipment while not in town

NOTE: You must have all of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment (if forgotten) but don't rely on it.

CA: Chessell Adventures provides this item

Mountain Designs equipment - VIP privileges

Members of Chessell Adventures Expeditions receive a Mountain Designs VIP 15-20% discount card valid from the time your deposit is received to the start of the expedition.

Mountain Designs manufactures high quality outdoor gear suitable for your expedition. You can visit one of Mountain Designs' 35 outlets in Australia and New Zealand (see www.mountaindesigns.com for locations).

Travel insurance

We recommend cancellation insurance to protect your investment. We require participants to have travel insurance that covers medical expenses, evacuation and repatriation. Please ensure that your chosen policy provides cover for the activities (cycling) and in the localities in which you will travel (Cambodia).

You may already have your own policy but if not we can suggest either World Nomads <http://www.worldnomads.com> or Covermore <http://covermore.com.au>.

Which ever policy you choose, please read the relevant policy details in full. Our travel agent can assist you.



Travel vaccinations

A detailed list of recommended vaccinations will be included on the dossier, which you receive once you book, or you can use our website to access specific activity and country "Fact Sheets" addressing these issues written by TMVC Australia. Also see links to Centre for Disease Control - travelers info, via our website. Our sales staff/travel agents can assist with locating this information for you also.

Visas

Visas are required and our sales staff/travel agents can arrange these for you ahead of time. There is more detailed information in the expedition dossier available once you have booked or ask our sales staff/ travel agents to help you locate it. Visa on arrival is available in Cambodia for many nationalities including Australian passport holders. Allow \$45 USD for your entry visa and \$25 USD for exit visa (current at January 2010). This can change without notice, so either check closer to departure date, or make sure that you have some spare USD. You will also need a few passport sized photos to submit.

Do check your passport expiry date, and ensure that your passport has a minimum 6 mths validity AFTER your travel date, or entry to the country will very likely be denied.

Flights

As an example only - flights are currently available on the dates required with Singapore Airlines ex Sydney for \$1,154.90 including taxes. Speak to Airport Travel Centre for quotes and availability from your nearest capital city.

Airport Travel Centre, who are they?



Airport Travel Centre is a corporate travel agency who takes all our reservations in Australia. They have a high level of service with access to airfares online and can offer an excellent all-in-one booking service for your Chessell Adventure. Chessell Adventures looks after the adventure on the ground, ATC makes sure you get there!

ATC will also handle any extras outside of the included land package, such as on-ward travel, extra nights etc.

ATC handle all bookings for the land component of Camp Quality trips with Chessell Adventures and collect the deposit and final payments. They can also assist with plane tickets, travel insurance, visas. If you choose to use a different travel agent ATC will ask you for your travel details to advise our operations team of the pertinent information.

ATC staff are being trained up by our guides and field staff to answer your enquiries and will be supported by a "dial/email an expert" service from Chessell Adventures.

Your main contact in ATC is Adele Nugent. She is backed up by Mel Patzwald.

In all circumstances a sales and reservations staff member from our agents in Australia, Airport Travel Centre (ATC), will be your personal point of contact for all Camp Quality trips with Chessell Adventures. Travel Agent's Licence # TTA 192806.

How do I book?

Step One: secure a position by making a booking reservation. You can book using one of three methods:

Online via the website **(fastest and most convenient way)**

Phone, email or drop in to see our reservations staff @ the Airport Travel Centre in Adelaide

Paper forms - fill out a paper booking form then post, scan or fax it to us

Step 2: pay your deposit of AUD\$ 900

Once we have a deposit (non-refundable) and booking information from you, your place is confirmed. Final payment is due in full 60 days before the start date. We require a Doctor's Certificate to be completed and returned and that you obtain travel insurance for the activity. It is also a great idea to make sure we know when you arrive into Cambodia so we can pick you up at the airport! More info in the dossier which you receive via email upon booking.

How to pay us

Payment options include direct EFT payments, cheque or credit card, all to our agent Airport Travel Centre.

For direct payment at a branch or internet transfer:

Bank:	Westpac
Account Name:	Airport Travel Centre
BSB:	035212
Account Number:	188009

Please tag your payment with **your name**, and inform us you have paid (atc@chesselladventures.com)

Cheques should be made out to Airport Travel Centre, and mailed: Att: Adele, PO Box 189, Export Park SA 5950

Credit card payments: please call Airport Travel Centre with your payment details.

Booking Form - worldwide



Booking conditions, waiver, pricing policy

Name as on passport: First name(s): _____ Last name: _____

Trip Name: _____ Start Date: _____

Total Trip cost: _____ Currency (listed on website): USDS or AU\$ or other _____

Deposit due: _____ Currency (listed on website): USDS or AU\$ or other _____

Base Currency price policy

Each trip has a "base currency" as listed on the website. The currency converter is indicative of a "mid rate" and the actual FX rates vary widely from bank to bank.

The base currency is often US\$ for the Himalayas/Africa, AU\$ for PNG. However check the listed currency against your trip on the website.

We require payment in this currency to be able to stabilise the price. Our agents and offices hold multi-currency bank accounts to facilitate this process, speak to your booking agent who will invoice you in the appropriate currency and assist with payment either by credit card, Pay Pal, EFT, telegraphic transfer, cheque or cash as appropriate. If you pay by prior arrangement with your agent in another currency be advised a FX surcharge may apply. Merchant (credit card) fees are charged on credit cards, rates vary, ask the agent.

Agents

Our agents handle all our reservations, bookings and will invoice you for your trip.

In Australia you can book with Airport Travel Centre in Adelaide who is our sole agent for Australia, t/a licence number TTA 192806. Airport Travel is also our sole agent for all PNG adventures.

You can also book with our Kathmandu office for Himalayan adventures. See our website for a complete list of contact details and agents to book with. You can also book online at www.chesselladventures.com and the closest agent will make contact to finalise your booking arrangements with you.

Credit cards can be used for AU\$ price trips + credit card fee (varies on agent, ask your agent)

Credit card type (circle): Visa Mastercard Amex Diners

Cardholder number:

Card Holder Name: _____

Card Security Code: last 3 digits on back of card (CSC)

Signature: _____ Expiry date /

Travel insurance & Doctors certificate

As a pre-condition for delivery of service you agree to return 60 days ahead of the start date of your trip, a Doctors certificate (that we will supply) stating you are fit for your intended journey and hold valid travel insurance appropriate to the journey intended that covers medical expenses and evacuation, i.e. climbing coverage for expeditions.

Booking Conditions

Risk Awareness / Liability Waiver

I have been advised by Chessell Adventures of the following matters in relation to my upcoming trip with Chessell Adventures. I have been advised that travel, trekking, climbing and especially mountaineering are inherently dangerous activities. I may be killed, injured, incapacitated and experience pain, illness and suffering. I may experience loss, damage or theft of my property. Any of the above may not be Chessell Adventures' fault or the fault of anyone. These incidents may be caused by others in my party, employees or directors of Chessell Adventures, their subcontractors or even my guide, may be caused by environmental factors, or even just physical or mental exhaustion which can happen at any time on my trip. There is no way of predicting all the hazards I may face. While Chessell Adventures will take reasonable precautions to minimise the risks, there is no way Chessell Adventures can guarantee my safety on this trip 100%.

I acknowledge that often the areas of operation are remote with little or no immediate medical support. In some remote areas self-rescue is the only option. My guide may need to begin first aid appropriate to the remoteness of the area and the nature of my ailment. By signing this document I certify that I have read and understood these risks and they are acceptable to me.

I also agree not to seek compensation, financial or otherwise from any incident that might occur during or associated with the trip, from Chessell Adventures, its directors, officers, employees, agents, partners or subcontractors.

Chessell Adventures and its agents including employees, guides, leaders, subcontractors and porters shall not be liable for loss, death or injury, to any of its clients or loss or damage or delay to their baggage, personal effects or other property arising from the following:

1. Acts of God including but not limited to Landslides, Ice Cliff Collapse, Avalanche, Earthquakes, Flooding and Fire;
2. Civil disturbances of any nature including but not limited to War, Revolution, Riots, Strikes or Labour Shortages;
3. Environmental Factors such as changes to trails rivers and valleys, loose rocks, unstable snow, unstable ground, bad weather;
4. Any other circumstance beyond our control and responsibility.

Acceptance

I have read and understood, and accept, the Risk Awareness / Liability Waiver, Cancellation Policy and the Trip Price Policy.

I understand and accept the risks that have been explained to me, I hereby waive my right to bring any legal claim against Chessell Adventures even where Chessell Adventures and its Employees, Agents or Contractors would otherwise be deemed liable due to Gross Negligence, Breach of Contract or otherwise.

Signed: _____ Date: _____ Name: _____

If under the age of 18 please have a parent or guardian sign for you.

Cancellation Policy

Your non-refundable deposit amount is specific to each trip and listed on the Chessell Adventures website or trip documentation. If you cancel you lose your deposit.

Payment in full is normally due 60 days ahead of departure date, if you don't pay by this date you can lose your place on the trip and your deposit is forfeit. In rare cases earlier payment will be required.

Normal Policy Is:

If you cancel 60-31 days before departure date you lose 50% of your payments.

If you cancel less than 31 days before departure date you lose 100% of your payments.

If you cancel and we are able to fill your place on the trip we may refund your money at our discretion. This would normally be subject to an administration fee. We may also choose to offer you another trip (transferable) at our discretion. Chessell Adventures reserves the right to vary or cancel a trip or a specific departure and will endeavour to advise you of cancellations not less than 42 days before departure. In the event of Chessell Adventures cancelling a trip, we would work with all the members of the trip to try to provide an alternative venue. If you do not accept alternative arrangements we will refund all payments you have made to Chessell Adventures, less any unrecoverable costs. Chessell Adventures will not be liable for any additional costs incurred by you such as airticket cancellation fees or changes. We advise you to have a travel insurance policy that covers cancellation.

Itinerary Policy

Chessell Adventures will make every effort to achieve the objectives of the given trip/expedition. By signing below I understand that variations may be necessary for reasons including but not limited to: safety, interruptions to transportation, political unrest, prevailing weather conditions and the needs of the group.

Trip Price Policy

The trip price may change at any stage. Changes might be due to international currency fluctuations, inflation, fuel prices, conditions, fees or other changes. Once your full payment has cleared into our account, we would normally not vary the price. If the trip price were to vary considerably (>10%) after you had paid your non-refundable deposit and you decided to cancel we would likely allow a full refund or transfer to another trip.

For included/excluded items and any special conditions, see the Info Pack for each specific expedition.

Personal details & trip details

Name as on passport: First name(s): _____ Last name: _____

Home address: _____

Postal address: _____

Phone number: AH: _____ BH: _____

Mobile phone: _____ Which is your preferred phone number: Home Work or Mobile

Email address: _____

Date of birth: (dd/mm/yyyy) _____ Nationality: _____

Shirt size: XS S M L XL XXL

Trip applied for: _____

Start date: _____ Finish date: _____

How did you hear about the trip: _____

Previous Experience: _____

Extra Comments or requests: _____

Special Dietary Requirement: _____

Emergency contact details (next of kin)

Name: _____ Relationship to you: _____

Phone number (preferred): _____ Mobile ph: _____

Email: _____

Residential Address: _____

Self assessed fitness / readiness for trip

Height (cm): _____ Weight (kg): _____ Resting heart rate: _____

Evaluate your general health: poor average good excellent

Evaluate your fitness: poor average good excellent

Please NOTE that you will on most trips be required to have your Doctor fill out a medical clearance certificate in addition to this information

Self assessed questions	Yes	No	Details
Do you feel you are physically prepared (or will be before commencement) for the trip that you are planning to undertake?			
Do you have any medical illnesses, infirmities, disabilities that require the regular care of a doctor?			
Do you have allergies, to food, bites, stings, drugs?			
Are you allergic to penicillin?			
List all the medications you are taking currently and the dosages			
Have you been hospitalised or had surgery in the last five years?			
Do you have any heart or respiratory problems?			
Are you a diabetic?			
Do you suffer from epilepsy or seizures of any kind?			
Do you have any physical or mental limitations that might preclude you from this trip?			
Are you pregnant?			