

FRANCE – SINGAPORE

By bicycle

365 DAYS – 19.600 KM



APRIL 17, 2022 – APRIL 17, 2023

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Who are we ?

We're both 25, and it was in Singapore (2019) that we first met during an internship. Neither of us had any cycling experience whatsoever, yet two years later we set ourselves the crazy challenge of going back, but this time by bike!

Damien

IMPERIAL COLLEGE LONDON

Before the trip, Damien performed a "Tour de France" by bicycle. 3500km during the 2020 summer.

Damien was in charge of the GPS and the medical supply.

Matthieu

NEOMA BUSINESS SCHOOL, REIMS

Before the trip, Matthieu performed a 1000km bicycle trip in Switzerland in the 2020 summer. Matthieu was in charge of the finance of the group

NICE, FRANCE

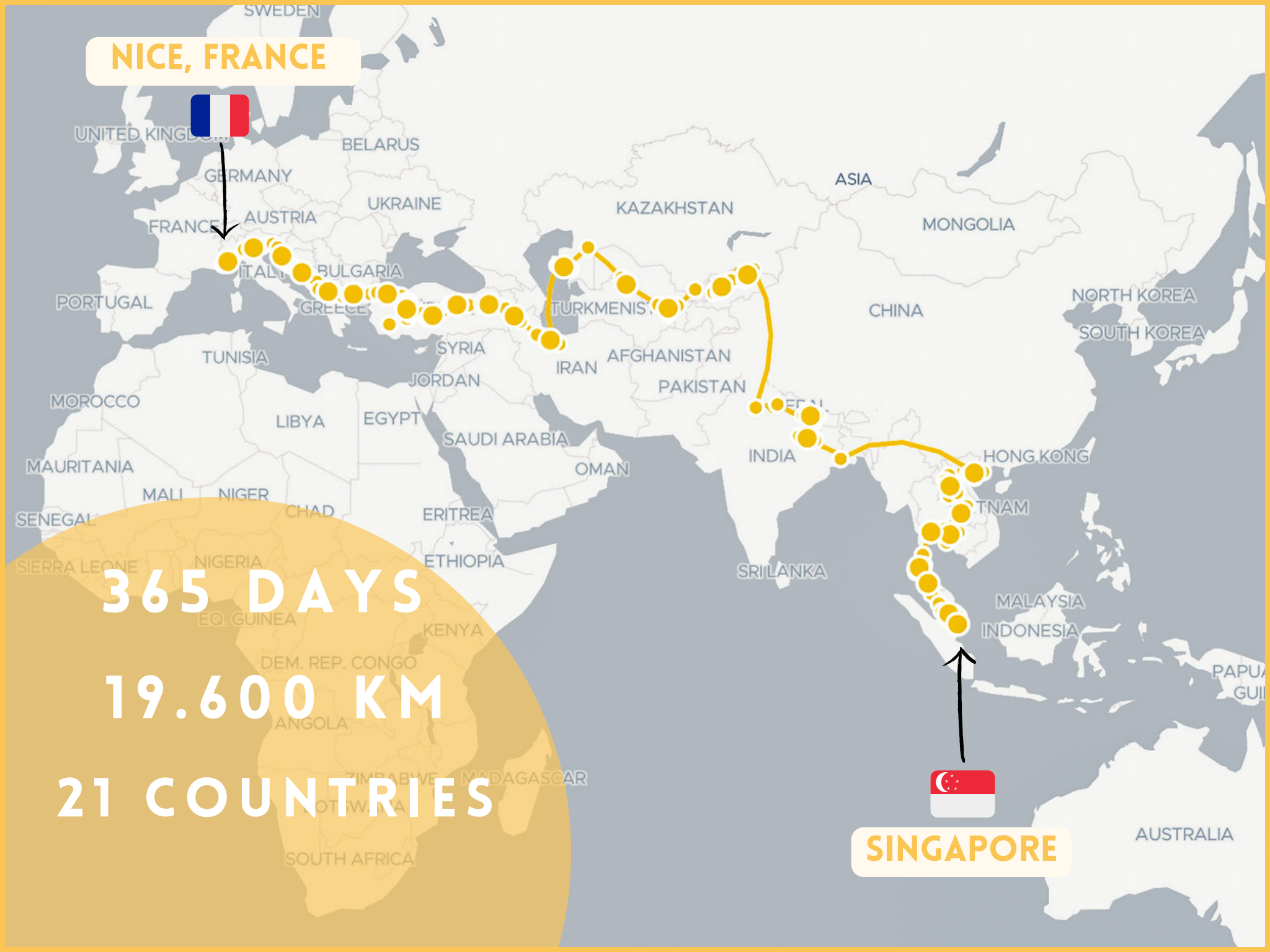


SINGAPORE

365 DAYS

19.600 KM

21 COUNTRIES



GENERAL INFORMATION

ITINERARY

The overall itinerary was planned before the trip. Regarding the specific routes, we decided on a daily basis what roads to take using google maps or the app Komoot. Komoot has been very helpful in remote areas because you can download the itinerary and thus have access to them without internet.

FOOD AND ACCOMMODATIONS

We slept most of the nights in our tent. we booked hotels only when we were in cities and it was not possible to camp. Regarding the food, we had our stove so we cooked most of the time. otherwise we bought food in small restaurants especially in Asia where food is quite cheap.

VISAS

Online visa: Iran, India, Laos

Directly at the border: Cambodia

Other countries: no visa required with French passport

FLIGHTS

- From Teheran (Iran) to Aktau (Kazakhstan) because Turkmenistan was closed (Covid).
- From Kolkata (India) to Hanoi (Vietnam) because Myanmar and China were closed (Covid)
- From Singapore and France (flight back).

RISK ASSESSMENT

Our partner ACS Assurance provides us with a 12 months contract for the insurance “Globe Traveller”. It gave us access to high medical expense coverage: 100% of the cost up to 150,000€. It also covers cost of travelling back in case of emergency, cost for rescue research, cost of sending medicine that doesn’t exist in a country.

EQUIPEMENT RISKS

Risk	Consequences	Prevention	Response
Making a fire	Creating a fire that is out of our control. Thus, potentially get physically hurt or hurt other people.	<ul style="list-style-type: none"> Use a camping Stove which is safer Move tents away from heat sources (E.g where we cook our meals). No cooking inside the tents - if making a fire, follow those steps: <ul style="list-style-type: none"> Only use containers that are designed to withstand contact with fire Never leave a fire unattended. Never store wood, paper, or any other fuel near the fire. Have a water bag or sand ready to use nearby 	<ul style="list-style-type: none"> Pour plenty of water on the campfire. Stir the ashes with a stick. Pour more water on the campfire. Stir the ashes again, using a stick. <p>Repeat these steps until:</p> <ul style="list-style-type: none"> the ashes are no longer smoky and are cold
Snakebite / Scorpion sting	Pain, nausea, diarrhea, faster hearth beating, death	<ul style="list-style-type: none"> Wear long clothes when setting up the camp. Never lift a rock. Always close the tent at night. Always check clothes and bed sheets before entering in. 	<ul style="list-style-type: none"> call the emergency of the country with the spot beacon. Place the victim at rest, agitation favours the diffusion of the snake venom and put him in a lateral safety position (on the side, head slightly lower than the body) in case of loss of consciousness. Remove watches, shoes and anything else that may be clutching the bitten area, as it will start to swell. Use the <u>Aspi.Yenin</u> tool (it is a tool made to suck the wound and collect the injected poison) Do not give anti-inflammatory drugs or aspirin, which increase the risk of bleeding.
Meeting a wolf in Central Asia	Severe injury, bite, death	<ul style="list-style-type: none"> Check with the population and local authorities about recent wolf activity. Watch for wolf signs. Never travel alone. In case of encountering, stay calm, step back slowly but never turn back, look in the eyes. If it is aggressive, speak loud throw rock. Never run. Avoid tigers' territory. Never travel alone. In case of encountering, stay calm, step back slowly but never turn back, look in the eyes. If it is aggressive, speak loud throw rock. Never run. 	<ul style="list-style-type: none"> call the emergency of the country with the spot beacon. Climb a tree, rock or other elevated place. If possible, get into a nearby car or house
Meeting a tiger	Severe injury, bite, death	<ul style="list-style-type: none"> Avoid tigers' territory. Never travel alone. In case of encountering, stay calm, step back slowly but never turn back, look in the eyes. If it is aggressive, speak loud throw rock. Never run. 	<ul style="list-style-type: none"> call the emergency of the country with the spot beacon. Climb a tree, rock or other elevated place. If possible, get into a nearby car or house

RISK ASSESSMENT

CYCLING RISKS

Risk	Consequences	Prevention	Response
Loss in the countryside	Dehydration, lack of food	<ul style="list-style-type: none"> Always be able to see a road. Avoid riding by night. If we have to, the bikes are equipped with lights (front and back) In addition to phone GPS, we will always carry a paper map of the region. 	<ul style="list-style-type: none"> Do not hesitate to ask local people the right direction.
Dehydration	Headaches, dizziness, stumbling	<ul style="list-style-type: none"> Regularly and frequently drink water (at least 3 liters a day) 	<ul style="list-style-type: none"> Do not hesitate to ask local people for help if we are really missing water.
Sunburn	Sores, scars	<ul style="list-style-type: none"> Wear protective layers against the sun. Wear sunscreen, lip balm and sunglasses. 	<ul style="list-style-type: none"> Avoid being more exposed to the sun. Apply some Biafine (or equivalent cream) on the burned area.
Bike crash (with another vehicle)	Death, severe injury	<ul style="list-style-type: none"> Light on when the sunlight starts to go down. Always be careful at roads junctions. Wear a helmet. Let aggressive drivers pass. Listen to cars hint: if someone wants to pass, let him go. All the members will be proficient with medical kit usage and first aid. 	<ul style="list-style-type: none"> Immediately call the insurance and the rescue of the country. Try to place the injured person in a calm and secure place while emergency is coming.
Bike crash (on the ground, on rocks)	Injury, open wounds, potential bones breakage	<ul style="list-style-type: none"> Wear a helmet. Control the speed. Step down from the bike if the path seems too difficult to cycle on. 	<ul style="list-style-type: none"> Depending on the injury: disinfect the wounds, apply a bandage. Call the insurance and the rescue of the country if necessary.

OUTDOOR RISKS

Risk	Consequences	Prevention	Response
Tent fire	Loss of tent, we will have to stay in the same tent. Potential burn	<ul style="list-style-type: none"> Move tents away from heat sources (E.g where we cook our meals). No cooking inside the tents 	<ul style="list-style-type: none"> call the emergency of the country with the spot beacon and wait for their instructions.
Tent breakage	Temporary loss of tent.	<ul style="list-style-type: none"> Follow the tent set-up instruction. Check that the ground surface will not harm the tent. Chose places protected from the wind. A repair kit will be carried. in. 	<ul style="list-style-type: none"> Try to repair the tent with the kit. Buy a new tent in. the nearest shop.
Flat tire	Have to stop to fix it	<ul style="list-style-type: none"> We will always have Two spare inner tubes and one spare tire each. Always carry a repair kit. 	<ul style="list-style-type: none"> Always spot what is causing a flat tire. Use the repair kit if possible. If not possible change the inner tube.
Chain breakage	Have to stop to fix it	<ul style="list-style-type: none"> We will carry spare chain pieces and a tool to repair it (built in the bike multi-tool) 	<ul style="list-style-type: none"> Try to repair it ourselves with the repair kit. If not possible, try to find the nearest shop which will be able to repair it. If no shop near, ask people around to help us.
Small bike breakage	Have to stop in the next city repair it	<ul style="list-style-type: none"> The bike has been chosen to be made in a repairable material. 	<ul style="list-style-type: none"> If the breakage is not too big, it can be possible to go to mechanics who will weld the broken piece
Big bike breakage	Have to stop and join the next town	<ul style="list-style-type: none"> Always try to ride on decent roads. Always park our bikes in a convenient way so that they do not fall. Do not overload the bikes. 	<ul style="list-style-type: none"> Contact our partner Ellipse bike who will send us a new piece. If unable to join a town by foot, activation of the Spot beacon to call rescue to pick us up.
Theft of equipment	Have to stop the trip in the meantime it is bought again	<ul style="list-style-type: none"> Hide sensitive material. Always carry it with us. Secure the bikes when stopped. 	<ul style="list-style-type: none"> If the bikes are stolen, they are equipped with a GPS chip and our partner Ellipse bike can find it back. If not, they send us a new bike. If other equipment is stolen, need to buy it again in the next city.

A MOVIE

SCHEDULED FOR LATE AUGUST 2023

Over the past year, we've been extremely surprised by the support we've received. More than 10,000 people around the world have shown their interest in following us every day, and the energy our adventure has brought them.

So we realized the impact we can have, and decided to make an hour-long film. Our aim is to share the extraordinary human, sporting and personal experiences we've had, and to inspire others to set off on their own adventures.





A BOOK

SCHEDULED FOR DECEMBER 2023

How do you get invited to an Uzbek wedding? What does a Kazak hammam look like? What do you think about when you spend 6 hours on your bike every day?

Such a journey leads to experiences, thoughts and situations, each more incredible than the previous one, that are impossible to capture in a single hour-long film. **We've therefore decided to write a book centered around photography,** which will complement the movie by allowing us to dig much deeper into our thoughts and discover more about our daily lives through anecdotes that are often thrilling, sometimes funny and sometimes moving.



CONCLUSION

A TASTE OF ADVENTURE

We come back home with a true feeling of achievement. In fact we did get what we wanted when we started this trip: Adventure ! being far from home, outside your comfort zone, forced to adapt all the time, to push your body and your mind to their limits. We absolutely loved it and it only motivated us to do such adventures in the future.

A GREAT FRIENDSHIP

Doing such a journey in pairs is not always easy but we succeeded in putting communication in the center of our relationship. Thus, the journey went incredibly well and we plan to continue travelling together by bicycle in the future.

A NEW WAY OF TRAVELLING

It was the first real long term experience travelling by bicycle and we have to say that we fell in love with this way of travelling. Being able to get in secluded areas and meet people more easily is what we love about it. On top of that, our environmental conscience growing up, we feel this is the best way to travel for us.

RECOMMENDATIONS

Take the time to really repare your trip. We spent one year preparing this adventure (equipments, visas, vaccine... (detailed in the proposal document)) and that is why everything went smoothly.

THANK YOU TO ALL OUR SPONSORS



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KIRGHIZISTAN

Highest summit: 3447m



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