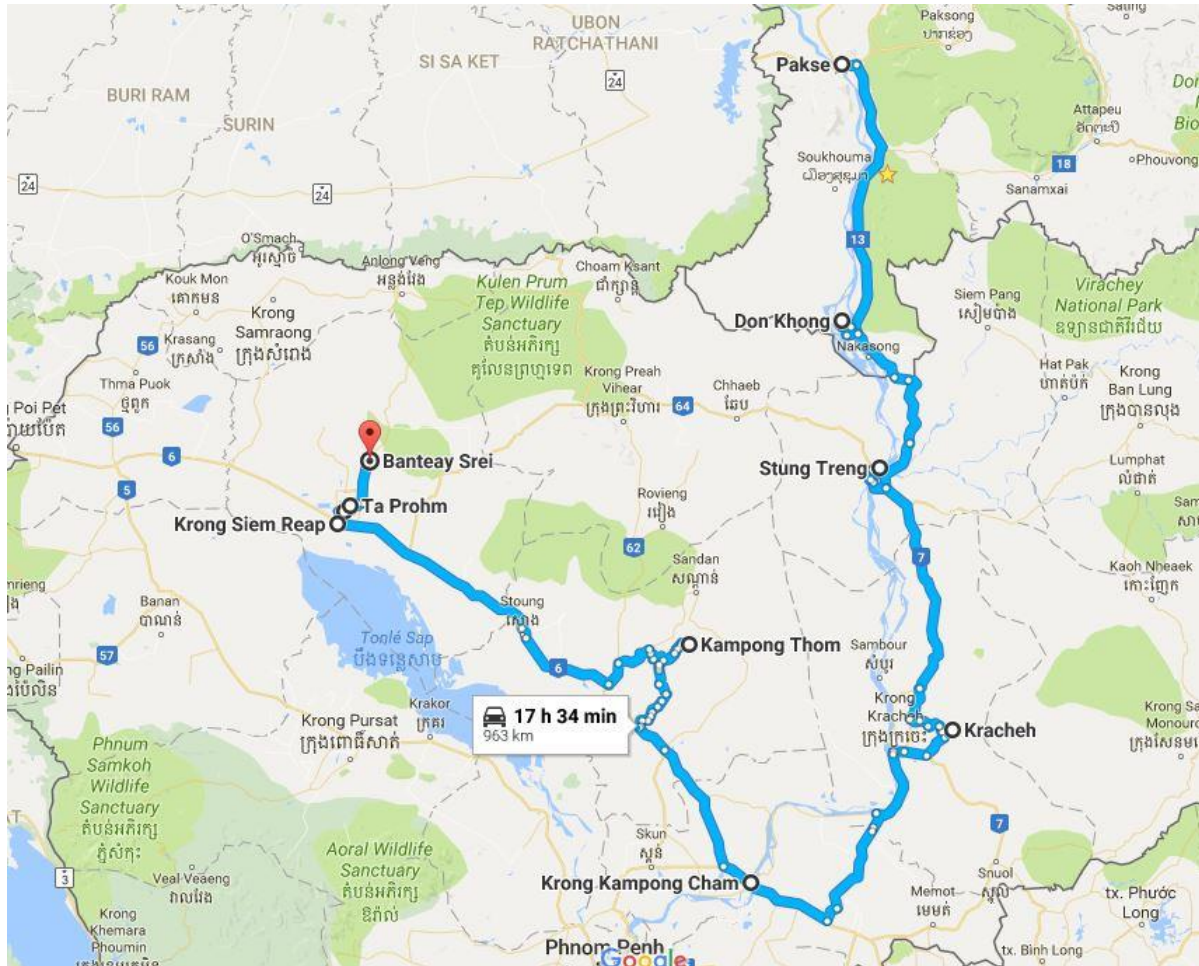


**CYCLING, SOUTHERN LAOS ISLANDS TO SIEM REAP**  
**12 DAYS/ 11 NIGHTS**



Day	Destination	Activity	Difficulty	Transfer	Meals	Hotels
1	Pakse Arrival - Champasak	Cycling up to 58 Km	Easy	-	-/-/D	The River Resort
2	Champasak - Phou Asa	Cycling up to 34 Km + Trekking 2 hours	Medium	-	B/L/D	Kingfisher Eco-Lodge
3	Phou Asa - Don Khong	Cycling up to 98.5 Km	Medium	-	B/L/-	Pon Arena Hotel
4	4000 Islands Cycling	Cycling up to 55 Km	Easy	-	B/L/D	Little Eden Guesthouse
5	Don Det - Stung Treng	Cycling up to 77 Km boating	Medium	-	B/L/D	Gold River Hotel
6	Kratie	Cycling up to 80 Km	Medium	1.5 hrs	B/L/D	Mekong Dolphin
7	Kampong Cham	Cycling up to 72 Km	Easy	30 mins	B/L/D	Monorom VIP Hotel
8	Kampong Thom	Cycling up to 65 Km	Easy	1.5 hrs	B/L/D	Kampong Thom Village

9	Siem Reap	Cycling up to 66 Km	Easy	2 hours	B/L/D	Angkor Paradise Hotel
10	Siem Reap	Cycling up to 25 Km	Easy	20mins	B/L/D	Angkor Paradise Hotel
11	Siem Reap	Cycling up to 50 Km	Easy	45mins	B/L/D	Angkor Paradise Hotel
12	Siem Reap Departure	-	-	30min	B/-/-	-

**Day 1: Pakse Arrival - Champasak (-/-/ D)**

Upon arrival to Pakse, our guide and driver will be waiting. After leaving the luggage behind, begin the first cycling experience (along flat, easy terrain) around Pakse town, heading towards the UNESCO Heritage site of Wat Phou.

Recognized by UNESCO as a World Heritage Site, Wat Phou is a spectacular pre-Angkorian temple that sits amidst the rice fields and waterways of southern Laos. The temple was constructed in three levels: the bottom level is focused on the baray (water reservoir) and promenade, the second level features pavilions and galleries of carvings and the top level is the sanctuary. The temple served as the most important economic and political center of the region and still is one of the Lao people’s most revered temples.



Cycle back towards Champasak, along the mighty Mekong, and check into the hotel

Welcome Dinner and Overnight in Champasak

*Distance and journey time:*  
 Cycling distance up to: 58 Km  
 Difficulty: Easy

**Day 2: Champasak - Phou Asa (B/L/D)**

Today’s cycle will start with a transfer by boat to the other side of the Mekong. Ride down the famous route 13, the only road in Laos that runs through the whole country. Upon arrival to Pathoumphone town, get closer to the life along the river and discover a charming, lesser-visited pre- Angkorian temple called Um Tomo.



Continue towards the protected area of Xe Pian Wetlands, a unique bio-diversity site in Laos and one of the most famous for bird-watching. Afterwards, check into the charming bungalow at the Kingfisher Eco Lodge and indulge in the scenery before lunch.

After lunch, walk to an ancient monastery overlooking the Xe Pian Wetlands to experience firsthand the tranquility of this beautiful, but threatened environment. Once known as the “Land of a Million Elephants”, Laos is still home to more animals than people—some 1,200 wildlife species.

Spend the evening at the atmospheric eco-lodge.

Overnight Kingfisher Eco-lodge.

Distance and journey time:

Transfer by boat: 25 mins

Cycling distance up to 34 Km

Difficulty: Medium

### Day 3: Phou Asa - Don Khong

(B/L/-)

Wake up early and meet the guide for a unique bird watching safari through the Wetlands. The activity will start at 06:00 and will finish around 09:30.



After breakfast at the Eco lodge, join the guide for the longest day of cycling during the trip in Laos. The ride will be on mainly flat terrain along the Mekong, heading towards the area known as Siphandon, or the 4,000 Islands. In this beautiful area the Mekong River reaches 14 kilometers wide and is dotted with thousands of islands and cascades.

Lunch will be at a local restaurant on the way.

Cross over to the biggest island in the area, Don Khong, before riding through charming rice fields and authentic Laos's countryside. The lifestyle here is much more laid back and many locals make a living off agriculture and fishing.



If time allows, enjoy the hotel pool while admiring the sunset.

Dinner tonight will be taken independently. There are several restaurants nearby the hotel.

Overnight in Khong Island

Distance and journey time

Cycling distance up to 98.5 Km

Difficulty: Medium

### Day 4: 4000 Islands Cycling - Don Det

(B/L/D)

After yesterday's long cycling strip from the Xe Pian Wetlands, today's cycling will be based on continuous island hopping, by both boat and bridge crossing.

In the morning, cycle around Don Khong before heading off to visit Don Det and Don Khone, two peaceful islands illustrated by plantations and simple villages.

For lunch today, enjoy a simple local lunch or take away a picnic box from the previous hotel.

The 4,000 Islands played an important role during the French Colonial rule, as they linked Laos to Cambodia and Southern Vietnam. To overpass the waterfalls, a railway and bridge were built, which today prove to be the perfect lookout point.



The next stop will be the impressive Lippi falls, which are wedged between Done Khone Island and the Cambodian border. Their original name, Tad Somphamit, means “trap spirit” as the locals believe these falls act as a trap for bad spirits.

In the late afternoon, return to Don Det to check into the resort. Enjoy a meal and a farewell dinner with the guide.

Overnight in Don Det Island

Distance and journey time

Cycling distance up to 55 Km

Difficulty: Medium

**Day 5: Don Det - Stung Treng**

**(B/L/D)**

This morning, depart the 4,000 Islands area and take a boat out to Ban Nakasang. Before crossing the border, stop for a visit to the famous Khone Pha Pheng waterfalls; the largest in southeast Asia.

Upon arrival at the Laos-Cambodia border, our Laos guide will assist with immigration procedures before meeting with the Cambodian guide on the other side of the border. Estimated arrival time at border is around 10:00.

After meeting the guide and having lunch, begin the ride south toward the day’s destination of **Stung Treng**. During the cycle, the Mekong will slowly disappear, making way for Cambodia's verdant countryside. Despite the recent harrowing events here, this is one of the most peaceful countryside areas in all of Asia.

The landmark to look for today is a bridge spanning the **Sekong River**. During the river crossing, take note of the confluence of the Sekong and Mekong Rivers. Idle boats bob down the current and a few fishermen cast their nets as the sun begins to set.



Overnight at Stung Treng.

Distance and journey time:

Cycling distance up to: 77 Km

Difficulty: Medium

**Day 6: Stung Treng – Kratie (Cycling)**

**(B/L/D)**

Rise early this morning for a local breakfast and begin the cycle south. The ride runs along the Mekong River for about 20 kilometres before linking up with National Road 7. There will be an hour and a half transfer before setting out on the old highway.

Before arriving at Kratie, make a short stop and hop aboard a local boat for the chance to spot the elusive **Irrawaddy dolphins**. Afterwards, continue the cycle for another 14km; alternatively complete the remainder of the distance by bus.



Overnight at Kratie.

Distance and journey time:

Transfer along National Road 7: 1.5 hours

Boat: 1hour

Cycling distance up to: 80 Km

Difficulty: Medium

**Day 7: Kratie – Kampong Cham (Cycling)**

**(B/L/D)**

Today's ride comprises of a series of river crossings and temple visits. Start from Kratie and ride a few kilometers down to the first ferry. Upon disembarkation, head for **Chhlong** on a road dotted with simple, rural villages. Cross at Chhlong and take note of the somewhat unexpected mosques. The villages on this side of the river are primarily Muslim minority peoples, which are quite rare in Cambodia (a staunchly Buddhist country.)

For lunch, climb a small hill with a good view of the surrounding countryside to enjoy the packed picnic. For those who would prefer to conclude the ride here, there is an option to transfer directly to Kampong Cham.

Overnight at Kampong Cham.

Distance and journey time:

Transfer from Stung Treng to hotel: 30mins

Cycling distance up to: 72 Km

Difficulty: Medium

**Day 8: Kampong Cham – Kampong Thom (Cycling)**

**(B/L/D)**

Today's goal is the route to **Sambor Prey Kuk** via Kampong Thmor. Recent archaeological studies have shown that these ruins, about 160 km from Angkor Wat, are part of an ancient capital city of the Chenla Empire built in the 6<sup>th</sup> and 7<sup>th</sup> century. Not much remains now but a ruined series of temples that were nearly swallowed whole by the jungle.

On the way to the ruins, pass by some more recent history. The **6<sup>th</sup> January Dam** is a site built by the Khmer Rouge in 1978, which must be traversed on foot (a walk with the bikes of about 500m.)

Riding on, take note of the local Cambodians going about their daily lives. In this area, most people make their living on farms, with many villagers still using water buffalo to tend to their fields.

Overnight at Kampong Thom.

Distance and journey time:

Transfer from Kampong Cham to Start Point 1.5 hours

Cycling distance up to: 65 Km

Difficulty: Medium



**Day 9: Kampong Thom – Siem Reap (Cycling)**

**(B/L/D)**

Today we avoid some of the poorer roads in Siem Reap province by transferring to **Kampong Kdei**. Not far from the national road is an ancient Khmer bridge that spans and even more ancient river. Despite being 800 years old, this structure still stands and, until recently, was part of the main highway.

Continue to transfer another 31km to **Domdek** village where the team and bikes are waiting for the 66km challenge. Cruise along back roads and historic highway connecting the province of Kampong Thom and Angkor Wat. During the ride, stop for lunch in a local restaurant.



After lunch, continue the challenge all the way to the 'finish line': the **Western Gate of Angkor Wat**. Enjoy the sights of sugar palms in open fields as the sun sets over the breathtaking scenery- the perfect end to the day.

*Note: This program cycles through the temple areas, however a stop to the temples is not included in the itinerary.*

A celebratory dinner will be held this evening at Viroth's, a stylish and comfortable restaurant set in a quiet garden.

Overnight at Siem Reap.

Distance and journey time:

Transfer from Hotel to Domdek: 2hours

Cycling distance up to: 66 Km

Difficulty: Medium

**Day 10: Siem Reap – Angkor Complex (Cycling)**

**(B/L/D)**

Begin the day's ride at the entrance of **Angkor Wat**, heading to **Ta Prohm**. One of the most picturesque temples in the complex, Ta Prohm is famous for being overgrown by trees and jungle. Continue the ride to **Angkor Thom**, Bayon temple and the Terrace of the Elephants.

Enjoy lunch today at the **Angkor Café** before exploring the biggest religious Hindu edifice in the world - **Angkor Wat**. Considered the masterpiece of Khmer architecture, this Vaishnavite temple is the King's

funerary temple, which is why the temple is facing west. Inside the temple, the walls are covered by carvings and bas-reliefs depicting Hindu mythology.

After visiting these magnificent temples, begin the cycle back to Siem Reap.

Overnight in Siem Reap.

*Distance and journey time:*

*Cycling distance up to: 25 Km*

*Difficulty: Easy*

### **Day 11: Siem Reap – Banteay Srey – Kbal Spean (Cycling) (B/L/D)**

Start the day by heading to the outskirts of Siem Reap. Begin the cycle along rice fields and quiet dirt paths before coming to a tarmac road. From here, cycle to the village of Pradak, which sits in the middle of the ancient (and dry) **East Baray**, and old Angkorian reservoir. Continue on down quieter roads until reaching **Banteay Samre**. From here, continue onward around **Phnom Bok** and into the deep countryside.



The day's main destination is **Kbal Spean**, one of the earliest Hindu pilgrimage sites in Cambodia. A moderate 3 km trek uphill through dense jungle will be rewarded with excellent views over the plains and Kulen hills. At the top, be surprised by the "River of 1,000 Lingas" with its amazing Hindu stone carvings.

Continue to **Banteay Srei**, the so-called "Citadel of the Women," which remains the best preserved temple in Cambodia. It displays some of the finest examples of classical Khmer art and is particularly known for its fine bas-reliefs. Banteay Srei is also unique in that it is constructed of pink sandstone, which is seen nowhere else in Angkor.

After the visit, cycle back to Siem Reap or return by vehicle. Freshen up at the room before enjoying one final farewell dinner.

Overnight in Siem Reap.

*Distance and journey time:*

*Transfer from Banteay Srei to hotel: 45 mins*

*Cycling distance up to: 50 Km*

*Difficulty: Easy*

### **Day 12: Siem Reap – Departure (B/-/-)**

Enjoy the day at leisure until transport is provided to the airport for the onward flight.

**\*\*\*\*\*END OF SERVICES\*\*\*\*\***

"An itinerary may at times be altered by our guides due to local conditions, the skill of participants and other unexpected circumstances. Our priority is always the experience and safety of our clients."

## RATES AND CONDITIONS

### ACCOMMODATION:

City	Hotel	Hotel Category	Room Type
Champasak	The River Resort	First Class	Pond Garden Villa
Xe Pian	Kingfisher Eco-Lodge	First Class	Deluxe Bungalow
Don Khong	Pon Arena Hotel	First Class	Deluxe Room
Don Det	Little Eden Guesthouse	Standard	Deluxe Room
Stung Treng	Golden River Hotel	Standard	Standard Room
Kratie	Mekong Dolphin	Standard	Deluxe Room
Kampong Cham	Monorom VIP Hotel	Standard	Deluxe Room
Kampong Thom	Glorious Hotel and Spa	First Class	Deluxe Room
Siem Reap	Angkor Paradise Hotel	First Class	Deluxe Room

*Standard hotel check in 14:00 PM/ Check out 12:00 noon*

**PRICING: in US Dollars per person for shared twin/double**  
*Rates are valid until: 31 December 2020*

Number of persons	2	3-4	5-6	7-10	11-15	SGL Supp.
Per Person in USD	2,785	2,279	2,089	2,065	1,849	455

*Note: Reservations during peak times (Christmas, New Year, National Holidays) may be subject to supplementary charges and compulsory meals*

### Our services include:

- Vehicles: (varies based on local conditions and vehicle sizes available). Private air-conditioned vehicle for transfer and back up as itinerary.
- Bike, helmet, 1 biking water bottle per person
- Plenty of water provided throughout the day when cycling
- Local fruits, snacks and bottled drinking water (5 litre/1 biker/1 day) in cycling days.
- Boat trips as indicated in itinerary.
- Ferry fees and other river crossings
- Adventure Certified English Speaking Guide
- 1 assistant guide for 8-15 Pax.
- 1 first aid kit per guide
- Each guide will have a full set of travel bike tools
- Main support vehicle will have spare parts
- Meals as mentioned in the itinerary (B – Breakfast, L – Lunch, D – Dinner)
- Sightseeing tickets where mentioned in the itinerary.



- Accommodation as listed above.
- Flight reconfirmations
- A/C Support Vehicles for Transfer (varies based on local conditions and vehicle sizes available)

**Our services don't include:**

- Visa arrangements
- International and domestic flights
- Meals other than mentioned above
- Soft drinks, or beverages beyond water – we can add this into costs at agents request
- Beverage and alcoholic drinks at mealtimes
- Tips for Guides, driver, boat crew & hotels 'porters.
- Energy drinks or powders, performance bars, or performance gels
- Personal Travel Insurance
- Personal expenditure (laundry, telephone etc.)
- Credit card/bank transfer fees
- Any other services not clearly mentioned in the itinerary and in the inclusive portion
- Other language speaking guides

**Important Notes:**

- We strongly recommend the purchase of travel insurance (covering emergency medical evacuation) for trips to Laos and Cambodia.
- Prices are valid 30 days from date of offer. Past this date price and conditions may be readjusted.
- The cost of air tickets is subject to change without prior notice by the airlines.
- Reservations during peak times (Christmas, New Year, National Holidays) may be subject to supplementary charges.
- Rooms at hotels are available only from 1400 on arrival day till 1200 on departure date. A supplement will be added if early check-in or late check-out is desired.
- Please note that all the above services & tours have yet to be booked, they are proposed for your information only and we will not make any reservations before we receive your confirmation to do so.
- If one or some proposed service(s) is (are) not available at the moment of booking, we will try to find other possibilities/options or other similar service(s) in order to avoid changes to the program.
- This trip can be done by Road Bike as well, but clients need provide their own bikes.
- Payment/ cancellation: 30% non-refundable deposit at the time of booking, balance due 60 days prior to departure. All payments to be made in NZ\$ using latest exchange rates at the time of booking/ balance due date. Cancellation conditions/ charges per our [T&Cs](#).