

CYCLING SAIGON TO ANGKOR WAT CHALLENGE

12 Days/11 Nights

Follow the Mekong River upstream to the ancient ruin complex of Angkor Wat. Peddle down small lanes, taking local ferries, and cycling over small bridges through the maze of rice paddies, fruit orchards, and small villages that make up the Mekong Delta. Explore the ancient temples and rural villages of Cambodia, gateways, and walls that once made up a thriving metropolises.

Day	Destination	Activity	Difficulty	Transfer	Meals	Hotels
1	Arrive Saigon	Dinner	-	30 mins	-/-/D	Le Duy Grand
2	My Tho – Tra Vinh	Cycling up to 52km	Medium	2 hours	B/L/D	Cuu Long
3	Tra Vinh – Can Tho	Cycling up to 82km	Hard	1 hour	B/L/D	Iris Can Tho
4	Can Tho – Chau Doc	Cycling up to 92km	Hard	2 hours	B/L/D	Chau Pho
5	Chau Doc – Xa Xia – Kep	Cycling up to 90km	Easy	1 hour	B/L/D	Veranda Natural Resort
6	Sihanoukville	Cycling up to 85km	Medium	1 hour	B/L/D	Ren resort
7	Phnom Penh	-	-	4 hours	B/L/D	Frangipani Royal Palace
8	Phnom Penh	Sightseeing	Easy	30 mins	B/L/D	Frangipani Royal Palace
9	Kampong Thom	Cycling up to 89km	Medium	2 hours	B/L/D	Sambor Village Hotel
10	Siem Reap	Cycling up to 65km	Medium	2 hours	B/L/D	Natura Resort
11	Siem Reap	Cycling up to 30km	Easy	20 mins	B/L/D	Natura Resort
12	Departure from Siemreap	-	-	20 mins	B/-/-	-

Day 1: Arrive in Saigon (-/-/D)

Upon arrival to Ho Chi Minh City, you will be picked up at the airport and transferred to your hotel. After a trip briefing and bike fitting, enjoy a welcome dinner at one of the city's best restaurants.

Overnight in Ho Chi Minh City

Distance & journey time:

Transfer: 30 mins

Day 2: Ho Chi Minh City - My Tho - Tra Vinh (B/L/D)

After breakfast, transfer by road to My Tho, the gateway to the Mekong Delta and the start of your cycling journey. Travel through the heart of the delta along narrow paths, past fields of sugar cane, fruit plantations, and lush green rice paddy fields. Enjoy watching the activities of the locals and soaking in the atmosphere as you pedal along the waterways to Tra Vinh.

Overnight in Tra Vinh.

Distance & journey time:

Transfer: 2 hours

Cycling distance up to: 52km

Difficulty: Medium



Day 3: Tra Vinh - Can Tho

(B/L/D)

After your breakfast we head off along roads lined with Khmer temples and fascinating river scenes all the way to Can Tho. Stop along the way to rest your legs and visit peaceful temples, observe the local farmers, and visit a local school to spend time with the students. The journey is flat and picturesque through this part of the delta.

Overnight in Can Tho.

Distance & journey time:

Transfer: 1 hour

Cycling distance up to: 82km

Difficulty: Hard

Day 4: Can Tho – Chau Doc

(B/L/D)

After an early breakfast we set off by boat to the Cai Rang – Phong Dien floating market, seeing a multitude of boats trading livestock, fruits, rice and fish. Cruising amongst the action is a great way to experience the local life.

Your last day of cycling in Vietnam's Mekong Delta takes you through different scenery as you head southwest toward Cambodia. The roads have a slight undulation and mountains begin to appear in the far distance. As you approach the town of Chau Doc, veer off toward Sam Mountain where a steep climb will reward you with spectacular views of the surrounding countryside. Coast back down the mountain and return to Chau Doc in time for dinner.

Overnight in Chau Doc

Distance & journey time:

Transfer: 2 hours

Cycling distance up to: 70km

Difficulty: Hard

Day 5: Chau Doc – Xa Xia – Kep

(B/L/D)

After breakfast, we start to ride from the hotel ascending Sam Mountain alongside with dozens of pagodas and temples the magnificent view of Cambodia is just a few kilometers away. We also visit the Tay An pagoda; the eclectic iconography alludes to the religious history of the region with Hindu,

Islamic, and Buddhist aspects. After Sam Mountain, we say good bye to Chau Doc and continue riding to Xa Xia border. Your bike will remain in Vietnam as you walk across the border.

Once across the border, your new team will be ready to greet you with your new bikes. and give you a warm welcome to Cambodia.

Our ride in Cambodia starts with an amazing rural ride from the border to Kep. Kep is a small beach resort with much colonial charm tucked away from the beach. On our ride today we will see many farmers looking at you curiously from under their rice hats and children shouting hello to us.

Upon arrival in Kep we check in at the resort and take the rest of the day off.

Overnight in Kep

Distance and journey time:

Transfer : 1 hour

Cycling distance up to: 90 km

Difficulty: Easy



Day 6: Kep – Sihanoukville

(B/L/D)

We depart today for 85km ride to Cambodia's premier beach resort, Sihanoukville. This ride is beautiful and all over good tarmac roads. As we cycle, we'll catch glimpses of the Gulf of Thailand here and there.

This very quiet and relaxing ride passes by Kampot and its Damrei Mountains (or Elephant Hills). On top of these hills is Bokor Hill Station which is visible from the road. These mountains form a perfect back drop of today's ride. In Kampot we enjoy a short cycle or walk through this provincial capital with its many well preserved French colonial buildings. We cycle onwards through the paddy fields towards Veal Rinh. There we can chose to transfer or cycle the additional 40km over the 7 hills of Sihanoukville.



Overnight in Sihanoukville

Distance and journey time:

Transfer from the finish point to Sihanoukvill: 1 hour

Cycling distance up to: 85Km

Difficulty: Medium

Day 7: Sihanoukville – Phnom Penh

(B/L/D)

After breakfast we are free to enjoy a morning at the beach. After lunch at 2PM we start our transfer to Cambodia's capital; Phnom Penh, which was once considered the most beautiful city in the orient. The remains of many colonial buildings are still present in the city.

Phnom Penh has several world famous landmarks to visit, which mostly relate to Cambodia's turbulent past. We check into our hotel and are free to fill in dinner.

Overnight in Phnom Penh

Distance and journey time:

Transfer from Sihanoukville to Phnom Penh: 4 hours

Day 8: Phnom Penh City Tour

(B/L/D)

Breakfast at the hotel.

This morning we will visit the **Tuol Sleng Prison (S21)** an extermination camp for political prisoners during the terror reign of the Khmer Rouge and **Killing Fields** to learn about Cambodia's turbulent past under the Khmer Rouges regime. After that we'll transfer you to have lunch at Cabaret Restaurant. After lunch, you'll start our city tour. First, head to the **Royal Palace**. This palace dates back to 1866 and houses the Silver Pagoda, named for the over 5000 heavy silver tiles that cover its floors. Its original name is Wat Prakeo, meaning Temple of the Emerald Buddha. In this temple you will view a collection of Buddhas in gold, silver, crystal, and bronze.



Your next stop is the **National Museum**, built in traditional Khmer style. It houses the world's foremost collection of ancient Khmer artistic, archaeological, and religious artifacts from the 4th to the 13th centuries. Over 5,000 pieces are on display, constituting the repository of the Kingdom's cultural wealth. In addition, the roof space is home to a large bat colony!

Return to your hotel, where you will have some time at leisure. Tonight, you will be treated to a delicious Khmer welcome dinner at **Romdeng**, a lovely charity restaurant where former street children are taught the principles of hospitality. The restaurant is located in a restored colonial building with an atmospheric garden right in the city centre.

Overnight in Phnom Penh,

Distance and journey time:

Transfer from Killing fields to restaurant: 30 mins

Cycling distance up to: 20km

Cyclo tour: 4hours

Difficulty: Easy

Day 9: Phnom Penh – Oudong – Kampong Thom

(B/L/D)

Today we start by taking the back roads out of the modern capital of Cambodia – Phnom Penh for about 45 km to the town **Oudong** where we branch off towards Phnom Prah Reach or Oudong Mountain, once the capital of Cambodia. The 400-plus steps to the top will get the legs working overtime, but the view is worth it! This ride gives us a chance to see rural Cambodia - stilted houses, rice paddies, ox carts, waving children and of course the friendly Khmer people.

There are plenty of opportunities to shoot pictures along beautiful stretches of the Tonle Sap River. We'll stop for lunch along the way. Afterward we'll make our best speed where we will finish for today and then transfer to Kampong Thom.

Distance and journey time:

Transfer from Phav to hotel: 2 hours

Cycling distance up to: 89 km

Difficulty: Medium

Day 10: Kampong Thom – Siem Reap

(B/L/D)

We start the day with a short transfer to the ancient temple site of **Sambor Prey Kuk**. This temple site was constructed in the 7th century and functioned as the capital of the Chenla Empire. After our visit we will avoid some of the poorer roads in Siem Reap province by transferring 85km for about 2 hours to an ancient bridge at **Kampong Kdei**, one of the best examples of the remaining 800 year old bridges in Cambodia.



After that will continue to the small town of **Damdek**, where we will offload the bikes and begin cycling toward Siem Reap for 65km.

Overnight at Siem Reap

Distance and journey time:

Transfer from hotel to Domdek: 2 hours

Cycling distance up to: 65km

Difficulty: Medium

Day 11: Siem Reap – Angkor Complex

(B/L/D)

This morning we start our bike ride to the entrance of **Angkor Wat** and head to **Ta Prohm**, famous from the film Tomb Raider, and deliberately left by French conservationists in the same condition as it was discovered; overgrown by strangler fig and silk-cotton trees, giving the temple a mystical and romantic appeal. We continue to **Angkor Thom**, **Bayon** temple and the Terrace of the Elephants. We enjoy lunch at the **Angkor Café** before we explore the biggest religious Hindu edifice in the world - **Angkor Wat**. Considered the masterpiece of Khmer



architecture, this Vishnuite temple is the King's funerary temple, which is why the temple is orientated to the West. Inside the temple the walls are covered by carvings and bas-reliefs depicting Hindu mythology and the wars Suryavarman II fought during his reign.

After our visit to these magnificent temples we cycle back the 7 km to Siem Reap.

Overnight at Siem Reap

Distance and journey time:

Transfer from hotel to ride point: 20mins

Cycling distance up to: 30km

Difficulty: Easy

Day 12: Siem Reap – Departure

(B/-/-)

Enjoy the day at leisure. Transfer to the airport for your individual departure flight.

Distance and journey time:

Transfer to the airport: 20 mins

*******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 Name	Hotel Category	Room Type
Ho Chi Minh City	Le Duy Grand	First Class	Junior Deluxe
Tra Vinh	Cuu Long	First Class	First class
Can Tho	Iris Can Tho	First Class	Deluxe
Chau Doc	Chau Pho	First Class	Superior
Kep	Veranda Natural Resort	First Class	Deluxe
Sihanoukville	Ren resort	First Class	Standard
Phnom Penh	Frangipani Royal Palace	First Class	Deluxe
Kampong Thom	Sambor Village Hotel	First Class	Deluxe
Siem Reap	Natura Resort	First Class	Deluxe

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: December 2020

Number of persons	1	2	3-4	5-6	7-10	11-15	16	SGL Supp
Price per Person	4,415	2,550	2,110	2,025	2,015	1,750	1,665	450

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

Our services include:

- 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
- Snacks and local fruits
- Certified English Speaking Guide
- 1 assistant guide for 8-15 cyclist, 2 assistant guides for 16+ cyclists
- 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

Our services don't include:

- Visa arrangement
- International and domestic flights
- Meals other than mentioned above
- Beverage and alcoholic drinks at mealtimes
- Tips
- Energy drinks or powders, performance bars, or performance gels, etc.
- Personal Travel Insurance
- Personal expenditure (Laundry, telephone)
- 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
- 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.
- **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](#).