

Highlight

- Beautiful cycling roads
- Sihanoukville beach
- Impressive Angkor temples
- Boat trip to Siem Riep

Itinerary at a glance

- Day 1:** Arrival in Phnom Penh
- Day 2:** Transfer to Sihanoukville
- Day 3:** Ride to Kampot
- Day 4:** Island tour in Kampot
- Day 5:** Ride to Takeo
- Day 6:** Ride to Phnom Penh
- Day 7:** Fly to Siem Riep
- Day 8:** Explore Angkor Wat by bike
- Day 9:** Ride to Banteay Srey
- Day 10:** Ride to Beng Mealea
- Day 11:** Ride back to Siem Riep thru Phnom Kulen
- Day 12:** Ride to the Grand Circuit and boat trip on Tonle Sap
- Day 13:** Departure

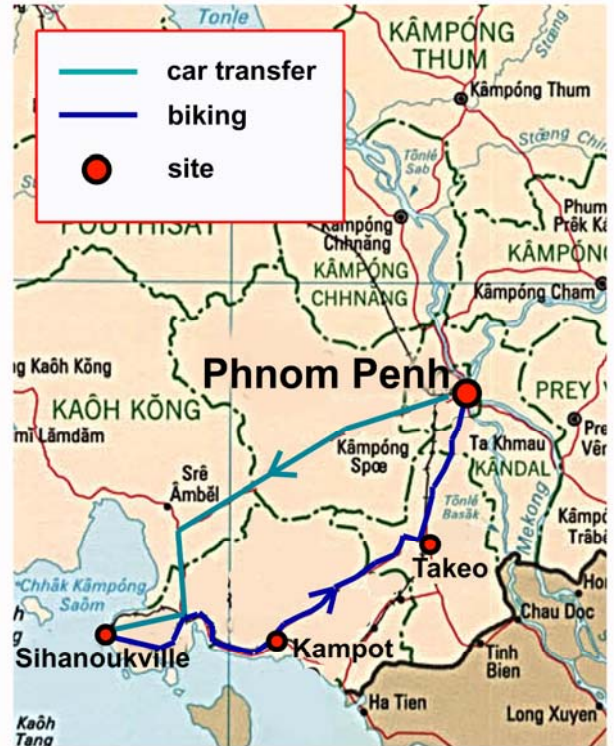
Trip note

- Duration:** 13 days, 12 nights
- Group size:** 08 persons
- Depart from:** Phnom Penh
- End at:** Siem Riep
- When:** Year round
- Activities:** Cycling, Angkor temples exploration, Boat trip
- Biking grade:** Moderate to Challenging
- Transportation:** Mountain bike, AC vehicle, Boat
- Accommodation:** 10 night hotel, 1 night guesthouse, 1 night camping
- Tour guide:** English speaking guides
- Meals:**
 - Day 1: Welcome Dinner
 - Day 2: Breakfast
 - Day 3: Breakfast, Lunch, Dinner
 - Day 4: Breakfast, Lunch
 - Day 5: Breakfast, Lunch, Dinner
 - Day 6-9: Breakfast, Lunch
 - Day 10-11: Breakfast, Lunch, Dinner
 - Day 12: Breakfast, Lunch
 - Day 13: Breakfast



Note on client safety

We reserve the right to deviate from this itinerary for any reasons, including road and weather conditions, frequency of visits to a village, or for any other factor which may influence client safety.



Tour cost

Please contact our **Customer Service** at info@activetravel.asia or call +84 97 980 0588 (24/7 LiveHelp)

Inclusion:

- Hotel room base on twin shared
- Camping with twin shared tent
- Domestic air ticket one way PHN - REP
- Meals as indicated in the program
- Support vehicle for the whole trip
- All airport transfer with AC vehicle
- English speaking guide
- Mountain bikes & helmet
- Boat trip on Tonle Sap
- 01 bottle of drinking water per day
- Sightseeing and entrance fee

Exclusion:

- Visa
- International air-ticket and airport tax
- Travel Insurance
- Personal expenses

Food

All meals, which are indicated in the itinerary, are included in the price of this trip. In big towns we will enjoy Khmer cuisine in fine restaurants. Once we travel away from big towns, the emphasis will be on healthy and nutritious fresh local produce.

Please inform us at the time of booking if you have any special dietary requirement.

Hotel & Camping

In main cities we use the finest 3-star with centre location. In remote towns we use the best accommodation available. Please contact us if you prefer higher hotel category.

Our campsite would be at either scenic site or near local villages. You will be provided with double tent, air mattress, mosquito net, sleeping bag or blanket. Shower is available at the campsite.



The biking day

A typical biking day starts at about 8.30 am after breakfast. Lunch times can vary depending on the distance. We aim to reach the next overnight stop by 4.30 or 5. During the biking we will have short breaks for rest, snack and photographing.

ATC tour guide

The tour will be guided by our local tour guides who are experienced in guiding culture tour and biking tours. They have been carefully trained in their field. They are also fully licensed in tour guiding by the government. In addition, they have been trained in first-aid and they know how to deal with difficult situations. You will have a great time traveling with them.

What to bring

Biking shoes or sandal, sun block, anti-insect repellent, sunglasses, rain coat, flash-light, toiletries, original passport.

Detailed Itinerary

Day 1: Arrival in Phnom Penh

Upon arrival in Phnom Penh you will meet our guide at the airport and transfer to hotel downtown. It is depend on the time you arrival that you would have a short city tour in the afternoon or just relax in the hotel after check-in. Phnom Penh is a bustling capital where traditional Asian customs meet essential western customs in a very charming way. In the evening we will have a tour briefing and welcome dinner with Khmer delicacies. Overnight in Phnom Penh.

Summary

Transfer airport – hotel: 20 mins

Meal: Welcome dinner

Accommodation: Hotel in Phnom Penh

Day 2: Phnom Penh – Sihanoukville

After our breakfast we depart for Cambodia's foremost beach resort: Sihanoukville. Upon arrival in Sihanoukville we check in hotel and enjoy the beach.

In the late afternoon we will fit the bikes and have

a ride around town to “get in the mood of cycling”. We will visit a pagoda on top of the hill from where you can admire a great view along the coast of Sihanoukville before we return to our hotel.

Overnight in Sihanoukville.

Summary

Transfer to Sihanoukville: 3.5 hrs

Meal: Breakfast

Accommodation: Hotel in Sihanoukville



Day 3: Sihanoukville – Kampot

After breakfast we transfer about 15km out of town to avoid the steep hills and heavy traffic. The ride today is a real challenge for any rider not because of the difficult terrain but the long distance. We have to cover 80km. However, the support vehicle will be ready whenever you need. We cycle the coastal road to Kampot town which have the magnificent Elephant Mountains as a backdrop. We will ride through peaceful countryside and encounter friendly locals who will greet you with broad smiles and curious faces. Picnic lunch on the way.

Kampot is a small provincial capital situated on the banks of a river with a relaxing and shady boulevard. There are still many French colonial buildings present in town and it has a truly relaxing atmosphere overlooking the mountain range and sunset over the river. Overnight in Kampot.

Summary

Biking: 80 km, smooth paved road

Meal: Breakfast, Lunch, Dinner

Accommodation: Hotel in Kampot

Day 4: Rabbit Island

A trip to the Cambodian coast simply would not be complete without some true island relaxation. In the morning after breakfast we take a short boat ride takes us to neighboring island of 'Koh Tonsai', or Rabbit Island, leaving us to enjoy the beaches, swimming, snorkeling and lunch with seafood. We also explore the island to learn about the simple rural life of the island's residents.

In the afternoon, take the boat back to Kampot. Overnight in Kampot.

Summary

Meal: Breakfast, Lunch

Accommodation: Hotel in Kampot

Day 5: Kampot – Takeo

After breakfast we depart for Takeo, a small town that is truly Cambodian in any sense. Today is also a long riding day with 75km we have to cover. Again, the support vehicle will be ready whenever you need. Today we will have a combination of smooth paved road and slightly bumpy village roads. The accommodation for tonight is basic but comfortable enough to spend a night in Takeo. Dinner in local restaurant and overnight in guest house.

Summary

Biking: 75 km, smooth paved road combined with village road

Meals: Breakfast, Lunch, Dinner

Accommodation: Guesthouse in Takeo



Day 6: Takeo – Phnom Penh

We depart early for Phnom Penh. The first leg of the trip is peaceful with riding through villages and fields. We would see Cambodian farmers working hard on their farms. We stop several times for a snack break and continue towards Tonle Bati Temple, an ancient Angkorian style temple which has been preserved quite well. The pretty garden around it makes it a great treat before you explore the massive Angkor Wat complex. Overnight in Phnom Penh. Lunch in local restaurant and then we continue cycling to ward Phnom Penh. We arrive in Phnom Penh in late afternoon. Check in hotel and quite sure that we would be in mood for a glass of Angkor beer. Overnight in Phnom Penh.

Summary

Biking: 75 km, smooth paved road combined with village road

Meals: Breakfast, Lunch

Accommodation: Hotel in Phnom Penh

Day 7: Phnom Penh – Siem Reap

Breakfast in the hotel and transfer to the airport for a short flight to Siep Riep. Upon your arrival in Siem Reap we check in hotel and free at leisure until lunch. The highlight of your trip awaits you at Angkor Wat and you will start cycling the 8km towards the complex as soon as you finished your lunch. Today we just make an orientation tour by bicycle passing impressive temples of Angkor Wat, Bayon, ta Prohm,... Back to the hotel in afternoon. Overnight in Siem Reap.

Summary

Biking: 15 km, smooth paved road

Meals: Breakfast, Lunch

Accommodation: Hotel in Siem Riep

Day 8: Siem Reap – Angkor Complex

After breakfast we start exploring Angkor Wat by bike. Angkor Wat is one of the biggest religious monuments in the world and represents the Khmer heritage. It's stunning base relief, massive towers and huge entrance way will simply awe you in every sense.

We continue heading to the former capital Angkor Thom (Bayon, Terrace of the Elephants) and Ta Prohm. Ta Prohm is famous for its massive overgrown trees. It was used as set for the movie Tomb Raider. Lunch in local restaurant.

In the afternoon, we cycle to Banteay Kdey and explore this massive complex before we head back to Siem Reap for refreshing ourselves and dinner. Overnight in Siem Reap.

Summary

Biking: 25 km, smooth paved road

Meals: Breakfast, Lunch

Accommodation: Hotel in Siem Riep

Day 9: Siem Reap – Banteay Srey – Siem Reap

After breakfast at the hotel we depart for Banteay Srey. Banteay Srey remains the best preserved temple in Cambodia and offers stunning bass relief and other stone carvings. The temple is only small in size but of huge significance in understanding the Angkorian Era. On the way to Siem Reap we pass Banteay Samre, a miniature Angkor Wat, which is relatively unexplored. The road to these temples passes pretty countryside. From there we cycle through the Angkor Complex back to Siem Reap. Along the way you will be able to enjoy the stunning views of some of the most impressive temples of the Angkor Complex. Overnight in Siem Reap.

Summary

Biking: 60 km, flat country road

Meals: Breakfast, Lunch

Accommodation: Hotel in Siem Riep

Day 10: Siem Reap – Rolous – Beng Mealea

After breakfast in hotel we start cycling towards Rolous group. The oldest Angkor temple complex around Angkor and dates back to the 8th and 9th century. The three main temples are Lolei, Preah Ko and Bakong. After our exploration and a picnic lunch we continue to Beng Mealea Temple which is truly a hidden gem in jungle. Upon our arrival we set up our camp and enjoy dinner at the campsite. Overnight camping.

Summary

Biking: 60 km, flat country road

Meals: Breakfast, Lunch, Dinner

Accommodation: Camping

Day 11: Beng Mealea – Phnom Kulen – Siem Reap

After breakfast at the campsite we explore Beng Mealea. Beng Mealea is a relatively unexplored temple. This huge complex is covered by jungle and receive few visitor. It's a real treat for anyone who loves nature, religion and history.

We continue our ride to the foot of the Phnom Kulen Hills. It's only a short ride to Kulen along a very deserted main road that leads through great local villages and nice paddy fields. From there we continue our riding towards Siem Reap. The last 20km will lead us pass several temples and mainly countryside. Overnight in Siem Reap.

Summary

Biking: 30 km, flat country road

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Siem Riep

Day 12: Siem Reap – Grand Circuit of Angkor – Tonle Sap – Siem Reap

After breakfast we set off for the morning ride towards the "Grand Circuit" of Angkor Wat. This road will lead pass temples such as Preah kahn, Neak Pean and West Mebon. The shady roads contribute to a nice experience and through the forest you will be able to "discover" some great structures from the 12th and 13th century.

In the afternoon we transfer to the lake. The Tonle Sap Lake lies in the heart of Cambodia. It's the largest fresh water lake in South East Asia and its biodiversity put the Tonle Sap on the Ecological Wonders of the World list. Half of the Cambodian population relies on this lake. The many floating villages are spectacular to see and on this tour you will visit Chhong Kneas, one of the largest floating villages. Overnight in Siem Reap.

Summary

Biking: 45 km, flat country road

Meals: Breakfast, Lunch

Accommodation: Hotel in Siem Riep

Day 13: Departure

After breakfast you are free to explore the town of Siem Reap and shopping in local market. Transfer you to the airport and wish you a great flight back home

Summary

Transfer Hotel - Airport: 20 mins

Meals: Breakfast

Holiday Extensions

Mekong Explorer

Saigon - Vinh Long - Chau Doc - Can Tho - Saigon
4-day tour with over 3-day biking

If one wants to get to know an area, biking is a real delight. Our biking trip is truly an opportunity to participate in the everyday life of the Mekong Delta. We can pedal amid schoolchildren, ride behind women with squealing pigs tied on their bicycle, or talk with men biking to work in suits. On this special trip, we ride through beautiful areas of lush fruit orchards, endless paddy fields, lively floating market and busy canals.

For more details please see at <http://www.activetravelvietnam.com/tour.php?op=detail&tourId=19>



Lang Co Beach – Centre Coast Vietnam

Lang Co sports a beautiful beach with white sand, clear water and shady palm trees. Best time to visit is from April to the end of July. During the winter months it can be too chilly for sun bathing.

Lang Co is on the Hanoi to Ho Chi Minh City line so the train is a convenient way to get there. Only regular trains stop at Lang Co, the nearest stop for express trains is Danang. You can also arrive by road from either Danang 35km to the south or Hue which is about 60km to the north.

Nha Trang Beach – Centre Coast Vietnam

The south central coast has finest beaches and the best-known beach resort is Nha Trang with its white sandy beach and swaying palm trees.

A boat trip on the clear blue-green waters of Nha Trang Bay with some snorkeling among the coral reefs and a fresh seafood lunch is a great way to spend a day in Nha Trang. For scuba divers there are several diving shops along the beach offering professional dive services.

Away from the beach Nha Trang has some other interesting attractions including Long Son Pagoda, with its enormous seated white Buddha statue, and the 7th century Po Nagar Cham Towers.

Phan Thiet – Mui Ne Beach – Centre Coast Vietnam

Further south, and just 200km north of Ho Chi Minh City, is the small fishing town of Phan Thiet. While Phan Thiet is a pleasant enough town, the real attraction is the nearby Mui Ne Peninsula and its 10km of sandy beaches and coconut groves. Many attractive small-scale beach resorts have opened up in recent years amongst the palm trees of Mui Ne and it has become a popular place to rest up for a few days.

Phu Quoc Island – Vietnam

A mountainous island that is still mostly forested, Phu Quoc is blessed with some beautiful white sandy beaches and clear blue seas.

The island is famous throughout for the production of black pepper and its fish sauce, said to be the best in the country. Several small-scale beach resorts have opened over the past few years on Phu Quoc and it is connected by a daily flight to Ho Chi Minh City.

To book these holiday extensions, please contact our sales team at info@activetrave.asia

ACTIVELY EXPLORING HIDDEN LANDS