

**Highlight**

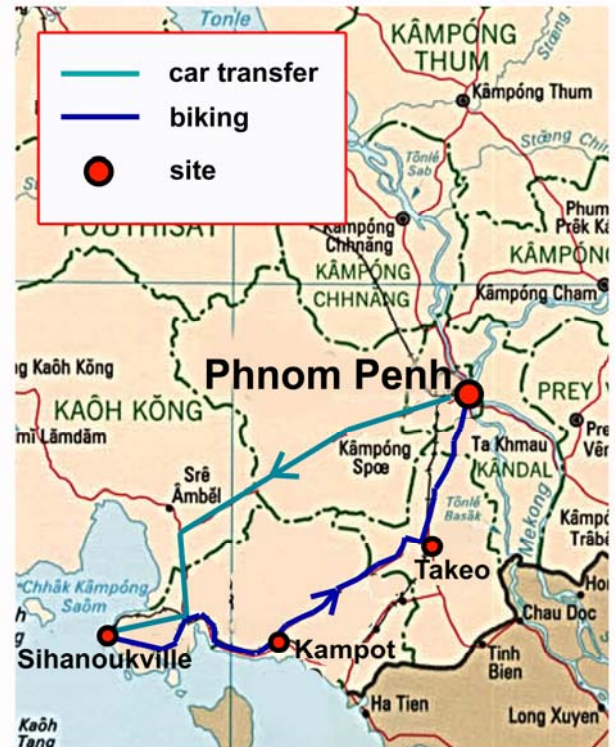
- Beautiful cycling roads
- Sihanoukville beach
- Phnom Penh tour
- Rabbit Island

**Itinerary at a glance**

- Day 1:** Arrival in Phnom Penh
- Day 2:** City tour of Phnom Penh
- Day 3:** Transfer to Sihanoukville
- Day 4:** Ride to Kampot
- Day 5:** Island tour in Kampot
- Day 6:** Ride to Takeo
- Day 7:** Ride to Phnom Penh
- Day 8:** Departure

**Trip note**

- Duration:** 8 days, 7 nights
- Group size:** 08 persons
- Depart from:** Phnom Penh
- End at:** Phnom Penh
- When:** Year round
- Activities:** Cycling, Angkor temples exploration, Beach relaxation
- Biking grade:** Moderate to Challenging
- Transportation:** Mountain bike, AC vehicle, Boat
- Accommodation:** 6 night hotel, 1 night guesthouse
- Tour guide:** English speaking guide
- Meals:**
  - Day 1: Welcome Dinner
  - Day 2: Breakfast, Lunch
  - Day 3: Breakfast
  - Day 4: Breakfast, Lunch, Dinner
  - Day 5: Breakfast, Lunch
  - Day 6: Breakfast, Lunch, Dinner
  - Day 7: Breakfast, Lunch
  - Day 8: Breakfast



**Tour cost**

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

**Inclusion:**

- Hotel room base on twin shared
- Meals as indicated in the program
- Support vehicle for the whole trip
- All airport transfer with AC vehicle
- English speaking guide
- Mountain bikes & helmet
- 01 bottle of drinking water per day
- Sightseeing and entrance fee

**Exclusion:**

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

**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.



## 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

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.



## 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

small hill to see Wat Phnom Temple, the birth place of Phnom Penh. Lunch in local restaurant.

We will spend the rest of day shopping at the Central Market and Toul Tompong Market where you will feel a bustling daily life of local people with Cambodia's special character through local specialties, their houses, their faces, Palaces and buildings of Khmer & Colonial style architecture.

#### Summary

City tour: Full-day  
Meal: Breakfast, Lunch  
Accommodation: Hotel in Phnom Penh

### Day 2: Phnom Penh city tour

Our city tour starts with a visit the Tuol Sleng Genocide Museum, the site is a former high school which was used as the Security Prison 21 (S-21) by the communist Khmer Rouge regime from its rise to power in 1975 to its fall in 1979. Then head to the famous Royal Palace which was built in 1866 under the French protectorate and King Norodom and the National Museum, a treasure chest of Angkorian and pre-Angkorian artifacts. After the museum, we will scale up the steps of a



### Day 3: 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 4: 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 5: 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 6: 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 7: 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 8: Departure

Breakfast and free at leisure until you transfer to the airport for flight home. Trip finishes.

#### Summary

Transfer hotel - airport: 30 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@activetravel.asia](mailto:info@activetravel.asia)

**ACTIVELY EXPLORING HIDDEN LANDS**