

# Backroads of Cambodia Bike

Trip Code: CAMB

Version: CAMB Backroads of Cambodia



CYCLE



GUIDED GROUP



LEISURELY



## HIGHLIGHTS

- Short and fun day-rides amongst the amazing temples at Angkor
- Travel by boat on the lake of Tonle Sap and the Sangkae River
- Dirt road cycling in the Kirirom National Park and in the Cardamom Mountains
- Phnom Penh and a sunset cruise on the Mekong River

## AT A GLANCE

- 10 days biking
- 260 kms
- 20% off-road - 90% vehicle supported
- Join at Siem Reap, End in Phnom Penh

## ACCOMMODATIONS & MEALS

- 13 Breakfasts
- 11 Lunches
- 12 Dinners
- 8 nights Hotel
- 1 nights Lodge
- 2 nights Homestay
- 2 nights Bungalow

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Born out of the Khmer Empire, which dominated much of the region 1000 years ago, the Kingdom of Cambodia is one of the most exciting of South-East Asian destinations. This leisurely cycle tour is simply the best way to explore the highlights of a country whose chief means of transport often seems to be the bike. Starting out in Siem Reap, we are provided with our bikes and set off to explore on backroads and village trails amongst the breathtaking temples of Angkor Wat.

We also seek out less well-known temples and sacred sites, such as Kbal Spean, hidden in the forest. A boat trip on the great waterway of Tonle Sap then takes us to Battambang, set in a landscape of rice fields, palm trees and pretty riverside villages. Moving on via a forest ride in the Kirirom National Park, we have 2 nights at a homestay in Chi Phat on the edge of the Cardamom Mountains, where we ride on jungle trails to the waterfalls of O'Malu and to the tribal village of O'Kay. Descending from the mountains, we transfer to the beachfront town of Kampot, for some R&R, including a boat trip to an island in the Gulf of Thailand. A final city tour of Phnom Penh and a sunset cruise on the Mekong River is a great way to sign off on this unforgettable adventure. A leisurely mountain biking holiday, offering the chance to experience the very best of Cambodia.

## Is this holiday for you?

**ADVENTURE CYCLING.** Leisurely cycling on backroads and dirt trails between the temples and villages that we visit, this is our easiest biking holiday. We ride for an average of just 25 kilometres each day, with the emphasis on sightseeing. The most challenging days are in the Kirirom National Park and in the foothills of the Cardamom Mountains, where we will encounter some slightly more rolling terrain and easy forest tracks. The day in the Kirirom National Park involves a lot of ascent on a tarmac road. Clients finding this day to be difficult can take advantage of the support vehicle. Anyone who rides a bike occasionally will manage this holiday. Vehicle support is available for most of the route. Bikes (Trek 3700 with front suspension, V-brakes and Shimano components) are provided locally within the cost of the holiday.

# Itinerary

Version: CAMB Backroads of Cambodia

## DAY 1

**Meet at the hotel in Siem Reap. A single group transfer from Siem Reap Airport is provided.**

Your holiday starts at the hotel in Siem Reap. A single group transfer from Siem Reap Airport is provided. The remainder of the day is free for catching up on sleep following the long flight, or for independent sightseeing. Siem Reap is located a few kilometres south of Angkor Wat and extends along the banks of the Siem Reap River. As the gateway to the Angkor complex, the town is a popular tourist destination, with colonial and Chinese style architecture in the old French Quarter and some colourful and bustling markets.

Meals: **D**



**Accommodation**  
Hotel

## DAY 2

**Cycle quiet roads to the Banteay Srei Temple. Drive to Thousand Lingas River, return to Siem Reap.**

After breakfast, you will pick up your bikes and the local guide will be on hand to make sure you get the right size. During our time at Siem Reap, we will make several excursions by bike and on this first day we will ride out beneath the peak of Phnom Bok, taking quiet roads to the temple of Banteay Srei, which is located 23 kilometres to the north-east of Angkor Wat. Banteay Srei or 'Citadel of Women' is one of the most elaborate temples in the Angkor region and arguably the jewel in the crown of Angkorian artisanship, with perhaps the finest stone carving seen anywhere on earth. After a visit to the temple and a relaxing packed lunch, we have a short bus transfer to take a walk beside one of the tributaries of the Siem Reap River to the site known as Kbal Spean, the 'Thousand Lingas River'. Rocks on either side of the stream and even under the water have been intricately carved. The carvings represent epic Hindu themes; including Shiva, Nandi (Shiva's bull), as well as the innumerable phalluses. A refreshing dip in a waterfall is the ideal way to end our first day, before we return to our hotel in Siem Reap.

Meals: **B L D**



**Accommodation**  
Hotel



**Ascent**  
40M



**Descent**  
20M



**Time**  
1 hr cycling



**Distance**  
18KM

**DAY 3****Ride to main Angkor Watt complex and visit many of the best sites. Return to Siem Reap.**

We leave the hotel by bike for the world famous temples of Angkor, a source of national pride to all Khmers after years of horrific war and trauma. Bypassing the main tourist route we follow small dirt roads and narrow jungle paths which lead us to the stunning spectacle of Angkor Wat, the biggest of the Angkor temples and a UNESCO World Heritage Site since 1992. Angkor Wat is the largest Hindu temple complex and the largest religious monument in the world. Literally translated, Angkor Wat, means 'heaven on earth' and has become a national symbol of Cambodia. Angkor is the earthly representation of Mt Meru, the Mount Olympus of the Hindu faith and the abode of ancient gods. We will spend some time looking around the site and then, at sunset, we will climb the pyramid at Pre Rup. As the sun goes down, the majestic reddish hues of the temple are intensified and views of the surrounding rice fields of the Eastern Barray are quite stunning. We return to our hotel in Siem Reap.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 40M		<b>Descent</b> 50M		<b>Time</b> 2 hrs cycling		<b>Distance</b> 20KM
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**DAY 4****Rural ride to the Roluos temples and the mountain temple of Bakhong. Khmer community visit.**

Today, we cycle north-east of Siem Reap through a rural area with lots of small villages, to reach the temple of Roluos. These structures are some of the earliest temples built by the Khmers (between 877 and 889) and mark the dawn of Khmer classical art - they are mostly built of brick. Amongst the most important temples in this group are: Lolei, Preah Ko, Bakong and the little-known Chao Srei Vibol. We will concentrate on the special temple of Bakong, built by King Indravarman in 881. It is the most remote of the temples and the least visited, but that make it perfect for us. There's lots to see here, including an active Buddhist monastery at one of the entrances. We will have lunch at a traditional Khmer house in the countryside. In the afternoon, we will cycle back to our hotel in Siem Reap.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 60M		<b>Descent</b> 50M		<b>Time</b> 3 hrs cycling		<b>Distance</b> 40KM
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**DAY 5**



## Visit the royal town of Angkor Thom and the famous Bayon Temple. Evening of Khmer dancing.

Cycling to Angkor Thom from our hotel, the spectacular sight of the faces of 54 demons and 54 gods makes for a jaw dropping entrance to this ancient capital. The major Khmer king, Jayavarman VII, built this huge facility in the late 12th to early 13th century, after driving enemy forces from his kingdom. A square wall with a side length of approximately 3 kilometres surrounds the holy city of Angkor Thom. We visit Bayon, the central temple of Angkor Thom. Bayon has several towers and its most impressive features are the stunning, metre-high, stone-carved faces of the Bodhisattva Avalokiteshvara. After lunch in a local restaurant, we have the opportunity to visit the lesser known sites hidden in the forest on foot and by bike. The Phimeanakas Temple is reached by a short walk through the jungle and is a 3-tiered laterite pyramid. This temple is said to have been the home of a spirit who, each night, took the form of a beautiful woman and was visited by the Khmer Kings. At dinner, we will be entertained by traditional Khmer Apsara dancers. We spend our final night at the hotel in Siem Reap.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 40M		<b>Descent</b> 30M		<b>Time</b> 2 hrs cycling		<b>Distance</b> 20KM
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### DAY 6

## Short bike ride to Tonle Sap Lake, where we take a boat ride on the Sangkae River to Battambang.

After breakfast at the hotel, we have a short ride to Tonle Sap Lake, where we board the public speedboat which will take us on the Sangkae River to Battambang. The Tonle Sap (Khmer: Great Lake) is the largest lake in South-East Asia and one of the most productive inland waters of the earth. The inhabitants of the stilted floating villages on the Tonle Sap live mainly from fishing and growing vegetables in the same way that their families have for generations. These villages are primarily Khmer and have around 3000 inhabitants between them. Travelling by boat is a simple, yet rewarding way to gain an insight into the lifestyles of these Cambodian people, whose livelihoods are dependant on the lake and river. Depending on water levels, our journey takes between 6 and 8 hours. During particularly dry conditions it may be necessary to make part of this transfer by road. There will be the opportunity to stretch our legs during the journey. Overnight at a hotel in Battambang.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 5M		<b>Descent</b> 5M		<b>Time</b> 1 hr cycling		<b>Distance</b> 8KM
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### DAY 7

## Cycle to the temple of Wat Ek. Drive to the lively city of Kampong Chhnang.

After breakfast, we cycle through traditional riverside villages and across a scenic landscape, to the 11th century temple of Wat Ek (10 kilometres north-west of Battambang) which is a popular pilgrimage and picnic site for Khmers. After lunch, we leave Battambang province and drive along the Tonle Sap to the easy-going town of Kampong Chhnang. Literally translated, Kampong Chhnang means 'Clay Pot Port' and it is famous for its distinctive pottery. Kampong province was important during the French period for the production of rubber. In the late afternoon, we stroll by the river port, with its floating houses and numerous fishing boats and can get a real feel for traditional Cambodia. Overnight at a hotel in Kampong Chhnang.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 10M		<b>Descent</b> 20M		<b>Time</b> 2 hrs cycling		<b>Distance</b> 25KM
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### DAY 8

## Khmer village cycle ride. Afternoon drive to Kirirom National Park.

Today's morning ride takes us through paddy fields and plantations fringed with palm trees. Small villages along the way produce attractive pottery and we have chance to stop and peruse their wares. In the afternoon, we leave the Kampong province and transfer to Kirirom National Park. Kirirom literally translated means 'Mountain of Joy' and was given the name by the King, on the suggestion of a monk from Phnom Penh. With its lush and elevated location, the Kirirom National Park has a real escapism feel to it, with stunning views across to the Cardamom Mountains. A mix of tarmac and dirt road riding today. Overnight at a hillside resort in the park.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 300M		<b>Descent</b> 200M		<b>Time</b> 2 - 3 hrs cycling		<b>Distance</b> 30KM
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### DAY 9

## Kirirom park ride with stunning views of Cardamom Mountains. Transfer to homestay in Chi Phat.

After breakfast we explore the Kirirom National Park by bicycle. Situated at an altitude of between 600 and 700 metres, we have views across to the eastern side of the Cardamom Mountains. Thanks to its proximity to Phnom Penh, Kirirom was one of the first national parks to be established in Cambodia and is a popular destination for locals. Clad in luxuriant forest and traversed by narrow pathways, the park is a great place to explore by bike, looking out for the resident monkeys, elephants and even leopards. This a challenging ride on tarmac roads and there is lot of ascent. The support vehicle is on hand if anyone needs to take a break. After our ride, we leave the park and travel by car and river-boat into the

Cardamom Mountains. Our destination is the village of Chi Phat, in Koh Kong province, which has a population of around 3000 inhabitants. Until relatively recently, this area was known as Cambodia's 'Wild West' and for a long period this village was in effect closed to the outside world, as the regime of Pol Pot's Khmer Rouge transformed the village into a forced labour camp. We overnight at a local community project homestay in Chi Phat.

Meals: **B L D**

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	<b>Accommodation</b> Homestay		<b>Ascent</b> 900M		<b>Descent</b> 850M		<b>Time</b> 3 hrs cycling		<b>Distance</b> 40KM
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## DAY 10

### Cycle on the dirt tracks of the Cardamom Mountains. Second night with host families in Chi Phat.

Located in the southern Cardamom Mountains, Chi Phat is at the heart of South-East Asia's largest remaining tract of rainforest. Whilst poachers and loggers used to operate in this area, the establishment of the Wildlife Alliance in 2002 effectively put a stop on their activities. A large community-based ecotourism project, using local labour to actively regenerate the area was set up. This has included reforestation projects to encourage the wildlife to return to the region. The people of Chi Phat are directly involved and the village benefits from this involvement. Cycling on hidden trails through the jungle, there is a lot of up and down and some sections where we will have to push our bikes. We also have the chance to swim in the clear waters of an idyllic natural pool below O'Malu Waterfall. We will also visit the Village of O'Kay, set amongst lush rainforest and banana plantations, where elephants often feed. We spend a second night at the homestay in Chi Phat.

Meals: **B L D**

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	<b>Accommodation</b> Homestay		<b>Ascent</b> 300M		<b>Descent</b> 300M		<b>Time</b> 3 hrs cycling		<b>Distance</b> 30KM
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## DAY 11

### Transfer to the coastal town of Kampot. Cruise Kampot River with the option of Kayaking.

In the morning we say goodbye to our homestay hosts and cycle on a dirt trail beside the Preak Piphot River, which takes us down to Andoung Teuk. Here, we are reunited with our vehicle and have a 3-hour transfer to the sleepy, riverside town of Kampot. A former colonial settlement, where beautifully-restored buildings stand side by side with crumbling French ruins, we have the chance to look around. Situated on the banks of the Prek-Kampong River, 30 kilometres from the coast, Kampot was founded as a port in the late 18th century. After lunch, we take a boat ride on the Kampot River, passing lush green palms, small villages and local fishermen, en route to our riverside bungalow accommodation. During the

course of the day, we also have the chance to try kayaking on the quiet waters of the river.

Meals: **B L D**

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	<b>Accommodation</b> Bungalow		<b>Ascent</b> 150M		<b>Descent</b> 150M		<b>Time</b> 1 hr cycling		<b>Distance</b> 20KM
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## DAY 12

### Free day in Kampot to enjoy the beach or take a boat trip.

We say goodbye to the bikes today and have a short transfer to the laid-back, coastal town of Kep. Here, we find a fusion of faded French Indo-China and a real seaside atmosphere, set beside a tropical sea. From the 1930's right up until the Khmer Rouge period, Kep was a popular place for wealthy travellers and a stroll along its promenade is testament to its rather 'swisher' past. From Kep, we take a 30 minute boat ride to Koh Tonsay or Rabbit Island, (locals say it resembles a rabbit). The main beach on the island is a 250 metre, palm fringed stretch and after our full-on adventures in Cambodia we have definitely earned the right for some full-on R&R! In the evening, we return to our bungalow accommodation at Kampot.

Meals: **B L D**

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	<b>Accommodation</b> Bungalow
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## DAY 13

### Transfer to Phnom Penh. Historical city tour, including the lively Russian and French markets.

After breakfast, we transfer to the country's capital, Phnom Penh. Rising from its troubled past, Phnom Penh is very much on the 'up', alive and a real feast for the senses in every respect. Situated beside the Tonle Sap River, the waterfront is crowded with Cambodians every evening and this provides an excellent way of 'getting in amongst it' and immersing ourselves in the local culture. Our city tour will include the distinctive structure of the Royal Palace and a visit to the Silver Pagoda and National Museum. Alternatively, the Russian and French markets can be an option for those keen to practice their haggling skills! At sunset, we take a boat ride on the Mekong. The chocolate-coloured waters of the Tonle Sap and the Mekong are the real lifeblood of the city and from the river we can admire the Phnom Penh skyline and its Royal Palace, as the sun goes down. Overnight at a hotel in Phnom Penh.

Meals: **B**

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	<b>Accommodation</b> Hotel
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**DAY 14**

**Your holiday ends after breakfast. A single group transfer to Phnom Penh Airport is provided.**

Your holiday ends after breakfast. A single group transfer to Phnom Penh Airport is provided.

Meals: **B**

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## Holiday Information

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### What's Included

- English-speaking professional cycle guide
- A single group airport transfer on arrival and departure days
- Transfers by car and boat as required
- A support vehicle and driver
- All accommodation as described
- Meals as per the Meal Plan
- Trek 3700 (or Giant equivalent) mountain bike

### What's not Included

- Travel insurance
- Some meals as per the Meal Plan
- Cycling helmet (bring your own)
- Tips
- Visa
- Temple fees
- Miscellaneous personal expenses
- Bike Carriage on the flights - please check with your carrier for charges

## Joining Arrangements & Transfers

The group will meet at the hotel in Siem Reap.

A single transfer from Siem Reap Airport is provided on Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single transfer from the hotel in Phnom Penh to Phnom Penh Airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All meals are included except lunch and dinner in Phnom Penh on the penultimate day of the Land Only itinerary.

## Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Wherever we travel in Cambodia, we will find a wide variety of cuisine is available including French, Italian, Indian, Chinese, Thai, and Vietnamese. In smaller towns and villages, local food such as 'charcoal chicken', 'sticky rice' and 'fried fish' will commonly be offered. Cambodian food tends not to be as hot or spicy as Thai. The most popular fast food in Cambodia, often served from street stalls, is the Chinese noodle soup or 'pho'.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

There are 5 nights at a hotel in Siem Reap, 1 night in Battambang, 1 night in Kampong Chhnang, 1 night at Kirirom and 1 night in Phnom Penh. There are 2 nights at a homestay (or simple guesthouse) at the village of Chi Phat and 2 nights in bungalow accommodation on the Kampot River.

## Group Leader & Support Staff

An English-speaking locally-based biking leader will accompany the group. There will also be a support vehicle and driver.

## Spending Money

We suggest that \$250 - \$300 should be sufficient to cover your personal and incidental expenses including the 2 non-included meals (lunch and dinner) when in Phnom Penh, as well as the cost of your Cambodian Visa (\$20) which you will pay for on arrival at Siem Reap Airport. This amount will also allow you to pay reasonable tips to your local guide, drivers and other local staff (allow approximately \$70). And, should also cover refreshments, optional tours and other miscellaneous expenses. Temple Fees. Please note that you will need to pay these fees locally and will need to budget accordingly. These fees total approximately \$100 (June 2023). We recommend that you carry your travel money in the form of US dollars cash as this is most easily exchanged. If you are intending to buy expensive souvenirs or considerable quantities of soft drinks or beer, you should budget accordingly. You can withdraw cash from ATM's (using a debit or credit card) in Siem Reap and in Phnom Penh.

## Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guide and other local staff. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. We advise our local teams that tips are a bonus and entirely dependent on the service that they provide. We suggest that you allow a total of \$50 (per group member) for tipping your local staff.

## Bike Hire

Bikes are provided locally within the cost of the holiday. Our agent in Cambodia provides Trek 3700 (or similar) bikes with front suspension, V-brakes and Shimano components which come in a full range of sizes. The bikes are well-maintained and in good condition. They are fitted with flat pedals. Please provide us with your height when you book, so we can make sure that a bike of the appropriate size is made available to you. Bike helmets are provided with the bikes, but you might choose to take your own.

## Vehicle Support

This is a leisurely biking holiday and we rarely cover more than 10 or 15 kilometres, before stopping to look around at one or other of Cambodia's tourist sites. We do, however, have a support vehicle which will follow the group at a discreet distance, carrying water and the group's day-packs, as well as service items and repair kits for the bikes. Anyone who chooses not to ride a section of the itinerary can take a ride in the support vehicle instead.

## **Baggage Allowance**

We recommend that you travel with one main item of luggage, such as a KE Trek Bag or similar holdall, as well as a small day pack or mountain bike-specific hydration pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling and will also carry your day-ride essentials during the rides.

## **Group Size & Holiday Status**

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](https://www.gov.uk).

## Visa Cambodia

UK and USA passport holders do require a visa. The visa fee is \$30 and the visa can be picked up on arrival at the international airport or at the land border if crossing into Cambodia from Vietnam. Payment must be made in cash, your passport must have 6 months remaining validity and you need 2 passport photographs. You can apply for an e-visa prior to departure online at <https://www.evisa.gov.kh/>. The e-visa fee is \$30 + \$7 processing charge. The e-visa may not be valid if crossing into Cambodia at a land border - please check.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. Malarial prophylaxis are required. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

## Currency

The unit of currency in Cambodia is the Riel.



## Preparing for your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long cycle rides in hilly country to ensure you are physically capable of taking part in this trip - this will also provide you with an opportunity to make sure all your riding kit is tried and tested before you travel. Cycling is obviously the best activity to prepare for this trip. However, running, squash and swimming are also good for developing aerobic fitness and stamina.

## Climate

Cambodia has a tropical climate, with a rainy season from June to September. The hottest months are just before the monsoon, in April and May. From October through to April there is little rain and from December through to March is the 'cool' season although it rarely gets cold. Daytime temperatures will hover around a humid 30 degrees centigrade, falling to the low 20's at night.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Cambodia. Lonely Planet
- Laos and Cambodia. Insight Guides
- Angkor. Odyssey Books
- Travels in Siam, Cambodia & Laos (Henry Mouhot)
- Angkor ; An Introduction to the Temples (D. Rooney)
- A Guide to the Angkor Monuments (Maurice Glaize)

## Maps

### Reise-Know-How Verlag. Cambodia. 1:500,000

Indexed, waterproof and tear-resistant road map of Cambodia with topographic and tourist information, including street plans of central Phnom Penh and Siem Reap, plus an enlargement for the Angkor area.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

For this holiday you will need normal cycling clothing, including suitable shoes, cycling gloves and a helmet (which must be worn at all times when cycling).

## Dress Code at Angkor Wat

In July 2016, a new Code of Conduct was introduced for all temple visits in Cambodia. The key elements of the new Dress Code that we have to adhere to is that shoulders should be covered and shorts or

skirts should reach below the knees. If you don't have suitable below knee-length cycling shorts, take a pair of loose, lightweight trousers to wear over you cycling shorts when visiting temples.

## **Bike Gear**

- Cycling helmet
- Trainers or stiff-soled cycling shoes
- Daypack or mountain bike-specific hydration pack (e.g. Camelbak)
  - Water bladder - min. 2 litres water capacity (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Padded (baggy) cycling shorts
- Base-layer - short sleeve cycling tops
- Mid-layer - long sleeved cycling tops
- Fleece jacket or jumper
- Lightweight waterproof jacket
- Regular biking gloves
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

## **Other Stuff**

- Travel and off-the-bike clothing and footwear

- Lightweight, loose-fitting clothing - see note above - to cover up during temple visits
- Wash bag, towel, toiletries, including anti-bacterial handwash
- Sheet sleeping bag for use at the homestay
- Swimwear
- Basic First Aid kit and personal medication
- Reusable cloth bag for shopping (to avoid plastic bags)

## Tools and spares

You do not need to take any tools or spares. The local guide will take care of any and all issues.

Please contact us if you have any questions about your equipment.

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [-> Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Siem Reap. A single group transfer is included from Siem Reap Airport. The holidays ends in Phnom Penh and a single group transfer to Phnom Penh Airport is included.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to Siem Reap and back from Phnom Penh. Outbound flights will depart from the UK in the late morning, arriving mid morning on the following day (Day 1 of the Land Only itinerary). Return flights will depart from Phnom Penh in the afternoon of the last day of the Land Only itinerary, arriving in the UK in the early morning of the following day.

# Why Choose KE

## Why KE

Hire Bike Included There's no need to go to the trouble of taking your own bike to Cambodia - we include one within the holiday price.

**Please Note** This document was downloaded on 17/05/2024 and the trip is subject to change