

# Hoi An to Angkor Wat Cycle Discovery

Trip Code: HSMB

Version: HSMB Hoi An to Angkor Wat Cycle Discovery



CYCLE



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Siem Reap and the UNESCO-listed temples at Angkor Wat
- Meet the Bahnar and Jarai ethnic minorities of the Vietnamese highlands
- Free day and market visit at Banlung, a remote Khmer provincial town
- Take a boat trip on the River Mekong in search of rare Irrawaddy dolphins

## AT A GLANCE

- 11 days biking
- 790 kilometres
- 90% surfaced road - 100% vehicle supported
- Max altitude - 1200 metres
- Join at Hoi An, Siem Reap

## ACCOMMODATIONS & MEALS

- 13 Breakfasts
- 11 Lunches
- 12 Dinners
- 6 nights Hotel with swimming pool
- 7 nights Hotel

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

# Introduction

On this mountain biking holiday from Vietnam into Cambodia, you'll feel like a time traveller journeying through history, from the 4th Century ruins at My Son and the 9th Century temples at Angkor, all the way through to the present day. As well as the several UNESCO World Heritage sites on our route, expect to be amazed by the unforgettable scenery, from Vietnam's coastline on the South China Sea, to rice paddies and rustic villages, coffee plantations and golden sunsets over the Mekong River.

We start cycling in Hoi An, once the largest harbour in South-East Asia and nowadays famous for its tailoring and colourful lantern-lit bridges. Our introductory ride takes us out to the Champa site at My Son and then, on the following day, we quickly move forward to the 20th Century as we cycle to Mai Lai, where there is a Vietnam War memorial. Then, climbing up into the highlands, we find ourselves in the homeland of the Bahnar and Jarai ethnic minorities who still practice animism and a subsistence lifestyle. Crossing the border into Cambodia and the lands of the former Khmer Empire, we encounter more ethnic tribes in a remote region where foreigners on bicycles are still very much a novelty. A day off the bikes at Banlung gives us the chance to do some exploring, including the chance to take a dip in a mysterious crater lake. Then, it's on to the mighty Mekong River, where we will be hoping to catch a glimpse of endangered Irrawaddy dolphins. Continuing our ride through the Cambodian countryside, we see more ancient sites, such as the 1000 year old bridge at Kampong Kdei. But, these are just tasters ahead of one of the major highlights of the holiday; our full-day visit on our bikes to the Angkor Wat temple complex at Siem Reap. This is a brilliant cycle journey through one of the most culturally fascinating parts of South-East Asia.

## Is this holiday for you?

**ADVENTURE CYCLING.** This cultural journey by mountain bike takes us from the coast of Vietnam, through the central highlands to the heart of Cambodia. We cycle approximately 790 kilometres in 11 cycling days, with lots of time spent sightseeing and exploring the countryside. The cycling is non-technical on a mixture of well-surfaced roads and good quality dirt tracks. The terrain varies from flat days to hilly and undulating days. Ride at your own pace after consulting the guides about the route ahead, stop to take photographs and to soak up the magnificent sites we visit. Starting out with a couple of shorter rides, the itinerary does also have several days with approximately 100 kilometre rides. To get the most out of this road cycling tour you should be a regular weekend rider with a good level of physical fitness. However, the bus is always close at hand for those who need to take a break. **BIKE HIRE AVAILABLE LOCALLY**

# Itinerary

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### DAY 1

#### Meet at the group hotel in Hoi An.

Meet at the group hotel in Hoi An. Airport transfers are not provided and we recommend that you use the safe and reliable taxi service from Danang International Airport - 30 kilometres to the north. This provides the most cost-effective way of getting from the airport to the group hotel - for details see Holiday Information and the section on Joining Arrangements & Transfers. Hoi An was one of South-East Asia's major trading ports during the 17th and 18th centuries. An important point of call for Chinese, Japanese and Portuguese traders the architecture reflects its cosmopolitan past. More than anywhere in Vietnam, Hoi An retains the feel of the past and is now protected as a UNESCO World Heritage site with more than 844 structures of historical significance. It is a fantastic place to spend some time, wandering the narrow streets and rubbing shoulders with the locals. There will be a rendezvous in the early evening with the guide and other group members. KE Land Only package services begin with dinner and overnight at the group hotel.

Meals: **D**



**Accommodation**  
Hotel

### DAY 2

#### Cycle out to the UNESCO site of My Son and a second night in Hoi An.

After breakfast, we meet outside the hotel to check our hire bikes and have a pre-ride briefing from our tour guide. We then start our tour with a quite leisurely rural ride which takes us inland from Hoi An to the World Heritage Site and temple complex of My Son, the ancient centre of the Cham Civilization. We have a short transfer to avoid a busy section of road, then cycle on scenic back-roads, amongst rice fields, eucalyptus forest and many scenic villages. Climbing away from the coast, we have stunning views, as we reach a section of rough gravel road leading into an increasingly more remote region. This 14 kilometre road cuts a gorge through the lush jungle alongside the Song Tranh River and eventually leads us to My Son, which was once Champa's greatest city. Although many of the temples were destroyed during the war, there is still enough of the archaeological site to impress most visitors. We take lunch before spending the afternoon visiting this atmospheric site which is nestled in a jungle valley with a pretty stream and overlooked by Cat Tooth Mountain. In the afternoon we transfer by bus back to Hoi An after a great introduction to the holiday. There are many excellent eating places close to our hotel and this evening you are at leisure to choose one that suits you.

Meals: **B L**



**Accommodation**  
Hotel



**Time**  
4 hrs cycling



**Distance**  
54KM

### DAY 3

#### Transfer to Quang Ngai and loop ride via the Vietnam War memorial at My Lai.

This morning we transfer 50 kilometres southwards down the coast towards Quang Ngai, a small regional town beside the Tra Khuc River and just a few kilometres inland. We unload the bikes at a small village and set off on an easy loop ride out to the coast. The road is shaded by arching palm trees and surrounded by tended rice paddies and by lunchtime we will have arrived at My Lai, the site of one of the worst massacres of the American/Vietnam War. After lunch, we will be able to take a guided tour of this sobering site and its included museum. After our visit, the cycling continues out into the Vietnamese countryside where we stop to visit a traditional pagoda before heading to our hotel in Quang Ngai.

Meals: **B L D**



**Accommodation**  
Hotel with swimming pool



**Time**  
3 - 4 hrs cycling



**Distance**  
46KM

### DAY 4

#### Cycle inland from Quang Ngai to Kon Tum.

Today is a more challenging day as we leave the coast and head into the central highlands towards Quang Nam and on to Kon Tum. We will start out with a transfer of around 2 hours to the town of Bato in the highlands. From here, we have a challenging climb over 15 kilometres to the top of the Viloluk (or Mang Den) Pass (1200m). The road leads up through thick pine forests and with stunning photo opportunities to the eco-tourism centre of Mang Den which is currently under development. This part of Vietnam is home to several ethnic groups, including the Mo Nam, Ca Dong and Hre, each with distinctive cultures. Having properly warmed up our legs with this climb, the remainder of the day offers an incredible experience that starts with a 20 kilometre descent to the bottom of the pass, followed by an undulating route on quiet and scenic roads, through tropical forest and by way of remote villages. Finally, we reach our hotel in Kon Tum (530m), a small and laid-back Central Highlands town on the Dak Bla River.

Meals: **B L D**



**Accommodation**  
Hotel



**Time**  
6 hrs cycling



**Distance**  
90KM



**DAY 5****Ethnic villages ride, from Kon Tum to Pleiku.**

This part of Vietnam's Central Highlands is home to around 700 hill-tribe villages and today's ride will allow us to visit several of them. The people living in these villages are mainly of the Bahnar ethnic group, but there are also Sedang and Jarai people in this area. These tribes still practice animism and worship a number of natural spirits including those of the banyan and ficus trees, as well as the spirits of their ancestors. Buffalo are considered to be sacred by the Bahnar people. As we travel between villages, we will be amazed by the 'rongs', communal houses which have steep-sided roofs and can be 30 metres high. Each village takes great pride in the unique design of their 'rong'. Our ride takes us on quiet country roads and after a stop to sample lunch in the local style, we will continue our ride to Pleiku (740m) which is known to have the best coffee in Vietnam. This is an easier day and largely cycling through a wide valley surrounded by mountains and with both tea and coffee plantations in places along the route. Overnight in a central hotel in Pleiku.

Meals: **B L D**



**Accommodation**  
Hotel



**Time**  
4 - 5 hrs cycling



**Distance**  
60KM

**DAY 6****Transfer to the Cambodian border and cycle to Banlung.**

Today, we cross over into Cambodia and this involves a 2-hour transfer by car to the border post at Cua Khau Le Thanh. At this point we have to say goodbye to the Vietnamese team. Then, after going through the immigration formalities, we will meet our Cambodian team and set off on our first cycle ride in the 'Land of the Khmer'. We are now in the Ratanakiri Province of Cambodia and our ride will take us across country and very gradually uphill with a final short descent to Banlung, one of the most remote of the Khmer provincial capitals. We spend the night in a 'boutique hotel, beside Banlung's Kan Seng Lake. This accommodation takes the form of a traditional style Khmer house and simply oozes old world charm.

Meals: **B L D**



**Accommodation**  
Hotel with swimming pool



**Time**  
5 hrs cycling



**Distance**  
70KM

**DAY 7****Free day in Banlung. Take it easy or do some exploring.**

This is a welcome day off the bikes and a chance to either take it easy or to do some independent exploration. For the early bird, there is the option to visit the morning produce market which bustles with merchants of every description hawking their wares. After this colourful interlude, you could take a

picnic lunch and explore the mysterious crater lake of Boeng Yeak Laom (about 3 kilometres walk from the hotel). Surrounded by lush forest, this almost circular pool is believed to be the home of water demons and is so deep its bottom has never been touched. Alternatively, of course you can simply enjoy the facilities at the accommodation, which include sun deck and pool. The group will meet up for dinner.

Meals: **B D**



#### Accommodation

Hotel with swimming pool

## DAY 8

### Cycle across to Stung Treng beside the River Mekong.

After a day of rest it's time to get back in the saddle and so we set out on our bikes for the long and relatively flat ride into the province of Stung Treng. Following a raised tarmac road, we can expect to get a good feel for the rural heartland of Cambodia today, as we cycle amongst rice paddies and rubber tree plantations. The level, green expanse of the landscape is met by electric blue skies. En route we stop to enjoy the simple pleasures of rural life in Ratanakiri. Then, crossing into Stung Treng we are welcomed by the shade of lush green plantations lining the road as we cycle towards the setting sun. Stung Treng is on the Mekong, just about 30 kilometres downstream from the Laos-Cambodia border. After checking in at our hotel, we will go out to dinner at the Le Tonle Tourism Training Center, where young locals are being trained in the principles of hospitality to ensure a better future in Stung Treng. We can expect delicious Khmer food paired with a very personalised service. The students are as excited to meet their guests as the guests are to meet the students.

Meals: **B L D**



#### Accommodation

Hotel



#### Time

6 - 7 hrs cycling



#### Distance

110KM

## DAY 9

### A morning ride to Kratie and afternoon riverboat cruise on the Mekong.

We will have an early breakfast in town, as we have a full and action packed day ahead of us. Our destination today is the small provincial capital of Kratie, about 100 kilometres away, due south and also alongside the Mekong. We will ride the greater part of this distance during the course of a long morning of cycling, but there will also a couple of short transfers. Our route follows the true left bank of the river and takes us through a number of rural villages where we need to watch out for playing kids, chickens, cows, dogs, ducks and oxen. Shortly before we reach Kratie, we will stop off at Kampi and have lunch. Here, after lunch, we will go out on the river in a small boat in search of Irrawaddy dolphins. A small population of these otherwise rare creatures can be found in this part of the river. After our boat trip, we will transfer just a few kilometres down the river to Kratie, a town with a central marketplace and a

number of old French colonial buildings. Our hotel is by the river and we can chill out on the roof top terrace and watch the Mekong flow by.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Time</b> 5 hrs cycling		<b>Distance</b> 85KM
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## DAY 10

### Cross the river by ferry and cycle from Phnom Han Chey to Kampong Cham.

After breakfast we get into the support vehicle and drive just a short distance south to the small town of Chhlong. The many French colonial buildings in this town, including the yellow and white old governor's residence, are among the most beautiful in Cambodia. We then take a ferry to the true right bank of the Mekong and set off on our bikes on quiet roads along the river, through small rural villages and pretty countryside. It is a scenic ride, as we pass many Cham communities which are predominantly Muslim. Buddhist pagodas form a pretty contrast with small mosques and the particularly friendly locals will welcome you warmly in each village you pass. We cycle up to Wat Hanchey, a small hilltop pagoda that houses an 8th century pre-Angkorian temple and offers spectacular views over the Mekong. Here, we can enjoy a well-deserved picnic lunch, before completing our ride beside the Mekong to Kampong Cham. One of the features of this sleepy riverside town is the bamboo bridge (rebuilt every year) that links it to Koh Pen Island). A dip in the hotel pool before dinner is tempting.

Meals: **B L D**

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	<b>Accommodation</b> Hotel with swimming pool		<b>Time</b> 5 hrs cycling		<b>Distance</b> 85KM
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## DAY 11

### Cycle away from the Mekong on a quiet road to Kampong Thom.

This morning, we cycle on a mix of dirt and tarmac roads, firstly alongside the Mekong and then turning away from the river on a quiet secondary highway towards Kampong Thom. Today's ride will take us through rubber plantations, paddy fields and typical Khmer villages and provides us with another chance to observe the way of life of rural Cambodia. Kampong Thom is a bustling town on the banks of the Stung Saen River and provides a logical stopping off point on our journey to Siem Reap.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Time</b> 6 hrs cycling		<b>Distance</b> 96KM
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**DAY 12****Transfer to Kampong Kdei and cycle to Siem Reap.**

Today we avoid some of the poorer roads in Siem Reap province by driving for the first couple of hours, with a stop off after 85 kilometres at Kampong Kdei, where there is one of the best examples of Angkor-era bridges in Cambodia, this one is reckoned to be 1000 years old. Back in the support vehicle as far as the village of Domdek, we then set off on our bikes on a back road that was once the historic highway connecting the province of Kampong Thom with Angkor Wat. We will find a suitable roadside restaurant for lunch in local restaurant, then continue our ride which will take us all the way to the Western Gate of Angkor Wat. After checking in at our hotel, we will go out for a celebratory Khmer dinner at Viroth's, a stylish and comfortable restaurant set in a quiet garden.

Meals: **B L D**

**Accommodation**

Hotel with swimming pool

**Time**

4 - 5 hrs cycling

**Distance**

65KM

**DAY 13****A day to explore the UNESCO World Heritage listed site of Angkor.**

This morning we start our day with a bike ride to the entrance of the UNESCO-listed Angkor temple complex. We will enter from the south and ride on sections of tarmac road interspersed with and jungle paths, until we reach the first of the temples we will see today, Tah Prohm. After our visit here, we'll carry on through the jungle and toward the eastern gate of Angkor Thom, which was the ancient capital of the Khmer Empire. Close to the centre of this massive enclosure, we'll find the enigmatic temple of Bayon. This temple is known for its many smiling faces. As the sun reaches its high point, we'll take a break and have lunch, before visiting the grandest temple of them all Angkor Wat. After this, depending upon the time, there is the option to return to our hotel for a rest, before returning to the Angkor complex to enjoy the sunset experience. We have a final, celebratory evening meal before spend a second night at our Siem Reap hotel.

Meals: **B L D**

**Accommodation**

Hotel with swimming pool

**Time**

3 - 4 hrs cycling

**Distance**

30KM

**DAY 14****Depart from Siem Reap. A single group transfer is provided.**

KE Land only packages services end after breakfast. A single group transfer to Siem Reap Airport is provided, usually shortly after midday.



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Meals: **B**

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# Holiday Information

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## What's Included

- An experienced local English-speaking cycling bike guide
- All land transport as described
- Single group transfer to Siem Reap Airport on Day 14
- One or more support vehicles and drivers
- All accommodation as described
- Meals as per the Meal Plan
- Temple and other site fees

## What's not Included

- Travel insurance
- Visas (if applicable)
- Danang Airport transfer on Day 1
- Tips for the local crew and drivers
- Temple fees at Angkor
- Some meals as per the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc
- Bike Carriage on the flights - please check with your carrier for charges
- Bike Hire

## Joining Arrangements & Transfers

The group will meet at the hotel in Hoi An. Airport transfers on arrival are not provided - there is a reliable and low cost taxi services from Da Nang Airport. A group transfer is provided from the hotel in Siem Reap to Siem Reap Airport on the final day of the Land Only itinerary.

Clients booking a Land Only Package MUST provide the KE office with full details of their flights.

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

## Meal Plan

All meals are included with the exception of 1 lunch and 1 dinner. Please refer to the itinerary in the trip dossier for details of which days meals are not included. Food is not expensive in Vietnam or Cambodia. You can expect to pay the equivalent of £5 for lunch and £10 for dinner.

## Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

Start practising your chopstick technique now, as there will be places on this trip where knives and forks are hard to find! Vietnamese cuisine is fresh and flavoursome. Typically a selection of many dishes of varying flavours are served together, and everyone takes a little of each. A typical meal will include 'pho' (noodle soup), spring rolls, spiced beef and pork dishes, fish in chilli, tomato served with tofu, stir-fried vegetables and rice, with fresh fruit for dessert. 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. Pho is just as popular in Cambodia as it is in Vietnam. As per the custom for most of the region, food is rarely served in courses and is often served all at once for all to share. Both in Vietnam and in Cambodia, the cuisine is wholesome and filling for our days in the saddle!

## 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

During this trip the group will spend 13 nights in various hotels and resorts of a good standard, some of which have swimming pools. All accommodation is allocated on a twin-sharing basis and if you are travelling by yourself you will be paired up with another single client of the same sex. Single room occupancy can be arranged for all nights on payment of the single supplement charge.

## Group Leader & Support Staff

The trip will be led by an experienced local English-speaking cycling guide and there will be a second cycling guide with groups of 9 or more clients. There will also be one or more support vehicles and drivers.

## Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

## Spending Money

We suggest that \$300 should be sufficient to cover your personal and incidental expenses including the 2 non-included meals (1 lunch and 1 dinner) as well as the cost of your Cambodian Visa (\$30) if you choose to pay for this at the border when you cross from Vietnam into Cambodia. This amount will also allow you to pay reasonable tips to your local guide(s) and driver(s) (allow a total of approximately \$100 - \$120). You should have enough left over to cover refreshments, optional tours and other miscellaneous expenses including temple fees. It is not necessary to obtain the local currencies (Vietnamese dong and Cambodian riel) prior to travelling. Money can be changed most easily on arrival at Danang Airport and there are ATM's in the largest of the towns we visit, including Hoi An, Banlung and Siem Reap. 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.

## 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 \$100 - \$120 for tipping your local staff.

## Your Bike

If you are taking your own bike, we suggest that a 'hardtail' mountain bike with front suspension is appropriate for this holiday. It should have a good range of gears and we recommend you fit fast-rolling all-rounder or semi-slick tyres which work well on the surfaced roads and non-technical trails typically found on our **Adventure Cycling** holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

## Bike Hire

Bike hire is available locally and, with baggage charges on long-haul flights becoming increasingly prohibitive, it can make a lot of sense to hire a bike. Our local agent can provide Trek 4500 bikes in a range of sizes. They are good quality and well maintained bikes with Shimano components, triple chainsets (27 gears), 100mm Suntour front suspension and Shimano hydraulic disc brakes. Spare parts (tubes, tyre, chains etc.) are included in the price of the bike rental and will be available in the support vehicle along with a tool kit and track pump. The guide will also carry some spares and tools for fixing punctures etc. The bikes are equipped with flat pedals. If you prefer to use spd or clip-in pedals, you will need to bring these with you, along with your regular cycling shoes and cleats. Another item which you might choose to take with you on the holiday is your saddle. The hire bikes have standard saddles and anyone requiring more comfort, or a women-specific saddle, should consider taking their own. You should take your own EN1078 compliant cycling helmet, as the locally available helmets do not necessarily meet this standard - which we require. You can hire a bike for the duration of the holiday for \$185 (March 2023 - subject to change). If you want to hire a bike, please contact the KE office and we will pass on your request to the local agent. Payment must be made before travel and should be made directly with the local agent via the following payment link [www.spiceroads.com/pay](http://www.spiceroads.com/pay). You must first notify KE of your preferred bike option along with your height and we will make the reservation on your behalf. Once the reservation is confirmed, we will email to you a unique reference code which you need to use when making your payment. Your payment for bike hire does not cover you if you lose the bike or damage it beyond 'fair wear and tear'. We must stress that your hire contract will be with the local hire company and that KE cannot be held responsible for any issues arising from bike hire.

**E-bikes.** If you would like to ride an e-bike, this can be arranged at a hire cost of US\$560.

## Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use a purpose-made soft bike bag. These can be relatively inexpensive. They are also light in weight, easy to handle and, most importantly, can be packed into a small space to allow easy transportation in the support vehicle. You will need to partially dismantle your bike to pack it in your bag.

PLEASE DO NOT USE a purpose-made rigid bike box for this holiday. We do not have the space in the support vehicle to transport these bulky items.

Please contact us if you have any questions regarding travelling with your bike.

## Vehicle Support

Throughout this trip we have the back up of one or more support vehicles. Each morning our main baggage will be loaded onto the support vehicle which will follow the group on the day's ride. The local biking leader and the support vehicle driver will watch over the group and will carry mobile phones, allowing you to contact them in the case of a breakdown or other incident. We want everyone to enjoy their cycling experience on this trip and we recognise the importance of group members being allowed to cycle at their own pace. At times there can be a fair distance between the front and rear cyclists in the group, with the support vehicle and cycling leader out of sight. The support vehicle will pick up any group members who wish to take a break from cycling at any time.

## Baggage Allowance

Apart from your bike in its bag (if you are taking your own bike), you should 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.

Your baggage allowance on the flights will depend on your airline. When choosing your flights, whether booking them directly or through KE, you will need to consider the cost of carrying your bike. These costs are your responsibility.

## 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.

### Visa Vietnam

British Citizen passport holders do not need a visa for durations of stay up to and including 45 days for tourism and transit.

For information about multiple entry visas, longer stays or different nationalities please contact the relevant embassy. The Vietnamese Embassy in the UK is in London.

## 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](#).

## 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, hillwalking and swimming are also good for developing aerobic fitness and stamina.

## Climate

The parts of Vietnam and Cambodia that we will be visiting have a tropical climate, which tends to be warm and humid. Both countries are affected by the influence of the monsoon, but their rainy periods are restricted to June, July and August, during which months we don't run this holiday. During those periods of the year when we run this trip, you can expect daytime temperatures typically to be in the range of 25 - 30 degrees Celsius, falling to around 20 degrees on some nights. The hottest months tend to be April and May. From September to January, the coastal area around Hoi An can be affected by typhoons in the South China Sea bringing short-lived tropical storms.

## 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

- Vietnam. Lonely Planet
- Vietnam. Rough Guide
- Cambodia. Lonely Planet
- Vietnam Pocket Guide. Insight Guides
- Vietnam Handbook. Footprint Handbooks
- Vietnamese Phrasebook. Rough Guides
- Hill Tribes Phrasebook. Lonely Planet
- Vietnam: A History. Stanley Karnow 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

### Vietnam North and South. Reise Know-How

A map at 1:600,000 scale over two double-sided sheets, Vietnam North and Vietnam South. The maps show road networks and driving distances and symbols highlight places of interest, archaeological remains, temples and museums, viewpoints etc.

### Cambodia. Reise-Know-How

A map at 1:500,000 scale. 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 your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling).

Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare tubes and puncture repair kit.

## Bike Wear

- Cycling helmet (the EN1078 safety standard is a requirement).
- 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)
- Padded (baggy) cycling shorts
- Long leg cycling trousers or leg warmers
- Base-layer - short sleeve cycling tops
- Mid-layer - long sleeved cycling tops
- Fleece jacket or jumper
- Lightweight windproof gilet
- Lightweight waterproof jacket
- Regular biking gloves
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

## Other Stuff

- Travel and off-the-bike clothing and footwear
- Wash bag, towel, toiletries, including anti-bacterial handwash
- Headtorch and spare batteries
- Swimwear
- Basic First Aid kit and personal medication
- Insect repellent
- Chamois cream (e.g. Assos/Ozone)
- Water purification tablets
- Reusable cloth bag for shopping (to avoid plastic bags)

## Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. You may be asked to pay directly for any spares used, especially in the case of crash damage or damage by mis-use.

If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/chain connector, rear derailleur hanger and any non-standard parts specific to your bike.

## Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

## Hydration and Energy Snacks

You should take suitable water bottle(s) (we encourage re-filling water bottles rather than single use plastic) or a hydration pack and you should also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

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 Hoi An and ending in Siem Reap. Transfers on arrival from Da Nang Airport to Hoi An are not provided - taxis are readily available and low cost. A group transfer is provided from the hotel in Siem Reap to Siem Reap Airport on the final day of the Land Only itinerary.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Da Nang Airport and returning from Siem Reap. Outbound flights usually depart from the UK in the late morning and arrive at Da Nang Airport in the late afternoon of the following day (Day 1 of the Land Only itinerary). Return flights depart from Siem Reap in the afternoon of the final day of the Land Only itinerary, arriving in the UK in the early morning of the following day.

# Why Choose KE

## Why KE

Brilliant Itineraries Cycling from the South China Sea to Angkor Wat, one of the stand-out man-made sites in South-East Asia, this is an amazing journey by bike across Vietnam and Cambodia and provides a great insight into 2 of the most fascinating countries in the region. With KE you get to cycle most of this classic route - no-one else is offering anything like this !

**Please Note** This document was downloaded on 20/05/2024 and the trip is subject to change