Backroads of Cambodia Bike

Trip Code: CAMB

Version:

CYCLE	GUIDED GROUP	LEISURELY
		2



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 on the Phnom Kulen plateau and in the Cardamom Mountains
- A day at the palm-fringed beach on the island of Koh Tongsay
- Phnom Penh and a sunset cruise on the Mekong River

AT A GLANCE

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

ACCOMMODATIONS & MEALS

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 have 2 days exploring the plateau and national park of Phnom Kulen, where we can cycle on a purpose-built trail and camp out at the high point of the reserve with far-reaching views. 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 road and riverboat to Chi Phat on the edge of the Cardamom Mountains, we ride on jungle trails to the waterfalls of O'Malu and to the tribal village of O'Kay. Then, we cycle and transfer to the coastal town of Kampot, where there's time 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 more challenging days are at Phnom Kulen and in the foothills of the Cardamom Mountains, where we will encounter some slightly more rolling terrain and easy forest tracks. Clients finding any 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:

Holiday Information

What's Included

- English-speaking professional cycle guide 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
- Tips
- Visa
- Miscellaneous personal expenses
- Bike Carriage on the flights - please check with your carrier for charges
- Temple fees

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 one dinner in Siem Reap (Day 6) and lunch and dinner in Phnom Penh on the penultimate day of the Land Only itinerary.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

Drinking 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`.

Accommodation

There are 4 nights at a hotel in Siem Reap, 1 night in Battambang, 1 night in Kampong Chhnang and 1 night in Phnom Penh. There is one night in a homestay and one night camping in the Phnom Kulen National Park, 2 nights in 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.

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 $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 (August 2025). 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 Marlin 7 (or similar) bikes with front suspension, disc 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.

E-bike hire. Our local agent has pedal-assist enabled versions of the Trek Marlin bikes which can be hired at an additional cost of £250. If you would like to ride one of these bikes please let us know in good time and we will check availability for you. The cost of the e-bike hire will be added to your final invoice.

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. Take a small, additional travel bag or rucksack to allow you to take only essential overnight items for the two nights spent on the Phnom Kulen Plateau.

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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Cambodia

UK and USA passport holders do require a visa. The visa fee is $30 and we recommend that you pick up your visa on arrival at the international airport or at the land border if crossing into Cambodia from Vietnam. Payment must be made in cash (good condition USD), your passport must have 6 months remaining validity and you need 2 passport photographs.

e-ARRIVAL REGISTRATION - PRE-DEPARTURE - IMPORTANT - TRAVELLERS ARRIVING BY AIR ONLY

The Cambodian authorities now require travellers arriving by air to go through this e-Arrival procedure **within 7 days** of the arrival in Cambodia.

Download the official E-arrival app: https://arrival.gov.kh/

Enter your personal information and travel details.

Receive a confirmation email with a QR code.

Show the QR code to the immigration officer upon arrival.

You can also apply for an e-visa prior to departure online at https://www.evisa.gov.kh/.

CROSSING INTO CAMBODIA AT A LAND BORDER

Neither the e-Arrival registration or the e-visa process are appropriate or necessary in this case.

Travellers entering Cambodia at a land border will arrange their paper visa on arrival at the border.

We do keep our information up to date but be advised that visa requirements are subject to change. It is recommended that you contact the relevant commission in case of recent alterations.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

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 before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 directly 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.

Private Groups Information

Make this KE cycling holiday your own!

- Do our normal group departure dates not fit?
- Are you wanting to travel with just your friends or family?
- Are you looking to organise a trip for your local cycling club?

We are experts in creating holidays for groups of friends, families, charities, and cycling clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

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 (one is provided with the bike, but you might prefer to take your own)
- 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.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

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

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

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 05/11/2026 and the trip is subject to change