

Self-Guided Cycling the Best of Cambodia

Trip Code: SGCB

Version: SGCB Self-Guided Cycling the Best of Cambodia



CYCLE



SELF-GUIDED



LEISURELY



HIGHLIGHTS

- Soak in the buzz of the beguiling cities of Phnom Penh and Siem Reap
- Immerse yourself into idyllic Cambodian countryside on a privately guided cycle journey
- Dive into the history of the Khmer empire by uncovering incredible temples hidden among the jungle

- Explore the amazing temples of Angkor at your leisure with self-guided cycling tour
- Experience the warmth and friendly smiles of the people, the real gem of the destination

AT A GLANCE

- 1 day guided Phnom Penh city tour
- 3 days guided & supported cycling
- 3 days self-guided cycling
- BIKE HIRE INCLUDED
- 1 free day Siem Reap
- Daily departures available
- Suitable for 2+ travellers
- GPS Travel App
- Join at Phnom Penh / End in Siem Reap

ACCOMMODATIONS & MEALS

- 9 Breakfasts
- 3 Lunches
- 9 nights Hotel with swimming pool

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

Introduction

Enthralling, magnificent, captivating, incredible, unforgettable – these are just some of the adjectives uttered by travellers enthusing of their inspiring time in Cambodia. Experience this fascinating country and its unique heritage for yourself; this is a must-do bucket list destination. On this holiday, you will journey on two wheels through sleepy rural villages, experience the vibrant cities of Siem Reap and Phnom Penh, and delve into the multitude of ancient temples of the Khmer empire. Throughout, you will be enchanted by the warm welcome and smiles of this friendly nation. We are sure you will come home thoroughly in love with Cambodia and with more superlatives of your own.

Beginning your adventure in Phnom Penh, you will have the chance to explore the beautiful sights of this bustling capital city with your local guide and learn of the resilience of the people through its turbulent recent history. Riding out from the city with your cycle guide, you will get to witness rural life and discover the lesser-trodden temple complexes of Sambor Prei Kuk and Beng Mealea, before arriving to Siem Reap, gateway to the iconic Angkor Wat. Spending a few days here, you will be able to immerse yourself into the astonishing temples of Angkor at your own pace, exploring with your self-guided travel app.

Combining a privately guided cycle journey with independent self-guided discovery, you will benefit from valuable cultural insights with your local guide, and also have the flexibility to take your time and delve into the fascinating temples of the Angkor complex with the freedom of your self-guided app.

Is this holiday for you?

This holiday is perfect for you if you enjoy the freedom of travelling independently from a group, while having the ease of holiday logistics and arrangements taken care of for you.

On your three day cycle journey through the scenic Cambodian countryside, you will ride an average of

60km a day on mountain bikes, on a mix of dirt roads and paved roads, with some occasional off-road trails on straightforward, non-technical terrain. This journey is fully supported with a private guide and support vehicle, with the option to shorten the day by making use of the support vehicle if you wish, or even to extend your ride if desired. Cycling with your private guide, you have the freedom to cycle at the pace that suits you, without having to match your pace to a group.

With your self-guided app, you will have a local guide in your pocket to help you along your way as you explore the incredible temples of Angkor at your own pace. On the self-guided cycling days, you will ride between 27km-43km per day, and be free to explore the temples at your leisure.

E-bike upgrades are also available if you would like the extra pedal power.

Itinerary

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DAY 1

Arrive to Phnom Penh. Transfer to your hotel and settle in to this bustling city.

Your holiday begins on arrival to Phnom Penh International Airport, where you will be met by your local guide and transferred to your hotel in the city. Depending on your time of arrival, you may like to stretch your legs with a stroll to orientate yourself, or you may prefer to simply relax by the hotel pool after your journey.



Accommodation

Hotel with swimming pool

DAY 2

Enjoy a morning city tour of Phnom Penh with your guide followed by your bike fitting. The afternoon is at your leisure.

After a leisurely breakfast, you will meet with your city guide this morning for a walking tour of Phnom Penh. This buzzing capital city of Cambodia is located at the meeting point of three major rivers: the Bassac, the Tonle and the Mekong, bringing trade, prosperity and rapid growth over the centuries. Resplendent with the gleaming Royal Palace and Silver Pagoda, juxtaposed with beautiful colonial French architecture, it was considered one of the most beautiful cities of Indochina and became known as the "Pearl of Asia" in the early 20th century. With your guide, you will discover the evocative sights of the city and explore its bustling streets, with visits to the National Museum, the Royal Palace and its extensive compound, and the striking art deco Central Market, where you can experience the thriving heart of the city. After your morning tour, you will meet with your cycling guide who will assist you with your bike fitting, ready to set off on your journey into the backroads tomorrow.

The rest of the afternoon is at your leisure. Amidst its beauty and the infectious smiles that greet you at every turn, Cambodia has had a turbulent and heart breaking history. We think it is also important to learn of the impact of war and revolution on Cambodia, in particular the atrocities at the hands of Pol Pot's Khmer Rouge regime that uprooted the residents of the city and decimated its population. A visit to the Toul Sleng Genocide Museum and the Killing Fields of Choeung Ek make for a profoundly sombre experience, these sites standing as solemn testament to the brutality of the Khmer Rouge regime. These visits may not be for everyone; as such it is your decision whether you would like to make them. A memorial ceremony is held annually at Choeung Ek on 20 May.

Meals: **B**

**Accommodation**

Hotel with swimming pool

DAY 3

Set off on your cycle journey through sleepy villages along the Mekong to reach Kompong Thom.

An early start this morning to meet with your guide and crew for your transfer to the start point of your cycle journey. Taking a ferry across the Mekong to reach the eastern bank, you will have the opportunity to visit a local weaving house to see the intriguing process of silk production and learn how Cambodians create their famous scarves called Krama. Continuing by road, you will soon reach the setting off point of your cycle tour. Hopping on your bike, you will pedal leisurely along the Mekong River, travelling through colourful local villages and enjoying a taste of unhurried local life. Travelling with your guide, you will have the opportunity to gain unparalleled insight into Cambodian life and culture, and perhaps enjoy some interactions along the way to which you might not otherwise have been privy. Your pleasant route follows a mix of paved roads and un-paved trails as you cross through and between small villages along the Mekong. Enjoying a picnic lunch on the way, you will soon meet with your support vehicle for the transfer to Kompong Thom (2 hours 30 mins) and your charming hotel in this riverside town.

The friendly town of Kompong Thom sprawls either side of the Stung Sen River, and makes for an idyllic mid-point stop between Phnom Penh and Siem Reap. This evening before dusk, you may like to take a walk to the nearby French Governor's Residence, where you can find old mahogany trees that are home to hundreds of fruit bats. During the day, these large flying mammals hang upside down from the tree branches like pendulous fruit, occasionally spreading their leathery wings (of up to 40cm span!) to fan themselves in the day time heat. At dusk, the bats take flight in search of food - an impressive sight. Once you've had your fill of watching these flying foxes fetch their dinner, it's time for you to locate your own evening meal in your choice of eateries in town.

Meals: **B L****Accommodation**

Hotel with swimming pool

**Ascent**

31M

**Descent**

27M

**Time**

4 hours cycling

**Distance**

57KM

DAY 4

Cycle through wild jungle trails and explore the impressive Sambor Krei Kuk, a UNESCO World Heritage Site.

We recommend an early start this morning to maximise your time exploring the UNESCO-listed Sambor Prei Kuk archaeological site. To begin with, you will have a short transfer from your hotel (30 mins) before

hopping on your bike and pedalling along dirt trails, passing through rural villages, rice fields and various plantations. You will have plenty of opportunity to sample delicious fruits and Cambodian snacks at the many stalls you pass on your way.

Not long after your lunch break, you will reach the Sambor Prei Kuk archaeological site, covering an area of 25 square kilometres. This serene forested site encompasses over 100 temples; amongst these are some of the oldest temples in Cambodia, slowly being engulfed by the encroaching jungle. Exploring the site on two wheels, you will ride through verdant forest and along sandy trails between compounds and unique octagonal temples; you can discover some of these ancient structures on foot. When you are finished with your explorations, you will be transferred back to your hotel in Kompong Thom (40 mins) to freshen up and enjoy a well-earned dinner at a restaurant of your choice. It is also possible to extend your time in the saddle if you wish to cycle back to Kompong Thom, taking the distance covered by bike today up to 80km.

Meals: **B L**



Accommodation

Hotel with swimming pool



Ascent

150M



Time

4 hours cycling



Distance

60KM

DAY 5

Discover the mysterious temples of Beng Mealea and pedal through peaceful countryside to reach Siem Reap, gateway to Angkor.

Waking bright and early, tuck in to a delicious breakfast before transferring to the spectacular temple complex of Beng Mealea (2 hours 15 mins). This incredible temple surrounded by a huge moat was built in the 12th century to the same floor plan as Angkor Wat and was lost for centuries in the forest. Wandering around the ruins of this temple feels like a real intrepid exploration, discovering intricate stone carvings among the long-collapsed mysterious chambers. During your time here with your guide you will not only explore this main temple but also the surrounding hidden temples and be able to drink in the tranquillity of these special places.

Afterwards, you will continue your cycle journey through tranquil countryside, passing endless rice fields and languid villages where a friendly greeting will always elicit a smile in return. Having enjoyed a peaceful lunch stop on the way, you will soon arrive to Siem Reap and your base for the next few days. As the gateway to Angkor, the thriving city is lively with international tourists, and offers numerous activities in addition to the big draw of temple hopping, alongside a superb dining scene and buzzing nightlife in the famous 'Pub Street' backpacker's hub. There really is something for everybody here. You will have a welcome meeting with your Self-Guided Assistant this afternoon, where you will be equipped with everything you need for your upcoming days of self-guided exploration and get answers to any questions you may have.

Meals: **B L**



Accommodation

Hotel with swimming pool



Ascent

105M



Descent

67M



Time

4 hours cycling



Distance
65KM

DAY 6

Self-guided cycle exploration: Angkor Thom, Bayon Temple and Angkor Wat.

Setting off from your hotel on two wheels after breakfast, you will pedal initially along the river, passing through villages and shady forested trails before arriving to the South Gate at Angkor Thom. Following the guidance in your self-guided app, over the course of the day, you will explore a succession of historical sites at your leisure, lingering to your heart's content.

Within the walled city complex of Angkor Thom, you will discover the Terrace of the Elephants, climb the steep steps up the temple of Baphuon, and be mesmerised by the entrancing Bayon Temple with its many smiling faces - the undoubted highlight of Angkor Thom. This mysterious temple when viewed from a distance looks like a somewhat ramshackle ruin, but step inside and prepare to be awed by the hundreds of enigmatic carved faces and stunningly detailed sandstone bas-reliefs (amounting to 1.2km of carvings). Having explored all levels of Bayon, hop back on your bike and pedal the short distance to the iconic temple of Angkor Wat, the largest religious monument in the world and proudly featured on the Cambodian flag. You will be impressed not only by its grandeur, but also by the intricate carvings and the beautiful decorative details that adorn the temple.

At the end of your day's discovery, pedal back to your hotel on a high and enjoy a scrumptious dinner of perhaps some Khmer specialties at a restaurant of your choice tonight.

Meals: **B**



Accommodation
Hotel with swimming pool



Ascent
30M



Descent
27M



Time
2 hours cycling



Distance
27KM

DAY 7






Self-guided cycle exploration: Banteay Kdei, Ta Prohm and the Eastern Baray. Drink in the sunset at Sra Srang.

Your self-guided cycle tour of the Angkor temple complex today takes you through the forest to reach Banteay Kdei and the large bathing pool of Sra Srang to its east, reserved for the king and his consorts. Venturing on to Ta Prohm, marvel at the maze-like corridors and the ruins overgrown with trees. With scenes of the 2001 film Lara Croft: Tomb Raider filmed here, Ta Prohm is often referred to as the 'Tomb Raider Temple' and makes for an atmospheric visit and an incredible illustration of the reclaiming power of nature. Beyond this Hollywood high-flier, you will find a succession of 12th and 13th century Buddhist

temples including the fascinating Preah Khan, and the small island temple of Preah Neak Poan with its intriguing ornamental spouts in the form of an elephant head, a horse head, a lion head and a human head. Continuing your exploration of the Eastern Baray, you will discover the 10th century Hindu temples of Eastern Mebon and Pre Rup, before pedalling back to the peaceful pool at Sra Srang to witness the glowing sunset reflected in the still waters.

Feeling reposed after the sun has dipped beneath the horizon, you will be collected by a tuk tuk and taken back to your hotel in Siem Reap. You are spoilt for choice with so many options for places to have your dinner this evening, with tastes and budgets to suit everyone. Some establishments even offer dinner and a show with traditional apsara dances.

Meals: **B**

	Accommodation Hotel with swimming pool		Ascent 25M		Descent 6M		Time 3-4 hours cycling
	Distance 38KM						





DAY 8

Self-guided cycle exploration: idyllic countryside, the Western Baray and secret temples.

Having explored some of the big-hitters over the last couple of days, today you will venture further afield on your bicycle and ride on lesser-trodden trails through the countryside, passing small villages, lush green fields and herds of water buffalo. The landscape transitions between forests with dappled shade, to shimmering rice fields, and wide open spaces. This is a lovely ride and a great opportunity to enjoy peaceful rural life, feeling such an idyllic contrast to the throng of Siem Reap city life. Arriving to the Western Baray, the largest reservoir at Angkor (measuring approximately 8km by 2km), you may find local families enjoying a dip in the waters, having picnics or relaxing in hammocks on its shore. You might also like to enjoy a rest and some refreshments here before visiting some of the 'secret' outlying temples nearby, seldom visited by tourists.

Heading back toward the vast complex of Angkor Thom, this time approaching from the west, ride along the wall edging the vast moat to reach Prasat Chrung, one of the tower temples adorning each corner of the ancient city complex. From here you can observe another memorable sunset shimmering over the waters of the Western Baray. Replete and relaxed, a tuk tuk will transfer you back to your hotel. Enjoy a celebratory dinner tonight to conclude your self-guided cycling adventure around the incredible Angkor temples and reflect on your experiences over the past week... we are sure you will have fallen in love with this amazing country by now.

Meals: **B**

	Accommodation Hotel with swimming pool		Ascent 81M		Descent 60M		Time 4 hours cycling
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Distance
43KM

DAY 9

A free day in Siem Reap to enjoy at your leisure.

After your last few days of jam packed adventures on two wheels, today is spent out of the saddle and is free for you to enjoy as you please. There will be plenty to see and do to fill your day today, or you may simply like to relax by your hotel pool and perhaps indulge in a massage to soothe your muscles.

For a deeper insight into Khmer history, the Angkor National Museum is an excellent stop, plus its air-conditioned interior makes for a blissfully cool experience. To learn more of the unique mine-clearing work in Cambodia, head to the Apopo Visitor Centre to learn of how this life-saving task is undertaken with specially trained rats (!).

Siem Reap is a hub for handicrafts and the markets are teeming with ceramics, lacquerware, silk and cotton products, paintings and silverware, to name but a few forms of beautiful Cambodian crafts. Head to Psar Chaa or the Night Market to perfect the art of haggling for a bargain - always with a smile of course. To complete your souvenir shopping with a conscience, pay a visit to Artisans Angkor, a part of Les Chantiers Ecoles - a school that trains young Cambodians in traditional crafts and artisan skills such as stone or wood carving, lacquering or silver plating, empowering them with skills to gain employment.

For your evening entertainment, check out Phare, the Cambodian Circus - offering nightly performances, this is Cambodia's answer to Cirque du Soleil. This big top show is an exhilarating full evening's experience, with shopping, dining and pre-show performances followed by incredible live performances to remember. What a way to end your holiday on a high.

Meals: **B**



Accommodation
Hotel with swimming pool

DAY 10

Departure day.

Enjoy a leisurely breakfast before checking out of your hotel and making your onward journey. A transfer to Siem Reap International Airport is provided on this day.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Airport transfers
- Bike hire for all cycling days
- Guided city tour of Phnom Penh including entrance fees
- Guided and supported cycling from Phnom Penh to Siem Reap
- Entrance fees on guided cycling days
- Boat journeys and land transfers on guided cycling days as described in the itinerary
- Self-guided travel app for touring the Angkor temples
- Local SIM card for self-guided cycling days
- Self-guided assistant in Siem Reap

What's not Included

- Travel insurance
- Travel to Phnom Penh
- Travel from Siem Reap
- Visas (if applicable)
- Tips for cycling guide and support team
- Entrance fees on self-guided cycling days
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

GPS Travel App

On this holiday, you will enjoy a self-guided tour of the Angkor temples which is led by a self-guided app. This app includes the GPS-led routes for you to follow on your self-guided cycling tour, as well as historical information and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions provided to download the app to your phone and you are ready to go.

For your self-guided tour, alongside the self-guided app, you will also have support from our local self-guided assistants with a welcome briefing in Siem Reap, where you will be provided with a local SIM card. Our local partners can easily be reached by phone, text or on WhatsApp at any point during your self-guided tour and they will be happy to assist you.

Each mobile comes with a different expected battery life so we suggest you pack a spare battery pack with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts in Phnom Penh and ends at Siem Reap. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you.

The nearest airport for this trip is Phnom Penh International Airport with many departures from regional UK airports.

For this trip we have included a pick up transfer from Phnom Penh International Airport to take you to your hotel in Phnom Penh on Day 1 of the itinerary. A driver will be waiting to meet you upon exiting the airport.

At the end of the trip, a transfer is included on Day 10 to take you from your hotel in Siem Reap city to Siem Reap International Airport.

Please ensure you inform our customer sales and support team as early as possible of your flight times so that we can arrange your transfers for you.

Meal Plan

This holiday is arranged on a bed & breakfast basis to allow you the most flexibility during your holiday. Lunches are also included for the 3 days of guided cycling from Days 3 to 5 of the itinerary, these are taken at local restaurants for you to enjoy some home-cooked Khmer cuisine.

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.

With an abundant network of waterways, fish features greatly in Cambodian cuisine, whether that is in the form of deliciously fresh fillets or whole fish served steamed or fried, typically as part of a curry; or as a fermented paste combined with herbs and spices that forms the base of many Khmer dishes. You will also find that rice is an institution, and constitutes a part of every meal.

Some signature Cambodian dishes you might like to try include fish amok, a creamy fish curry steamed in banana leaves; ky teow, a simple but flavoursome rice noodle soup with meat (typically pork or beef) and crunchy bean sprouts; and loc lac, a dish of stir fried beef served on a refreshing salad with a zingy lime and pepper dipping sauce - wrap the beef, tomato and onion up in the lettuce leaf and dip. Yum!

Street snacks in Cambodia can either intrigue adventurous tasters, or be met with incredulity. Whatever your opinion, there is nothing strange to Cambodians in eating fried insects such as tarantula and crickets, fried scorpion, or balut eggs (a protein-rich fertilised egg embryo: not for the squeamish) - if it's wholesome and nutritious, it can be consumed.

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

For this holiday we have carefully chosen a selection of 3* hotels in Phnom Penh, Kompong Thom and Siem Reap, all with wi-fi, pools and air-conditioned rooms, perfect for cooling off after a day of exploration. Rooms are arranged on a twin/double basis with breakfast included.

In Phnom Penh you will stay in a well-located modern city hotel in the south of the capital, within walking distance to the riverfront and sights such as the Royal Palace, Silver Pagoda and Independence Monument, and the Toul Sleng Genocide Museum.

In Kompong Thom, you will stay in a charming boutique hotel by the river with wonderful outside spaces filled with lush tropical plants. Amidst this tranquil oasis of greenery are individual bungalows of double/twin rooms; and a main building of striking traditional architecture where the restaurant can be found.

While in Siem Reap, you will be based here in a boutique hotel a little outside of the bustling centre of the city, conveniently located for getting to the Angkor temples north of the city. Within the private grounds of the hotel are a peaceful tree-lined courtyard and pool. The hotel also offers spa treatments - why not treat yourself to a massage!

Accommodations are subject to availability and can change. Any alternatives offered will be of a similar standard. You can expect 3* hotels in Cambodia to be a high standard and you can enjoy a touch of luxury at each of the places you will stay, with very comfortable lodgings and a wonderfully warm welcome.

Bike Hire

Bike hire is included for this holiday. These are good quality mountain bikes with flat pedals, front suspension forks and disc brakes. All bikes have bottle holders fitted.

You will have full vehicle support for your guided cycling from Phnom Penh to Siem Reap (3 days).

For your 3 days self-guided cycling in Siem Reap, bikes are supplied with a puncture repair kit, pump and bike lock. A phone holder is provided but you may wish to bring a handlebar mount that is compatible with your own smartphone; and a day pack to carry your essential items with you. Vehicle support is available through your self-guided assistant for these days.

Helmets complying with the European EN1078 safety standard are provided locally but we recommend for you to bring your own helmet for the best comfort.

We also suggest you consider packing a gel seat for extra comfort or a pair of padded cycling shorts, whilst you will be riding at your own pace and there will be plenty of opportunities to stop and explore, it is always nice to have some padding for a comfortable ride.

E-bikes are also available if you would like to have some extra pedal power; these are available at a supplementary cost for either (or both) the guided cycling and self-guided cycling days. The supplement for an e-bike for the 3 day guided Phnom Penh to Siem Reap cycling is £ 240. The supplement for an e-bike for the 3 days self-guided cycling in Siem Reap is £ 110. E-bikes are subject to availability.

Baggage Allowance

For this holiday you should take one piece of luggage and a day pack for your daily essentials. Luggage with wheels may be useful for this holiday.

For international flights please check your baggage allowance with your airline.

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.

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

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](#).

Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

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 advantage of this hybrid privately guided and fully supported cycling and self-guided holiday is that you decide the pace; there is no pressure to maintain a pace set by a group. However getting some additional exercise and time in the saddle before coming on an active cycling holiday would be a good idea. You should be comfortable with cycling up to 60km a day on uneven terrain and a mix of surfaces. Much of the route is on flat dirt roads. There are also some sections on paved roads, and off-road trails on dirt and sand. We would recommend you dust off your bike and head off on a few rides before your holiday; after all the fitter you are the more enjoyable your cycling will be.

Climate

Cambodia experiences a tropical climate with two main seasons, but you can travel in Cambodia all year round. Governed by the monsoon winds, the months of May to October experience the main wet season with heavy rains and high humidity. Rainfall during the early monsoon season (May to July) tends to be in the form of short downpours that bring respite to the heat and humidity. The heaviest rainfall generally tends to fall in August and September. The months of March to May tend to be the hottest time of the year, with day time temperatures reaching up to 40 °C. The months of November to mid-March are considered the cooler dry season, and as such the best time of year for active visits, with average day time temperatures around 25-28 °C.

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 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 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

Voices from S-21: Terror and History in Pol Pot's Secret Prison – David Chandler

First They Killed My Father: A Daughter of Cambodia Remembers – Loung Ung

Lonely Planet: Cambodia

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

- Cycling shorts
- Cycle helmet – helmets are provided locally but you may wish to bring your own for the best comfort
- Functional base layer
- T-shirts
- Lightweight travel trousers/shorts
- Lightweight loose-fitting shirt / shawl to cover shoulders for temple visits
- Scarf / neck buff
- Hat
- Windproof jacket

- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack (we encourage re-filling water bottles rather than single use plastic)
- Camera (batteries/memory card)
- Mobile Phone (unlocked to accept an additional SIM card)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Sandals
- Insect repellent

*Cambodia is a conservative country, please respect this by dressing modestly and conservatively. Avoid wearing clothing with religious themes (e.g. images of Buddha or Hindu deities).

*Please follow the dress code when visiting the Angkor temples. It is a requirement to have knees, shoulders and upper arms covered for temple visits. Loose-fitting long trousers/skirt and shirts/T-shirts are best.

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

Please note our 'from price' listed is based on 4 persons in double or twin occupancy, however this trip is suitable for groups of 2 or more travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights from your nearest airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE

Experience the unmissable highlights of Cambodia at your own pace on our unique hybrid holiday, combining a privately guided cycle journey from Phnom Penh to Siem Reap, with self-guided cycling at the Angkor temples. Bike hire is included in the price of your holiday, and e-bike upgrades are also available.

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