

# Cambodia



## Cycle Angkor

4 days in Siem Reap

Angkor Wat, Ta Phrom, Beng Melea, Tonle Sap Lake and vibrant Siem Reap town.

The Temples of Angkor arouse images of ancient kingdoms, temples hidden by jungle and the mystery of the rise and fall of civilizations. Justified in their fame, the Angkor Temples in Cambodia have become a must see destination. Beat the crowds and join us on a relaxing exploration by bicycle - a unique and personal way to explore not just the temples but also the surrounding areas that are home to villages, beautiful farmland and Tonle Sap Lake, South East Asia's largest freshwater lake.

Our four day exploration of Angkor is a relaxing ride that can be done by anyone who can ride a bike and wants to take a more leisurely and intimate approach to their travel. With a full back up crew you'll be able to enjoy the back roads and temples with the comfort of a Grasshopper Adventure.



## Itinerary

### Day 1 | Siem Reap | Arrival

Your guide will meet you at the Siem Reap Airport and take you to your hotel. Tonight you will be treated to a traditional Khmer meal and will have the opportunity to hear some of the history from your guide. After dinner, enjoy a walk through the vibrant heart of Siem Reap town, where a diverse cultural community is emerging.

### Day 2 | Siem Reap | Angkor Sunrise and the highlight temples

We make an early start to see an unforgettable sunrise at Angkor Wat. We then take a leisurely ride around some of the temple highlights, including Tha Prom, the Elephant Terrace and the Bayon. After lunch in the temple area, we cycle back to the hotel by small dirt trails through villages. This afternoon you are free to explore at your leisure, or go with your guide to see a handicraft workshop that supports under-privileged youth, by teaching them crafts skills. The evening is free time.

Distance cycled: 35km  
Meals included: B,L

### Day 3 | Siem Reap | Beng Melea

After breakfast we ride on little used roads through small villages and stunning countryside to reach the hidden temple of Beng Melea. This moss covered, shady temple is an oasis away from the many hundreds of people who visit the main Angkor temples. We return to town by vehicle. Dinner this evening is at your leisure, so that you may explore the various cuisines on offer in Siem Reap.

Distance cycled: 65km  
Meals included: B,L

### Day 4 | Siem Reap | Tonle Sap Lake and finish

Today we will ride to the Tonle Sap Lake and enjoy a boat trip to visit the Khmer Stilt village of Kampong Pluk, a community who's livley-hoods have been drawn from the lake for many generations. In the dry season, these houses sit high above the exposed earth and in the wet season, the water laps at their doorstep. We return to town by vehicle. After lunch and a late checkout, we will take you to the airport. Alternatively you may wish to stay another night. Our staff are more than happy to arrange this for you.

Distance cycled: 40km  
Meals included: B,L

## Tour Details

### Style

Supported cycling

### Inclusions

Accommodation, some meals, guide, support vehicle for longer rides, snacks & water, bike hire, boat rides, entrance fees.

### Group Size

Minimum 1, maximum 16

### Food



Included meals: 3 breakfasts, 3 lunches, 1 dinner.

### Accommodation

Comfortable 3.5 star, centrally located hotel.

Treat yourself from an additional \$200 per person and stay in one of the best 4 star resort/hotels in town.

On a budget? Stay at a comfortable 2.5 star hotel and save \$45 per person.

### Extra accommodation

City River Hotel (Standard trip hotel) \$55 per room, per night November to March. \$50 per night April to October.

Victoria Angkor Resort (upgrade option) \$165 per room, per night

## Travel Details

### Visas

One month single entry visas can be easily obtained upon entry to Cambodia. Visas at the airport cost US\$20 and require one passport photo. You can obtain a visa in your own country if you wish. Before you travel check your passport to ensure that there is room for a visa and entry/exit stamps (at least 3 pages) and that it has at least 6 months validation remaining.

### Travel Insurance

It is a condition of participating in a Grasshopper Adventure that you hold travel insurance for the duration of the trip. Insurance must include comprehensive medical and emergency evacuation. Your travel insurance details will be checked by your group leader on arrival at the starting point hotel.

If you are looking for an insurer we can recommend World Nomads. [Click to see more details.](#)

### Flights

International flights to the starting point and from the finish point are not included in the price of this tour. We can assist with the purchase of inter-Asia flights and provide advice if you are considering overland travel.

### Money

The official currency of Cambodia is the Riel, but US dollars are used often as a parallel currency. Cambodia now has a modern banking systems with ATMs and money changers in most major cities. When coming to Cambodia it is possible to use Visa/Mastercard or Cirrus/Maestro cards to access cash with an ATM. You should, however, carry travelers cheques as a backup. Most international currencies can be exchanged so it is not necessary to bring only US dollars - AUD, EUR, CAD, NZD are all accepted at banks in major centres.

For current exchange rates visit:

[www.oanda.com](http://www.oanda.com)

### Costs

We recommend that you allow approximately US\$40 for food and general living costs per day.

Shopping money should be considered extra to this amount. It is customary to tip the guides and drivers in Cambodia. You should allow approximately US\$30 for tips. Note: this is a guide only, feel free to tip more or less (or nothing) depending on your satisfaction.

### Electricity

Cambodia works on a 220 volt system and uses two flat pin plugs which is standard in South East Asia. You can easily buy an adapter in Siem Reap for much cheaper than in your home country.

Plugs look like this: | |



### Health

There are no specific health requirements for travelling in Cambodia, however, we recommend that you visit a travel medicine doctor before travelling. You should carry a well stocked first aid kit with you when you travel. All Grasshopper Adventures Group Leaders are first aid trained, however, they are not permitted to distribute any medications.

### Packing

You won't need anything specific for this tour. We do suggest that for the bike tour you wear either comfortable sports shoes or strap on sports sandals and shorts and t shirt. For the rest of the tour comfortable loose fitting clothing is best to cope with the warm climate.

### Climate

Cambodia has a tropical climate. Wet season extends from around June to September-October. The hottest time is just before this time and the coolest just after.

## Positive Impact

An integral part of traveling is to have a positive impact on the country that you are visiting. On this trip there are a number of things you can do to have a positive impact on the communities that we visit.

### Dress

Cambodia is still quite a conservative country. When visiting temples shorts are acceptable providing they cover the knee. Sleeveless tops are not acceptable in temples.

### Phrase Book

A highly memorable part of your travels will be the local people that you meet. In the tourist areas some people will speak English but away from these areas you should learn a few words of Khmer. We will teach you some of the basics but if you want to really interact we recommend bringing a phrase book.

### Donations

Often when coming on trips overseas people like to bring items such as sweets, pens and books for children or old clothing for families. While this is a fantastic idea, if distributed in the wrong way it can actually create more problems. Giving items away to local people can create an expectation that a visiting foreigner equals free give away's. In some communities in Asia this has created whole villages where the only interaction is the locals asking for things. If you would like to donate anything to the communities that we visit we suggest that you give the items to Grasshopper Adventures which we will then pass on to development organisations, schools or whole communities. In this way items are distributed by those working in the communities who understand better the local needs.

### Poverty

There is poverty in Cambodia which you will see. If you choose to give something to a beggar you must bear in mind the value of money in the country you are visiting. Many beggars can earn more than those who work unskilled jobs. There are organisations in Cambodia who are working to alleviate this poverty issue and may be able to do more good with donations that you might like to make. Your guide will be able to provide more information about this.

### Important

All information in these tour notes is researched with care and provided in good faith. The information subject to change, and does not form part of the contract between the client and Grasshopper Adventures.

