

# Cambodia



## Cycle Angkor for Families

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 an easy and fun way for you and your family to see the temples and Cambodian countryside.



## Itinerary

### Day 1 | Siem Reap | Arrival

Today your guide will pick you up from the airport and take you to your hotel. Tonight enjoy a delicious, wholesome Cambodian meal while you learn a little about Cambodian culture from your guide.

Meals: D

### Day 2 | Siem Reap | Cycle and boat to Kampong Pluk

A lovely ride takes us on dirt roads through small villages and farmland towards the largest lake in South East Asia, the Tonle Sap Lake. Here we will board a small covered boat and take a cruise over to Kampong Pluk. This is a stilt village. In the dry season, the houses tower above the exposed earth by about 6 meters, but in the wet season, the water laps around the floorboards and grocery vendors float from house to house, while the livestock have their own floating pens. We will head back to dry land for lunch at a small restaurant, then continue back to Siem Reap town.

Distance cycled: Approximately 20km

Meals: B,L,D

### Day 3 | Siem Reap | Cycle Angkor Highlights

A very early start will take us to an unforgettable Angkor Sunrise. Most of the other people that you see here will go straight back to their hotel for breakfast and a snooze, but this is the best time to explore Angkor Wat, while there are less people here, the light is soft and the temperature more comfortable. We will go back to the hotel for breakfast before jumping on the bikes and pedaling our way around the highlights of the temple complex. We will have lunch at a small restaurant in the vicinity of the temples, then return to town where the afternoon is free for you to explore Siem Reap or relax by the pool.

Distance cycled: Approximately 30km

Meals: B,L

### Day 4 | Finish | Cycle to 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, and after a chance for a shower and a late checkout, we will take you to the airport. Should you wish to stay on in Siem Reap, please consider taking an additional night at our trip hotel.

Distance cycled: 65km

Meals included: B,L

## Tour Details

### Style

Supported leisure cycling for families

### Inclusions

Accommodation, some meals, English speaking local cycling guide, air conditioned vehicle, entrance fees, boat rides.

### Group Size

Minimum 2, maximum 16

### Food



3 breakfasts, 3 lunches, 2 dinners

### Accommodation

Comfortable, family friendly hotel with a pool

### Extra accommodation

If you require extra nights before or after the tour we can book these at our planned hotel:

City River Hotel  
\$50/room/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 before you travel 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.

