

Cambodia



Angkor to Phnom Penh Bike Tour

4 Days Siem Reap to Pnom Penh

Instead of taking a speeding bus ride from the Angkor temples to the capital, Phnom Penh, take your time and see what lies in between: quiet, remote back roads, farming communities, abandoned air strips, the enormous Mekong River and Cham Muslim communities.

This cycling route travels on quieter, mainly dirt, back roads, staying away from traffic and passing through countryside that most travelers miss. Children herding their buffalo or walking to school, will be brimming with excitement and will be satisfied with a simple hello or high five from the brightly dressed foreign visitors.

From the countryside to the bustling, vibrant city of Phnom Penh, this ride is full of contrast.



Itinerary

Day 1 | Kampong Thom | Cycle to Beng Melea

We start with a ride along the Siem Reap River and it's not long before the bustle of Siem Reap fades and we find ourselves cycling through open countryside, with farmers hard at work and children waving. We cycle on small dirt roads today, some in good condition, some in average condition. We reach the moss covered, shading temple of Beng Melea around lunch time and after losing yourself in this amazing structure, we will have a picnic lunch, before we board the vehicle to travel to our home for the night, Kampong Thom.

Kampong Thom is the provincial capital and is a growing, but still small city. In the evening, a walk along the river makes for a nice end to the day with many locals out for their evening exercises.

Meals included: L,D
Distance Cycled: approximately 70km.

Day 2 | Kampong Cham | Cycle to Kampong Cham

We start with a short drive, then we hit the bikes again and cycle down a well made secondary road, past various plantations, including cotton and rubber. The fertile soil of the Mekong Basin and the comfortable climate are perfect for these crops.

In the afternoon we pass a disused US-era air strip before we make a small descent into Kampong Cham on small dirt paths.

Another provincial capital, Kampong Cham is located at the bridge over the Mekong that connects Cambodia's three north eastern provinces to the central region.

Meals included: B,L,D
Distance Cycled: approximately 80km

Day 3 | Phnom Penh | Cycle to Phnom Penh

This morning we follow the Mekong River as we cycle through Cham Muslim areas. Formerly a Hindu kingdom that spanned much of what is now southern Vietnam and Cambodia, the Champa Kingdom declined after a number of fierce battles with the Khmer and Vietnamese. They are thought to have converted to Islam after their King converted in or around the late fourteenth century. Today, Cham people are scattered across their former domain, usually earning a living from fishing.

We eat our lunch in the grounds of a modern, river-side temple before we board the vehicle for the drive into Phnom Penh. Phnom Penh with its broken charm is a busy city and is quite a change from the sleepy countryside that you have experienced. Tonight we will have our final meal together.

Meals included: B,L,D
Distance cycled: approximately 65km

Day 4 | end

The tour concludes this morning. We can arrange for additional night's accommodation at our trip hotel, or assist you with any other onward travel plans.

Meals included: B

Tour Details



Style

Supported Cycling Tour

Inclusions

Accommodation, most meals, air-conditioned vehicle support, quality bikes, English speaking cycling guide, entrance fees

Group Size

Minimum 1, maximum 16

Food

3 breakfasts, 3 lunches, 3 dinners

Accommodation

Comfortable hotels, with en-suite, hot water and aircon.

Extra accommodation

If you require extra nights before or after the tour we can book extra nights at our starting and finishing hotels:

City River Hotel Siem Reap \$55/room/night

Hotel Castle Phnom Penh \$60/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 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

Costs



We recommend that you allow approximately US\$20 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.

