

Cambodia



Cycle Cambodia for Families

9 days through Cambodia

Angkor Wat - Tonle Sap Lake - Phnom Penh - Southern Cambodia

This fun filled trip will take you and your family cycling on the trails and quiet roads of Cambodia to some of the most spectacular temples in history and through the villages of smiling Cambodian people. The majesty of the Angkor temples is lost on no one and you'll realize why after spending a day in and around the temples.

But there's more to Cambodia than just temples. Traveling to many of the most memorable places in Cambodia and then cycling the back-roads and small trails, we see beautiful Cambodia as few people have the opportunity to do. We visit a city with a certain broken charm and we spend the latter part of our journey on the coastline visiting a quiet island and once grand Kep, before our final night in Sihanoukville.



Itinerary

Day 1 | Siem Reap

Upon arrival in Siem Reap, you will be met by your guide and enjoy a traditional Khmer meal at one of the cities best restaurants.

If you are flying into Bangkok, but would rather save some money on travel to Siem Reap, we can arrange a private vehicle transfer from Bangkok International Airport (\$220) or any Bangkok hotel (\$220) to Siem Reap. A new and well made road now makes this a 6.5 hour journey. If you are flying into Siem Reap International Airport, you will be met there and transferred to your hotel.

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.

Meals: B,L,D

Distance cycled: Approximately 20km

Day 3 | Siem Reap | Angkor Temple 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.

Meals: B,L

Distance cycled: Approximately 30km

Day 4 | Phnom Penh | Drive to Phnom Penh

Today you will drive approximately 5.5 hours to reach Phnom Penh, the capital of Cambodia. We will make various stops along the way to taste local snacks including Krolan, a tasty sticky-rice treat cooked in a bamboo shoot, and for the more adventurous eaters we can even try fried spiders and snakes. Phnom Penh is a thriving city with busy streets and markets of all description. Your hotel is located in the riverside area and only a short distance from the Foreign Correspondence Club and many other bars and restaurants.

Meals included: B,L,D

Day 5 | Phnom Penh | Islands of the Mekong Bike Ride

We take a boat ride over the river and then ride along the reversible Tonle Sap River. Here we will see many Cham Muslim people who are usually occupied with fishing as their main source of income. We will then cycle over the peninsula to take a Mekong ferry to the small islands that sit in the middle of this huge river. These islands boast a great diversity of activity from Silk and Cotton weaving to fruit farming and even an abandoned Zoo. We will spend some time to explore the island before returning to Phnom Penh by a different route. We will then have lunch at the Vicious Cycle Café. After lunch you can take free time to explore one of the many markets including the Russian Markets and/or the Central Markets in Phnom Penh or visit the S-21 Genocide Museum to learn about tragic events only recently past. We meet again in the evening for a boat ride on the river and dinner.



Meals: B,L,D

Distance cycled: Approximately 25km

Day 6 | Kep | Drive to Kep via the Killing Fields

Today we leave Phnom Penh and visit the infamous Killing Fields Memorial, a sobering memorial to those people who were killed in Cambodia during the Khmer Rouge regime. Then we continue to Kep, a small coastal town. The afternoon is free to go for a swim or take a walk along the beach. Tonight we will have a fantastic seafood dinner.

Meals: B,L,D

Day 7 | Kep | Visit Rabbit Island

Kep was popular with the French colonialists as a holiday escape from Phnom Penh. We will take a leisurely morning cycle to see the remains of French architecture here and feel the relaxed vibe of the town. We will then take a boat ride to nearby Rabbit Island where the swimming is in clear blue water. Return to Kep in the evening for another delicious seafood dinner.

Meals: B,D

Distance cycled: Approximately 10 km

Day 8 | Sihanoukville | Cycling to Kampot, Drive Sihanoukville

This morning we cycle to riverside town of Kampot. Kampot is a town set on a river inlet, with the towering Bokor Mountain shadowing it. It is a lovely town with some variety of cuisine and more French architecture. We then drive to the beach-side town of Sihanoukville, Cambodia's only major port and most famous beach resort destination. Tonight we stay at the Orchidee Guesthouse located one block from the beach. Or, if you want to spoil yourself inquire about prices at the 5 Star Sokha Beach Resort with private beach.

Meals: B,L

Distance cycled: Approximately 25km

Day 9 | Finish | Return to Phnom Penh

Today we will drive 4 hours back to Phnom Penh. We can take you directly to your flight at the Phnom Penh International Airport or take you back to Phnom Penh City.

Additional nights accommodation at our trip hotel are \$65 per room per night.

Meals: B

Tour Details

Style

Supported leisure cycling for families

Inclusions

Accommodation, local guide, most meals, entrance fees, quality bikes, helmets, air-conditioned vehicle & boat rides as mentioned.

Group Size

Minimum 2, maximum 16

Food

Include meals: 8 breakfasts, 7 lunches, 6 dinners.

Accommodation



Comfortable, family friendly hotels, all with pools

Extra accommodation

City River Hotel Siem Reap \$60 per room night

Hotel Castle Phnom Penh \$65 per 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\$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.

