

# Self-Guided Cycling the Best of Cambodia

Trip Code: SGCB

Version:



CYCLE



SELF-GUIDED

MODERATE



## 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
- E-bike upgrade available
- 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

[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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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- An airport transfer on arrival and on departure
- 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 most of 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, so 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 instead.

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.

## 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 usually 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.

## Upgrade to an E-bike

If you are looking for a bit of extra support whilst in the saddle, you can upgrade to an e-bike to make your ride even more leisurely.

Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills, and travel further with less effort and more comfort.

E-bikes are available on this holiday; 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.

Just request your required upgrade option with our sales team at the time of booking.

## 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

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## 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](#).

## 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.

## e-ARRIVAL REGISTRATION - PRE-DEPARTURE - IMPORTANT

The Cambodian authorities now require travellers to go through this e-Arrival procedure at least a week before arrival in Cambodia.

Download the official E-arrival app: <https://arrival.gov.kh/>

Enter your personal information and travel details.

Receive a confirmation email with a QR code.

Show the QR code to the immigration officer upon arrival.

**We do keep our information up to date but be advised that visa requirements are subject to change. It is recommended that you contact the relevant commission in case of recent alterations.**

## 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 before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://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](http://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 directly 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 a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## 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

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## 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 23/11/2024 and the trip is subject to change