



# Mighty Mekong & Angkor Wat Bike Tour

## a 12 day Cambodia & Vietnam Bicycle Tour

The Mekong River, which flows from the Chinese Highlands through to southern Vietnam is the life blood for Southeast Asia. Its waters provide transportation, irrigation for crops, fish for eating and scenic beauty to all you view it. Our journey explores but a small part of the rivers long course, but gives inquisitive travelers a glimpse into everyday life along its banks.

Departing from old Saigon (now known as Ho Chi Minh City), we sail upstream on the newly built Jahan, an elegant river cruise ship. Our journey takes us from the meandering waterways of the Mekong Delta to the floating villages of vast Tonle Sap Lake in Cambodia. Along the way, we visit picturesque Phnom Penh, the colorful pagodas of Sam Mountains, regional handicraft centers and rural countryside. Guests will visit a local orphanage, as well as a literacy program sponsored by our cruise.

The final section of the tour, explores the fabled Khmer ruins of Angkor Wat, one of the world's wonders. The city thrived between the 9th and 13th centuries before being abandoned after the Thai invasion of 1431. The ruins were discovered in the late 1800s by a French naturalists and now find themselves on many travelers bucket lists. We'll explore this vast complex by bike over several days, seeing both the well known and the hidden wonders of antiquity. Come discover another side of SE Asia many tourist miss.

### Day by Day Itinerary

**Day 1** - Your group will gather today in Ho Chi Minh City (many folks may know it as Saigon). As most flights arrive late at night, we have nothing scheduled other than a good night's sleep once you reach our hotel in downtown.

**Day 2** - Ho Chi Minh springs to life as the sun rises. After breakfast we will head out for a walk around the city, stretching the legs and working off the jet lag. In the early afternoon, our van takes us to the Mekong Delta to the small town of My Tho, where our ship awaits. The Jahan is a newly built river ship, specially designed for the water of the Mekong River. It provides us with elegant cabins and first class service from the mostly Vietnamese crew. We'll sail upstream a bit before anchoring for the evening.

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**Day 3** - Our first journey by bike explores the Mekong Delta near the town of Cai Be, where we pedal past fruit orchards through the quiet countryside. During the morning ride, we will visit a handicraft specializing in products made from coconut shells. Returning to the ship for lunch, we sail further upstream and then switch to local style transport, taking sampans up the narrow braided waterways through the delta. Among our stops is a visit to a local business that has taken a nuisance plant, the water hyacinth, and produced mats and baskets from its fiber. 20kms

**Day 4** - Heading out after breakfast, we first cycle to Sam Mountain, where dozens of pagodas and temples such as Tay An Pagoda, Thoai Ngoc Hau temple await us. From top of Sam Mountain we can catch the panoramic view over Cambodian border, then cruise downhill before we hit the flat terrain and keep riding to Cho Vam and Tan Chau back to the boat before lunch time. In the afternoon we enter Cambodia, en route to our overnight anchorage at Phnom Penh. We will learn to cook some traditional Cambodian dishes during the afternoon cruise. 25 kms

**Day 5** - Phnom Penh, the Pearl of the East, holds us captive today as we cycle through its quiet streets, past colonial buildings and Khmer temples. We'll stop to visit spots such as National Museums of Khmer Arts, Royal Palace, Silver Pagoda and Toul Sleng Museum. The after lunch head out to explore the surrounding countryside, including a visit to the silk weaving village of Chong Koh. Tonight, back on board the ship, we will be entertained by traditional Aspara Dancers, Cambodia's classical dance style. 30 kms

**Day 6** - The bikes get a day off as we sail further up the Mekong into rural Cambodia. Along the way, our ship will stop at some of the small villages lining the river's course, where we will be able to explore by foot. Discover first hand what daily life is like in Cambodia. For guests desiring to bring any gifts, we suggest shopping for school supplies while we are in Phnom Penh. Evening will find us anchored off Kampong Cham.

**Day 7** - Back on the bikes again, we head first to visit the Han Chey Pagoda, then across to Koh Pen, an island in the Mekong. During winter trips we will pedal across a hand tied bamboo bridge to reach the island, while on summer trips we travel by boat. Our cycling takes us through rural farming villages with taro, corn and bean plantations. After lunch we sail a bit further upstream to visit the Wat Nokor, a temple built within the ruins of an older temple. En route back to the ship we will visit an orphanage and test our balance on a 2 kilometer long bamboo bridge. 35 kms



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**Day 8** - Today the ship enters the Tonle Sap Lake, an extremely wide section of the Mekong, home to villages actually floating on the lake. These villages contain everything from houses to schools to stores. Our morning ride will explore Kompong Chnang, an area renowned for its pottery. We pedal through more rural villages and visit some potters working their traditional craft. In the afternoon we again switch to local transport, traveling by ox cart to visit a village that is being helped by the cruise ship's literacy project.

**Day 9** - We sail across Tonle Sap Lake today en route to our disembarkation point at Siem Reap. Saying good bye to our friends on the cruise ship, we pedal across town to our lodging in the city, then have the afternoon free to relax or explore the local . 5 kms

**Day 10** - The fabled ruins of Angkor Wat dating back some 800 years await today. We'll pedal from Siem Reap to the ruins, following what is known as the Lesser Circuit. Amongst the ruins we will visit are Death Gate, Victory Gate, Terraces of Elephants & Leper King, and Srah Srang. Rather than rushing back to our hotel, we will relax in the ruins complex until early evening, so as to enjoy the dramatic sunset views from Phnom Bakeng. 50 kms

**Day 11** - We'll will shuttle out in the morning to the rose colored Banteay Srei ruins, exploring its incredible carvings, then set out along the Grand Circuit of Angkor. Along the Grand Circuit we will enjoy the ruined, jungle temple of Preah Khan and Neak Pean Temple, famous for its sacred pools. Heading out into rural Cambodia, away from the tourists, we will also visit Banteay Kdei before returning to Siem reap along quiet country lanes. 51 kms

**Day 12** - As all good things must come to an end, we say goodbye and head to the Siem reap Airport for your onward flights. Lea heuy.

### Private Dates

This tour is only available as a Private Date, the route and details have been perfected, all we need is for you to pick a date for you and your gang. A tip from our local experts, this tour is best enjoyed from November through March dry conditions and cooler evening temperatures

Contact us for current pricing for this tour.



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### **Lodging:**

Boutique Hotels & Cruise Ship Cabins

### **What's Included:**

- 4 nights Accommodation in the area's better hotels (double occupancy)
- 7 nights Accommodation onboard ship (double occupancy)
- All meals from Dinner on Day 1 until Breakfast on Day 12
- Water, sodas or beer included at dinner
- Service of bilingual Team Pedalers Guide(s)
- Full Van Support
- Daily route directions and maps
- Sightseeing and cultural activities
- Airport pick up & drop off

### **Meeting & Flights:**

The tour meets in Ho Chi Minh City on day 1. Guides will meet any incoming flight after 12 noon and before 12 midnight.

Fly into Ho Chi Minh (SGN) before midnight on Day 1

Fly out of Siem reap (CNX) after 10 am on Day 7

NOTE: Due to the late night arrival from and early morning departure of flights to North America, most guests will need to overnight in Bangkok going both directions.

### **Route Conditions:**

The ride is on a mix of dirt and paved roads, most with decent surfaces. Traffic is moderate to light and very bike friendly. The route is suitable for performance road, sport road and touring bikes. Terrain is a mix of flat, with some moderate hills midway through the route and at the finish point.

### **Visas & Travel Documents:**

Passports are required for all guests. Your passport should have at least 6 months validity past your intended travel dates. Visas are required for citizens of the USA, Canada, UK, EU, Japan, Australia and New Zealand, for both Vietnam and Cambodia.