

# Bangkok to Siem Reap

7 - 10 day Thailand & Cambodia cycling tour



## Day by Day Itinerary

### Day 1 - transfer from Suvarnabhumi Airport, afternoon ride to Laem Mae Phim beach (30 km)

We meet at Bangkok's Suvarnabhumi Airport, then shuttle to Chonburi province on the Gulf of Siam. After lunch near the beach, we hop on the bikes for a warm up ride to Laem Mae Phim Beach, where our hotel and a welcome seafood dinner await.

### Day 2 - bike to Chao Lao Beach (80 km)

Today's ride plays cat and mouse with the water of the gulf, pedaling along coastal roads and inland roads, where we will discover life in small villages and markets. The cycling is leisurely and flat as we work our way to Chao Lao Beach, our stopping point for today. Once in Chao Lao, a stroll along the Khun Krabaen Mangrove Trail opens up an understanding of these vast forests where the seas meet the land.

### Day 3 - bike to Chantaburi / Pong Nam Ron (110 km)

A short ride in from the coast takes you to Chantaburi town where we cycle around the narrow roads and alleys of Chantaboon Old Town, dating back to colonial times (while Thailand is proud of the fact it was never colonized by Britain or France, this small part of Thailand was once under French rule). In the afternoon we cycle north through vast orchards to our resort in Pong Nam Ron, tucked away in the foothills.

### Day 4 - bike to Pailin (65 km)

Cambodia awaits today. You will cycle through small hills and farmlands enroute to the border crossing at Phsar Prum. The region of Cambodia we ride through is known for its gem stones, as well as being a hiding place for old members of the Khmer Rouge after their reign of terror ended. Today it is a sleepy, slowly becoming discovered by overland travelers. Our lodge sits outside the town, with a scenic backdrop of mountains.

### Day 5 - bike to Battambang (85 km)

This morning's ride takes us through rural Cambodia, along red dirt roads, away from the highways and traffic (what little there was). It is a chance to see how everyday life is in Cambodia's countryside. After lunch we shuttle into Battambang, a colorful, artsy city with well preserved colonial architecture (UNESCO is considering listing it for its historical significance). An option to ride the "bamboo train" a relic from before the development of regional roads.

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### **Day 6 - bike to Tonle Sap, boat across, bike to Siem Reap (35 km)**

A short ride after breakfast takes us to Tonle Sap Lake, where you board a small power boat to go explore the lake. It is home to a wide variety of bird life, plus locals who live in houses "floating" on the lake. The "floating" cities even have stores, schools, cafes and more. When you reach the far shore, your bikes will be waiting for a last spin into Siem Reap

### ***Siem Reap Options***

### **Day 7 - Small Circuit Angkor Wat (25 km)**

You cycle the heart of Angkor Wat's vast complex today. Visit Banteay Kdei, Tha Phrom (covered in giant fig tree roots), King Jayavarman's Angkor Thom City, with its amazing carvings and of course the iconic Angkor Wat temple. The distances are short, but the ruins will lure you to explore for while at each stop.

### **Day 8 - Bantreay Srei (60 km)**

We leave the main ruins area behind and cycle through rural countryside to reach the thousand year old rose colored ruins of Bantreay Srei, known as the Women's Citadel. On the way back to Siem Reap, visit Mr Akira's landmine Museum

### **Day 9 - depart**

Shuttle to Siem Reap International Airport for your flight home

### **Day 7 - Rolous group, Small Circuit (60 km)**

The Rolous Group was the location of the first Khmer Kingdom, back in 890 AD. Here you will visit some Pre-Angkorian temples including Preak Ko, Bakong and Lo Lei. After lunch cycle around the heart of Angkor Wat visiting, Tha Phrom covered in fig tree roots and giant vines, the unique gates of the Angkor Thom city, plus fabled Angkor Wat itself, with its three spires filling every tourist photo.

### **Day 8 - Bantreay Srei & River of 1000 Linguas (45-90 km)**

We leave the main ruins area behind and cycle through rural countryside to reach the thousand year old rose colored ruins of Bantreay Srei, known as the Women's Citadel. Continuing further you reach Kbal Spean, where a short hike brings us to the River of 1000 Libnguas, with stone carvings under the flowing waters. On the way back to Siem Reap, visit Mr Akira's landmine Museum

### **Day 9 - depart**

Shuttle to Siem Reap International Airport for your flight home

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## Day 9 - Beng Mealea (60 km)

After breakfast we head off the tourist circuit with a ride to Bang Mealea, hidden away in the thick jungles. Enroute we will visit the temple ruins at Phnom Bok, as well as Chay Srey Vibol temple. Bang Mealea's architecture is different from what you have visited in previous days, surrounded by a moat, it is something most visitors never experience.

## Day 10 - depart

Shuttle to Siem Reap International Airport for your flight home

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## Prices:

Contact us with your preferred route, group size, preferred dates, choice of hotel level and we will get some pricing worked up for your group. Feel free to ask about modification, we are here to create a memorable journey for you and your group.

## What's Included:

- ✓ Lodging in moderate hotels & resorts
- ✓ All breakfasts, lunches and dinners as noted
- ✓ Use of bicycle & helmet
- ✓ Drinking water during cycling
- ✓ English speaking local guide
- ✓ Support van(s) and driver(s)
- ✓ Admission to place listed in itinerary
- ✓ Airport pick up in Bangkok

## What's Not Included:

- ✗ International airfare to Thailand / Cambodia
- ✗ Alcoholic beverages
- ✗ Gratuities to guides, drivers