

SPICE ROADS

CYCLING



BIKING BANGKOK TO ANGKOR WAT

Tour Code
MCT-MBA

7 DAYS
6 NIGHTS

	Destinations	Thailand, Cambodia
	Tour Meets Tour Ends	Bangkok Siem Reap
	Fly in to Fly out of	Suvarnabhumi Airport (BKK) Siem Reap International Airport (REP)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



6 Cycling days	299 km Total cycling distance
50 km Avg distance / day	232 m Avg climbing / day

PRICING



Price	US\$ 1,600
Bike Hire (Mountain Bike)	US\$ 120
Single Supplement	US\$ 200

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



12 May - 18 May 2019
09 June - 15 June 2019
14 July - 20 July 2019
08 September - 14 September 2019
13 October - 19 October 2019
10 November - 16 November 2019
22 December - 28 December 2019
12 January - 18 January 2020
16 February - 22 February 2020
08 March - 14 March 2020

See website for later departures

TRIP PROFILE

The terrain is almost all flat, with some rolling hills in the foothills of the Cardamom Mountains. Although we cover some long distances, we usually only ride for four or five hours a day. There is a lot to see along the way as we ride alongside rivers and rice fields. Traffic is generally light, and we share the roads with ox carts and other cyclists more often than cars.

Suitability: This trip has been designed to be easy with only one day that is relatively hard. There are some undulations on Days 2 and 3, but nothing too difficult. This trip can be possible for anyone with a reasonable level of fitness. A support truck is always available to help when required.

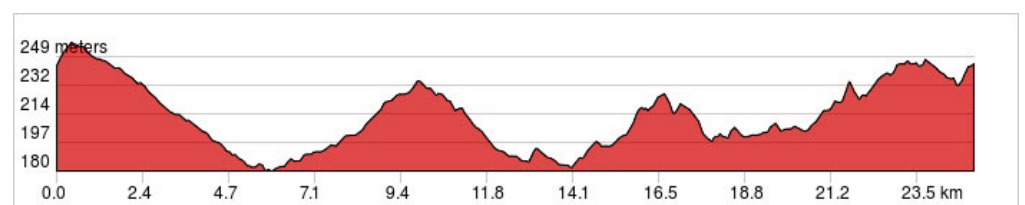
Biking Conditions: The roads are a mixture of tarmac, broken tarmac, and vehicle-width dirt roads.



Day 1 Bangkok - Soi Dao

We depart from our meeting point in Bangkok and transfer to Soi Dao, a very scenic area in Chantaburi province, which borders Cambodia with only the Cardamom Mountains separating the two countries. This area is great for biking, and we have a chance to ride to help blow away those travelling cobwebs.

 Soi Dao Highland Resort  Lunch, Dinner





Ride 25km



+198m



-200m

Day 2 Soi Dao - Pailin

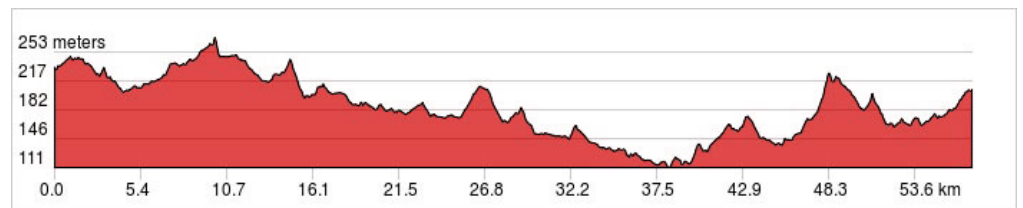
We ride about 40 km to the border, passing through some beautiful countryside on our way. This is an area very few foreigners visit, and the pace of life is slow and relaxed – just right for a bike trip. After immigration and custom formalities, we cross into Cambodia and ride 17 km to Pailin, set in the attractive Chour Phnom Kravanh (Cardamom) foothills. The ride has some undulating sections, nothing too difficult, and the views of the mountains make for a very pretty ride. Pailin is now home to former Khmer Rouge leaders and also famous for its ruby mines.



Memoria Palace



Breakfast, Lunch, Dinner



Ride 57km



+455m



-482m

Day 3 Pailin - Battambang

We saddle up and ride east to Battambang. This is very rural Cambodia with lots of mango orchards, corn fields, peanut groves, and, of course, rice paddies. We ride over good tarmac roads with some of the best views of the Cardamom mountains, one the wildest areas in Cambodia. We have lunch at Wat Phnom Sampeau, and after eating, we have a chance to visit the temple atop a limestone outcrop. Finally, we reach Battambang, Cambodia's second city, a sleepy backwater full of charm and faded colonial buildings.



Steung Sangke Hotel



Breakfast, Lunch, Dinner



Ride 85km



+289m



-475m

Day 4 Battambang – Siem Reap

If water levels permit (usually from July to February), we journey by boat across Tonle Sap to the lost city of Angkor. The Great Lake is the beating heart of Cambodia, and we cruise past floating villages and sunken forests before arriving at Siem Reap. If water levels are too low, we'll take a short but fun journey on the infamous bamboo train before transferring to Siem Reap.



Steung Siem Reap Hotel



Breakfast, Lunch, Dinner

Day 5 Angkor Complex

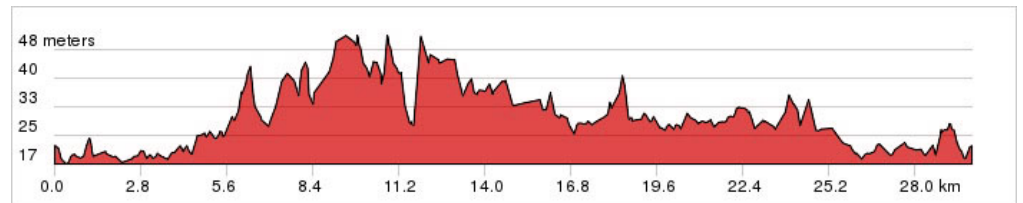
This morning we ride to the Angkor Temple complex, entering from the south gate then traversing up tarmac roads and jungle paths until we reach our first temple, Tah Prohm. After our visit, we carry on through the jungle and toward the eastern gate of Angkor Thom, the ancient capital of the Khmer Empire. Near the centre of this massive enclosure, we find the enigmatic temple of Bayon. This temple is known for its many smiling faces. As the sun reaches its zenith, we take a short rest and lunch, before visiting the grandest temple of them all, Angkor Wat. Depending upon the time, we can choose to return to Siem Reap for a brief rest before going back to the Angkor complex where we'll enjoy a beautiful sunset in Angkor Park before return to our hotel.



Steung Siem Reap Hotel



Breakfast, Lunch



Ride 30km



+138m



-138m

Day 6 Angkor Complex

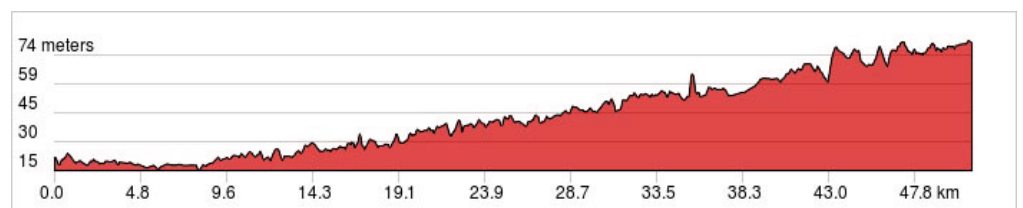
Leaving Siem Reap by bike, we strike out for the countryside. Our initial destination is the village of Damdek, which lies not far from the temple complex. Once we pass through this quaint little village, we cycle down a narrow tarmac lane to Banteay Samre. Now we start getting deeper into the Cambodian countryside and pass many local villages and schools and people going about their day to day business. Ahead of us, the great sand-stone ridge of Phnom Kulen rises from the countryside. At the base of this mountain, we stop for lunch and take a short 3-km trek to Kbal Spean. Here we see ancient riverbed carvings of Hindu gods in the "River of 1,000 Lin-gas". Once we finish here, we load up our bikes and transfer to Banteay Srei, the gem of the Angkor area known for its exquisite bas-relief carvings. Afterward, we transfer back to Siem Reap.



Steung Siem Reap Hotel



Breakfast, Lunch, Dinner



Ride 51 km



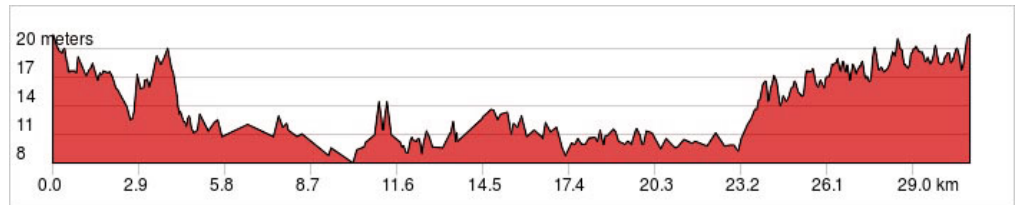
+228m



-169m

Day 7 Siem Reap Countryside

We leave after breakfast to cycle to the small village of Kro Bey Real and another chance to ride in the countryside surrounding Siem Reap. After, we head to the Tonle Sap and take a short cruise through the floating villages. (If water levels are too low to visit the floating village, we will visit the Roulus group of temples). On our return, we ride on the opposite bank of the river passing through many local communities before arriving back to end our tour in Siem Reap.



Ride 45km



+85m



-85m

NUTS & BOLTS

Bikes

The bikes you will be riding are Trek mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes, and Shimano components and front suspension.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

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CAMBODIA

Passports and Visas

All nationalities require a visa and a passport valid for 6 months after their planned exit from Cambodia. A 30-day visa on arrival is available at Phnom Penh and Siem Reap Airports and at some land border crossings. You can also obtain a visa online through [e-Visa](#). There is a 3-day processing time and you'll need a scanned copy of the passport. Not all border crossings accept the e-Visa, please check this [port of entry page](#) which provides a list of which checkpoints support the e-Visa service. For a list of consulates/embassies abroad go to this [page](#).

Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days.

Weather

Cambodia has two distinct seasons - wet and dry. The dry season usually lasts from October to April. The wet season starts in May until September. Within each season there are variations in temperature. The coolest being 24C around November/December and hottest hitting 35C around April/May.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature noodles, rice, curries, and soups. Cambodian cuisine is a mixture of Thai, French and Chinese dishes and we make sure you can sample a wide variety. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$20, for incidentals.

Money

Thai baht and US dollars are widely used in Cambodia, especially in larger cities and towns. In smaller towns and villages, Cambodian riel are usually preferred. There are ATMs in most areas, however, machines dispense US dollars. The guides will be able to show you where the ATMs are. Spend riel before departing as no one will exchange them for you once you leave.

THAILAND

Passports and Visas

All nationalities require a passport for entry into Thailand. Please ensure your passport is valid for at least 6 months beyond the duration of your stay in the country. If staying less than 30 days then a visa in advance is not required by European, North American, Australian and many other nationalities. Please check this [page](#) to see if you qualify. You will need to show proof of an onward flight out of Thailand to be eligible for the visa on arrival. This is strictly enforced.

Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days.

Weather

Thailand generally has a tropical climate with fairly high humidity. The North and Central region have a tropical climate with fairly high humidity. Northeast Thailand has a humid hot and dry weather alternatively with medium rain while the coastal areas of the east is humid and hot with intermittent rain. The South of Thailand has a tropical climate with fairly high humidity.

There are three seasons: from March to June it is hot and dry, with temperatures between 27° C/80 F and 40° C/104 F, with night temperatures in the 20s. The rainy season is

from July to October, but temperatures are slightly lower, because of the effect of the rain. During this time it will not rain continuously, but in sharp bursts, and the sun can come out quickly. The cooler season is from October to February, with average temperatures between 20°C/68 F and 30°C/86 F.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature noodles, rice, curries, and soups. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

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Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$20 per day, for incidentals.

Money

The Thai currency is the baht. ATMs, which are abundant, are the easiest ways to get Thai baht. Have a supply of US dollars in cash on hand, just in case your card doesn't work. Banks or the rarer private moneychangers offer the best foreign-exchange rates. Credit cards are accepted in big cities and resort hotels but you'll need baht for family-run guesthouses or restaurants.

GENERAL BOOKING INFO

Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

From the tour page click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to

claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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