

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	Suvarnnabhumi Bangkok International Airport (BKK)
	Fly out of	Siem Reap–Angkor International Airport (SAI)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



6 Cycling days	303 _{km} Total cycling distance
50 _{km} Avg distance / day	271 _m Avg climbing / day

PRICING



Price	US\$ 1,900
Bike Hire (Mountain Bike)	US\$ 140
Single Supplement	US\$ 255

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Ferry/boat fares

WHAT'S EXCLUDED

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

DEPARTURES



19 May - 25 May 2024
14 July - 20 July 2024
20 October - 26 October 2024
10 November - 16 November 2024
22 December - 28 December 2024
05 January - 11 January 2025
09 February - 15 February 2025
09 March - 15 March 2025
18 May - 24 May 2025
13 July - 19 July 2025

See website for later departures

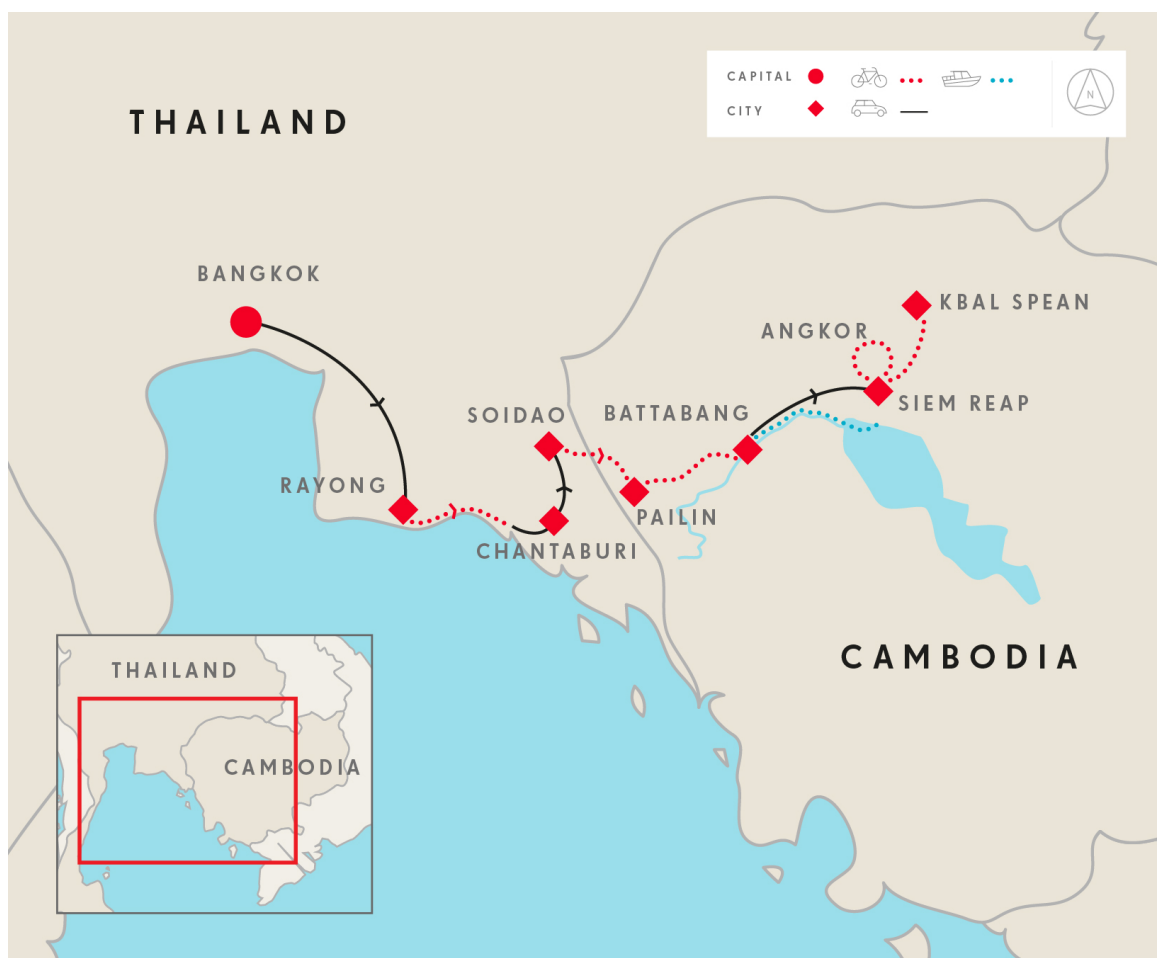
TRIP PROFILE

In 6 days of cycling we cycle a total of around 300 km. There are some rolling hills in the foothills of the Cardamom Mountain on days 2 and 3 but it is predominantly flat thereafter in the plains surrounding the Tonle Sap lake. This tour has been designed to strike an ideal balance between scenic and fun mountain biking and cultural and historical touring, giving you an immersive experience in Thailand and Cambodia. Angkor is one of the world's most incredible heritage sites and a visit here is truly special - we strive to provide you with a nuanced perspective of the ancient temples both on and off the bikes.

Suitability: This is a moderately difficult trip that anyone with a reasonable level of fitness will enjoy. There are some undulations on days 2 and 3, but nothing too arduous. On day 3 we cover 90 km in a single ride while on other days the distances are significantly less and plenty of sightseeing complements the cycling. In Cambodia, navigating gravelly and cratered country roads requires some handling skills but does not require technical maneuvering. The support vehicle is always nearby to offer refuge to any weary cyclists! We have one day off the bikes when we travel from Battambang to Siem Reap either by boat or overland (depending on the water levels of the Tonle Sap lake)

Biking Conditions: In Thailand, the roads we cycle on are paved and in good condition. In Cambodia, day 3's ride from Pailin to Battambang is also on paved surfaces but the remainder of the days are primarily a mix of gravelly country roads and vehicle-width dirt roads. While much of the route is on quiet, countryside roads with minimal traffic, we will be regularly sharing the roads with other vehicles, including cars, motorbikes, and buses. In the dry season, Cambodia's roads are notoriously dusty while, when it rains, they can become muddy. It's all part of the adventure!

Your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.



Day 1 Bangkok - Rayong - Chantaburi

We begin with a morning pick-up from your accommodation in Bangkok. We transfer three hours to the seaside of Rayong Province. As we enjoy lunch with an ocean view, our bikes will be assembled and we will kick off the adventure with a gorgeous coastal ride taking us across a

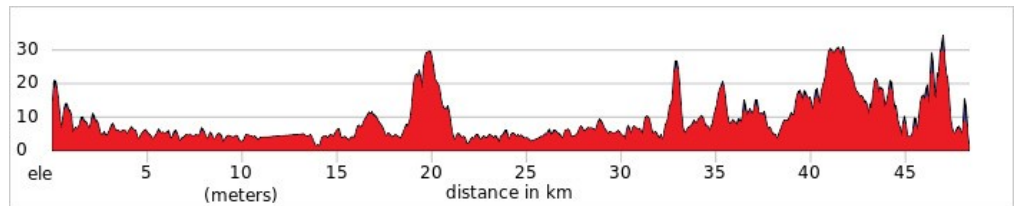
large swathe of Rayong Province. The highlight of the ride is ending with a loop around a cope with famous views over the twisting roads! We then hop in the van for a one-hour transfer to the town of Chanthaburi where we spend the night. Chanthaburi is well known for its historic riverside heritage buildings and a charming Old-World ambiance - perfect for a late afternoon stroll accompanied by a sampling of local Thai delicacies.



Maneechan Resort



Lunch, Dinner



Ride 48km



+275m



-290m

Day 2 Chanthaburi - Soi Dao - Pailin

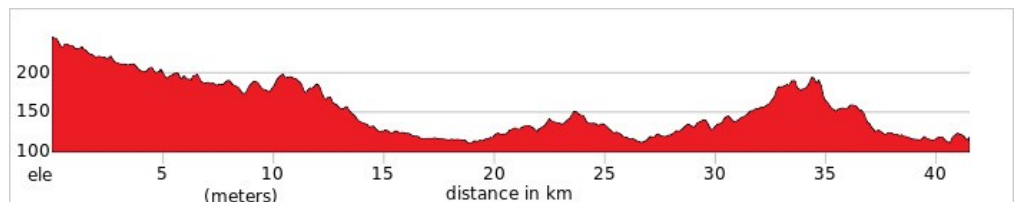
Today we switch Kingdoms, riding from Thailand into Cambodia. Beginning with a one-hour transfer from Chanthaburi town to the district of Soi Dao, we saddle-up and journey towards the Cambodian border, covering approximately 40 km on well-paved roads that traverse an expansive agricultural mosaic of orchards, fields, and plantations. Upon reaching the border and completing immigration, the SpiceRoads Cambodia team warmly welcomes us to the 'Kingdom of Wonders'! The contrast with Thailand is immediately palpable as we switch to right-side riding, the landscape appears drier, and the roads become more bumpy. These gravelly country roads make for fun mountain biking! We'll cover around 15 km from the border to our cozy accommodation on the rural outskirts of Pailin town, arriving in time for lunch. While today this part of Cambodia is a peaceful agrarian district it was, until the 1990s, a stronghold for the Khmer Rouge. We'll learn about this legacy as well as Pailin's position as a hub for gemstone trading.



Memoria Palace Resort



Breakfast, Lunch, Dinner



Ride 56km



+432m



-465m

Day 3 Pailin - Battambang

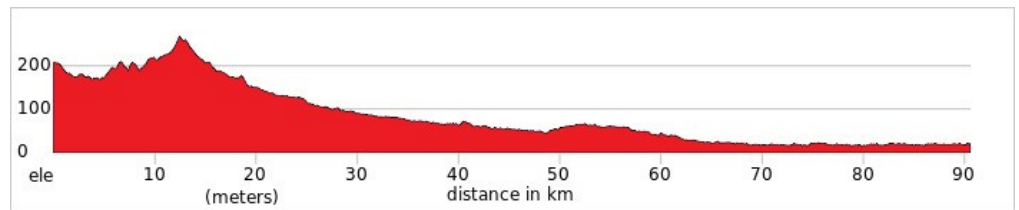
The longest ride of the tour, we cycle 91 km east to the city of Battambang. Starting from our hotel, the first 15 km are undulating, accompanied by views over the Cardamom Mountains, a long spine of jungle-clad ridges draped over the western fringes of Cambodia. Then, our route takes us through the heart of Battambang Province, one of Cambodia's most fertile agricultural regions awash with farms, plantations, and rice paddies. The paved roads are lined with traditional stilt houses, modern homes, and buzzing market towns, exposing an interesting cross section of rural living in Cambodia. We pause for lunch near Phnom Sampov, a towering limestone outcrop jutting out of the plains, before completing the ride with a final jaunt to the city of Battambang where we spend the night. While this is Cambodia's second largest city, it retains a laid-back vibe and is renowned for a well-preserved façade of French colonial architecture.



Classy Hotel & Spa



Breakfast, Lunch, Dinner



Ride 91 km



+345m



-543m

Day 4 Battambang – Siem Reap

Today's schedule is dependent on the water levels of the Tonle Sap, Southeast Asia's largest freshwater lake and one of Cambodia's most treasured life-sustaining natural resources. The Tonle Sap swells and shrinks with the coming and going of the yearly monsoon period. When the water levels are sufficiently high (September to December tends to be the sweet spot) then we cruise from Battambang to Siem Reap via an open-air boat, enjoying a 6-7 hour journey across the length of the shimmering lake with a photo reel of floating villages and sunken forests unfolding around us. When the water levels are too low to permit a comfortable boat ride (generally March to August, but it varies year to year), then we spend the morning in Battambang, taking a short but fun ride on the bamboo train, before transferring three hours overland to Siem Reap. In this case, to make sure you don't miss out on experiencing the Tonle Sap Lake, we will take a boat ride to a floating village from Siem Reap on Day 7 (which is possible even in the dry months).



Steung Siem Reap Hotel



Breakfast, Lunch, Dinner

Day 5 Ancient Angkor's Iconic Sites by Bike

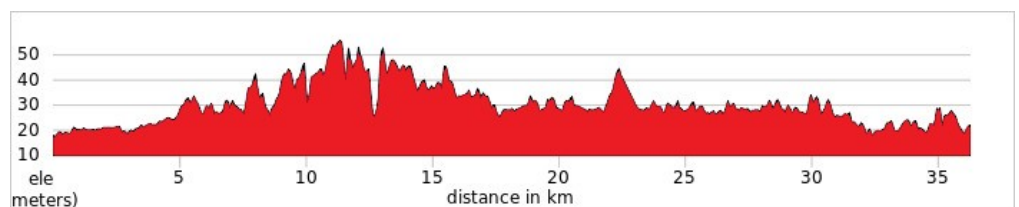
The UNESCO World Heritage Site of Angkor is home to the once-glorious capital cities of the Khmer Empire, whose powerful god-kings built lavish stone temples between the 9th and 15th centuries CE. Today, we discover Angkor's most iconic sites by cycling along the manifold paths that pass by, lead to, and twist around the temples and ruins scattered across the plain. At Ta Prohm - brought to fame by the film "Tomb Raider" - we stumble across a tumbling façade of laterite and sandstone blocks draped by the massive roots of fig trees. At the Bayon - a temple built as a microcosm of the heavens - we marvel at the rows of godly faces carved into the temple towers and peering sublimely in all cardinal directions. And at Angkor Wat - the national symbol of Cambodia and the largest religious structure in the world - we stroll through the inner and outer courtyards decorated with excellently conserved carvings and bas-reliefs depicting Hindu myths, wars, life and death. We return to Siem Reap in the afternoon - with plenty of options to choose from, dinner is on your own tonight.



Steung Siem Reap Hotel



Breakfast, Lunch



Ride 36km



+205m



-201m

Day 6 Angkor Countryside Bike & Hike

As the ideal sequel to the previous day, today's focus will be on vestiges of the Angkorian empire further afield in the countryside. Leaving Siem Reap by bike, we head north towards the great sandstone ridge of Phnom Kulen, the sacred mountain of the Khmer Empire. We ride through rural Siem Reap - far away from the touring masses - and stop at the 10th-century temple of Banteay Srey. Considered a jewel of Khmer artistry, Banteay Srey is renowned for its exquisite bas-reliefs carved into delicate, pink sandstone. From here we'll jump in the support vehicle for a quick

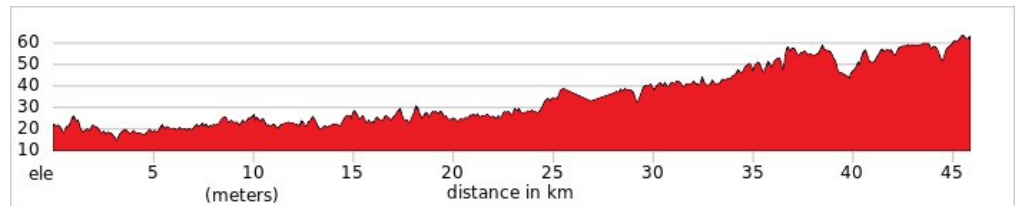
transfer to the base of Phnom Kulen where we trade our bikes for foot-power and trek 1.5 km uphill through the jungle to reach Kbal Spean. Also known as the "The River of a Thousand Lingas", this is the site of fascinating riverbed carvings of Hindu gods which served to sanctify the waters as they flowed down to Angkor. After trekking back down we'll hop in the vehicle and transfer to Siem Reap.



Steung Siem Reap Hotel



Breakfast, Lunch, Dinner



Ride 46km



+261m



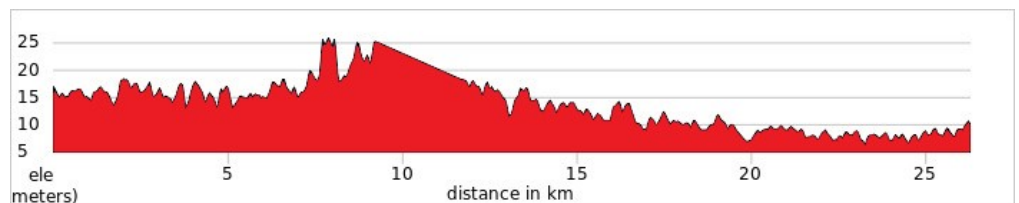
-219m

Day 7 Floating Village OR Roluos Temples Ride

We make the most of the tour's final morning! Depending on whether we have done the boat cruise across the Tonle Sap on Day 4, today will take shape in one of two ways. If we did not do the cruise, then this morning we will cycle around 25 km to the eastern shores of the Tonle Sap and board a comfortable local boat that will bring us to a floating village. This experience offers a window into the unique waterborne way of life on the Tonle Sap Lake even when water levels aren't at their highest. If, on Day 4, we already cruised across the Tonle Sap, then this morning we will embark on a flexible countryside ride to the Roluos temples, some of the oldest surviving Angkorian monuments. Regardless of which of these two excursions we experience today, by lunchtime we'll be back in Siem Reap for a farewell meal and goodbyes! You may wish to extend your time in Siem Reap (let us know if you'd like to book post-tour hotel nights) or continue onwards with your travels



Breakfast, Lunch



Ride 26km



+108m



-115m

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the

tour pricing section.

If you bring your own bike, please make sure it is a mountain bike, in good mechanical order.

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. If your chosen tour includes a border crossing where e-Visa is not available we'll tell you at the time of booking. For Visa-On-Arrival, the cost is 35 USD and it needs to be paid in cash. It is important that the USD are in good condition - i.e. no visible tearing, creasing, crumpling, or scribbling - so please only bring new and crisp USD bills to avoid any issues upon entry.

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

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. Please ensure your passport is valid for at least 6 months beyond the duration of your stay in the country.

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

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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

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

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 the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

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. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), 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). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see 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 cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a 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

CONTACT US

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