SPICE ROADS
CYCLING



TOURING

CAMBODIA HERITAGE BY BICYCLE

Tour Code
KHM-CHB

7 DAYS
6 NIGHTS

Destinations	Cambodia
Tour Meets Tour Ends	Phnom Penh Siem Reap
Fly in to Fly out of	Phnom Penh International Airport (PNH) Siem Reap–Angkor International Airport (SAI)
Group Size Minimum Age	2-16 riders 14 (on scheduled departures)

ACTIVITY PROFILE

6 Cycling days	**254** km Total cycling distance
42 km Avg distance / day	**188** m Avg climbing / day

PRICING

Price	US$ 1,950
Bike Hire (Mountain Bike)	Included
Bike Hire (E-Bike)	US$ 210
Single Supplement	US$ 345

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

07 Dec - 13 Dec 2026
11 Jan - 17 Jan 2027
15 Feb - 21 Feb 2027
08 Mar - 14 Mar 2027
03 May - 09 May 2027
12 Jul - 18 Jul 2027
16 Aug - 22 Aug 2027
11 Oct - 17 Oct 2027
08 Nov - 14 Nov 2027
06 Dec - 12 Dec 2027

WHAT'S INCLUDED

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

TRIP PROFILE

We ride a total of 254 km over 6 cycling days. This tour has been designed for the leisure cyclist, offering a blend of Cambodia's must see sites and venturing off the tourist track. Our rides are predominantly flat on a mix of paved and dirt-roads in the Cambodian countryside. With several vehicle transfers before and/or after our rides, we avoid busy main roads and focus on the most enjoyable routes. Angkor, one of the world's most extraordinary heritage sites, is a highlight, and we aim to offer you a nuanced perspective of the ancient temples both on and off the bike. Other touring highlights include Oudong Mountain, Sambor Prei Kuk, and a sunset cruise on the Tonle Sap Lake. For many, the most memorable moments are encounters with Cambodia's incredibly welcoming locals, always eager to wave hello and cheer us on!

The trip is fully supported, and 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.

Suitability: This trip is suitable for anyone with a reasonable level of fitness. Besides a few inclines here and there, there are no sustained climbs and the rides are predominantly flat throughout. Daily distances average around 40 km, allowing ample time for immersion, sightseeing, and relaxation. Navigating gravel, sand, and cratered country roads requires some handling skills but does not involve technical maneuvering. The main challenge of the tour is keeping up stamina over back-to-back riding days and cycling in the tropical heat. The pace is leisurely and with plenty of refreshment stops so riders with less experience are more than welcome to join. The support vehicle is always nearby to offer refuge to any weary cyclists.

Biking Conditions: Our rides include a mix of paved roads in varying conditions, gravel and sand country roads, and vehicle-width dirt roads. While cycling in Angkor, we'll also enjoy some fun single tracks in the forests. Although much of the route is on quiet countryside roads with minimal traffic, we will regularly share the roads with cars, motorbikes, and buses. There are a few unavoidable sections along the main roads, especially coming in and out of cities and near popular attractions. In the dry season, the roads in Cambodia are notoriously dusty, and when it rains, they can become muddy. We generally ride rain or shine, but based on the guide's discretion or your comfort level, modifications to the planned route can be made. It's all part of the adventure!



Day 1: Meet in Phnom Penh Penh

Welcome to Phnom Penh, Cambodia's bustling capital city! At noon, we meet at our tour hotel near the riverside and get acquainted over lunch at a nearby restaurant. We then make the most of the afternoon in the city, providing a balanced introduction to Phnom Penh's enigmatic history. First, we'll show our respects at the Tuol Sleng Genocide Museum, the interrogation center where supposed enemies of the Khmer Rouge regime were held captive, tortured, and prepared for execution. Tuol Sleng is now a thoughtfully curated museum and a place of reflection for Cambodians and international visitors alike. We then switch gears to Phnom Penh's bright side. Chauffeured by local cyclos (bicycle-powered rickshaws), we'll weave through the busy backstreets of the city, lined by the fading facades of French colonial buildings and filled with colorful scenes of daily life. Our destination is the Royal Palace, the official residence of the King of Cambodia and a treasure trove of splendid architecture and art. After a tour of this glittering complex, we return to the hotel and reconvene for dinner at the rooftop, overlooking the city and the confluence of the Mekong and Tonle Sap Rivers.

Frangipani Royal Palace Lunch, Dinner

Day 2: Phnom Penh Island Hopping

On the alluvial islands within the Mekong River lies a tranquil slice of rural Cambodia, filled with rice fields, orchards, villages, and Buddhist temples – a surprising contrast to Phnom Penh's urban bustle and an ideal spot for our first ride! After a short transfer from our hotel, we reach a pier and ferry across to Koh Dach, or "Silk Island." Here, we saddle up and enjoy a peaceful ride through the countryside, passing villages renowned for their traditional cottage industries, especially silk production. At a silk-weaving center, we'll learn about the entire process from cocoon to scarf. We then hop on another ferry to reach the eastern bank of the Mekong River, where we cycle to our lunch spot for a home-cooked Khmer meal in a stilt house. After lunch, we board the third ferry of the day, bringing us back to Phnom Penh's lively promenade. From here, it's just a quick cycle to the hotel. The afternoon is free to relax or explore on your own. You may

choose to visit the infamous "Killing Fields" or delve into Cambodia's largest collection of antiquities at the National Museum (entrance fees at your own expense).

Frangipani Royal Palace Breakfast, Lunch, Dinner



Ride 36km +87m -82m

Day 3: Phnom Penh → Oudong → Kampong Thom

We transfer out of Phnom Penh to our cycling start point at a Buddhist temple. Today's ride will be short but sweet, cycling on back roads through the rustic countryside awash with many small villages, farms, and, of course, curious and friendly locals eager to cheer us on! We finish the ride at Oudong where a sprawling complex of Buddhist stupas sits atop a ridge jutting out of the plains. This was once the site of Cambodia's capital before it was moved further downriver to Phnom Penh. The 400-plus steps to the top will get the legs working over-time, but the views are well worth it! After our visit we have lunch nearby and then transfer around 3 hours to the sleepy backwater town of Kampong Thom where we spend the night.

Sambor Village OR Glorious Hotel & Spa Breakfast, Lunch, Dinner

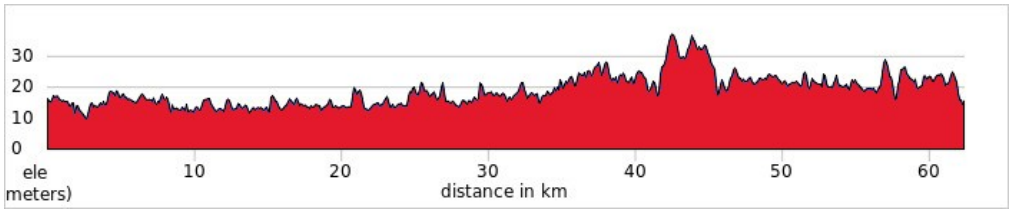


Ride 25km +146m -130m

Day 4: Kampong Thom → Siem Reap

Starting directly from our hotel, we begin by riding along the meandering Stueng Saen River. After 8 km we cross the river either by a small wooden ferry or a makeshift bridge (depending on the water levels) and then continue north along quiet country roads dissecting the fertile floodplain of the river. This is rural Cambodia at its finest, riding through quaint villages, expansive rice fields, and other farmlands. After covering 40 km, we arrive at the ancient site of Sambor Prei Kuk, a UNESCO World Heritage Site which dates back to one of Cambodia's earliest civilisations preceding the foundation of Angkor. Here. brick temples in various stages of restoration - many still entwined by tree roots – are scattered throughout a forested area and are connected by sandy paths. This makes for some fun mountain biking! After checking out a collection of the many temples we'll break for lunch at a local restaurant and then complete a final 15 km until we intersect with the main road. We jump in the support vehicle and transfer around 2 hours to Siem Reap, the "gateway to Angkor", where we'll spend the next two nights.

Steung Siem Reap Breakfast, Lunch

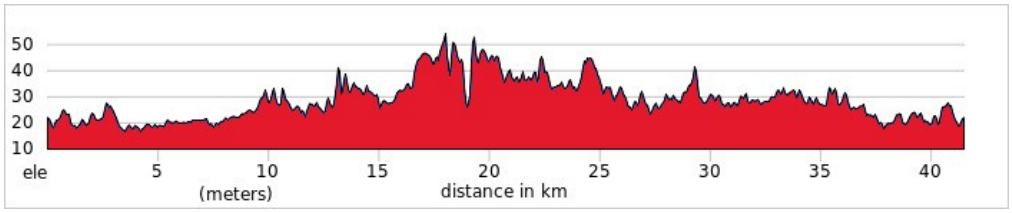


Ride 62km +259m -260m

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 depicting Hindu myths, wars, life and death. We cycle back to Siem Reap in the early afternoon for some R&R. Dinner will be a special treat tonight as our meal is accompanied by a graceful Apsara dance performance, a legacy of the regal Angkorian courts.

Steung Siem Reap Breakfast, Lunch, Dinner

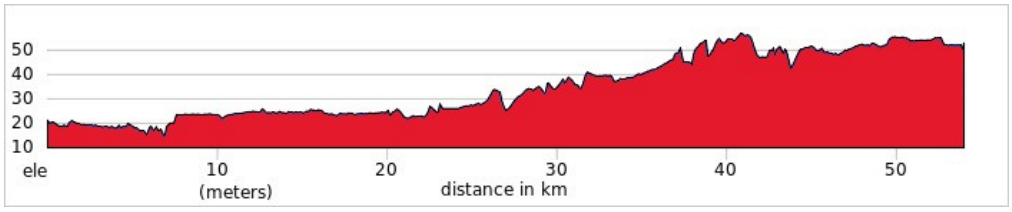


Ride 41km +334m -334m

Day 6: Siem Reap Countryside & Tonle Sap Sunset Cruise

As the ideal sequel to the previous day, today's focus will be getting further afield from the main sites at Angkor and leaving the touring masses behind. Departing Siem Reap by bike, we head north, initially on paved roads but soon transitioning to quiet dirt roads cutting through an expanse of rice fields and small villages. Along the way, we'll pop into local houses for a close up look at some rural cottage industries, such as basket weaving and sugar palm production. Our ride ends at the 10th-century temple of Banteay Srey, a jewel of Khmer artistry renowned for its exquisite bas-reliefs carved into pink sandstone. We'll have lunch at a local restaurant near the temple and then transfer back to Siem Reap. In the afternoon we will embark on a sunset cruise on the Tonle Sap, Southeast Asia's largest freshwater lake and one of Cambodia's most vital natural resources. We get comfortable on an open-air boat and watch the world go by in the floating villages and the open expanse of the shimmering lake at golden hour. Tonight we dine at SPOONS, a social enterprise restaurant serving up authentic Khmer food and supporting the professional training of marginalized youth.

Steung Siemreap Hotel Breakfast, Lunch, Dinner



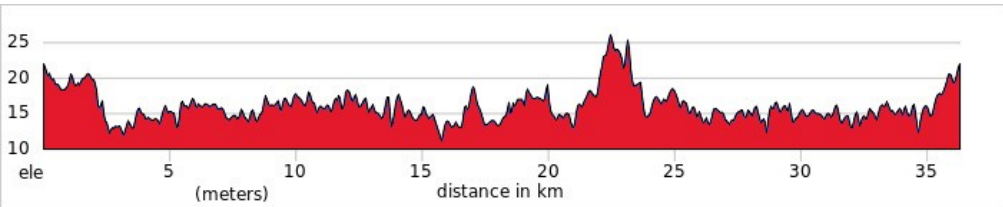
Ride 54km +171m -139m

Day 7: Farewell Ride

We'll make the most of our final morning in Siem Reap with a farewell cycling loop through the rustic Cambodian countryside. The highlight of our ride is a visit to Phnom Bakong, a majestic 9th-

century sandstone pyramid and one of the oldest Angkorian temples still standing. We'll also stop at a newer Buddhist temple for a refreshment break and stimulate our senses with a stroll through a local fresh market, where a variety of produce, meats, and freshwater species are on sale. Back in Siem Reap by lunchtime, we'll enjoy a final meal together and say our goodbyes. If you need assistance with post-tour hotel bookings in Siem Reap or airport transfers, please let us know.

Breakfast, Lunch



Ride 36km +129m -129m

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

Included in this tour are well-known makes of mountain bikes.

We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

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.

THE NITTY GRITTY

Passports and Visas

All nationalities require a Cambodia visa and a passport valid for 6 months after their planned exit from Cambodia. A 30-day visa on arrival is available at all border crossings that are open to foreigners.

For certain border crossings (including airports), 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.

Currently, e-visa is not applicable for any land crossings on Spice Roads multi-country tours that enter Cambodia from either Vietnam or Thailand. A visa-on-arrival must be purchased when entering Cambodia during these tours. **Please ensure that your passport has at least three blank pages for the Cambodian entry stamps, and that the passport is valid for at least 6 months from the date of entry.** 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. We recommend using only USD or KHR currencies to ensure acceptance and avoid unfavourable exchange rates.

Electronic arrival card: All passengers travelling to Cambodia by flights into Siem Reap, Phnom Penh, and Sihanoukville airports must now submit an electronic arrival card before entering the country. This 'Cambodia e-arrival card' can be completed prior to arrival (no more than 7 days before arrival) via the **official website** or through Apple's App Store and Google Play Store.

Those entering Cambodia by land crossing or boat will still use the traditional paper-based forms issued at the border.

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 riels 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.

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.

CONTACT US

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