

SPICEROADS

CYCLING



WILDS OF CAMBODIA

Tour Code
MCT-MWC

9 DAYS
8 NIGHTS

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

ACTIVITY PROFILE



6 Cycling days	367 km Total cycling distance
61 km Avg distance / day	m Avg climbing / day

PRICING



Price	US\$ 1,990
Bike Hire (Mountain Bike)	US\$ 145
Single Supplement	US\$ 395

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



20 January - 28 January 2019
24 February - 04 March 2019
16 June - 24 June 2019
21 July - 29 July 2019
15 September - 23 September 2019
20 October - 28 October 2019
22 December - 30 December 2019
19 January - 27 January 2020
23 February - 02 March 2020
14 June - 22 June 2020

See website for later departures

TRIP PROFILE

We ride 367 km on a mixture of tarmac roads in reasonable repair, vehicle width dirt trails, and some single track. Most of the rides are on flat terrain, with a few rolling hills towards the end of the tour, and on quiet back roads. We try to avoid the highways where possible.

Suitability: This trip has been designed to be easy with flat riding, but there are variations in the surfaces. This trip can be done by anyone of a reasonable fitness level. A support truck is always available to help when required, with the exception of Day 4.

Biking Conditions: The roads are a mixture of tarmac, broken tarmac, vehicle-width dirt roads, and single track trails. The distances aren't overly long and can be handled by those with basic fitness levels. Some off-road experience is suggested to enjoy the day riding in Chi Phat.



Day 1 Phnom Penh – Kep

Meet in Phnom Penh and be picked up from your hotel to transfer directly to Takeo Province. We stop for a sombre visit to the Killing Fields, an extermination camp for political prisoners during the terror reign of the Khmer Rouge. The remains of 8,985 people were exhumed from mass graves and are kept in a memorial here. We drive on to Banteay Meas, where we have a picnic lunch before we start our 48-km cycle on quiet country roads to Kep, Cambodia's prestigious beach resort of the 1960s that is reawakening to its former glory. The cycling is flat and on tarmac roads, so we'll quickly find ourselves at Kep, riding past villas that have fallen on hard times since their heyday. We have a wonderful view of the bay and outlying Rabbit Island from our eco lodge.

 Veranda Natural Resort  Lunch, Dinner

 Ride 48km

Day 2 Kep – Sihanoukville

We cycle directly from the hotel, riding to Phnom Chhngok to visit a temple built in a cave between the 7th and 8th centuries. It's just a short ride, through picturesque fishing villages, to Kampot, where we have lunch at a restaurant on the river. We beat the afternoon heat by transferring for just over an hour and then jumping back on the bikes to ride into Ream National Park. This park has mangrove forests and miles of secluded beaches. We then transfer to a lovely beach resort.



Secret Garden



Breakfast, Lunch, Dinner



Ride 80km

Day 3 Sihanoukville – Chi Phat

After a seaside breakfast, we have an easy start as we ride to the trail head to start some trail riding. We ride through the jungle on ox-cart trails. There will be some sandy bits, so take it easy on the turns. It's a short ride of 12 km down to the house of a former Khmer Rouge commander and then to the pier where we meet our boat that takes us back to the beach. We'll see locals fishing on the edge of the mangroves as we relax after a fun ride. We have time to visit the beach before lunch. In the afternoon, we have a 3-hour transfer to our next overnight in Chi Phat, a community-based eco-tourism initiative. Once the centre of illegal logging and poaching, Chi Phat is now working to preserve the natural environs and giving the community an alternative form of income. Once reaching the Preak Piphot River, we cross by ferry to Chi Phat and check in to our homestay. If there's time, we'll go for a ride through the village before dinner.



Homestay



Breakfast, Lunch, Dinner



Ride 45km

Day 4 Chi Phat Loop

We have a great day of riding ahead of us today! We will be on dirt trails all day, as we explore where nomadic indigenous tribes once roamed the jungle and visit one of their sacred burial sites wedged into a cliff face. The cycling will be through rivers and over fallen logs, with the trail varying from soft and sandy to wet and muddy – the perfect playground for any biking enthusiast of any level. We stop at waterfalls to cool off. We won't have a support vehicle today, but we will carry extra water and lunch. When we're back in the village, we have a group dinner provided by the local community made from fresh local ingredients, and then it's time to retire to your simple, but clean bed for the night.



Homestay



Breakfast, Lunch, Dinner



Ride 42km

Day 5 Chi Phat – Tatai

After waking to the village sounds, there is the option to give back to the community by planting a tree. We then cross back over the river and transfer to Trapueng Rung, the start of today's hilly ride. We cycle on a tarmac road that undulates and is flanked on either side by the Cardamom rainforest. The hills will be a big change after all the flat riding we have done. We stop for a picnic lunch en route to Tatai Waterfall, the end of our riding for the day. Here we grab our swim suits and spend some cooling off time at the waterfall. Once all feels normal again, we take a boat directly from the waterfall up

the Kep River to our eco lodge. Here you can go for another swim in the tidal river, go for a kayak ride, take a short hike, or just relax.

 Rainbow Lodge  Breakfast, Lunch, Dinner

 Ride 60km

Day 6 Rest Day

Today is free for exploring the river by kayak, going on a hike organised by the lodge, or meandering on a boat trip to the waterfalls. The other option is to relax by the river and let life slow down.

 Rainbow Lodge  Breakfast, Lunch, Dinner

Day 7 Tatai – Trat

After waking to the sounds of the jungle coming to life we have a relaxing breakfast before taking a short boat transfer to our waiting bikes. We have a fairly long journey ahead of us today. We ride on a gently undulating tarmac road before descending to the plain. We ride on to the border town of Koh Khong where there's one last hill before we see Thailand. Here we say goodbye to our Cambodian crew and be met by our Thai guides. We will transfer by van to Ban Tha Ranae, a mangrove conservation forest, where we will learn about the Eco-tourism project that the locals are involved in. You will be able to take part in restoration activities such as planting of palm tree saplings. We will have lunch here. If there is time, we might ride south to the pier before heading to the hotel and have our dinner. The hotel is quite unique as it is located within a mangrove forest and boasts both scenic lake and sea views.

 Banpu Trat Resort  Breakfast, Lunch, Dinner

 Ride 75km

Day 8 Trat – Chanthaburi

After a good breakfast, we start our journey towards Chanthaburi province. First, we ride to Ban Nam Chiao, a community village steeped in Eco-tourism projects. The community is famous for making multi-purpose hats, called Ngop Nam Chiao, which are made from atap palm leaves. Can you see where the community gets their name from? Here we also observe how the Muslims and Buddhists live in harmony and learn about the wisdom they have attained over generations. From the village, we ride towards the coast and then swing back up north through undulating hills, surrounded by lush vegetation and forest areas. There are a couple of steep, challenging climbs but nothing too difficult. It will be a fun ride for about 10 kilometers before we reach a relatively flat road. We ride for about 35 km till we reach the highway where we transfer all the way to our beachside hotel in Chanthaburi. If we have time, we may ride to a Buddhist temple nearby before having our dinner.

 Chaolao Tosang Beach Hotel  Breakfast, Lunch, Dinner

 Ride 62km

Day 9 Chanthaburi - Rayong / Departure

Today we make our final ride as we pedal our way to the outskirts of Rayong. We will cycle to Hat Mae Phim where we will have a delicious seafood lunch. Along the way,

you will encounter the coast, lush vegetations, rice paddies, small towns and quaint villages. At lunch, we will look back on our journey, share stories and say our goodbyes before being transferred to your Bangkok hotel or the airport.

 Breakfast, Lunch

 Ride 53km

NUTS & BOLTS

Bikes

The bikes you will be riding are well-known makes of 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 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.

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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