

SPICE ROADS





CYCLING



CYCLING CAMBODIA'S PEPPER ROUTE

Tour Code
KHM-CPR

4 DAYS
3 NIGHTS

 Destinations	Cambodia
 Tour Meets Tour Ends	Phnom Penh Phnom Penh
 Fly in to Fly out of	Phnom Penh International Airport (PNH) Phnom Penh International Airport (PNH)
 Group Size Minimum Age	2-16 riders 0 (on scheduled departures)

ACTIVITY PROFILE



4 Cycling days	190 ^{km} Total cycling distance
48 ^{km} Avg distance / day	m Avg climbing / day

PRICING



Price	US\$ 720
Bike Hire	Included
Single Supplement	US\$ 110
Child Pricing	Under 5: free; Age 5-11: 20% discount

WHAT'S INCLUDED

- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



04 February - 07 February 2020
11 February - 14 February 2020
18 February - 21 February 2020
25 February - 28 February 2020
03 March - 06 March 2020
10 March - 13 March 2020
17 March - 20 March 2020
24 March - 27 March 2020
31 March - 03 April 2020
07 April - 10 April 2020

See website for later departures

TRIP PROFILE

We ride just 190 km, mostly on a mixture of flat tarmac and dirt road in the countryside, except on day 4 when there will be some climbs on a newly sealed road for 11 km. The average distance is 50 km a day. Outside of Phnom Penh traffic is light and we often share the roads with ox carts and local cyclists. The trip is point-to-point and fully supported by air-con minibus that will shadow us for the entire journey.

Suitability: This trip has been designed to be an easy trip with some climbing on day 4, but nothing too difficult. This trip can be done by anyone of a reasonable fitness level. A support truck is always available to help where required.

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

Day 1 Phnom Penh - Takeo

We will pick you up from the hotel in Phnom Penh for a short transfer and stop to visit the Killing Fields, an extermination camp for political prisoners during the terror reign of the Khmer Rouge. We then start riding through Takeo province which is littered with pre-Angkor temples, a few of which we will visit. Taking back roads, we pass through small villages, alongside rice paddy fields before we reach Tonle Bati, a small lake popular among locals as a picnic spot. Situated nearby are two Angkorian Temples, Ta Prohm and Yeay Peau, both were built during the same period as Bayon and Angkor Thom in Siem Reap. We cycle on to visit a silk handloom weaving in a village where you can learn how to make one! After lunch at a local restaurant we'll walk up to visit an ancient Angkorian temple built during 11th century, on the top of Chisor Mountain to enjoy a panoramic view of the countryside. We then transfer to Takeo to our overnight at a local guesthouse.

 Alice Villa Guesthouse  Lunch, Dinner

 Ride 55km

Day 2 Takeo - Kep


A short 30-km transfer from Takeo city takes us to the start of our cycle south to the sea. We spend the day cycling, sharing the roads with local people on their live vehicles, cows and buffaloes, as we peacefully ride through farms and villages. After our lunch that will no doubt include at least one dish with pepper as an ingredient, we'll go to visit a pepper plantation. The region's soil is well-suited for growing the plants and the resulting crop of black, red and white pepper is well-known for its aroma. After our visit we transfer to the old colonial coastal town of Kep, which once was a French holiday destination before the civil war in 1965 left behind the remains of abandoned villas scattered around the town. After a full day of cycling and discovering the real Cambodia, we overnight at a beautiful resort with views over the Gulf of Thailand.

 Legend Kep Resort  Breakfast, Lunch, Dinner

 Ride 50km

Day 3 Kep - Kampot

Today we will start our ride on a tarmac road, then continue on dirt and gravel to reach Phnom Chhnork, a limestone cave which contains a well-preserved pre-Angkorian ruin -- a 7th century small brick temple, inside the main chamber. It's a climb to the top, but the view is worth the effort. Back on the saddle we ride to Steung Keo River at the base of Bokor Mountain before transferring to the town of Kampot. Here we'll check into our Bungalows, located on the bank of the river with a wonderful view of Bokor National Park.

 Bamboo Bungalows  Breakfast, Lunch, Dinner

 Ride 45km

Day 4 Kampot - Phnom Penh

It's uphill today, but we drive the majority of it and start riding from the Black Palace to the abandoned buildings of the former French hill station. We ride for 11 km on a newly paved tarmac road to the top where the view of the sea is stunning. We visit the newly renovated French Colonial Casino, then make our way to the nearby waterfall for a picnic. The waterfall, even when dry, is a truly rewarding prize. Here we take in the beauty of Bokor, and have one last meal together before the end of our Cambodia bicycle tour. We'll backtrack to the Black Palace, and then transfer to Kampot to shower at the hotel before we drive back to Phnom Penh. Experienced cyclists will have the option to cycle the entire 23 km down to Kampot. Those looking to extend their time in Cambodia can explore the picturesque Angkor Wat and Banteay Srei temple complexes. .

 Breakfast

 Ride 40km

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

The bikes you will be riding are well-known makes of Hybrid or Mountain bikes (depending on the tour) 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.

THE NITTY GRITTY

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.

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

When booking your tour, you'll be required to pay a deposit to guarantee your place. For tours priced US\$ 2,000 and lower, the deposit amount is US\$ 200 per tour, per rider. For tours priced US\$ 2,001 and above, the deposit amount is US\$ 500 per tour, per rider. For tours priced US\$ 500 and below, full payment is required upon booking.

Read more about booking and paying for your trip [here](#).

All SpiceRoads trips require proof of travel insurance when booking your holiday. Besides covering you during your trip, travel insurance will also enable you to claim any fees that you have paid to us, including your deposit, if you have to cancel your trip

Balance

Tours priced below US\$ 500 require full payment at the time of booking. For tours priced US\$ 500 and above, 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

CONTACT US

45 (Sub Soi Pannee) Soi Pridi Banomyong 26
Sukhumvit Soi 71 Klongtan Nua, Wattana
Bangkok, Thailand 10110
Tel: +66 (0) 2 381 7490
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

 twitter.com/spiceroads
 youtube.com/user/spiceroads
 instagram.com/spiceroads
 facebook.com/SpiceRoad