

# SPICE ROADS

## CYCLING



### SAIGON TO SIEM REAP

Tour Code  
**MCT-MSS**

**9** DAYS  
**8** NIGHTS

	Destinations	Vietnam and Cambodia
	Tour Meets Tour Ends	Saigon, Vietnam Siem Reap, Cambodia
	Fly in to Fly out of	
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

### ACTIVITY PROFILE



<b>6</b> Cycling days	<b>338</b> <sup>km</sup> Total cycling distance
<b>56</b> <sup>km</sup> Avg distance / day	<b>m</b> Avg climbing / day

### PRICING



Price	On request
Bike Hire	N/A
Single Supplement	N/A

### 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



There are no scheduled departures for this trip at the moment. Please contact us to arrange a private departure.

## TRIP PROFILE

The road surfaces on this tour are mixed. We ride a combination of good quality tarmac, wide dirt tracks, and broken roads that are sometimes badly potholed but easily navigable by bike. The terrain is predominantly flat. Only on a few days do we cover longer distances (92 km), so experienced riders will find the distances long enough to challenge them, while less experienced riders are easily able to travel at a more relaxed pace.

On this trip, there is a lot to see as we ride alongside rivers, villages, orchards, and rice fields. We have two days when we travel by boat, giving variety and a chance for weary legs to recover.

**Suitability:** This trip is suitable for anyone with a reasonable level of fitness. This trip is not too arduous, and so riders with less experience are more than welcome, although the fitter you are, the more you will enjoy it.

**Biking Conditions:** This tour follows a mixture of good condition tarmac roads to pot-holed or broken ones and vehicle-width dirt paths. No off-road riding experience required. A support truck is almost always available to help when required, except on some parts of the very narrow paths of the Vietnam Delta. But you will always have your guides with you at all times.



**Day 1 Meet in Ho Chi Minh City**

We meet at our hotel in Ho Chi Minh City (please contact us if you need rooms or flights from Bangkok). We have today free to explore Ho Chi Minh City. In the evening we dine at one of the finest restaurants in the city and prepare for our upcoming Vietnam adventure!

 Northern Hotel  Dinner

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## Day 2 Ho Chi Minh City – Tra Vinh

After breakfast, transfer a couple of hours out of Ho Chi Minh to Ben Tre- considered Vietnam's coconut capital. Today's ride will lead you right into the heart of rural Mekong, as you pedal down narrow roads and lanes, past banana plantations and fields of sugarcane. A section of biking takes us off road onto gravel and dirt lanes, weaving through hamlets, across rivers, and through quite thick vegetation; this makes for superb biking. A ferry crossing takes us to Tra Vinh, a pretty tree-lined town, home to many ethnic Khmers.

 Cuu Long Hotel  Breakfast, Lunch, Dinner

 Ride 45km

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## Day 3 Tra Vinh – Can Tho

The route today is peaceful, and the road is scenic all the way to our destination of Can Tho. There is plenty to see along the way from contrasting architectural styles of Khmer homes and temples to the rich and colourful river scenes when crossing many small bridges.

 Ninh Kieu 2 Hotel  Breakfast, Lunch, Dinner

 Ride 92km

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## Day 4 Can Tho – Chau Doc

Visit Cai Rang Floating market before transferring approximately one hour to the start of the ride. Once more the scenery is completely different. From Tri Ton, the cycling starts to gently undulate, and mountains begin to loom as you ride closer and closer to Chau Doc. We cycle to the Killing Fields of Vietnam at Ba Chuc, where Pol Pot's regime massacred over 3,000 Vietnamese in 1978. We then loop around Ba Chuc along the border and ride the rest of the way to Chau Doc along incredible country roads. Those with energy to spare can climb Sam Mountain for sunset!

 Chau Po Hotel  Breakfast, Lunch, Dinner

 Ride 90km

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## Day 5 Chau Doc – Phnom Penh

Cruise up the Mekong River to Phnom Penh from our overnight stop at Chau Doc. We get a chance to rest our legs as we see many scenes of local daily life along one of Asia's great rivers. As we head into Cambodia, we stop at the capital Phnom Penh before heading north to cycle among 1,000 years of Khmer history.

 Frangipani Royal Palace Hotel  Breakfast, Lunch, Dinner

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## Day 6 Phnom Penh – Oudong – Kampong Thom

We have a late start to give you time to explore Phnom Penh. We then transfer for only 30 minutes before we hop on the bikes and our cycle to-wards Cambodia's former capital, Oudong. The 400-plus steps to the top will get the legs working overtime, but the view is worth it! This ride gives us a chance to see rural Cambodia - stilted houses, rice paddies, ox carts, waving children and of course the friendly Khmer people. After the ride, we transfer to Kampong Thom.

 

 Sambor Village  Breakfast, Lunch, Dinner

 Ride 25km

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## Day 7 Kampong Thom – Siem Reap

We start the day with a visit to the ancient temple site of Sambor Prey Kuk. This temple site was constructed in the 7th century and functioned as the capital of the Chenla Empire. It is one of the oldest temple sites in Cambodia and is mainly covered in vegetation. After our guided tour through the temples, we enjoy a local picnic lunch prepared by the local community in small wooden huts along the Stung Sen River and absorb the local sights and sounds. After lunch, we have a short transfer to Damdek, where we offload the bikes and begin cycling towards Siem Reap.

 Steung Siem Reap Hotel  Breakfast, Lunch, Dinner

 Ride 40km

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## Day 8 Angkor Temples

This morning, we start our bike ride to the entrance of Angkor Wat temple complex and head to Ta Prohm, famous from the film "Tomb Raider", deliberately left by French conservationists in the same condition as it was discovered. Overgrown with strangler fig and silk-cotton trees, the temple has a mystical and romantic appeal. We continue to Angkor Thom, Bayon Temple, and the Terrace of the Elephants. We enjoy lunch at Angkor Café before we explore the biggest religious Hindu edifice in the world - Angkor Wat. Considered the masterpiece of Khmer architecture, this Vishnuite temple is the king's funerary temple, which is why the temple faces west. Inside the temple, the walls are covered with carvings and bas-reliefs depicting Hindu mythology and the wars Suryavarman II fought during his reign. After our visit to these magnificent temples, we cycle back the 7 km to Siem Reap.

 Steung Siem Reap Hotel  Breakfast, Lunch, Dinner

 Ride 30km

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## Day 9 Departure

Catch a flight from Siem Reap airport or stay to explore more of Angkor's temples, like the sandstone temple of Banteay Srei.

 Breakfast

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**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 on the



front page of this document. The bikes are well-known makes of mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes, and Shimano components and front suspension. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, 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.

## **THE NITTY GRITTY**

### **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.

## VIETNAM

### Passports and Visas

**Effective March 12th, 2020:** Vietnam has suspended Visa on Arrival services for travelers arriving from United Kingdom, Denmark, Norway, Finland, Sweden, Germany, France and Spain. Travelers from these countries will need to apply for a visa at the Vietnamese embassy in their country, or apply for the **visa on arrival pre-approval letter**. To obtain a pre-approval letter, please provide your travel consultant with scanned copies of your passport and international flight tickets. Print out your pre-approval letter and bring it with you to show on arrival at the airport in Vietnam, along with 2 additional passport photos, and US\$ 25 for a single entry visa, or US\$ 50 for a multiple-entry visa.

For **46 nationalities** – including Australians, Canadians and Americans – an **e-visa** can be obtained.\* This must be applied for and received before departure to Vietnam. To check for the E-visa and tourist fee for single entry and multiple entries please check the **Visa fee**. You must scan a copy of your photo and passport when applying and get your approval letter of your visa on arrival at international airport of Vietnam. To learn more click **Visa process**. The processing time is 1-3 working days (not include Saturday, Sunday and Vietnamese holiday). Please make sure your passport is valid for a minimum of 6 months beyond the duration of stay in Vietnam.

Alternatively you can obtain a visa to Vietnam from the embassy worldwide. Here is the list of **locations**. You must specify your arrival date when applying for a visa and it is from this date that the 30 days will be calculated. When picking up your visa check to be sure the dates match your travel plans and that it is stamped directly into your passport as it will not be accepted if it is stapled in.

\*For travellers on our **Saigon to Bangkok** or **Saigon to Siem Reap** trips, an eVisa is not applicable at the Vietnam exit point at Chau Doc. However, Visa On Arrival is available with an approval letter, which SpiceRoads can arrange at cost.

## Health

Recommended vaccinations are typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days. Vietnam is a malarial area and you will need to take anti-malarial tablets. Please speak to your doctor for the most up to date information.

## Weather

Weather in Vietnam is divided into 4 main regions - the far north, north, central and south.

The far north can get very cold in December and January while the dry season runs from October to late March and the wet season between April to September.

In Hanoi & the north, it is hot, wet and humid from May to October while November to April is cooler and dry.

Central Vietnam experiences hot, dry weather between January & August with temperatures ranging in the mid 30°C. High levels of rainfall are during September - November.

Southern Vietnam is dry and hot from November to April, and warm and wet between May & October, with the highest rainfall in June, July & August.

## Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are Vietnamese food and features noodles, rice curries and soups. Vietnamese cuisine is world famous and we make sure you sample as much variety as possible. 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 in Vietnam but is NOT included in the price.

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## Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. As a general guide, we suggest US\$ 3-4 per person per day is appropriate.

## Money

The official national currency is the Vietnam dong (d), but the US dollar is widely accepted in tourist centers. However, in smaller towns and villages the dong is preferred. ATMs are available in all major tourist destinations and big cities. Vietcombank has the best network with a single withdrawal limit of 2,000,000d (about US\$125). Most major currencies can be exchanged at leading banks in Vietnam, but the US dollar is preferred away from the tourist centers. Changing US\$100 will make you an instant millionaire! You cannot legally take the dong out of Vietnam but you can reconvert reasonable amounts of it into US dollars on departure.

## 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 less than 7 days, the deposit amount is 100% of the tour price, per rider. For tours 7 days or longer, the deposit amount is 30% of the tour price, per rider.

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

Day tours and tours shorter than 7 days require full payment at the time of booking. For tours 7 days or longer, 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

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