



CYCLE CAMBODIA



# ITINERARY – OUTLINE FOR BESPOKE TRIPS

To discover Cambodia by cycle, is to discover a country untouched by modernisation, A land of symmetry, symbolisation, and spirituality. Our cycle takes us from the temples of Angkor Wat, crossing Tonle Sap lake the life-blood of Cambodia, and from thence, south across the coastal plains and on to the Gulf of Thailand.

## DAY 1 DEPARTURE

We depart London on an overnight flight bound for south east Asia.

## DAY 2 SIEM REAP

We arrive in to the town of Siem Reap in the early evening and transfer to our hotel. This evening we enjoy a welcome dinner in a local restaurant.

## DAY 3 ANGKOR WAT 32 KM

After a buffet breakfast we fit our bikes. The remainder of the day is devoted to gentle warm up cycling in between the temples of ancient Angkor. We will visit the great city of Angkor Thom and the South Gate, onwards to Bayon and then on to the Terrace of Elephants and the Terrace of Leper King. After lunch we visit the largest Hindu temple in the world; Angkor Wat. We continue to the atmospheric temple of Ta Prohm, which has been gradually smothered by tree roots over hundreds of years before returning to Siem Reap for dinner.

## DAY 4 PHNOM PENH 96 KM

Today we leave Siem Reap early and cycle to the port where we board our boat that takes us over Tonle Sap Lake. We arrive at Kampong Chhnang whose name is derived from the clay pots (*chhnang*) which are made in the local villages and sold throughout Cambodia. We then have an exhilarating 96km cycle, which brings us in to the busy centre and hustle and bustle of Phnom Penh, Cambodia's Capital City. Tonight we stay at a fine boutique hotel where we enjoy some traditional Cambodian cuisine.

## DAY 5 TAKEO 88 KM

Today is another early start and after some breakfast we leave the capital behind, cycling along the mighty Mekong River and continuing in to Cambodia's rural heartland. After around 55km we make our way to a short section off road to our lunch stop at the pagoda of the Angkor period temple Phnom Chi Sou. This afternoon, we continue our cycle, starting out on a rough road to get back on to the tarred section that will bring us into Takeo and where we will spend the night.

**DAY 6****KEP****104 KM**

After a good breakfast we head south, cycling 57km along back roads to our lunch stop at Banteay Meas. We then continue towards the coast for 45km until we reach the old French resort of Kep on the Gulf of Thailand. After a long day's cycle we can finally relax in our accommodation and enjoy superb views out to the ocean.

**DAY 7****SIHANOUKVILLE****126 KM**

Our final day sees our biggest challenge yet and what we have all been waiting for- the last 126km all the way to Sihanoukville. We start out early with one of the most beautiful rides in Cambodia. With the mountains on one side and the ocean on the other, we pass through numerous fishing villages, we lunch in Veal Renh before the last 50km to Sihanoukville and our hotel overlooking the sea. Tonight we enjoy a celebratory gala dinner to mark the end of a fantastic challenge.

**DAY 8****PHNOM PENH / DEPARTURE**

Today we enjoy a free day in Phnom Penh where we may choose an optional excursion to the emotive "Killing Fields". In the early evening we transfer to the airport for an overnight flight back to the UK.

**DAY 9****ARRIVE HOME**

## CHALLENGE COSTS

From £1855 per person for 20+  
For groups less than 15, please get in touch

## CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff  
International flights  
Action Challenge Representative  
Expedition Medic  
English-speaking local guides  
Luggage Transfer  
Bike  
All accommodation  
All meals, except in free time  
All transfers  
All National Park fees  
3 litres of water provided daily

## NOT INCLUDED

Alcoholic drinks  
Travel insurance  
Personal kit  
Single supplement  
Tips for local guides  
Local departure tax  
Fuel supplement

## ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

## TOTAL DISTANCE CYCLED

Approximately 530km

## FITNESS & RATING

This is a moderate challenge that requires a good level of fitness to complete the route. Most of the route is flat, but the days are long and hot.

## ACCOMMODATION

Seven nights standard hotel and one night pagoda camping all accommodation on a twin share basis. Single supplement available.

## FOOD

Breakfasts each morning will be at the accommodation, lunch en-route and evening meals will be either freshly prepared at the hotel or in a local restaurant.

## WEATHER

This cycle is best completed in the months of November to February avoiding the heat, humidity, and rain associated with the monsoon season.