



FLY and BIKE
internationaal gezelschap

14 Days/13 Nights

2009

1 Nov – 14 Nov

13 Dec – 26 Dec

2010

7 Feb – 20 Feb

13 June – 26 June

7 Nov – 20 Nov

12 Dec – 25 Dec

If you wish to have a private tour, just **contact us** about arranging a tour for your group.

Prices

USD 1995 Tour
USD 170 Fiets

€395 Single Supplement

De prijzen in Euro vindt u op de website www.flyandbike.be

Cambodia Adventure

Our Cambodia adventure is a fantastically varied cycle odyssey. Cambodia's recent embittered history contrasts starkly with the grandeur of the Angkorian past. Our journey takes us the length of this unforgettable country to show you the cultural heritage and scenic highlights of Cambodia.

Starting at a very sleepy Thai border that skirts the foothills of the Cardamon mountains we ride deep into the Khmer heartland to explore rural Cambodia. Discover the fading colonial outpost of Battambang and journey by boat across the Tonle Sap (Great Lake), which is the beating heart of agricultural Cambodia.

The highlight is, of course, riding amongst a thousand years of history at Angkor and we take three days to explore the extraordinary temple complexes before heading south.

Enjoy the French colonial charms of Phnom Penh, before riding back into the countryside where we discover a people as beautiful and extraordinary as their land. Riding the quiet back roads south, we take time to stop and take in the great views that abound on the way to the old French Colonial retreat of Kep. We spend the morning on Koh Tonsay (Rabbit Island), a wonderful tropical island just a short distance offshore. After a picnic lunch on the beach we head back to the mainland and continue on to Kampot. We also have a day to relax at the beach in Sihanoukville before a final day of cycling to Kirirom National Park. We then fly back to Bangkok to end a truly memorable trip.



Trip Profile

We ride just under 600 km mostly on a mixture of tarmac roads in reasonable repair and vehicle width dirt trails. Most of the rides are on flat terrain, except day 1 and 2 where the road does undulate, but nothing too difficult, through some very pretty and interesting countryside.

Outside of Phnom Penh traffic is light and we often share the roads with ox carts and other cyclists. The trip is point-to-point and fully supported by air-con minibus that will shadow us for the entire journey.

This ride is mainly on quiet back roads and we try to avoid the highways where possible. Getting out of Phnom Penh will require caution and this section can be transferred for anyone who does not feel comfortable.

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Biking Difficulty



(out of five)

We ride on tarmac and dirt tracks, but no technical experience is required.



Cycling Distance

580 kilometers

Cycling Days

6 full, 4 half

Suitability: This trip has been designed to be an easy trip with some undulations on days 1 and 2, but nothing too difficult. This trip can be done by anyone of a reasonable fitness level. A support truck is always available to help when required.

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

Day to Day

B=Breakfast L=Lunch D= Dinner

Day 1 – Bangkok – Pailin

We depart from our meeting point in Bangkok and transfer down to Soi Dao a very scenic area, in Chantaburi province, that borders Cambodia. This is an area where very few foreigners visit and the pace of life is slow and relaxed – just right for a bike trip. Once immigration and custom formalities have been taken care off we cross into Cambodia and ride the 17 km to Pailin set in the attractive Chour Phnom Kravanh foothills. The ride has some undulating sections, nothing too difficult, and the views of the mountains make for a very pretty ride. Pailin is now a home to former Khmer Rouge leaders and also famous for its ruby mines.

Bamboo Lodge. Ride 17 km. L D

Day 2 – Pailin - Battambang

We saddle up and ride east to Battambang. This is really rural Cambodia with lots of mango orchards, corn, peanut and of course paddy fields. The ride itself has some great views as we ride along red dirt roads past the Cardamon mountains, one the wildest areas in Cambodia. We will cross streams and bridges and really get a feeling of riding into un-chartered territory. We have lunch at Wat Phnom Sampeau and have a chance to visit the temple which is atop a limestone outcrop. Finally we reach Battambang, Cambodia's second city, a sleepy backwater full of a faded colonial buildings and charm. This is a tough ride on an unpaved surface with lots of potholes – but we have full van support for anyone who does not wish to ride the whole way.

Khemara I Hotel. Ride 85 km. B L D

Day 3 – Battambang – Siem Reap

If water levels permit, today's journey is by boat as we cross the Tonle Sap towards the lost city of Angkor. The Great Lake is the beating heart of Cambodia and we cruise past floating villages and sunken forests before arriving at Siem Reap.

Royal Bay Inn. B L D

Day 4 – Angkor Complex

We ride to the Angkor Temple complex before starting the Grand Circuit which includes Angkor Thom, the South Gate, the Bayon, Baphoun, the Terrace of the Elephants and the Terrace of the Leper King. After a picnic lunch continue to cycle to Banteay Kdei, Ta Prohm, Ta Keo and back to Siem Reap.

We do stop at each major temple area and you will have plenty of time to explore and take pictures as your temple guide will inform you about all the history of this magnificent area. At sunset we return to the temples by car for a sunset view from Phnom Bakheng.

Royal Bay Inn. Ride 45 km. B L

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Day 5 – Angkor Complex

Leaving Siem Reap by bike after breakfast we enter the temple complex by an alternative route and much quieter gate. We then ride through the complex taking some smaller roads. Once we leave the main complex we enter into the countryside and we turn off the main tourist road to Banteay Srei. We will pass many local villages, schools and people going about their day-to-day business, offering a peak into genuine culture. On the way, we have a chance to visit Banteay Samre, often missed but well worth a visit. This is one of the best rides on the tour. We stop at Banteay Srei for a well earned rest before continuing on to Kbal Spean (River of 1,000 Lingas), hiking to the top to view the riverbed carvings. After a picnic lunch we transfer by bus back to Siem Reap.

Royal Bay Inn. Ride 45 km. B L D

Day 6 – Siem Reap – Kampong Thom

We start the day with a transfer to near Kampong Thom and the ancient temple site of Sambor Prey Kuk. We saddle up and ride between the temples by bicycle. 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 8 km route through the temples we enjoy a picnic lunch prepared by the local community in small wooden huts along the Stung Sen River and are able to absorb the local sights and sounds. After lunch we have a beautiful ride through paddy fields and small villages with many locals greeting you warmly. It is then a 2 hour transfer to Phnom Penh.

Almond Hotel. Ride 36 km. B L D

Day 7 – Phnom Penh Loop

Early risers can cycle with the guides for a tour taking in Toel Sleng and the Killing Fields. The afternoon and evening are free to explore town.

Almond Hotel. Ride 35 km. B

Day 8 – Phnom Penh - Takeo

We start our long ride south. Leaving the city behind, we ride along side the mighty Mekong River and into Cambodia's rural heartland. We ride on good roads with all manner of beast and other means of transportation. Lots of interaction with friendly Khmers makes this a fun day. We also stop at Tonle Bati an Angkor period temple still in good repair and well worth a visit. Eventually we arrive in the sleepy town of Takeo.

Mittapheap Guest House. Ride 75 km. B L D

Day 9 – Takeo - Kep

After breakfast we ride through the heart of rural Cambodia and see plenty of folk out in the fields picking rice and tending their herds. These people are so friendly and outwardly happy that it is difficult to believe you are in a country that has suffered so much. It is the exuberance and humour of the rural Khmer that makes this country such a joy for bikers.

Riding along country back roads we eventually reach the old French resort of Kep at the Gulf of Thailand. Our resort, set up on the hill overlooking Kep is the perfect spot to see splendid sunsets and is a perfect end to a great day of cycling.

The Beach House Resort. Ride 105 km. B L D



There are more than 1,000 temples at Angkor, but Angkor Wat is the best-preserved temple and is considered the archetype of the high classical style of Khmer architecture.

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Subject to Change

In remote destinations abnormal conditions can prevail at any time, and all adventurous holidays can therefore be subject to unexpected change and we will do our best to adhere to the original itinerary and cannot be held responsible for any last minute changes; in order to enjoy them you should be prepared to be flexible when necessary.

Day 10 – Kep - Kampot

Today is a semi rest day! We have the choice of heading over to Rabbit Island to see an unspoilt tropical paradise, (this is dependant on the weather, if the sea is too rough an alternative activity will be arranged). We have all morning to spend here exploring or just relaxing before a picnic lunch on the beach. In the afternoon we ride a little way following the coast that affords some great views of Kep as we leave. This really is a beautiful ride along quiet roads and beautiful landscapes. We also have a chance to stop at the Phnom Chhnork on the way, a small but well preserved temple inside a cave.

Borei Bokor Hotel. Ride 35 km. B L D

Day 11 – Kampot - Sihanoukville

Early start for today's ride – one of the toughest but best rides of the trip through fantastic scenery. Riding along the coast in the shadow of Bokor mountain we pass numerous fishing villages and ride through beautiful rural rice fields. After 60 km we hit the main road and head south to the beach at Sihanoukville. Super fit riders might make the distance in time for lunch on the beach.

Sokha Beach Resort. Ride 105 km. B L D

Day 12 – Rest Day

Today is up to you: chill out at the beach in Sihanoukville or take the bike and explore the town and countryside. Lunch and dinner are your choice today.

Sokha Beach Resort. B

Day 13 – Sihanoukville – Kirirom National Park

We transfer a short way (2 hours) to Kirirom National Park where we have quite a challenging 20 km ride to a waterfall and lunch. We then ride back the same way to the Kirirom National Park Hillside resort.

Kirirom Hillside Resort. Ride 40 km. B L D

Day 14 – Kirirom National Park – Phnom Penh

We transfer back to Phnom Penh (2 hours). Tour concludes in Phnom Penh. Direct flights are available back to Bangkok.

B L

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.

Safety: Wearing a helmet is strongly recommended on all our biking adventures and if you choose not to wear one you will be asked to sign a liability waiver. 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.

Support: We will be supported by an air-conditioned vehicle for transfers and back up as per itinerary.

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Guides: You will be led by a local English-speaking guide and if the group is 8 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

Arriving and Departing: This tour starts in Bangkok, Thailand and ends in Phnom Penh, Cambodia. International and domestic flights to and from there are not included in the tour price. Please contact us for advice before arranging flights for the best arrival and departure times.

Passports and Visas: All nationalities require a passport for entry into Thailand and Cambodia. Please ensure your passport is valid for at least 6 months from date of entry

Thailand Visa: If staying less than 30 days then a visa in advance is not required by European, North American, Australian and many other nationalities. 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.

Cambodia Visa: Visas can be obtained at Cambodian consulates/embassies abroad and for any land crossing it is advisable to obtain the visa in advance. In addition to your valid passport, you need 1 x passport photo, 2 x application forms and a copy of your airline ticket plus US\$20 visa fee. An e-visa is not valid for overland crossings.

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: Eastern Thailand and Cambodia share a tropical climate with fairly high humidity. There are three seasons: from March to June it is hot and dry, with temperatures between 27 and 40C, with night temperatures in the 20s. The rainy season is from June to October. The cooler season, is from November to February, with average temperatures between 20 and 30C.

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. Beer is freely available everywhere, but is NOT included in the price.

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, riels are usually preferred. There are ATMs in Siem Reap, however, machines dispense US dollars. Spend riel before departing as no one will exchange them for you once you leave.

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The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between this and previous information, this document is the correct version and supersedes the brochure or website.

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