



FLY and BIKE
internationaal gezelschap

14 Days/13 Nights
Departure Dates:

2009

8 Nov - 21 Nov
6 Dec - 19 Dec

2010

17 Jan - 30 Jan
7 Feb - 20 Feb
7 March - 20 March
16 May - 29 May
4 July - 17 July
24 Oct - 6 Nov
7 Nov - 20 Nov
5 Dec - 18 Dec

If these dates don't suit your travel schedule, please

contact us to talk about operating a private tour or customizing a tour for you or your group.

Prices

USD 1995 Tour
USD 170 Fiets

€ 395 Single Supplement

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

Saigon to Bangkok

This tour takes in three of Southeast Asia's most diverse and fascinating countries. Commencing in Saigon we head into Vietnam's rice bowl and the Mekong Delta. This fascinating area is flat and lush and is quite unlike anywhere else in Vietnam. Although it is a densely populated area we manage to take quiet back roads and see some of the serene beauty of this area as we pass lotus flower ponds surrounded by ancient trees, ride along and over canals and roads lined with coconut trees and bamboo.

Our entry into Cambodia is by boat as we head up one of Asia's great rivers, the Mekong, to Phnom Penh. Enjoy the French colonial charms of Phnom Penh before cycling on to Kampong Chhang where we board boats and cross the Tonle Sap to reach the breathtaking temples of Angkor Wat.

One of the highlights is, of course, riding amongst a thousand years of history at Angkor and we explore the extraordinary temple complexes.

After the wonders of Angkor we head to the faded colonial city of Battambang. This sleepy backwater city is well worth a visit and we arrive in time to explore. We cross into Thailand at a small immigration point nestled in the small

mountains that separate Thailand from Cambodia. We then ride the short way to the main road where we transfer to the beach and a well earned rest.

Putting all three countries together in one tour gives a great insight into Southeast Asia, its culture, its scenery and its wonderfully friendly people.



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 (85 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.

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On this trip there is a lot to see en route as we ride alongside rivers, villages, orchards and rice fields. We have three 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 road to pot-holed or broken ones and vehicle-width dirt paths. No off road riding experience required. A support truck is always available to help when required.

Biking Difficulty



(out of five)

This tour follows a mix of good asphalt roads and vehicle-width dirt roads, which may be smooth, gritty, stony, rocky, rutted, loose or hard-packed. No technical experience required.

Day to Day

B= Breakfast L= Lunch D=Dinner

Day 1 – Ho Chi Minh City

We meet at Northern Hotel, Ho Chi Minh City (please contact us if you need rooms or flights from Bangkok). We spend the day unboxing and testing bikes and give you some time to explore the city. In the evening we dine at the enchanting Temple Club Restaurant.

Northern Hotel. D

Day 2 - Ho Chi Minh City – Tra Vinh

After breakfast transfer a couple of hours out of Ho Chi Minh to Cai Be - the gateway to the Mekong Delta. 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 final ferry crossing takes to Tra Vinh a pretty tree-lined town with many ethnic Khmers.

Cuu Long Hotel. Ride 25 km. B L D

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. Ride 92 km. B L D

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. After a short early morning transfer to Tri Ton, the cycling starts to gently undulate and mountains begin to loom as you ride closer and closer to Chau Doc. The presence of Thot Not trees indicates the growing proximity to Cambodia and the local people speak Vietnamese as their second language. 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 to Chau Doc from Ba Chuc along the border and ride the rest of the way to Chau Doc along incredible country roads.



Cycling Distance

557 kilometers

Cycling Days

6 full, 2 half

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Those with energy to spare can climb Sam Mountain for sunset!
Chau Po Hotel. Ride 90 km. B L D

Day 5 – Chau Doc – Phnom Penh

Cruise up the Mekong River to Phnom Penh from our overnight stopping place Chau Doc. We get a chance to rest our legs as we see many scenes of local daily life along side one Asia's great rivers. As we head into Cambodia we stop at the capital Phnom Penh before heading north to cycle among 1000 years of Khmer history.

Almond Hotel. B L D

Day 6 – Ride to Oudong

Today we start by taking the back roads out of the modern capital of Cambodia – Phnom Penh for about 45 km to the town Oudong where we branch off towards Phnom Prah Reach or Oudong Mountain, once the capital of Cambodia. 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 head back to Phnom Penh and lunch. The rest of the day is free to explore this fascinating city.

Almond Hotel. Ride 45 km. B L

Day 7 – Phnom Penh – Siem Reap

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 local 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 rice paddy fields and small villages with many locals greeting you warmly. It is then a 2 hour transfer to Siem Reap.

Royal Bay Inn Angkor Resort. Ride 36 km. B L D

Day 8 – Angkor temples

This morning we start our bike ride to the entrance of Angkor Wat and head to Ta Prohm, famous from the film Tomb Raider, and deliberately left by French conservationists in the same condition as it was discovered; overgrown by strangler fig and silk-cotton trees, giving the temple a mystical and romantic appeal. We continue to Angkor Thom, Bayon temple and the Terrace of the Elephants. We enjoy lunch at the 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 is orientated to the West. Inside the temple the walls are covered by carvings and bas-reliefs depicting Hindu mythology and the wars Suryavarman II fought during his reign. After these magnificent temples and intensive visits we cycle back to Siem Reap.

Royal Bay Inn Angkor Resort. Ride 30 km. B L D

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We have carefully chosen accommodation that is the best available for the location and offer a good mix, from home stays to luxurious lodges, on our tours.

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We love Asian cuisine, well-known for being hot and spicy and for its use of fresh ingredients, and will make sure you get to sample lots of it.

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Day 9 – Ride to Banteay Srei

After breakfast we will head onwards to Banteay Srei. We cycle through rural countryside to this famous temple which has the best preserved bas-reliefs and other stone carvings in Cambodia. The temple is small in size but of huge significance in understanding the Angkorian Era. From here we continue cycling on rural roads, taking a break for a picnic lunch before we reach Kbal Spean, also known as the Valley of 1000 Lingas. We put the bikes aside for a 3 km moderate trek uphill through jungle to a river bed with submersed carvings and a beautiful waterfall (in rainy season only). After our visit we return to Siem Reap by vehicle or we can cycle back

Royal Bay Inn Angkor Resort. Ride 56 km. B L

Day 10 – Siem Reap - Battambang

Today we have another break from riding and visit the floating village before heading across the lake to Battambang, Cambodia's second capital, a sleepy city full of faded colonial charm.

Khemara I Hotel. B L D

Day 11 – Battambang - Pailin

We saddle up and ride South to Pailin. This is the toughest ride on the tour as the road in sections is in poor condition and bumpy (in dry season can get dusty) but the scenery is the most impressive as we head towards Thailand. The road undulates as we get closer to Pailin but there is nothing too steep or long. We will cross streams and bridges and really get a feeling of riding into uncharted territory. This used to be bandit country, but don't worry the area is now completely safe!

Bamboo Lodge. Ride 89 km. B L D

Day 12 – Pailin – Chantaburi

A short pleasant ride on the quiet scenic roads to the border crossing. This quiet rural crossing used mainly by local traders makes for a pleasant stop while we complete all the immigration formalities. Once these have been completed we ride through the Thai countryside till we reach the main road and transfer to the beach with lunch en route in Chantaburi.

Seashell Village. Ride 44 km. B L D

Day 13 – Beach Day

Free day at the beach to relax in this quite secluded part of Thailand – a must for anyone wanting to see some off the beaten track beaches.

Seashell Village. B D

Day 14 – Chantaburi - Bangkok

We have the morning to enjoy the beach before we head back to Bangkok Ask about extension to the beach or Koh Chang.

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Nuts & Bolts

Bikes: Rental bikes included. The bikes 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 compulsory on all our biking adventures. 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 air-conditioned vehicle that have been specially modified for cycle tours. The vehicles follow us the whole time and are always available for tired cyclists. It is very easy to get bikes on and off, so you can rest when you are tired and cycle whenever you feel like it.

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.



A bowl of pho, a broth soup with beef or chicken and rice noodles, is a perfect lunch for bikers. A bowl comes with plates of fresh herbs, cut limes, hot chilies and bean sprouts to garnish your soup with.

The Nitty Gritty

Arriving and Departing: This tour begins in Ho Chi Minh City, Vietnam and ends in Bangkok, Thailand. International and domestic flights, to and from the start and finish points are not included in the tour price. If you need help or advice arranging flights please contact us.

Passports and Visas: All nationalities require a valid passport.

Vietnam: All nationalities require a visa in advance, (please ensure your passport is valid for at least 6 months from date of entry).

Cambodia: All nationalities require a valid passport, (please ensure your passport is valid for at least 6 months from date of entry), and visa. 30 day duration visa on arrival is available for a fee of US\$25. Visas can also be obtained at Cambodian consulates/embassies abroad and for any land crossing eg; from Thailand or Vietnam it is advisable to obtain the Visa in advance. (Regulations regarding visa on arrival at places other than Phnom Penh and Siem Reap tend to be unstable and may change without notice). You require – valid passport, (as stated above), 1 x passport photo, 2 x application forms and a copy of your airline ticket plus visa fee. Please note that the evisa cannot be used at the Vietnamese/Cambodian border.

Thailand: All nationalities require a valid passport, (please ensure your passport is valid for at least 6 months from date of entry) 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.

Please note: A tourist visa is valid for a single 30 day stay. You must specify your arrival date when applying for a visa and it is from this date that the 30 days will be calculated. So read the visa carefully to make sure that you do not arrive before it begins or stay after it expires.

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If you have any queries or concerns regarding visa issues please do not hesitate to contact us.

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. Please speak to your doctor for the most up to date information.

Weather: The Mekong delta region of Vietnam has a tropical climate with seasons similar to Thailand and Cambodia. January is one of the driest months with the average temperature in Saigon around 25°C.

Thailand and Cambodia also have 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 40°C, and with night temperatures in the 20s. The rainy season is from July to September, (October in Thailand) but temperatures are slightly lower, because of the effect of the rain. The cooler season is from October, (November in Thailand) to February, with average temperatures between 20 and 30°C.

Food: Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local food and feature noodles, rice, curries and soups. Southeast Asia cuisine is world famous and we make sure you sample as much (Vietnamese, Cambodian and Thai dishes) 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. 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\$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.

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.

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.

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