



## 6D5N Angkor Hike & Bike - Cambodia

Tour Code: CAM-AHB\_06



Do you want to explore Siem Reap and the temples of Angkor while getting your fair share of adrenaline? Exotravel's Angkor Hike and Bike program will send you on your way as you pedal through the Cambodian land filled with historical temples and villages. Learn about Khmer culture both old and new, interact with friendly locals, explore unique waterways and enjoy some delicious cuisine. Camp in a traditional village and immerse yourself in traditional Khmer living on this exciting Cambodia tour.

### MULTISPORT – ANGKOR HIKE & BIKE

CAMAHB

6 DAYS/5 NIGHTS

Day 1: Arrive Siem Reap

Day 2: Siem Reap

Day 3: Siem Reap Siem Reap – Phnom Kulen – Beng Mealea

Day 4: Siem Reap - Banteay Srei – Wat Tabeng

Day 5: Wat Tabeng – Siem Reap

#### Day 1: Arrive Siem Reap (Cycling)

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Upon arrival in Siem Reap, your local English speaking guide will welcome you and accompany you to the hotel for check in. Relax after your flight and enjoy some time at leisure.

This afternoon, set out on your first cycling adventure to explore the rural charms of the Cambodian countryside. A rich tapestry woven with lush scenery, colorful bustling villages, stilted houses, hidden temples and dusty back

roads hedged with sugar palms await you.

*(Escort by Tuk Tuk with bike rack)*

You will pass through the Village of Chreav on route to the Tonlé Sap Lake. Down meandering trails with flashes of effervescent green and rich red earth abound from the fields; the fragrant smell of lotus blossom from Buddhist shrines excites your senses. Stop for a well-earned rest in the shade of the ancient Wat Athvea and take some time to explore this temple. Weave your way through the dusty back roads to a small stilted hammock bar overlooking the rice fields, where you will stop for light refreshment before proceeding to the seldom visited Phnom Krom hill.

The temple at Phnom Krom sits on top of one of the best vantage points overlooking the vast expanse of the Tonlé Sap Lake. Take in this view as the sun sets. Transfer back to your hotel. This evening, you will have your first encounter with Khmer cuisine at The Sugar Palm, served in a traditional Khmer house with a charming warm interior.



Overnight in Siem Reap.

Ride up to 17km  
Difficulty: Easy  
Transfer: 10mn

## **Day 2: Siem Reap – Angkor (Trekking)**

**(B/L/D)**

Breakfast at your hotel,

A short transfer will bring you to the beginning of your temple exploration experience. You set out like the first explorers did on foot, trekking through the dense jungle of the magnificent temples of Angkor.

Your first destination is Angkor Wat. Built during the reign of King Suryavarman II in the early 12th century, Angkor Wat is constructed following the model of the temple mountain symbolizing Mount Meru, the home of the gods. Inside the temple, the walls are covered with stone carvings and bas-reliefs depicting Hindu mythology and the wars Suryavarman II fought during his reign. Angkor Wat is well known for the more than 2,000 Apsara dancers decorating the temple. Construction is thought to have taken around thirty years of intensive labor. Today, Angkor Wat is figured on Cambodia's national flag as the temple symbolizes the soul of the Khmer people.

Walking from temple to temple is a unique way to see these magnificent ruins: glimpses of small temples can be spotted amongst dense jungle, towers appear looming overhead, and the sheer number of ruins along the way is staggering. Stop on the way for lunch at a simple local restaurant. From here, find your way through the forest towards the ancient city of Angkor Thom, the last capital of the Great Khmer Empire under the reign of Jayavarman VII. This city is surrounded by an 8 m high wall, drawing a perfect square.

Take some time in the shade of a sugar palm tree as you take in the expanse of the moat of Angkor Thom before you enter the city through the ancient South Gate, an impressive stone gate carved with Elephants and four giant faces. On each side of the entrance path a row of 54 gods or demons is holding the sacred Naga snake.

From here, continue to Bayon Temple through meandering sandy trails that lead you through the dense jungle canopy. This 12th century masterpiece is a study in grandeur and is well-known for its 54 towers with enigmatic faces representing the 54 provinces of the Great Khmer Empire. The Terrace of the Elephants and the Terrace of the Leper King are also must-visits as they are both known for their intricate bas-reliefs. Return to your hotel for some time at leisure.

Tonight, enjoy an atmospheric dinner at Champey restaurant next to Pub Street.

Overnight in Siem Reap.

Trekking: 5-6 hours  
Difficulty: Easy  
Transfer: 10mn



### Day 3: Siem Reap – Phnom Kulen – Beng Mealea – Siem Reap (Trekking) (B/L/D)



After breakfast at your hotel, transfer through seemingly endless rice fields and friendly local villages to Phnom Kulen, an impressive sandstone plateau in this otherwise flat area. The mountain is considered the birthplace of the Khmer empire and a sacred place for the Khmer. At the top of Phnom Kulen, you will discover stone carvings in a riverbed, a large reclining Buddha from the 16<sup>th</sup> century and visit several hidden pagodas. One of the main attractions is a waterfall where you can take a refreshing bath. From here, trek east to Svay Leu Pagoda. On the way you will discover Cambodia's pristine jungle and some wildlife as well as the lychee trees Kulen is famous for. There is often a lively local market near the pagoda which you have time to explore – a real insight into the way of life in this remote area. Now you are ready to start the second part of today's adventure: Cycle south on less used roads to Beng Mealea. We will have lunch here. Feel like an explorer when you discover the completely overgrown temple. Undiscovered for centuries, Beng Mealea has only recently been made accessible and remains unrestored. It is one of the very few temples that actually give the opportunity to climb through it. Explore the place on a trek through the jungle ruins and beyond.

Transfer back to Siem Reap. A filling and delicious dinner will be served in a contemporary setting at Nest Angkor Restaurant.

Trekking: 4+hrs  
Difficulty: Medium  
Transfer: 50mn

Overnight in Siem Reap.

### Day 4 - Siem Reap - Banteay Srei –Wat Tabeng (Cycling) (B/L/D)



This morning, get in the saddle again for a gentle cycling tour to Banteay Srei via backroads and villages. On the way, you will have the possibility to stop at local communities along the way and your guide will help you to interact with the local community to learn about the way of life here. Seize the opportunity to see how rice paper is produced and to taste Palm Wine and Palm Sugar, which are a popular local produce

(seasonal).

Visit the Landmine Museum which promotes mine awareness. Mr. Aki Ra, the museum founder, was trained as a child soldier during the Khmer Rouge regime and is working today as a deminer. The museum serves also as a rescue centre for a number of landmine amputee children that Aki Ra has brought off Phnom Penh's streets or from impoverished rural communities.



Arrive at the "gem" of the Angkor area, the pretty temple of Banteay Srey. The so-called "Citadel of the Women" remains the best preserved temple in Cambodia. It displays some of the finest examples of classical Khmer art as this small temple is noted for its truly remarkable fine bas-reliefs. Banteay Srey is unique in that it is constructed of pink sandstone, which is seen nowhere else in Angkor.

Before you explore the temple, enjoy a picnic lunch in a relaxed setting at Banteay Srei Pagoda.

From Banteay Srei, it is only a short 18 km ride to Wat Tabeng, a traditional village that is among the most scenic in Cambodia, set amidst a sea of rice fields. Here, in a clean and safe place on the premises of a picturesque wat, you will find your home for tonight: An adventure style tented camp in the grounds of the pagoda. Imagine waking up to the sounds of nature is an experience no hotel room can provide.

Set out to explore the pagoda, village and surroundings with your guide, who will facilitate your encounters with the local population. This evening, a Khmer BBQ dinner will serve at the camp, which you can enjoy in comfortable and stylish sitting areas.

Overnight in a tented camp at Wat Tabeng,

Ride up to 55km  
Difficulty: Easy

### **Day 5: Wat Tabeng – Siem Reap (Cycling and Trekking) (B/L/D)**

Get up early as you will be invited to witness the monks at Wat Tabeng perform their morning rituals, and you will have many chances to meet the monks personally. Breakfast at the camp,

Later on, a short cycle through the village will bring you to Phnom Bok hill, where a short trek will lead you to the top, from where you can enjoy a magnificent view of the plains below. Walk down towards the pretty temple of Banteay Samre, where you will enjoy a relaxing lunch break.

From here, a military style jeep will take you on a journey towards Tonlé Sap Lake (35km), South East Asia's largest freshwater lake with its size varying greatly depending on the season, as it is swelling to about four times its size during the wet season. Board a local boat and visit Kampong Phluck, a village where you will see houses on stilts that are submerged when Tonlé Sap Lake extends. On the way, you will pass floating houses and impressive flooded forests, portraying life on the water.

*(NOTE: Due to low water levels during the dry season, the boat trip is only possible from June to March, but we can arrange an overland visit to Kampong Pluck that is an equally interesting experience, as you can walk among the stilted houses).* Return to Siem Reap.

Tonight, enjoy a Khmer dinner at Viroth's, a stylish and comfortable restaurant set in a quiet garden.



Overnight in Siem Reap.

Ride up to 5km  
Difficulty: Easiest

Trekking: 2 hrs  
Difficulty: Easy  
Transfer: 40mn

## **Day 6: Siem Reap – Departure**

**(B/-/-)**

Enjoy the day at leisure. If you are up for some more action, join one of our optional tours:

### **Hot-Air Balloon Ride**

Approximately 10h30 or 16h30 takes hot-air Balloon Ride to watch a sunset over the temples and the surroundings jungle. The tethered balloon takes you 150-200 meters high for panoramic views of the Angkor Archeological Park.

### **Quad Bike Tour**

A 4 hour tour that takes you to Wat Athvea pagoda and the Chres Village Orphanage or take a tour to one of the less visited temples such as Prasat Pre Monti. Enjoy the countryside and villages where life, almost untouched by a fast changing Asia, goes on much as it has for centuries.

### **Horse Back Riding**

Head to the Happy Ranch outside of Siem Reap the only western style horse ranch in Cambodia. There you will get acquainted with your horse of pure Cambodian breed, a descendant of the Mongolian wild horses. Enjoy the countryside on horseback! During the 2-hour trail ride you will get to places far outside the tourist area, through the rice fields and local villages to the rarely visited temple of Wat Atvea. Explore the peaceful temple ruins of the Angkorian era, a truly authentic experience. Return to the Happy Ranch on horseback through small, quiet paths.

### **Massage Treatment**

After a holiday of cycling and climbing around temples ruins, a relaxing massage at Bodia Spa can do wonders. Massage for health and relaxation is a time-honored tradition throughout Southeast Asia and you will feel completely rejuvenated after.  
Transfer to the airport for your individual departure flight.

**\*\*\*\*\*END OF SERVICES\*\*\*\*\***

*"An itinerary may at times be altered by our guides due to local conditions, the skill of participants and other unexpected circumstances. Our priority is always the experience and safety of our clients."*



## RATES & CONDITIONS

**ACCOMMODATION PRICING: in Singapore Dollars per person for shared twin/double**  
Price valid until 31 Dec 15

CITY	HOTEL CATEGORY	HOTEL NAME	ROOM CATEGORY
<b>Siem Reap</b>	Standard	Royal Crown & Spa	Deluxe
	First Class	Siddharta Boutique	Deluxe
	Superior	Victoria Angkor Resort	Superior
	Deluxe	Heritage Suite	Bungalow Suite

Number of people	1	2	3-4	5-6	7-10	11-15	SGL Sup
Standard	2420	1440	1170	960	1060	1020	170
1 <sup>st</sup> class	2560	1510	1220	990	1090	1050	180
Superior	3360	1800	1610	1450	1490	1370	590
Deluxe	4330	2290	2030	1870	1970	1850	1080

*Note: Extra compulsory surcharges apply for Christmas and New Years Eve for selected properties.*

### Our services include:

- Luggage transfer
- Vehicles: (varies based on local conditions and vehicle sizes available). Private air-conditioned vehicle for transfer and back up as itinerary.
- Bike rental, helmet, 1 biking water bottle
- 3 litre of water per person per cycling day
- Snacks including local fruit
- 1 assistant guide for 11 – 16 cyclists, 2 assistant guides for 17 + cyclists
- 1 first aid kit per guide
- Each guide will have a full set of travel bike tools
- Cold Towel
- Spare parts:
  - spare tubes, chain lube, rags, 1 bottle of chain degreaser, 1 peddle wrench, 1 floor pump, 1 spare bike
- Meals as mentioned in the itinerary (B – Breakfast, L – Lunch, D – Dinner)
- Sightseeing tickets where mentioned in the itinerary.
- Accommodation as listed above.
- Flight reconfirmation



**Our services don't include:**

- Visa arrangement
- International and domestic flights
- Meals other than mentioned above
- Soft drinks, or beverages beyond water – we can add this into costs at agents request
- Beverage and alcoholic drinks at mealtimes
- Tips
- Energy drinks or powders, performance bars, or performance gels (Gatoraid, Powerbars, Gue, Isostar, etc)
- Personal Travel Insurance
- Personal expenditure (Laundry, telephone)
- Any other services not clearly mentioned in the itinerary and in the inclusive portion.

**OPTIONAL ACTIVITIES:**

Activity	Fixed cost per person USD
Hot-Air Balloon	16
Quad Bike Tour	108
Horse Back Riding	45
Massage	55

**IMPORTANT NOTES:**

- We strongly recommend the purchase of travel insurance (covering emergency medical evacuation) for trips.
- Prices are valid 30 days from date of offer. Past this date price and conditions may be readjusted.
- The cost of air tickets is subject to change without prior notice by the airlines.
- Reservations during peak times (Christmas, New Year, Vietnamese Lunar New Year, National Holidays) may be subject to supplementary charges.
- Rooms at hotels are available only from 1400 on arrival day till 1200 on departure date. A supplement will be added if early check-in or late check-out is desired.
- Please note that all the above services & tours have yet to be booked, they are proposed for your information only and we will not make any reservations before we receive your confirmation to do so.
- If one or some proposed service(s) is (are) not available at the moment of booking, we will try to find other possibilities/options or other similar service(s) in order to avoid changes to the program.
- This itinerary may alter due to local conditions, the strength of the group and other unexpected circumstances. We will do our very best to adhere to the set itinerary, however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your biking or trekking guide will have the final say.