

# Angkor Wat Bike Adventure



See the Temples of Cambodia by Bike!

Information Pack

## Adventure Facts:



Start & Finish at: \_\_\_ Siem Reap, Cambodia

Season: \_\_\_\_\_ November to February is most temperate

Duration: \_\_\_\_\_ 9 days

Hotels: \_\_\_\_\_ 5 nights twin share

Camping: \_\_\_\_\_ 3 nights (share tent)

Meals provided: \_\_\_\_\_ 8 Breakfasts, 7 Lunches, 3 Dinners

Group Size: \_\_\_\_\_ 4 to 20 or by negotiation

Activity split (days) \_ 2 travel, 7 ride

## Highlights

- Ride through the villages around Siem Reap
- Explore the awesome Angkor Wat, a spectacular temple of soaring towers and intricate carvings
- Your experienced guides are there to ensure your safety and enjoyment. A guide to introduce you to the marvels of Cambodia, and a bike mechanic to look after your bike!
- Visit some more remote and beautiful temples that few visitors get to see
- Spend a night in a floating village on Tonle Sap, the massive freshwater lake in central Cambodia
- Meet the friendly and welcoming Khmer people - be greeted by smiling faces and happy greetings as you ride through the villages

## Attractions

A visit to Cambodia is not complete from the inside of a bus or car. With this great bike adventure we want to show you much more of Cambodia than just Angkor Wat.

We will take you camping near some more remote temples that few visitors get a chance to see. Riding there we will also go through the Kulen Mountains which are sacred to the Khmer people.

This adventure biking holiday is an amazing opportunity to get to places and meet people, that the normal tourist to Cambodia does not experience. As well as the incredible Angkor Wat, we explore many more temples, in normally inaccessible areas and head out into the stunning countryside to explore this amazing place and its people.



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*delivering success*

## About DCXP

DCXP was started by Duncan Chessell and has been operating trips around the world for many years. The experience gained in expedition logistics and health, has been utilised in developing teams of talented staff that are the basis of DCXP consistently high quality expeditions. DCXP is now managed by Katie Sarah, who has been involved with this business since 2006, and has now gained her own experience both in the field - from the remote wilderness of Antarctica to the summit of Everest - and in operating expeditions.

Our adventures are to mountainous destinations worldwide including to the seven summits (Mt Kilimanjaro in Tanzania, Mt El'brus in Russia and the extreme summit of Mt Everest to name a few). We arrange custom expeditions worldwide for groups who are looking for an experience that is both an adventure in remote and exciting destinations, but also has the infrastructure and support to help you achieve your goals.

## The Journey

### Brief Itinerary

#### Day 01 Travel and Siem Reap

On arrival in Siem Reap, you will be met at the airport and transferred to your hotel by our staff. Subject to your arrival time, you will have the opportunity to explore the area around the hotel, and also be briefed as to what to expect for the first couple of days.

#### Day 02 First discovery and Small Circuit

This is an easy first day where we will ease into riding with stops to visit various temples. We start the ride from Siem Reap to Angkor Wat early in the morning following small countryside trails and then the paved road of the small circuit. We spend the rest of the morning exploring the world's grandest temple and have lunch before heading on. Following is an afternoon of temples. We cycle on from Angkor Wat on the paved roads of the small circuit. We visit the Death Gate, Victory Gate, Terraces of Elephants and of the Leper King. Then we cycle on to Srah Srang and Phnom Bakeng. A little before sunset we will make our way back to Siem Reap for a well earned rest.

#### Day 03 Banteay Samre, Rolous and Tonle Sap Morning

This is a great ride to get to know rural Cambodian life as we cycle through small farming villages on little trail through the countryside, where you will be greeted by many friendly people. We start the day riding west out of Siem Reap towards Banteay Samre, a unique temple with two moats, which has been superbly restored. Because it is not easy to reach, this temple doesn't attract a lot of visitors and we can generally explore this site undisturbed. From here we continue to the intimate temples of Chau Srei Vibol (Wat Trak), here we will have lunch and relax. After lunch we head on the Rolous group or Bankong as it also called via the little town of Rolous where we can have a look at the local market. We explore the temples of Rolous and then cycle on to the Tonle Sap Lake, where we will be spending the night in a local floating village or in a boat.

#### Day 04 Tonle Sap Floating Village

We spend the morning on this massive freshwater lake which dominates the map of Cambodia. The lake is at once a reservoir, flood-relief system, communication route, home, and larder to the people who live on and around it. After exploring on the lake we head back to land and cycle through the countryside to Siem Reap where we will have lunch. After lunch we will have an optional tour to some of the local pagodas, such as Wat



### The Journey...continued

Athvea and Wat Bo. We will also go to one of the local markets and explore a bit of the country side around town. For those who need a rest, there are plenty of nice cafés in which you can relax and read a book or just observe life.

#### Day 05 The big ride - Beng Malea

Today will take us far away from the normal tourist spots around Siem Reap. We ride on mostly unpaved roads and small trails through the country side all day and will have lunch somewhere nice on the way. When Maurice Glaize wrote his popular - The Angkor Guide - in 1944, he described Beng Malea like this; "A trip to Beng Mealea, can be combined with a hunting party, since the region is rich in both small and large game and wild animals; - tigers, panthers and elephants, herds of oxen and wild buffalo inhabit the forest! We don't have a hunting party but will still have

a great adventure sleeping in this remote spot, after exploring this huge temple's complex, we will be spending the night in a local pagoda. Rest assured that you can sleep easy - the wildlife is no longer so prevalent in the populated areas!

#### Day 06 Kulen Mountain & River of 1000 Lingas

We go out cycling to the top of Phnom Kulen (Kulen Mountain), which is considered by the Khmer people as the most sacred mountain in Cambodia. Here we will have lunch in the jungle by a waterfall before we cycle on to Kbal Spean (River of a thousand Lingas). We can then walk for 30 min through the jungle to the river, where crystal clear water washes over sacred lingas carved into the bedrock. After the walk back to the bikes we cycle to Banteay Srei where we will spend the night camping in the little village.

#### Day 07 Banteay Srei & the Grand Circuit

We have an early morning start, so we can visit Banteay Srei before the tourist hordes arrive. Banteay Srei is a very popular rosy red temple with beautiful carvings of female divinities. After having explored Banteay Srei we cycle on a secondary and mainly unpaved road to Preah Khan. We visit the temple and ride on to have lunch at Neak Pean. We then have a look at Neak Pean and then continue cycling on the grand circuit to Banteay Kdei and finally Ta Prohm where we will end the ride and have a good look at this moody temple, increasingly in the surreal grip of towering trees as the jungle encroaches. From here we take the small circuit back to Siem Reap.

#### Day 08 Puok silk farm, Western Baray & Chantiers Ecoles



We cycle via Angkor Wat and the Western Gate of Angkor Thom on little trails through the country side to the Village of Puok. Here we will see all the stages of the production process, from the cultivation of mulberry trees to the dyeing and weaving of silk. Then we ride to our lunch spot, the Western Baray. This was at one time an enormous 8km by 2.3km reservoir which was excavated all by hand, to provide water for the intensive cultivation of land by the people of Angkor. We will have lunch here. On our way back to town we stop at the Les Chantiers Ecoles which is a school specialising in teaching wood and stone-carving techniques to young people from impoverished backgrounds. Back in town we will have a farewell dinner in one of the many great restaurants.

#### Day 09 Final Day - Farewell to Cambodia

We have this day free of any activities, so you can pack,

## The Journey...continued

go shopping and tell tales of the last few days' great rides before we take you to your departing flight and say goodbye.

Important Note:

Every effort will be made to keep to the above itinerary, but as this is adventure travel, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns, the health of participants and other issues can all contribute to changes.

## Is it right for me?

This Cambodian adventure is achievable for almost anybody. The cycling is not difficult - almost all of the terrain is extremely flat except for the one day heading up Kulen Mountain. If the steep hill on this afternoon is too much, then there is always the option of cruising up in air-conditioned comfort in the van and meeting the hillclimbers at the top for lunch! The weather is, however, warm, which does add to the effort required. With only 3 nights camping, interspersed with nights at the hotel, you do not have to prepare yourself for days on end in tents, without showers!

You will need to be able to ride a bike as a start, obviously! However, not only that you do need to be prepared for several hours a day in the saddle. Although none of the days are terribly long or difficult, most people's rear ends do need a bit of conditioning before the trip. So make sure you are used to being on a bike and cruising along at an easy pace for a couple of hours at a time. Most days are broken up by exploring a few temples en route, so there are no very long stretches without respite.

So - training can include trekking, to get some leg strength, but make sure that you do get out on a bike before-hand, or pack a lot of nurefen! (which is not necessarily medically the best thing for you - much better to do the training and be prepared!).



## Mountain Designs Equipment - VIP privileges

ALL members of our team receive a Mountain Designs VIP 15-20% discount card valid from the time your deposit is received to the start of the expedition. Mountain Designs manufactures high quality outdoor gear suitable for your expedition. You can visit one of Mountain Designs' 35 outlets in Australia and New Zealand. See [www.mountaindesigns.com](http://www.mountaindesigns.com) for locations.

## Travel Insurance

We recommend cancellation insurance to protect your investment. We require participants to have travel insurance that covers medical expenses, evacuation and repatriation. Please ensure that your chosen policy provides cover for the activities and in the localities in which you will travel (bike riding in Cambodia). You may already have your own policy but if not we can suggest either World Nomads <http://www.worldnomads.com> or Covermore <http://covermore.com.au>.

### What's included

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Your expedition price includes:

- Airport transfers
- Hotel in Siem Reap with breakfast
- 3 nights camping with all meals
- 1 week pass to the temples
- Local guide for temples
- Brilliant local leader and bike mechanic
- Lunch on rides
- Vehicle support on rides - van for the cyclists and a truck for the bicycle if required!

#### Accommodation and Food

In Siem Reap: We will be staying at the Steung Siemreap Hotel (or similar). This charming hotel is centrally located near the main restaurant area and river. It is safe and clean and well staffed, and is a safe place to leave your clean town clothes and other gear when you are out on the bike. There are many restaurants in Siem Reap catering to western tastes as well as plenty of local restaurants at very reasonable prices.

On the bike: We will stay in a house in the floating village on Tonle Sap. Your host will welcome you to his home, and prepare your dinner and breakfast for you. Whilst camping you will be provided with tents and mats, and beautiful scenic campsites, either near a temple or a small village

### What's not included

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Your expedition cost does not include any of the following:

- International flight to and from Siem Reap
- Cambodian Visa fees (available on entry)
- Airport taxes
- Dinners and lunches in Siem Reap
- Optional trips and sightseeing tours
- Excess baggage charges
- Tips for crew - allow ~\$100USDpp for tips, to be divided between drivers, bike guide and sightseeing guide.
- Personal travel insurance (REQUIRED)
- Changes in itinerary, such as extra hotel nights, or break from the group
- Personal expenses such as gifts, phone calls, laundry and drinks (including alcohol)
- Meals and accommodation other than those specified, including outside the trip dates
- Personal clothing and equipment

### How do I book?

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Please enquire regarding dates and the booking process



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## Personal and group gear checklist

### ✓ Personal Clothing etc

- Travel and town clothes (can leave extras in hotel)
- Sun hat
- Sunglasses
- Bike helmet (optional - one is supplied, but nice to have your own!)
- Bike pants (optional - but highly recommended for the padding)
- Bike gloves (optional)
- T-shirt and long-sleeved shirt
- trekking type pants and/or shorts - light weight
- Exercise t-shirts for riding
- 1-2 Thermal long pants
- Fleece long pants, light weight weight for evening if cool
- Several pairs socks and underwear
- Town shoes/sandals, plus sandals for riding

### Other Personal Gear

- Sun screen, zinc cream and lip balm
- Wash kit (small personal toiletries, nail clippers and pack towel)
- First aid kit (basic necessities - tape or moleskin, band aids, betadine, bandages etc)
- Personal medicines including your usual medicines AND 1 course each of (usually available in Kathmandu):
  - respiratory antibiotic (e.g. Amoxycillin)
  - gastrointestinal antibiotic (e.g. Ciprofloxacin)
  - gastro treatment (e.g. Imodium)
  - mild pain killers (e.g. Aspirin/paracetamol/ibuprofen)
  - throat lozenges
  - altitude medication (e.g. Diamox)

NOTE: We suggest you take all of the above listed items. It may be possible to buy some extra equipment in Siem Reap (if forgotten) but don't rely on it.

DCXP: DCXP provides this item

### ✓ Personal Equipment

- Day pack 20-30L (handy, although items can be left in the van during the day)
- Water containers: Nalgene or a camlebak, but not essential as bottles of water are available
- Foam sleeping mat
- An extra sleeping mat (\*optional; e.g. ThermoRest or RidgeRest)
- Sleeping bag light, for mild weather
- Spare bag to leave at hotel with spare clothes
- Head lamp for evenings in camp

DCXP Bike Giant , Bergamot or similar

### Group Equipment Supplied by DCXP

DCXP Tents, food any cooking and eating equipment for while not in town