

## Cambodia Cycling & Trekking (09 Days)

### Overview

**CAMBODIA CYCLING & TREKKING (09 DAYS)** The experience by the excursion from the ancient capital city of Angkor to the modern city of Phnom Penh as well as see and relax at French colonial beach city of Kep then trekking at Chi Phat... **SUMMARY** The excursion will be teaching of Khmer history from 802AD to now. The orientation will bring you to see evident was existed over 1000 years old and how well- off in the pass time to compare to nowadays as well as the journey will show how reach of this country of its natural resources. **TRIP GRADE:** Soft Adventure Easy - Suitable for travelers with an average level of fitness and independent mobility then is level of Moderate while trekking at Cadamam Mountain.

**TIP'S:** Explore the country side of Seim Reap to see the real village by getting on the 4 wheels. Quad Bike will bring you to see a nice sunset at the rice field with cattle. [www.quad-adventure-cambodia.com](http://www.quad-adventure-cambodia.com) **ITINERARY BRIEF:** DAY 01 SIEM REAP / ARRIVAL (Cycling 14Km) DAY 02 SIEM REAP / ANGKOR (Cycling 21KM) DAY 03 SIEM REAP / ANGKOR/PHNOM KOULEIN NATIONAL PARK (16KM Trekking) DAY 04 PHNOM KOULEIN NATIONAL PARK / BENG MEALEA (25KM trekking) DAY 05 BENG MEALEA / SIEM REAP DAY 06 SIEM REAP / PHNOM PENH DAY 07 PHNOM PENH / CHI PHAT DAY 08 CHI PHAT - VEAL TA PRAK (Silver Field) POND: (18km by boat, 9.5km trekking) DAY 09 VEAL TA PRAK - CHI PHAT - PHNOM PENH: (12.5km trekking) **TRAVEL LOOPS** is an innovative travel company as well as flexible to make your holidays with an unforgettable time.

### Itinerary

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##### ITINERARY DETAILS:

**DAY 01 SIEM REAP / ARRIVAL (Cycling 14Km)** Upon arrival, be met and transferred to hotel. Spend the full afternoon exploring the main Angkor Wat Temple and enjoy sunset at the hilltop temple of Pre Rup or Phnom Bakheng. Tonight will follow by a welcome diner accompany by the Apsara performance (Dinner included) **DAY 02 SIEM REAP / ANGKOR (Cycling 21KM)** Early this morning, enjoy a sunrise tour of Angkor Wat as a unique experience once in the life time. Then having breakfast at Angkor Cafe; Restaurant opposite Angkor Wat and continue to explore Angkor Thom, the site of the ancient capital of the Khmer period. Visit the South Gate, Bayon, Royal Enclosure, Phimeanakas, Elephant Terrace and the Terrace of Leper King. Continue to Ta Prohm, which many deemed the most charming of all the temples. This afternoon will transfer by vehicle to the floating Village of Kopong Phlukk. Will take a boat excursion to "Kompong Phlukk floating vilalge" to see the local's life on water as well as enjoy with canoe ride to see the mangrove forest. (Breakfast included) **DAY 03 SIEM REAP / ANGKOR/PHNOM KOULEIN NATIONAL PARK (16KM Trekking)** In the morning, drive through the lovely countryside and village with some stop walking into the village and visit Bantaey Srei and Bantaey Samre, which many consider Bantaey Srei to be the prettiest temple. In the afternoon, will trek to Phnom Koulein mountaintop, will see meditated Buddha statue and thousand Lingas River then continue to Wat Vearl Preah Kral then stay in the camp site Overnight in the tent (Breakfast & dinner included) **DAY 04 PHNOM KOULEIN NATIONAL PARK / BENG MEALEA (25KM trekking)** After breakfast will start for trekking to Svay Leau Vilalge, will trek through the dense jungle and enjoy the sound of nature. If time permit will visit Beng Mealea temple where is able to climb up to the temple top by its heap of sandstone. Tonight will enjoy with a party after dinner follow by local whisky, beers or soft drinks. Overnight in the tent (Breakfast, lunch and dinner included) **DAY 05 BENG MEALEA / SIEM REAP** Having breakfast at Beng Mealea, and then transfer back to Siem Reap for check in at your hotel. Will be free for your owned time or activities. (Breakfast included) **DAY 06 SIEM REAP / PHNOM PENH** Breakfast at hotel, then take a short fly to Phnom Penh or travel by bus. In the afternoon will visit Royal Palace and Silver Pagoda as well as visit Tuol Sleng Musuem and killing field. (Breakfast, included) **DAY 07 PHNOM PENH / CHI PHAT** Breakfast at hotel, then will be a transfer to Chi Phat,. The journey will take about 3 hours driving passed mountains and field, after arriving Phoum Andoung Theouk will transfer by private boat to eco community of Chi Phat. After check in at homestay will explore the village by a walking tour to see life of inhabitants who are living in this

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cadamam mountain. (Breakfast, lunch and dinner included) DAY 08 CHI PHAT - VEAL TA PRAK (Silver Field) POND: (18km by boat, 9.5km trekking) Leave for sunrise, bird watching trip on a motor and traditional row boat along the Stoeng Prat (Cattle Skin Cord) River, the trip including: - Motor boat (CBET Motor boat group, about 1 hour) - Row boat (CBET traditional row boat group, about 2 hours) - Breakfast, Quality Binoculars and Life jackets provided on boat

Arrive in Damnak kos and start trekking to Veal Ta Prak with local guide Lunch at O'Chonleas Pran (Refugee River) (by CBET forest cook) and continue trekking to Antong Prang campsite near 2 small stream and meadow Evening walk to the nearby Veal Ta Prak pond to try spotting wild animals which come to the pond, Come back to camp site and have dinner made by the forest cook. Overnight in camp. (Breakfast, lunch, dinner included) DAY 09 VEAL TA PRAK - CHI PHAT - PHNOM PENH: (12.5km trekking) Walk to the nearby Veal Ta Prak pond to try spotting wild animals Breakfast at campsite made by the forest cook and start trekking to the Veal Ta Prak junction and Continue to Chi Phat Commune Have lunch in Chi Phat Community This afternoon transfer by boat to Phum Andoung Chenh then travel to Phnom Penh by private vehicle. (Breakfast, lunch included)

### What's included

CAMBODIA CYCLING & TREKKING (09 DAYS) Trip Price Includes:

- English speaking guide (Other languages available on request)
- Private transfer and transport in safe, clean, well maintained vehicles
- Breakfast in hotel, and other meals in restaurant as noted in the itinerary
- All entrance fees & permits during guided tours
- Accommodation with tax
- Private boat trip to the Floating Village
- Quality mountain bike and helmet

Not Included in Trip Price:

- Airfare and taxes not included in tour
- Food and drink not noted in the itinerary
- Visa fees
- Entrance fees and permits not part of itinerary
- Optional tours during free time
- Personal travel insurance (Compulsory for all travelers)
- Personal expenses (ex. telephone, laundry charges, souvenirs, etc.)
- Tips and gratuities