

CAMBODIA – THROUGH KINGDOM, CULTURE & COUNTRYSIDE

8-Day / 7-Night, Easy to Moderate **GUIDED** cycling tour Through the Heart of Cambodia



Cambodia is a land of timeless temples, warm hospitality, rich traditions, and breathtaking landscapes. This immersive cycling holiday takes you beyond the famous sights to experience the real Cambodia; from the vibrant streets of Phnom Penh and the peaceful Mekong River islands to rural villages, rice fields, and the magnificent temples of Angkor.

Ride through scenic countryside, meet local communities, explore hidden temples, and uncover Cambodia's fascinating history. Highlights include cycling Koh Dach Island, visiting the Royal Palace and Tuol Sleng Museum, discovering Battambang's charming backroads and bamboo train, cruising across Tonle Sap Lake, and watching sunrise over the iconic Angkor Wat.

Enjoy carefully selected accommodation, Khmer cuisine, and authentic local dining experiences. With quality bikes, experienced guides, support vehicles, ferry and boat transfers, this journey offers the perfect blend of adventure, culture, comfort, and cycling experiences

Departure: Saturday 23 January 2027
Saturday 27 February 2027
Saturday 27 March 2027

Cost From: Per Person, Twin Share: **\$3395**
Single Supplement: **\$850**
Upgrade to e-Bike: **\$500**

Includes: 7 nights' accommodation; Daily breakfast, 6 lunches and 6 dinners; Luggage transfers and vehicle support; Professional tour guide; Bike hire, including a helmet and water bottle; Drinking water and fresh fruit; Airport transfers on arrival and departure; Entrance fees and excursions as outlined in the itinerary.

Not included: Meals not mentioned; Other drinks; Gratuities and personal expenses; Other entrance fees and excursions.

Grade: Daily cycling distances range from approximately 15 to 60 km on quiet rural roads, village paths, and scenic routes. The terrain is mostly flat with gentle undulations and occasional uneven surfaces. This easy to moderate ride is suitable for cyclists comfortable riding several hours daily, with regular stops and support vehicle assistance available throughout.

This tour can be combined with our **Guided Cycling Holiday in Vietnam: Cycle the Mekong**, extending your 8-day adventure into a 15-day journey from Ho Chi Minh City to Siem Reap. Ask for details.

Call OUTDOOR TRAVEL on 03 5750 1441 for details or reservations

Suggested Itinerary: The itinerary is subject to change based on local conditions and weather. The tour guide reserves the right to make adjustments as necessary.

Day 1: Arrive Phnom Penh

After arriving in Phnom Penh, meet your guide and transfer to your hotel. The rest of the day is yours to relax or explore the capital at your own pace. You may like to wander along the riverside and watch the sunset over the Mekong. This evening, meet as a group for a welcome dinner and get to know your fellow riders and tour guides.

Day 2: Phnom Penh - Koh Dach Island

Cycling @ 30 km

After breakfast, start riding through the lively outskirts of Phnom Penh and across to Koh Dach Island. Expect a mix of quiet village lanes, riverside paths, and scenic Mekong views as we pass traditional homes, farmland, and local communities. Enjoy a few ferry crossings with our bikes and visit a local craft workshop along the way. In the afternoon, return to Phnom Penh to explore Cambodia's royal heritage and visit important historical sites, including the former Tuol Sleng Prison, before dinner.

Day 3: Phnom Penh - Kampong Chhnang

Cycling @ 50 km

Today leave the city behind and head into Cambodia's countryside. After visiting the ancient capital of Udong and its impressive hilltop stupas, ride along back roads surrounded by rice fields, palm trees, and rural villages. This is a great day to experience everyday Cambodian life, with locals, water buffalo, and wide-open landscapes accompanying us as we make our way towards Kampong Chhnang.

Day 4: Kampong Chhnang - Battambang

Cycling @ 60 km

Today's ride takes us deeper into rural Cambodia. After a ferry crossing, cycle through quiet countryside with views of rice paddies, farmland, and limestone landscapes near Neng Konrey Mountain. Enjoy the peaceful roads and changing scenery as we ride through small villages, before transferring by ferry and road to Battambang, our base for the next two nights.

Day 5: Battambang

Cycling @ 50 km

Get ready for a day exploring the countryside around Battambang. We'll ride through rural villages, fruit orchards, and endless rice fields, with plenty of opportunities to see local life along the way. Our route includes a look at the ingenious and unique Norry (bamboo train), and a visit to Phnom Banan temple, a pre-Angkorian site surrounded by scenic countryside. Later, discover Phnom Sampov and learn more about Cambodia's complex history.

Day 6: Battambang - Siem Reap

Cycling @ 15 km

This morning we take a boat journey across the vast Tonle Sap Lake, one of Cambodia's most remarkable landscapes. Watch floating villages, fishing communities, and daily life unfold along the water before arriving near Siem Reap. Finish the day with a gentle ride into town and a Khmer cooking class, where we prepare and enjoy a delicious local dinner together.

Day 7: Siem Reap - Angkor Temples

Cycling @ 35 km

Today is a highlight of the journey as we ride through the legendary Angkor complex. Start early to watch the sunrise at Angkor Wat before cycling along quiet temple trails surrounded by jungle, ancient ruins, and towering trees. Explore Angkor Thom and Ta Prohm, discovering hidden corners away from the crowds. After a picnic lunch among the temples, return to Siem Reap for a final evening celebration.

Day 8: Departure from Siem Reap

The tour ends after breakfast with a transfer to the airport.



Contact Outdoor Travel for more details and reservations:

- Call: 03 5750 1441
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