

BIKE & BOAT CYCLING CRUISES – CAMBODIA & VIETNAM

8-days / 7-nights moderate GUIDED cycling to discover Ho Chi Minh, Phnom Pehn & Mekong Delta



There is no better way to explore these two countries with a fascinating history than aboard a traditional stylish riverboat plying the Mekong River, its tributaries and delta. With just 14 air-conditioned cabins, plenty of covered deck space to relax and an attentive crew, this maneuverable vessel navigates the many shallow shoals and canals along the river. The boat is renowned for its dining – the chef will take you on a culinary journey of traditional Vietnamese dishes and the lesser-known cuisine of Cambodia, using local ingredients.

The daily routine is flexible to accommodate cyclists and non-cycling partners. Join the guided ride or opt out on any given day and join non-riding partners on walks and local day tours. The riding is mostly flat on varied surfaces from concrete to hard-packed dirt. Traffic is almost always a rarity, allowing you to engage with the locals, stopping for a chat or a photo as you wish. Daily cycling distances are between 20 - 65km.

Two nights are spent in a boutique hotel in Siem Reap with time exploring the ancient temples and ruins of Angkor Wat. Ride the hidden trails through the protected forests of the surrounding national park.

Highlights:

- Walking tour of Ho Chi Minh markets
- Explore the maze of canal paths and bridges of the fertile Mekong Delta
- Step back in time to traditional local life, often based around fishing along the river
- Pedal the Silk Islands near Phnom Penh, visit ancient villages and learn Cambodian history
- Gaze at a sunrise over the spires and temples of Angkor Wat

2024 Departures: 11 April; 8 November 2024

2025 Departures: 11 January; 12 February 2025

Cost from: **\$6935** per person twin share **\$3310** Single supplement
E-bikes available at additional cost. Please ask for details.

Includes: 5 nights' accommodation in twin-share ensuite cabin on a Premium Plus riverboat, 2 nights in boutique hotel; all meals from lunch on day 1 to breakfast on day 8; economy class flight from Phnom Penh to Siem Reap; guides and support team; quality bikes and support vehicles; healthy snacks and drinking water during cycling; all activities and site entry fees (as shown on itinerary); cycling jersey and water bottle.

Not included: Travel to Hồ Chi Minh City and from Siem Reap; Vietnamese and Cambodia visas; meals not listed in the itinerary, drinks on board and in hotels, other gratuities, and any personal expenses.

Call OUTDOOR TRAVEL on 1800 331582 for details & reservations



Suggested itinerary – subject to change (due to tide & river conditions at discretion of captain):

Day 1: Arrive Hồ Chí Minh City

Meet at in the morning and get acquainted with your group on a short walking tour. We explore central Hồ Chí Minh city to learn about its history, culture and architecture and perhaps taste some local specialties, such as Vietnamese coffee and chocolate. After lunch take a 2-hour transfer to the port at the north-eastern end of the Mekong Delta where we board the ship. After a welcome drink, meet the crew, cabin allocation and safety briefing onboard.

Day 2: My Tho - Cai Be

cycling @ 40-65km

There are two opportunities for guided cycling today, one in the morning and one in the afternoon. In the morning ride through the busy and vibrant floating villages of My Tho. Visit a local home for a traditional Vietnamese lunch. In the afternoon, ride towards Cai Be, another floating village built on part land and part water. The village is full of friendly children, so be prepared to stop and wave to them as they cycle to school in their blue and white uniforms. We moor near Cai Be and there is time to explore town after dinner.

Day 3: Cai Be - Sa Dec - Cao Lanh

cycling @ 40-65km

Again, there is the option of morning and afternoon rides. The morning cycling route takes us along the river from Cai Be to the pleasant colonial town of Sa Dec. We stop for lunch before re-boarding the ship. The afternoon ride is along narrow, shaded paths and gardens. Pass locals hard at work growing flowers, making clay bricks, and transporting a wide variety of colorful fruits and veggies to the market. Our ride ends near the city of Cao Lanh, where we board the ship and cruise towards Chau Doc canal.



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Day 4: Follow the Delta into Cambodia

cycling @ 25km

The last day in Vietnam we go ashore on a small island just below the border and spend the morning riding through the small communities and farmland. This island feels different to other parts of the Delta as there are very few cars and the houses are more traditional in appearance, made from wood and on low stilts to protect from the occasional flooding.

We farewell our Vietnam support team and cruise to the border of Cambodia. After some brief formalities, we cruise onward into Cambodia and drop anchor near to Phnom Penh.

Day 5: Silk Island Ride

cycling @ 20-40km

Koh Dac, also known as Silk Island, is a small island close to Phnom Penh that is well-known for silk weaving. Local women practice this traditional on looms under their raised houses. We learn about the process of how silk is grown and woven as we cycle around the island.

We return to the boat for lunch and in the afternoon, moor up so you can explore the riverside area of Koh Dac at leisure. Depart before a colourful sunset for our final night aboard the ship.

Day 6: Phnom Penh Exploration

At sunrise our ship will arrive at Phnom Penh, the capital of Cambodia. The city was once just a collection of shacks along the river when the French colonisers arrived, and quickly redesigned with a grid-style layout and lined with beautiful colonial buildings such as the Central Market and the old Post Office.

The city was forcibly evacuated when it fell to Pol Pot and the Khmer Rouge in the 1970s and then ensued a period of decay that continued through the early years of re-population. In the late nineties and early 2000s the country started to get back on its feet, however today it still holds a shattered charm to it with many still-vacant buildings and creaking infrastructure.

After breakfast we bid farewell to the ship and explore the city before transferring to the airport for our flight to Siem Reap after lunch.

Day 7: Angkor Sunrise Experience

cycling @ 19km

Prepare for an early rise this morning, as we get moving before sunrise to visit otherworldly Angkor National Park, where we gather in front of the many imposing towers of the main temple to await the sun.

Once the sun is up and the crowds have dispersed, we begin our in-depth exploration of ancient temples in the Angkor complex and enjoy breakfast in these peaceful surroundings. We cycle along jungle trails and hidden dirt paths to see iconic temples such as Bayon or Ta Prohm, and some of the lesser-known ancient structures. Non-riders can explore the temples by local tuk-tuk.

We lunch beside the Sra Srang Reservoir that surrounds the Angkor Wat temple and then return to the hotel. The afternoon is free to relax or explore before we meet for an early dinner and a visit to the enthralling show put on by Phare Circus: the acrobatic troupe comprised of talented local Khmer people.

Day 8: Departure day

Our tour concludes this morning in Siem Reap with a visit to the Angkor National Museum and the APOPO NGO that trains a breed of rats to detect landmines, a reminder of the Cambodian conflict with Vietnam. Say farewell to the group over one of the best coffees in town at Footprint Cafe.

Transfer to the airport for departing flights, or you may prefer to explore this charming city on your own. Ask about adding extension tours to explore Saigon (3 days/2 nights) and Ha Long Bay (4 days/3 nights).

Outdoor Travel offer Bike & Boat cycling cruises in many regions of Europe including the Dalmatian Coast of Croatia, the Cyclades and Aegean Islands of Greece and the Lycian Coast of Turkey. Bike & Barge cruises are offered on the canals and rivers of France, Belgium, Germany, Holland and Italy.

Contact Outdoor Travel for more details and reservations:

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