VIETNAM TO CAMBODIA CYCLING TOUR

12 DAYS 11 NIGHTS

From the lush wetlands of the Mekong Delta to the majestic ruins of Angkor Wat, this tour provides a great overview of what Southeast Asia has to offer in terms of scenic beauty. The opportunity to take a deep dive into the unique culture, cuisine, and history of two countries in just under two weeks is a once-in-a-lifetime experience, and it is sure to create memories you'll never forget.

This tour is long and does require a good amount of cycling stamina, but the terrain covered is generally flat and won't be too difficult for moderately experienced riders. As long as you've got an unquenchable thirst for adventure and love exploring new territory on the back of a bike, this excursion is a great choice for you!

Those who love travelling on the water will especially appreciate this tour, because travelling upstream on the waters of the mighty Mekong river and actually passing the border on a riverboat is quite the experience.

Number of cycling days: 8 days

Distance per day: 60-100 km per day

Total cycling distance: 515 km

Difficulty: Moderate

Tour details

Tour meets: Saigon, Vietnam

Tour ends: Siemreap, Cambodia

Group size: Minimum 02 - Maximum 16 riders

Minimum age: 16

FIXED DEPARTURE DATES in 2023

Month	Trip	Departure date	End dates
June	1	18 June	29 June
July	2	20 July	31 July
August	3	20 August	31 August
September	4	18 September	29 September
October	5	20 October	31 October
November	6	19 November	30 November
December	7	10 December	21 December

Note: In the rare event that only 1 person signs up for a given departure date, the fixed departure date will be cancelled. To guarantee your tour will leave on the fixed date, book for at least 2 people or contact us before booking to make sure others have already signed up.

Brief itinerary:

Day 1 - Orientation (Ho Chi Minh City)

Day 2 - HCM - Ben Tre - Tra Vinh - Ride 70km

Day 3 - Tra Vinh - Can Tho - Ride 80km

Day 4 - Can Tho - Rach Gia - Ride 80km

Day 5 - Rach Gia - Chau Doc - Ride 80km

Day 6 - Chau Doc - Phnom Penh by Speed Boat - No cycling

Day 7 – Phnom Penh Rest Day - No cycling

Day 8 - Phnom Penh - Kampong Cham - Ride 70km

Day 9 – Kampong Cham – Strung Trong – Kampong Thom – Siem Reap - Ride 65km

Day 10 – Angkor Temples Cycling - Ride 45km

Day 11 – Siem Reap Village Cycling & Tonle Sap Lake Kayaking - Ride 45km

Day 12 – Siem Reap – Departure

ITINERARY

DAY 1 - ORIENTATION (HO CHI MINH CITY)

No cycling
Meals provided: Welcome dinner
Accommodation: not included

On your first day in Ho Chi Minh City, also known as Saigon, you will meet the Mr Biker team of guides, mechanics, and drivers who will support you throughout your exciting adventure from Saigon to Cambodia.

A bike fitting is scheduled at 4PM (Mr Biker Trung Son: 24 Street No.6, Trung Son Residence, Binh Chanh District) followed by a welcome dinner with our team.

DAY 2 - HCM - BEN TRE - TRA VINH

Cycling distance: 70km
Meals provided: Lunch, dinner
Accommodation: Cuu Long Hotel

In the morning, riders will van transfer to a local cafe in the Mekong Delta where their fitted bikes will be waiting. After a short trip briefing at the cafe, we'll hop on and start our adventure.

70% of today's riding will be shaded from the Mekong sun by coconut trees. Riders will traverse numerous small canal bridges and admire the lush greenery of the area. This view of the area's agriculture will lead to a coconut byproducts factory.

After lunch, riders will continue their adventure and watch the coconut fields give way to charming delta homes and villages. As we progress, we will continue on routes that are generally flat and paved, but there will be some opportunity to challenge ourselves on narrow sections through the coconut plantations.

We'll end up in Tra Vinh City, where we will relax before enjoying a community dinner and an evening of exploration.

DAY 3 - TRA VINH - CAN THO

Cycling distance: 80km
Meals provided: Breakfast, lunch
Accommodation: Iris Hotel Can Tho

Whereas the first day of the journey was spent in the Coconut Kingdom, today we will see rice paddies take prominence in our landscape views.

In the morning, we will cycle a short distance to Ba Om Pond, an 800 years old Khmer architectural beauty, to see its famous seasonal lotus flower.

After that, we will spend the rest of the morning cycling through flat lands next to rice paddies and canals. This region is renowned for being the second largest producer of rice in Vietnam.

In the afternoon, we'll van transfer to Can Tho city, where we will take in the nightlife and rooftop views from restaurants in the city centre. Be sure not to miss out on Can Tho's well-known night markets!

DAY 4 - CAN THO - RACH GIA

Cycling distance: 80km
Meals provided: Breakfast, lunch, dinner
Accommodation: Hoa Binh Rach Gia Resort

Today's excursion will be divided into two parts: the morning on water and the afternoon on land. Departing Can Tho, we will take a boat to explore the famous Cai Rang floating market and more of the Mekong Delta's canal system.

After the Mekong Delta boat tour, we will head off along the river on paved and isolated roads where we will be treated to views of the region's fruit gardens growing alongside the countryside trails. Eventually, the forested riverside trails will give way to the same wide-open rice fields we passed through on day 3. As we ride through this area, we often are the only people within view for kilometres at a time. It is peaceful, tranquil and a great chance to meditate on the value of solitude and community.

Riders get the choice to either cycle or van transfer the remaining distance to Rach Gia City..

DAY 5 - RACH GIA - CHAU DOC

Cycling distance: 80km
Meals provided: Breakfast, lunch, dinner
Accommodation: Chau Pho Hotel

After another filling and delicious local breakfast, we will transfer 60 minutes via our private shuttle to the seat of the Southern Kingdom of Vietnam as it was recognized 2000 years ago. We'll visit a museum in the area to learn more about the history.

We'll then set off on the 55 km journey to Tra Su National Reserve and Bird Sanctuary. The farmland along the way floods frequently, so the majority of the ride will be on raised reinforced platforms above the fields.

We'll arrive at Tra Su in the early afternoon, when the majority of the tourists have departed. There, we'll have the opportunity to walk along a floating bridge past vibrantly-coloured algae. There will be guided boat tours available through the shaded canals of the reserve.

Lunch will be served after this relaxing experience before getting back on your bikes for a 25km segment to our overnight location in Chau Doc City.

DAY 6 - CHAU DOC - PHNOM PENH BY SPEED BOAT

No cycling
Meals provided: Breakfast, lunch
Accommodation: Ohana Hotel (superior room) or a similar standard hotel

Today, your legs will get a well-deserved rest after you board a comfortable speed boat heading to Cambodia at 6:45am.

The ride will take about 4 hours and 30 minutes where you will be able to enjoy some snacks. Visa at the border will be arranged by the crew. Please prepare a passport photo with a white background and 35 USD in undamaged cash for the border.

You will have the rest of the day to explore Phnom Penh, Cambodia's capital city.

DAY 7 – PHNOM PENH REST DAY

No Cycling
Meals provided: Breakfast
Accommodation: Ohana Hotel (superior room) or a similar standard hotel

Today, you can take a free day to sunbathe and relax by the pool, check out the busy city of Phnom Penh, or head out to the historical 'Killing Fields' and S-21 museum.

DAY 8 - PHNOM PENH - KAMPONG CHAM

Cycling distance: 70km
Meals provided: Breakfast, lunch, dinner
Accommodation: NBL Asia Hotel or similar

After breakfast, you'll be transferred to the Mekong pier for a 45-minute boat ride upstream to Koh Dach (Mekong Island) to where our bikes will be waiting. We'll visit a family-run silk weaving business before cycling on two islands in the Mekong River, Koh Oukatey and Koh Dach. The terrain of the islands is mostly flat and covered in lush vegetation as well as beaches. We aim to ride between 70-80km today before being transferred by van to Kampong Cham.

In the evening, you'll visit the local village on the island of Koh Pen. You'll visit the village, walk through the local farms, view the Buddhist monastery, and drive back to have dinner in Kampong Cham's downtown.

DAY 9 – KAMPONG CHAM – STRUNG TRONG – KAMPONG THOM – SIEM REAP

Cycling distance: 65km
Meals provided: Breakfast, lunch, dinner
Accommodation: The Sanctuary Residence (superior room) or a similar standard hotel

Today, we will cycle deep into the countryside of Cambodia. We will visit Koh Krabie (Mekong Island), and Wat Hanchey (Hanchey Pagoda). The ride will include stops at local farms, rubber plantations, and small temples along the way.

For your last destination before Siem Reap, you will visit Sambor Prey Kuk Temple Complex, which consists of a hundred brick Hindu temples scattered through the forest.

Arrive in Siem Reap in the late afternoon, check in to your hotel, and be treated to dinner at a local restaurant.

DAY 10 – ANGKOR TEMPLES CYCLING

Cycling distance: 45km
Meals provided: Breakfast, lunch
Accommodation: The Sanctuary Residence (superior room) or a similar standard hotel

Today will centre around a guided cycling tour of Angkor Wat and all the other temples in the Angkor Temple Complex. The tour will be led by a local cycling guide and will be filled with fascinating information and anecdotes about the site, which is one of the two remaining Wonders of the World.

DAY 11 – SIEM REAP VILLAGE CYCLING & TONLE SAP LAKE KAYAKING

Cycling distance: 45 km
Meals provided: Breakfast, lunch, dinner
Accommodation: The Sanctuary Residence (superior room) or a similar standard hotel

After breakfast, we'll cycle to a local market where the bravest among our riders can taste some deep-fried crickets and water bugs. We'll then ride to Krabei Riel Village, passing the rice fields, Khmer Traditional houses, and pagodas, and finally stopping at one of the local houses to enjoy the Khmer Cooking Class with the villagers.

After lunch, we'll continue to ride our bikes to Tone Sap Lake and embark on the local boat upon arrival. We cruise the boat slowly to Mechrey Floating Village, where riders will get to kayak through a floating village and a mangrove forest (July-January only) on the Tonle Sap Lake. You will then take the boat back to the pier and choose whether to cycle or take a van to Siem Reap, where we will organise for you a farewell dinner and goodbyes with the local team.

DAY 12 – SIEM REAP – DEPARTURE

No cycling
Meals provided: Breakfast

On this last day, you will be able to relax and visit the city by yourself before continuing with your own travels or departure back home. The hotel check-out is at 12:00 if you need to transfer to the airport or to another location.

Mr Biker Saigon – 24 Street No.6, Trung Son Residence, Binh Chanh District, Ho Chi Minh City 70000

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PRICE USD/PAX: (MIN 2 PAX, MAX 16 PAX/GROUP)

PRICE	Single Supp	E-BIKE Surcharge
2,040	350	165

Tour inclusive of:	Tour exclusive of:
• Accommodations at 3 star hotels/homestay with daily breakfast (twin/double sharing) • Air-conditioned van for transfers and support • Support vehicle to carry gear, luggage, first aid • Cycling guides and mechanics depending on group size • Entrance fees, boat trips • All meals mentioned 10 X B = Breakfasts 9 X L = Lunches 7 X D = Dinners • All biking gear (bike, helmet, tool kit, water cage) • Water, snacks, soft drinks, fresh fruit on biking days • High quality mountain bike all sizes + helmet	• Visa • Airport transfer • International airfares • Hotel early check-in / late check-out • Overweight luggage • Personal expenses • Travel insurance • Tipping

Notes: Please be aware that flight times, hotels and all other logistics, services and days of travel are subject to availability. If the listed hotel is fully booked, alternate accommodation will be offered. All hotels are rated according to local standards. All itineraries are flexible and can easily be altered to suit your needs and interests. Contact one of our travel consultants for more information.

Things to think about:

Even though we provide modern bikes and safety gear, we understand that sometimes customers wish to have their own personal items. We would suggest customers bring their own helmet and cycling gloves for comfort and our mechanics can even fit customer own seats and pedals. All bikes will be labelled with customers' name so that they have the same bike each day and alloy smooth operations.

Transportation arrangements:

Where-ever possible we will cycle from point A to point B meaning the guests have as much experience on the bicycle and exploring outdoors. Certain points we will use our comfortable and modern 16-seater minivan to transport guests safely to start and end points. These vehicles come with air conditioning.

If a customer wishes to not continue after lunch, they can be safely transported inside the minivan. The vehicles are present along the way for emergency purposes and can be used as necessary.

Food and Dietary Requirements:

At Mr Biker Saigon we believe in fresh and local food experiences wherever possible. This means eating delicious locally sourced and cooked food and giving the guests a real authentic trip. We can also cater towards allergies and dietary requirements such as vegetarian, vegan or simple requests.

Food will always be local but with some minor changes to cater towards a Western pallet of tastes.

We will also provide snacks along the way such as seasonal fruits and energy food.

Liability and Personal Health Insurance:

Mr Biker Saigon does not provide personal liability insurance to the guests on the trip. We suggest that each guest has the relevant Personal Health Insurance for travelling in Asia and that it covers activities such as cycling. In the Mekong there is not extensive first aid support such as ambulances and modern medical practices. We provide a support vehicle for such instance