



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Cambodia- Vietnam-River Life and Cultures Bike Tour (2025)

7 Days/ 6 Nights

Group Guided



A journey in the truest sense of the word from the most significant archaeological site in Cambodia to the most important commercial city in Vietnam. The contrasts you see along the way are what make this an educational, enjoyable and achievable cycle tour for anyone passing through Southeast Asia.

This is one of our easier bike tours with hardly a hill in sight, but enough variety in scenery and surface to keep the ride interesting. The biking is interrupted by a boat ride down the Mekong River and finishes off with two full days of pedaling through the intriguing Mekong Delta.

If you want to get far away from the daily grind and immerse yourself in Indochina scenery, culture, and cuisine, this is the ride for you.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



Day by Day

Day 1: Drive to Kampong Thom & Cycle Sambor Prei Kuk Riding: 27 km Meal: LD

Rise and shine! Your expert tour leader will meet you at your hotel in Siem Reap to kick off the day. We'll hop on our bikes for a morning ride through the beautiful Cambodian countryside, soaking in the fresh air and local scenery. After that, it's a 2-hour drive to Kampong Thom, where we'll check in, freshen up, and enjoy a delicious lunch — either at the hotel or a nearby local spot.

Once we're fueled up, we'll head by van to explore Sambor Prei Kuk, a stunning set of pre-Angkorian temples tucked deep in the jungle. These 7th-century ruins are incredibly well-preserved and offer a rare, off-the-beaten-path experience.

Later in the afternoon, after the day's heat has eased, you can choose to cycle back to Kampong Thom for a rewarding ride. We'll wrap up the day with a hearty, flavorful local dinner — perfect after an adventurous day.

Note: If you would like to visit Angkor Wat early this morning before the start of the main tour (10 a.m.), please let us know and we can assist you with those arrangements.



Day 2: Transfer & Cycle to Phnom Penh Riding: 46 km Meal: BLD

A transfer in the van takes us to Kampong Cham, a provincial city on the banks of the Mekong River. Not far from town, is an impressive bamboo bridge that is dismantled and re-erected each year to prevent it being washed away by monsoonal flows. We cross the river on this bridge and then commence a lovely ride through the countryside, passing through villages where local children call out words of welcome and encouragement, delighted at the sight of the foreigners, pedaling their way down the road. We

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conclude our ride after 46km and transfer by van the last hour to avoid riding in the traffic as we approach Phnom Penh. Tonight we will eat by the Tonle Sap River, near where the country's three main rivers converge.

Day 3: Cycle the Islands of the Mekong, Free Afternoon Riding: 21 km Meal: BL

This morning we saddle up and make our way through the nearby Mekong islands where we will cycle through friendly villages, fruit orchards, traditional silk weaving workshops and a variety of more recent temples. This ride shows you another side of the Phnom Penh area that will be a unique cycling and cultural exploration.

Phnom Penh's history is far from uneventful. The French settlers transformed this collection of wooden shacks into a thriving city in the 19th century. In 1975, this changed quickly with the evacuation of the city by the Khmer Rouge, and Phnom Penh was left to decay. Recently it has become a center of rapid development and growth. Explore the capital city with the help of your guide, and enjoy a late afternoon walk for a cultural exploration of this city.

Day 4: Morning Free & Boat to Chau Doc, Vietnam Meal: BLD

Enjoy a reinvigorating rest day. Spend your morning exploring Phnom Penh or lounging by the pool, then board an international boat that takes us down the Mekong River where we will cross into Vietnam via Chau Doc- a bustling Delta town that specializes in salted fish. Enjoy the views as we float towards the next leg of our adventure.

Day 5: Cycle & Transfer to Can Tho Riding: 50 km Meal: BLD

Today we begin our exploration of the Mekong Delta. After a short ferry ride, we will cross canals by bridge and boat and make our way through the maze of waterways. Observe the fertile delta lands that are used for food production, watch the locals



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hard at work to grow, harvest, or transport these products. We'll be cycling on small, paved canal roads that allow for only cycling or motorbike travel.

After a rest stop with fresh fruits, we will get a chance to visit a brick factory and get to know the process. Lunch today will be in a local restaurant and then we have two-hour drive on the van to Can Tho, the capital of the Mekong delta

Day 6: Explore the Mekong Delta Riding: 46 km Meal: BLD

Our day starts from the hotel, we'll pedal off to the nearby ferry that crosses the Mekong for our last day of cycling and Delta adventures. This region features many sites constructed during Khmer rule of the Delta and today nearly 1.5 million people of Cambodian descent still call this area home.

We'll pedal the lush Delta area and hop on some islands before another delicious lunch at the local home. Once we've eaten, it's time to board the boat for a 1h15 min transfer back to Can Tho. Arriving in the afternoon to enjoy your hotel.



Day 7: Floating Markets & Transfer to Saigon Meal: BL

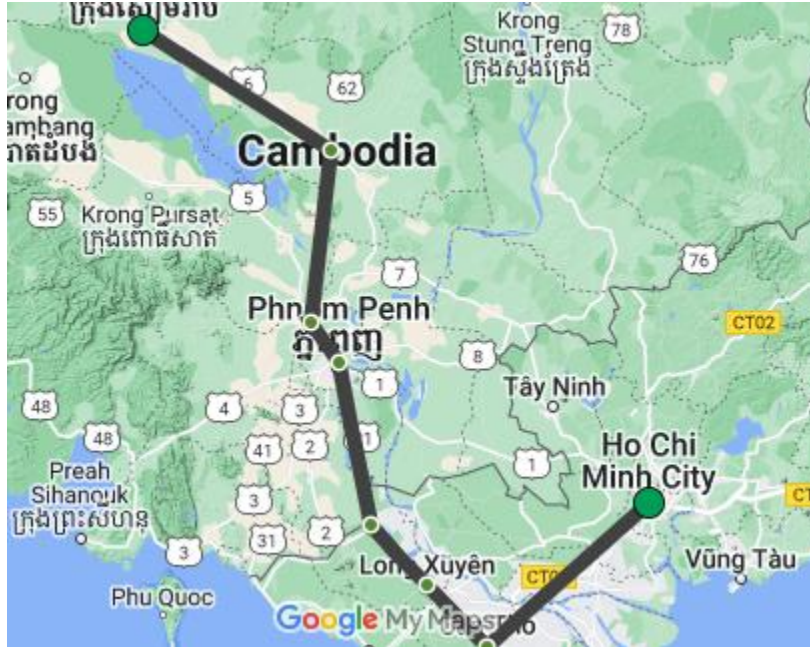
After breakfast, spend the early morning exploring the floating markets of Can Tho. You'll be impressed by a wide variety of boats and markets selling a huge array of fresh vegetables and fruit. Then, we will board the van for a 3-hour drive into Saigon. The adventure concludes upon arrival at your hotel unless you want to get the very best insights into the exciting, buzzing city of Saigon on our post-tour adventure, the Saigon Explorer. -ask us for details

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Route



218 km riding. The terrain is a mix of sealed and unsealed roads, tracks, and trails. It is our aim to deliver as much traffic-free track and trail, but at times we do need to resort to secondary roads, although we spend no more than 5km over the whole tour on anything resembling a highway. The riding is easily achievable for those who are comfortable on a bike, with hardly any hills and no daily distances over 80km.

Travel Dates

October 15-21, 2025; November 12-18, 2025; January 17-23 2026; February 21-27, 2026

Prices- all prices are per person in US\$ -subject to confirmation on booking

Tour price \$3199

Optional Single room \$800

E-bike \$175

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Included

- All breakfasts, 7 lunches and 5 dinners
- 6 nights in high quality hotels
- Local guides and support team
- Cannondale bikes and support vehicles
- Healthy snacks and water during cycling
- All activities and site entry fees
- Memento cycling jersey
- Tips for service staff

This tour can be linked with Thailand- Cambodia-Villages and Temples Cycle Tour

This is a partner tour

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