



Thailand- Cambodia- Vietnam – Cycle Bangkok to Ho Chi Minh City (2025-2026)

Group Guided

14 Days / 13 Nights



Cycle through awe-inspiring ancient monuments across three countries

This journey takes us through three countries with divergent histories and subtly different cultures. From the bustling streets of Bangkok, to the serene tranquility of the shimmering paddy fields, to the magnificence of Angkor's temples, we see a little piece of everything these amazing countries have to offer. In Vietnam, we enter the Mekong Delta, a spectacular patchwork of paddies and waterways. Our journey ends in Ho Chi Minh City where the frenetic pace contrasts starkly with the rural areas we have cycled through.

This trip includes a few of our Citizen Science Departures. These special departures offer you the opportunity to be involved in the collection of freshwater samples during the trip. The environmental DNA information derived from this sample will contribute directly to the eBioAtlas; the world's largest repository of flora and fauna species data, contributing to the conservation and restoration of biodiversity both locally and globally.

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

Itinerary

Day1 Start Bangkok

There will be a group meeting and briefing in the evening with your leader, followed by an optional group dinner. Your main luggage will be transported ahead of you to the start point early in the morning so please bring this with you to the meeting; just hang on to what you need for the night/morning. You will be reunited with your luggage mid-morning tomorrow.



Day 2 Early transfer to the old kingdom of Ayutthaya; warm-up ride on trail

There's an early start this morning as we venture out of Bangkok to the ancient town of Ayutthaya. Our two-hour transfer takes us into the heart of this fascinating site and we start cycling by the huge reclining Buddha. Much of the old town was destroyed by the Burmese in the 18th century and we will cycle through the remaining shrine towers and enormous temples to appreciate the past magnificence.

Meals Included: Breakfast Distance covered: 30.0 km / 18.6 miles

Day3 Cycle to Kabin Buri

Today we follow minor roads through rural Thai landscapes including rubber and eucalyptus plantations, tapioca and rice fields. There are a few easy rolling hills but the route is mostly flat. The ride ends when

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



we join a busier road before driving the final short distance to the town of Kabin Buri by bus. **Meals Included: Breakfast Distance covered: 90.0 km / 55.9 miles**

Day4 Ride to Aranyaprathet

Leaving our hotel early in the morning, we ride towards Tha Krabak, where we can stop by a reservoir for a swim and a view of the untouched jungle on the other side. We will break for lunch before cycling on quiet but well-maintained scenic roads on the way to Aranyaprathet, 6.2mi (10km) from the Cambodian border. **Meals Included: Breakfast Distance covered: 85.0 km / 52.8 miles**

Day5 Into Cambodia and on to Siem Reap

After breakfast we drive to the busy border and complete customs formalities as we cross into Cambodia at Poipet. We then drive to Siem Reap. Due to years of civil war, the country is poorer and less developed than its neighbours. Apart from growth in the capital and around Siem Reap, the way of life in the countryside is still much the same as it has been for centuries. This afternoon's ride from Siem Reap takes us past Wat Athvea, a modern temple in the grounds of the ruins of an Angkorian temple, and ends at a market and picnic area outside of Siem Reap. **Meals Included: Breakfast Distance covered: 20.0 km / 12.4 miles**



Day6 First of two full days to explore the temple complex of Angkor by bus and bike, including Angkor Wat, Angkor Thom, the Bayon and Banteay Srei

Today we may choose to have an early start to avoid the inevitable crowds drawn to the wonders of Angkor. The various temples are spread over a wide area and are linked by shady avenues; meandering our way between them by bike gives us a unique perspective. Our cycle tour will include the jungle-covered Ta Prohm, with the amazing roots of the fromager trees clinging to the ancient stones; Angkor Thom, with the Bayon temple of 37 towers (originally there were 49) topped with the four faces of the



king; and, of course, the incredible Angkor Wat, which has a huge moat, long causeway and massive towers. **Meals Included: Breakfast Distance covered: 30.0 km / 18.6 miles**

Day7 Second day at the Angkor temple complex

Today we cycle outside the main Angkor complex to the outlying temple of Banteay Srei, 21.7mi (35km) from Siem Reap town. Our route takes us past paddy fields, and through pretty villages. Banteay Srei was built in the 10th century and contains some of the finest examples of Khmer sculpture. Although much smaller than the later temples, the buildings here are covered in exquisite carvings. In the afternoon, as we cycle back to Siem Reap, we can stop and visit a few of the less-visited Angkor temples. Siem Reap town is pleasant to wander around; the market has plenty of interest and excellent shopping and there is vibrant nightlife. This afternoon, there should also be time to visit the Tonle Sap Lake, a branch of the Mekong River. This optional trip includes a boat ride to see the floating fishing villages. Anyone wanting to do this visit may need to miss part or all of the ride back to Siem Reap, depending on timings. The cycle is approximately 43.5mi (70km) if riding the full distance to and from Banteay Srei.

Meals Included: Breakfast Distance covered: 70.0 km / 43.5 miles

Day8 Drive to Phnom Penh, stopping at Sambor Pre Kuk

Today we take a bus journey of approximately seven hours along National Road 6 to Phnom Penh, with a couple of stops along the way. We visit Sambor Prei Kuk, the most impressive group of pre-Angkorian monuments in Cambodia, with some of the oldest structures in the country. We'll also pause for a traditional Khmer lunch at a community restaurant. The road is currently undergoing some resurfacing, so some sections will be a bit bumpy.

We should arrive in the Cambodian capital Phnom Penh in the late afternoon, the perfect time for a sundowner on the Mekong. **Meals Included: Breakfast, Lunch**

Day9 Sightseeing including Royal Palace, Silver Pagoda and Tuol Sleng Genocide Museum and the Killing Fields

The fortunes of Phnom Penh have shifted dramatically during its history and the terrible years of the Khmer Rouge and subsequent civil war through the 1970s and '80s have scarred the country. During our stay we visit two sites, which give us a vivid impression of some of the horrors. There is the Genocide Museum, which is the former Khmer Rouge prison known as S-21 or Tuol Sleng, in the city centre. And 9.3mi (15km) out of town is the area known as the Killing Fields, a mass grave and execution site for the former inmates of S-21. While visiting Tuol Sleng and the Killing Fields may not appeal to everyone, we feel they give us an important understanding of what the country and people endured.

On a more positive note, the city is on the rise again and is a fascinating place with fine examples of French colonial architecture. We tour the Royal Palace with its Silver Pagoda. There is also excellent shopping at the Russian market, and the lively Mekong waterfront area. **Meals Included: Breakfast**

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

Day10 Transfer to Takeo then cycle to Vietnam border and Chau Doc

This morning we transfer south out of Phnom Penh to the town of Takeo. Here the road becomes quieter and we mount our bikes for the 31mi (50km) ride to the Phnom Den-Tinh Bien border. Once border formalities have been completed, we cycle approximately 18.6mi (30km) to Chau Doc. **Meals Included: Breakfast Distance covered: 80.0 km / 49.7 miles**

Day11 Drive/cycle through the Mekong Delta to Vinh Long; catch boat to homestay guesthouse

This morning, we ride from our hotel along a lovely quiet backroad lined with villages and dwellings before stopping for lunch and transferring the rest of the way to Vinh Long by bus. Leaving the bikes on the mainland, we take another boat (20 minutes) to reach our homestay guesthouse on an island in the Mekong Delta, known as the 'rice bowl' of Vietnam. After settling in we can explore the area on foot. The rivers and canals of the Mekong Delta form an amazing network of waterways. The area is best known for its abundant rice production, but in many areas farmers are now moving to more profitable fish farming and fruit and vegetable growing. The evening is tranquil with dinner at the homestay and true Delta hospitality. We spend the night sleeping at a simple guesthouse built in the style of a local house. Bedding, a mosquito net and a small towel are provided. **Meals Included: Breakfast, Dinner Distance covered: 57.0 km / 35.4 miles**



Day12 Transfer to Cai Be for floating market; scenic cycle along Mekong river bank; transfer to Ho Chi Minh City

We leave by boat, stopping en route for a look at the Cai Be floating market. Here large boats moor up in the Mekong River, weighed down with fruit and vegetables. Traders and shop owners buy in bulk at this strictly wholesale market. Recently, Cai Be is becoming less crowded and smaller as fruit trading is mostly now done by trucks due to the bridge being built. However, this is still a great opportunity to see a local market and traditional trade on a smaller scale.

A little further on we make a short stop to see cottage industries producing items such as popped rice, pancakes, wine and other homemade products. We start our ride towards Cai Lay where we take a

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

scenic route through orchards and alongside the Mekong. Back on the bus in My Tho, we drive on to the heat, hustle and bustle of Ho Chi Minh City, still usually known as Saigon. This is an exciting and absorbing city where scooters pack the streets and temples stand alongside modern developments. Devastated by the Vietnam War, it is now a free-market city where (almost) anything goes.

Meals Included: Breakfast Distance covered: 35.0 km / 21.8 miles



Day13 Free day in Ho Chi Minh City

The whole day is free to explore Ho Chi Minh City, shop and relax. There are many interesting things to see – the Saigon River, Ben Thanh Market, Reunification Palace and Notre Dame Cathedral are all within easy walking distance. Alternatively, a short cyclo (cycle taxi) ride takes you to the War Remnants Museum, home to a sobering photographic record of the Vietnam War. If you're interested, your leader can arrange an optional visit to the Cu Chi Tunnels, which are two hours outside the city. Used by the Viet Cong during the war, the network covers three levels and approximately 149mi (240km) of tunnels. Originally these were very narrow but some areas have been widened to allow tourists to explore the system. **Meals Included: Breakfast**

Day14 End Ho Chi Minh City

You'll begin your return home after breakfast this morning. To make your journey as easy as possible, there's a free shared transfer to the airport. To utilise the free departure transfer, this must be requested before your trip. And if you'd like to explore this invigorating city a little more, you can always speak to your sales consultant about extending your stay at the hotel. **Meals Included: Breakfast**

Route



This trip is rated Moderate and classified Road. There are nine cycling days; average daily distance: 29.2mi (47km) per day; 95 percent vehicle support

Terrain and Route: The road is generally well paved in Thailand, Cambodia and Vietnam, with some easy dirt roads in Thailand and Vietnam. Conditions will be hot and humid and there are some long days, but there are very few hills. Traffic levels in South East Asia are higher near the larger towns, so you should be comfortable riding occasionally in traffic. Though many of the roads are in good condition, expect potholes and occasional poor road conditions.



Accommodation

Hotels & Guesthouse

You will spend 12 nights in hotels and one night in a standard homestay guesthouse, where you'll experience Mekong Delta hospitality. En suite facilities are not available in homestay guesthouses. Please note that double beds are not always widely available in South East Asia.

Eating & Drinking

All breakfasts, one lunch and one dinner are included.

The food on this trip is a real highlight for many. South East Asian cuisine is known for its abundance of freshly prepared dishes with strong aromatic flavours. There is a focus on herbs and citrus to ensure each dish packs a punch; chilli is also a common feature, but it's easily avoided if desired.

Typically most dishes will come with rice and many are often served in a banana leaf with a variety of dips and herbs served separately.

The three countries visited ensure a different culinary experience every time you cross the border; try freshly made pad Thai noodles from the street stalls of Bangkok, the fish amok curry in Cambodia for a creamy coconut-based fragrant curry, and the banh xeo (huge sizzling pancakes) in Vietnam.

Western food is readily available almost everywhere except in the Mekong Delta region.

Vegetarians are well catered for, but please inform us before departure of any special dietary requests. Please note that the availability of certain specialised products for restricted diets, eg gluten-free or dairy-free, is minimal or non-existent and we strongly recommend you bring these specialised dietary items from home.

You may find it beneficial to bring cycling snacks with you from home if you use high-energy bars or gels while cycling. If you wish to contribute, a kitty is normally arranged (see extra expenses); fresh fruit, nuts, biscuits and local snacks are all provided from the snack kitty along with drinks and electrolyte powders.

Transportation

Throughout the tour, we have the use of a private coach/minibus, usually with air-conditioning. There are a couple of long driving days on this trip (up to seven hours). The roads are often poor, and progress can be slow. Boats are used at various points in the itinerary; these are nearly always private and vary from converted trawlers to small riverboats.

We use different vehicle set-ups in each country, as our vehicles do not cross international borders. In Thailand, we have 100 percent vehicle support. There will be one or two support buses, plus a support truck for the bikes and baggage. In Cambodia, there is 95 percent vehicle support, with vehicles to carry both clients and bikes. In Vietnam, we have 80 percent vehicle support with vehicles to carry both clients and bikes nearby if needed while in the Mekong Delta.

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



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Weather & Seasonality In Thailand and Cambodia, the weather will be hot and humid all year round. The dry season runs from November to April with the monsoon between May and October. April and October are transition months. The dry season is characterised by hot days and generally clear skies, though you can expect the odd shower. The monsoon is characterised by short, sharp bursts of rain and can be a very atmospheric time to travel, but an umbrella may be useful.

In Vietnam, the weather patterns are similar to Cambodia; expect year-round temperatures from 25C-39C (77F-102F). The rainy season typically runs from June to September; expect short, sharp showers with the sun breaking through for extended periods. From the end of March to May, just before the monsoon season, it's hot and humid with temperatures approaching 40C (around 104F) between Bangkok and Siem Reap.

Dates and Prices *All prices are per person double occupancy in Canadian dollars – subject to confirmation on booking*

Departure	Price	Optional Single Supplement	Notes
Feb 23	\$ 4945	\$ 931	
March 16	\$ 4695	\$ 931	
June 15	\$ 4285	\$ 931	
July 27	\$ 4200	\$ 931	
Sept 7	\$ 4200	\$ 931	
Oct 26	\$ 4200	\$ 931	
Nov 2	\$ 4200	\$ 931	
Nov 16	\$ 4615	\$ 931	
Nov 23	\$ 4615	\$ 931	
Dec 14	\$ 4450	\$ 931	
2026			
Jan 11	\$4615	\$1007	
Jan 18	\$4780	\$1007	
Feb 1	\$4780	\$1007	
Feb 22	\$4780	\$1007	
Mar 15	\$4780	\$1007	
Mar 22	\$4780	\$1007	
July 26	\$4615	\$1007	
Sept 13	\$4615	\$1007	
Oct 25	\$4780	\$1007	
Nov 1	\$4780	\$1007	
Nov 15	\$4780	\$1007	
Nov 22	\$4780	\$1007	
Dec 13	\$4780	\$1007	

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



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

- Accommodation: 12 Classic nights (hotels), 1 Simple night (homestay/guesthouse to experience Mekong Delta hospitality)
- Nine days cycling with 95 percent vehicle support
- Generally well-paved routes in Thailand, Cambodia and Vietnam, with some easy dirt roads in Thailand and Vietnam
- Traffic levels higher near the larger towns, so you should be comfortable riding occasionally in traffic
- E-bikes available for an additional cost (on request)

Included

- All breakfasts, one lunch and one dinner
- All accommodation
- All transport and listed activities
- Tour leader throughout
- Arrival and departure transfers
- Local bike hire

Not Included

- Travel insurance- required
- Single accommodation (available on request – hotel nights only)
- Visas or vaccinations
- E-bike hire

This is a partner tour

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