



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Thailand- Cambodia-Villages and Temples Cycle Tour (2025-2026)

7 Days/ 6 Nights

Group Guided



Why fly or bus from Bangkok to Siem Reap and miss the scenery and the friendly folk in between? Give a bike ride a try instead, and discover a unique patch of SouthEast Asia. Cycle along the coast of Thailand, through orchards, gem mining towns, and the charming cities of Cambodia with their well preserved French architecture and extraordinary ancient temples. Engaging locals, comfortable accommodation, delicious food, all can be found on one of the lesser trodden paths through South East Asia.

Easy, pleasant rides and effective use of the support vehicle allow us to make the credible claim that anyone who enjoys a recreational ride on a bike can enjoy this cycling adventure.

Highlights

- Bike along the beach to Chanthaburi as you discover the old Thai town.
- Discover local life in Battambang with a local-led food-filled cycling tour.
- Watch the sun rise over Angkor Wat.
- Explore the hidden gems of Angkor Archeological Park, cycling secret trails to lesser-known temples.
- Savor the best of Thai and Khmer cuisine, guaranteed to satisfy every craving.

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: Transfer from Bangkok & Cycle to Rayong Riding:23.4 mi37.8 km Meal:LD

Starting with a pickup from your Bangkok hotel at 8am, there is a 2.5 hour transfer to the south, bypassing the minor cities of Chonburi and Pattaya and starting our ride from a secluded buddhist temple. Here we get fitted with the bikes and start out at a gentle pace on undulating minor roads through small farming communities. As the day wears on, we make a stop at a roadside restaurant serving everyone's favorite light Thai meal, Pad Thai!

The ride brings us to the door of our accommodation, sitting on a headland looking out over the Gulf of Thailand. There are some nice walks from the resort down into the nearby town where an aquarium is located. From the resort we can see Koh Samet island, one of the most popular weekend holiday escapes for Bangkokers and we will be able to see the boats shuttling people back and forwards to the island.

Special Information:

Start your day with an early 2h15m transfer to the cycling point. Enjoy a scenic ride to a lunch spot and then continue to your hotel for the evening. You'll cover 37.8km (23.5mi) with 402m of elevation gain throughout the day, making it a perfect warm-up for the tour. Today you can expect a mix of paved and unpaved paths.

Day 2: Cycle the Coast to Chanthaburi Riding:36.9 mi59.5 km Meal:BLD

An early start in this climate is a good idea, so we do that and after a short drive, we get out on the bikes and ride the gently undulating road along the coast where food vendors and cafes with hammocks are placed at perfect intervals. We make a stop at one of these for lunch and have an opportunity for a swim before we continue on to the minor city of Chanthaburi and our comfortable resort, located on the outskirts of town on one of the key irrigation channels.

Special Information:

A 1h30m transfer gets you to today's starting point. You'll tackle the longest ride of the tour, covering 59.5km (37mi) with 327m of elevation gain throughout the day.

Today's route is mostly on paved paths, with plenty of stops for coffee, tea, exotic fruit snacks, and lunch. With a support van always on hand, you can comfortably push your limits.

Day 3: Cycle Rural Chanthaburi & Welcome to Cambodia Riding:28.4 mi45.7 km Meal:BLD

This morning, we will take a delightful ride to discover Chanthaburi town and its adjacent farming areas. Our first stop will be the Catholic quarter, followed by the morning market, where we can savor freshly made snacks and traditional tea. Then, we will head out of town and ride through fruit orchards on less-used roads, including mangosteen, rambutan, longan, and of course, durian, which is loved by some and hated by others.

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After lunch, we will transfer in the van for just over an hour to reach the Thailand/Cambodia border. At this point, we will say goodbye to our amazing Thai team and meet our charming Cambodian team. The experience of arriving in Cambodia will be quite different, with fewer vehicles, less development, and more enthusiastic children calling out cheerful hellos from the sidelines.

We arrive in Battambang, the provincial capital, just before sunset where our lovely lodging for the night awaits us.

Special Information:

After breakfast, saddle up for a half-day ride through the rural areas around Chanthaburi, covering 45.7km (28.4mi) with a total elevation gain of 369m on paved paths.

After a well-deserved lunch, hop in the van to cross the border into Cambodia and then on to your resort in Battambang.



Day 4: Battambang Local Livelihoods Discovery & Bamboo train Riding: 16.6 mi / 26.8 km Meal: BL

This morning we will take a tour led by students of Kinyei: a local vocational training NGO that has created a cycling program called Soksabike. With this cycling tour, we will discover the various villages and livelihoods of Battambang, most of which are food related, so be prepared to see that food baby emerge! Our exploration provides a great insight into how the locals live and get by here. We will see the production of rice wine, dried bananas, and a local snack called Kralanh (bamboo sticky rice) before we return to town to eat once again.

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Next, hop on the new bamboo train, a community-driven initiative that supports local livelihoods. Travel along a 4-kilometer track through breathtaking scenery alongside the Banan hills. The rest of the afternoon is yours to explore the town or to enjoy some time by the pool.

Special Information:

Take a tour led by students of Kinyei, a local vocational training NGO, covering 26.8km (16.7mi) with a very light elevation gain of 87m. Today's route includes a mix of mostly paved paths, with some unpaved sections and a few off-road trails.

Day 5: Scenic countryside ride, transfer to Siem Reap Riding:24.9 mi40.2 km Meal:BLD

Embark on a morning ride that will take you through the stunning countryside of Battambang. Begin your journey with a scenic drive past picturesque villages and lush forests to reach Prasat Banan, an 11th-century Angkorian temple perched atop a 358-stairs steep hill overlooking the Sangker River. Feel free to climb up the stairs to marvel at the impressive architecture and learn about the incredible engineering feats that went into building this ancient temple.

As you journey through the countryside, witness the diverse way of life that thrives in this region, including passing by the local mosques.

After your ride, return to your hotel for lunch and some time to refresh yourself for the next leg of the journey.

In the afternoon, bid farewell to Battambang and embark on a scenic three-hour drive to Siem Reap. Along the way, take in the stunning views of the countryside and anticipate the adventure and discovery that awaits you in Siem Reap.

Special Information:

Fall in love with the Cambodian countryside as you cycle 40.2km (25mi) today with an elevation gain of 139m on a mix of trails. Our support van is on hand if you'd prefer to sit back and enjoy the view.

Day 6: Morning ride the Angkor Trails Riding:25.6 mi40.6 km Meal:BLD

This morning, we will ride the trails and paths through the Angkor archeological park, visiting some of the most impressive, but relatively unknown temples, Preah Khan and Ta Som. These are connected by a network of shaded trails through the beautiful forest that forms one of the best-protected national parks in Cambodia. Lunch will be at a local house in Angkor Park.

Occasionally we pop out of our secret route to find busloads of tourists being herded through the main highlights, but we will avoid the crowds and instead time our visits to take advantage of the quieter periods and the hidden highlights of these vast ancient structures. The ride will conclude just before sunset, so it stands to reason that we should see out the day with a sundowner in hand before we make our way to one of Siem Reap's best restaurants where tightly held family recipes have been lovingly preserved for our benefit.

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**Special Information:**

Experience a truly special day as you cycle through Angkor Park, covering 40.6km (25.2mi) with an elevation gain of 185m on a mix of trails.

Day 7: Sunrise at Angkor, Tour Concludes Riding:11.4 mi18.4 km Meal:BL

Prepare for an early rising this morning, as we get moving before the sun has peeked out from behind the horizon and the first roosters have started to crow. We'll transfer to the otherworldly Angkor National Park, where all tour participants will gather in front of the many imposing towers of the main temple itself. If we get lucky with the weather, we'll catch a spectacular color show as the sun rises behind the great temple's spires.

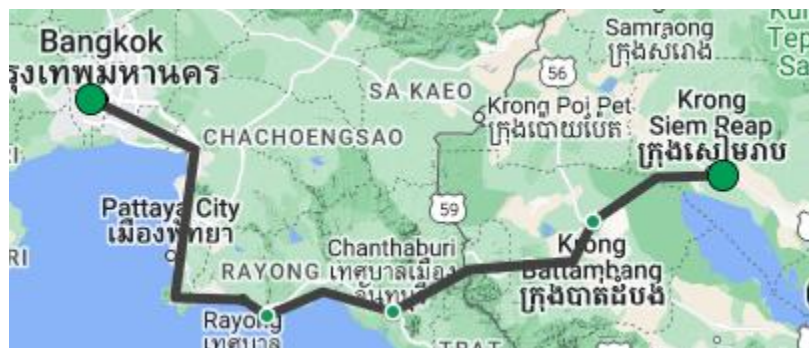
Once the sun is up and the crowds of tourists have dispersed, we will begin our in-depth exploration of this and other ancient temples in the Angkor complex and enjoy breakfast in these peaceful surroundings. Discover the mysteries this jungle has to offer as we cycle down narrow tracks and hidden dirt paths to iconic temples such as Bayon or Ta Prohm, and some of the lesser-known ancient structures.

We'll enjoy lunch by the Sra Srang Reservoir that surrounds the Angkor Wat temple before we head back to the hotel.

As our cycling adventure comes to a close in the afternoon, we'll head back to the hotel where you can enjoy a relaxed check-out process and prepare for your next steps. Whether you're bound for the airport or considering extending your stay to delve deeper into the delights of this vibrant town, our team is here to assist. Should you wish to arrange a departure transfer or explore further, simply reach out to our customer service team, and they'll be delighted to accommodate your requests.

Special Information:

After witnessing the sunrise at Angkor Wat, a true bucket-list experience, you'll head to your hotel for breakfast. Then, saddle up for the final ride of the tour, enjoying 18.4km (11.4mi) through some of Angkor Park's highlights, with a 109m elevation gain on a mix of trails.

Route

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This tour covers 259km / 162mi of riding and offers a relaxed, mostly flat route, with a few gentle hills. We take things at an easy pace, perfect for riders who want a leisurely ride or those new to cycle touring looking to dip their toes in.

You'll cycle on a mix of surfaces, including dirt, asphalt, and semi-constructed paths. In Cambodia, expect some small trails that might get a bit bumpy.

As we cross the highlands separating Thailand and Cambodia, you'll ride downhill after driving up, making it approachable for most recreational cyclists. **Unsure about the challenge?** Our support vehicles are on standby for those moments when you need a little breather.

Tour Dates

2025- Feb 8; Mar 16; Oct 14; Nov 13; Nov 27; Dec 12; Dec 29

2026- Jan 13; Feb 12

Prices

All prices are per person in US \$ and subject to confirmation on booking

Double occupancy 2025 \$2399

Double Occupancy 2026 \$2499

Optional single room \$610

E-bike \$175

Included

- 6 nights in hotels and resorts
- All breakfasts, 7 lunches and 5 dinners
- Quality bike, a helmet, and support vehicle
- Passionate guides and support team
- Healthy snacks and water during cycling
- All activities, train tickets and site entry fees
- Memento cycling jersey and water bottle

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Bikes

Included

The Cannondale Quick 1 Disc is a flat bar hybrid, with mid-width fast rolling tires and hydraulic discs for braking confidence whenever it's needed. The Quick provides a smooth and comfortable ride, that is still quite nimble and fun when you want to lift the pace a notch. The lightweight frame and a reliable performance-g geared Shimano 105 drivetrain will have you touring efficiently and happily across the country.

Hybrid bikes are ideal for the riding conditions encountered in these destinations, where you can expect to ride well-maintained roads for the most part, with the occasional rougher surface.

Optional E-bike

E-bikes are available as an optional extra on this tour for a surcharge. You can choose between a regular or step-through frame depending on availability.

Our newest e-bikes. The Lynx and Falcon both feature front suspension and generous sized tires to ensure you will be cruising comfortably across any terrain. Hydraulic disc brakes provide confident stopping power on demand, and a sleek integrated battery adds to both form and function, with ride-all-day capacity (and power to spare!) The Falcon comes in both step-through and standard crossbar options, and the Lynx is available to accommodate taller riders.

This is a partner tour

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