



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Vietnam - Cambodia – Thailand - Saigon to Bangkok by Bicycle Tour 2021-2022
Guided
14 days / 13 nights



Want to experience three of South East Asia's most fascinating countries? We love the way the tour uses local guides to introduce the very best of these extraordinary cultures. Journey from the iconic Mekong Delta to the spiritual temples of Angkor Wat. Ride along quiet backroads, and cross mighty rivers. From shining capitals and colonial relics to tribal trails and humble homesteads. Your next incredible journey awaits. Vibrant culture, friendly people and the hustle and bustle of Saigon. There is no better way to begin an Asian odyssey than by immersing yourself in one of Asia's busiest capitals. Leaving the city streets behind, traveling by bike through the serene plantations will let you glimpse a different side of Vietnamese life. Eat at the floating market, or shoot the breeze with a local fisherman, get a true taste of village life. From what is now Cambodia, the Khmer empire once dominated South East Asia, with Angkor at its heart. It's fascinating and sometimes bloody tales are the fabric of the regions rich tapestry. Phnom Penh's colonial buildings are just the start of the story, as we wind our way through road, river and lake to amazing Angkor and temples that defy belief. At journeys end, Thailand's beautiful beaches and smiling Buddhist monks offer a welcome sight for weary travelers.

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



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Itinerary Day to Day

Day 1: Ho Chi Minh City

We meet at our hotel in Ho Chi Minh. We spend the day unboxing and testing bikes and give you some time to explore the city. In the evening we dine at the enchanting Temple Club Restaurant.



En.wikipedia.org

Day 2: Ho Chi Minh City – Tra Vinh 65 km + 249 m – 254 m

After breakfast transfer a couple of hours out of Ho Chi Minh to Ben Tre - the gateway to the Mekong Delta. Today's ride will lead you right into the heart of rural Mekong, as you pedal down narrow roads and lanes, past banana plantations and fields of sugar cane. A section of biking takes us off road onto gravel and dirt lanes, weaving through hamlets, across rivers and through quite thick vegetation, this makes for superb biking. A final ferry crossing takes to Tra Vinh a pretty tree lined town with many ethnic Khmers.

Day 3: Tra Vinh – Can Tho 92 km + 341 m – 339 m

The route today is peaceful and the road is scenic all the way to our destination of Can Tho. There is plenty to see along the way from contrasting architectural styles of Khmer homes and temples to the rich and colourful river scenes when crossing many small bridges.

Day 4: Can Tho – Chau Doc 70 km + 365 m – 367 m

A morning visit to Cai Rang Floating market sets the mood for our cycle through the Mekong Delta. We ride through quaint countryside, under useful Thot Not, or toddy palms. All parts of the Thot Not can be used, from the stem to leaves and the fruit. Once reaching Thoi Lai, we transfer to lunch. We can relax after lunch as we have a one hour transfer to Ba Chuc, where we will have a sombre visit to the Killing Fields of Vietnam, where Pol Pot's regime massacred over 3,000 Vietnamese in 1978. We then loop around Ba Chuc along the Cambodian border and ride the rest of the way to Chau Doc, along incredible country roads. We cycle directly to Sam Mountain, which is more of a hill, where we arrive in time for sundowners and take in the setting sun over the rice fields. A very short transfer takes us to our hotel.



Lonelyplanet.com



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Day 5: Chau Doc – Phnom Penh

Cruise up the Mekong River to Phnom Penh from our overnight stopping place Chau Doc. We get a chance to rest our legs as we see many scenes of local daily life alongside one Asia's great rivers. As we head into Cambodia we stop at the capital Phnom Penh before heading north to cycle among 1000 years of Khmer history. In the afternoon we will visit Tuol Sleng Prison (S21) and the Killing Fields to learn about Cambodia's turbulent past under the Khmer Rouge regime.



Day 6: Phnom Penh – Oudong – Kampong Thom 25 km + 83 m – 77 m

We have a late start to give you time to explore Phnom Penh. We then transfer out of Cambodia's capital, stopping for lunch. Afterwards we'll start cycling toward Phnom Pra Reach, or Oudong Mountain, the former capital of Cambodia. The 400 plus steps to the top will get the legs working overtime, but the view is worth it! This ride gives us a chance to see rural Cambodia - stilted houses, rice paddies, ox carts, waving children and of course the friendly Khmer people. After our visit we'll transfer 3-4 hours to Kampong Thom, where we will overnight.

Day 7: Kampong Thom – Siem Reap 65 km + 197 m – 194 m

We start the day with a visit to the ancient temple site of Sambor Prey Kuk. This temple site was constructed in the 7th century and functioned as the capital of the Chenla Empire. After our guided tour through the temples we have a short transfer to Damdek village to start our cycling towards Siem Reap.

Day 8: Angkor temples 30 km + 190 m – 190 m

This morning we start our bike ride to the entrance of Angkor Wat and head to Ta Prohm, famous from the film Tomb Raider, and deliberately left by French conservationists in the same condition as it was discovered; overgrown by strangler fig and silk cotton trees, giving the temple a mystical and romantic appeal. We continue to Angkor Thom, Bayon temple and the Terrace of the Elephants. We enjoy lunch at the Angkor Café before we explore the biggest religious Hindu edifice in the world - Angkor Wat. Considered the masterpiece of Khmer architecture, this Vishnuite temple is the King's funerary temple, which is why the temple is orientated to the West. Inside the temple the walls are covered by carvings and bas-reliefs depicting Hindu mythology and the wars Suryavarman II fought during his reign. After our visit to these magnificent temples we cycle back the 7 km to Siem Reap.



Tripadvisor.co.uk



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Day 9: Banteay Srei 56 km – 239 m – 184 m

After breakfast we head onwards to Banteay Srei. We cycle through rural countryside to this famous temple which has the best preserved bas-reliefs and other stone carvings in Cambodia. The temple is small in size but of huge significance in understanding the Angkorian Era. From here we continue cycling on rural roads, taking a break for a restaurant lunch before we reach Kbal Spean, also known as the Valley of 1000 Lingas. We put the bikes aside for a 3 km moderate trek uphill through jungle to a river bed with submersed carvings and a beautiful waterfall (in rainy season only). After our visit we return to Siem Reap by vehicle. Dinner is at your leisure.



Commoms.wikimedia.org

Day 10: Siem Reap - Battambang

We take a rest from cycling and transfer across Tonle Sap by boat. Along the way, we'll see the local people going about their daily lives, and if we're lucky, we can spot some wildlife on the banks. During the end of the dry season, lake levels may be too low to allow boat passage to Battambang. In this case, we'll transfer by van to Battambang. But don't worry, once we arrive, we'll have some time to explore the city and surrounding countryside.

Day 11: Battambang – Pailin 95 km + 625 m – 433 m

Today we depart for Pailin, cycling directly from our hotel. This is the toughest day as the road in sections is in poor condition and bumpy (in dry season can get dusty) but the scenery is the most impressive as we head towards Thailand. The road undulates as we get closer to Pailin but there is nothing too steep or long. We will cycle through stunning countryside area where farms and local villages can be seen along the way and really get a feeling of riding into uncharted territory. This used to be bandit country, but don't worry the area is now completely safe!



Panoramio.com



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Day 12: Pailin – Chantaburi 44 km + 376 m – 365 m

A short pleasant ride on the quiet scenic roads to the border crossing. This quiet rural crossing used mainly by local traders makes for a pleasant stop while we complete all the immigration formalities. Once these have been completed we ride through the Thai countryside till we reach the main road and transfer with a change of guides, vehicle and bikes to the beach, with lunch in Chantaburi.



Keywordpicture.com

Day 13: Chantaburi – Laem Mae Phim 65 km + 251 m – 245 m

Today we have a flat and easy ride through mangroves, shrimp farms and along the coast. We'll overnight at a very local Thai beach and have the afternoon free to go for a swim or a walk on the sand.

Day 14: Laem Mae Phim - Bangkok

We have the morning to enjoy the beach before we head back to Bangkok. We arrive in the city around 3 pm. Ask about an extension to the beach or a nearby island.



Thebestofthailand.wordpress.com



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Route



Technical Characteristics:

Route Profile: Average difficulty. The road surfaces on this tour are mixed. We ride a combination of good quality tarmac, wide dirt tracks and broken roads that are sometimes badly potholed but easily navigable by bike. The terrain is predominantly flat. This trip is suitable for anyone with a reasonable level of fitness. This trip is not too arduous, and so riders with less experience are more than welcome although the fitter you are the more you will enjoy it.

Distance: 607 km

Travel Season: 2021 Departures Oct 24, Nov 7, Nov 28, Dec 12 **2022;** January 16; February 13; March 6; May 8; June 5; July 3; August 21; October 23; November 27 and December 11

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Price per Person: *all prices subject to confirmation on booking*

Basic price double occupancy all other departures	\$3100.00 USD
Single Supplement	\$525.00 USD
Bike Rental (Hybrid or Mountain bikes (depending on the tour) with lightweight alloy frames, 24 to 27 speed gearing, v-brakes and Shimano components and front suspension)	\$195.00 USD

Services Included:

- 13 nights' accommodation
- Meals during the tour (13 x breakfast, 12 x lunch and 12 x dinner)
- English speaking guide
- Support vehicle
- Water bottle
- Cycle jersey
- Snacks and drinks

Not included:

- Airport pick up and drop off
- Visa fees
- Alcohol
- Tips



Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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