

Southeast Asia

Guided tour
Mountain bike

Active Journeys



Asian Delights - Saigon to Bangkok

This tour takes in three of Southeast Asia's most diverse and fascinating countries. From Saigon (Ho Chi Minh City), we head into the Mekong Delta, riding quiet back roads over canals. Our entry into Cambodia is by boat as we head up one of Asia's great rivers, the Mekong, to Phnom Penh.

Cycle on to Kampong Thom to visit temples before we head to Siem Reap and the more famous temples of Angkor. After exploring Angkor we head to the faded colonial city of Battambang before heading to Thailand for the final leg of this incredible journey.

One of the highlights is riding amongst a thousand years of history at Angkor as we explore the extraordinary temple complexes.

Then head to the colonial city of Battambang, and cross into Thailand. We rest by a beach before transferring back to Bangkok.

Come enjoy this incredible adventure with Active Journeys!



Fast Facts

- This trip offers a multitude of activities for you to try: cycling, hiking, elephant riding and even caving for the more adventurous
- Lovely accommodations
- Visit to Angkor - a highlight
- Most meals and sightseeing tours as mentioned
- Support equipment, snacks and drinks and guide services



Tour Details 2019

Departures:

January 6, 13

February 10, 24

May 5

June 9, 30 July 28

August 25

September 29 October 27

November 3, 24 December 15

Cost: US\$ 3295 per person

Single Supplement: US\$ 595

Bike rental: US\$ 250

Length: 14 days / 13 nights

Grade: Intermediate

Starts: Saigon (Ho Chi Minh City)

Ends: Bangkok

ITINERARY

Day 1 Saigon (Ho Chi Minh City)

Meet in Saigon (Ho Chi Minh City) for dinner at the enchanting Temple Club Restaurant. (D)

Day 2 To Tra Vinh 65 kms

Transfer to Ben Tre, the gateway to the Mekong Delta, to start riding down narrow roads and lanes, past banana plantations and fields of sugarcane. A ferry crossing takes us to Tra Vinh, a pretty tree-lined Khmer town. (BLD)

Day 3 To Can Tho 92 kms

There is plenty to observe today - fishermen, Khmer village life, temples -- as we cycle scenic roads, crossing many small bridges, to Can Tho. (BLD)

Day 4 To Chau Doc 70 kms

Visit Cai Rang Floating market before a transfer to the start of the ride on a gently undulating road as mountains begin to loom as you ride closer and closer to Chau Doc, stopping on the way to visit the Killing Fields of Vietnam at Ba Chuc. (BLD)

Day 5 Phnom Penh Cruise

We rest our legs today and cruise up the Mekong River as we head into Cambodia, and the capital Phnom Penh. (BLD)

Day 6 Oudong - Kampong Thom 25 kms

After a morning visit of the capital of Phnom Penh we cycle on back roads to the town of Oudong, a former capital of Cambodia. This ride gives us chance to see rural Cambodia - stilted houses, ox carts, waving children and, of course, the friendly Khmer people. Transfer (3-4 hrs) to Kampong Thom. (BLD)

Day 7 Siem Reap 65 kms

After a visit to the ancient temple site of Sambor Prey Kuk we transfer to Damdek and have a beautiful ride through paddy fields and small villages before reaching Siem Reap. (BLD)

Day 8 Angkor Temples 30 kms

We ride to the Angkor Temple complex before starting the Grand Circuit, stopping at each major temple area before riding back to Siem Reap. (BLD)

Day 9 Banteay Srei 56 kms

We enter the temple complex by a much quieter gate and then ride into the countryside and turn off the main tourist road to Banteay Srei. From here we continue cycling on rural roads and 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. (BLD)

Day 10 Battambang Rest Day

Today we have another break from riding and visit the floating village before heading across the Tonle Sap to Battambang. (BLD)

Day 11 Pailin 95 kms

We saddle up for our toughest day of cycling and ride south to Pailin along an undulating road, crossing streams and bridges and really get a feeling of riding into uncharted but stunning territory. (BLD)

Day 12 Chantaburi 44 kms

It's a short pleasant ride on quiet scenic roads to the Thai border crossing. After going through formalities 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 en route in Chantaburi. (BLD)

Day 13 Laem Mae Phim 65 kms

Today we have a flat and easy ride through mangroves, shrimp farms and along the coast and have the afternoon free to go for a swim. (BLD)

Day 14 Back to Bangkok

Morning free to enjoy the beach before we head back to Bangkok at 3 pm. (B)



What to Expect

What will the weather be like?

Northern and Southeast Asia has a tropical climate with fairly high humidity. There are three seasons: from March to June it is hot and dry, with temperatures between 27 and 40°C, with night temperatures in the 20s. The rainy season is from July to October, but temperatures are slightly lower, because of the effect of the rain. During this time it will not rain continuously, but in sharp bursts, and the sun can come out quickly. The cooler season is from October to February, with average temperatures between 20 and 30C.

How many hours of cycling a day?

Be prepared to be active between 4 to 7 hours daily, everything will be at a moderate level. This is a fully supported tour, so you will be able to opt out of an activity if you like. This is primarily on quiet back roads, and cycling experience would be useful. The road surfaces are mixed, combination of good quality paved roads with wide dirt tracks. The terrain is predominantly flat, only a few days we cover longer distances so experienced riders will be challenged while the less experienced can ride what they can and hop on the support vehicle.

How fit do I need to be?

The fitter the better, as you will enjoy the holiday more. This is a moderate to intermediate tour. This trip is not for beginners.

What are the hotels like?

We use a wide mixture of accommodation. Hotels and guesthouses are of charming and clean and have private facilities and hot water. In the cities, we use comfortable 3-4-star. Hotels. We have chosen them for their local flavor and charm, as well as location.

What about visas?

Tourist visas are required to enter both Vietnam and Cambodia. All participants must ensure proper documentation upon entry. A valid passport is required to enter Thailand. A current Canadian or U.S. passport and the expiry date should be valid for 6 months to enter each country and to re-enter your own country.

SAFETY:

Wearing a helmet is required on this biking adventure and is non negotiable. If you do not wear a helmet you will not be allowed to cycle.

Getting There

Fly into Saigon Tan Son Nhat International Airport (SGN) with a variety of different airlines.

Taxi to hotel should be approx. \$20.

From Bangkok Suvarnabhumi Airport (BKK) there many airlines that fly home.



Extra Services

We have a small selection of hotels in for your arrival or departure.

Hotels in Bangkok range from \$70 per night to a deluxe 5* property at \$300 per night.

If you would like to spend a few more days in Thailand, please contact our office with your request and we will be happy to help you. We can book some beach stays in the southern part of Thailand, along with transfers.

You can also choose to extend your holiday with a short option to Cambodia, Laos or Vietnam. We also offer a variety of shorter 4-5 day options, available in several different countries. We have both cycling and hiking options, so please feel free to contact us for more

How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire process.
- Download the reservation form from our site and send in completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent.
- A deposit is required immediately, and final payment is due 60 days prior to the trip departure. Terms & conditions are outlined in our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or a travel insurance provider directly.
- Ensure you are in proper health for the trip chosen. Contact us, for more information on vaccinations, inoculations, and fitness requirements.