



13 days
(with flight 15 days)
August-December 2024

2-15
participants

from Ho Chi Minh City/to Siem Reap (Flight booking upon request to Ho Chi Minh City / from Siem Reap)

680 kilometres by bike along the Mekong!

An active cycling holiday for all those who do sport or cycle all year round and are therefore in good physical condition. In addition to cycling, the focus of the trip is on the intensive experience of South Vietnamese and Cambodian culture. The ten days of cycling allow for a slow yet challenging journey through the centuries-old cultural landscapes of the Mekong, an immersion into the history and contemporary life along the most important river in Southeast Asia.

The trip begins with a walk through Ho Chi Minh City and ends with a bike tour through the magnificent jungle and temple world of Angkor and a visit to the floating villages on the Tonle Sap. In between there are green rice fields, family-run craft businesses, enchanted temples and small villages with friendly people who like to talk about their life on the Mekong.



Experience culture



Enjoy nature

The best time to visit is from November to mid-March. From the end of March to the end of May it is very dry and hot - cycling is possible but the withered landscapes are less beautiful to look at. In contrast, the climate in the rainy season (from June to October) is very humid. In this "green season", you can expect 2-3 one-hour rain showers per day - and it's great fun to cycle in the rain (because it's not cold).





Authentic and sustainable

- Overnight stays in authentic and local hotels.
- Numerous opportunities to interact with the local population.
- No plastic bottles, but opportunities to fill up your own drinking bottle (drinking water filling stations in hotels and accompanying vehicle).
- This trip was created in cooperation with local partners attaching great importance to sustainable tourism (e.g. support for NGOs/water projects in Cambodia).
- Slow travel: traveling by bike and local tour guides enable intensive immersion in the culture of your host country.
- CO2 compensation (289 kg per traveler) via Atmosfair.





Travel itinerary

 Breakfast

 Lunch

 Lunchbox / Picnic

 Dinner

 Tasting

 Night

Day 1

Welcome to Ho Chi Minh City



Arrival in Ho Chi Minh City at 07.35 hrs (or 08.10 hrs), transfer to the hotel, check-in, free time. In the afternoon you will meet your guide in the lobby of the hotel and go on a sightseeing tour to the historical landmarks of colonial Saigon: the old main post office, Notre Dame Cathedral, Chinatown/Cho Lon and the lively Ben Thanh Market. Over dinner in a local restaurant, you will receive all the important information about your cycle tour.



Overnight stay at Hotel Vien Dong*** in Ho Chi Minh City

Day 2

Ho Chi Minh City - Cai Be/Vinh Long:
Craftsmen on the Mekong



Drive to Cai Lay (approx. 75 kilometers, approx. two hours) to the starting point of the bike tour. The route leads along small streams lined with orchards, which you sometimes cross. On the way, you will learn about various handicrafts in the region and gain insights into paper production, the preparation of coconut candy and puffed rice. You will take a ferry across the wide Mekong, and your view will wander over extensive plantations with exotic fruits - durian and jack fruit, mangos, coconuts and pomelos thrive in abundance. Your accommodation today is idyllically located on the island of An Binh. After arrival, you can explore the island, relax in the spacious garden or help your hosts prepare dinner.

Bike tour: challenging, approx. 50 kilometers, approx. five hours (including breaks), off-road and concrete canal paths, no altitude differences. Escort vehicle.



Overnight stay at the Vinh Long guesthouse on An Binh (Cai Be region)

Travel itinerary

Day 3

Vinh Long - Tra Vinh: Orchards and villages



You will be taken by boat to the escort vehicle and then (transfer time approx. 30 minutes) to the starting point of today's bike tour. You will cycle along narrow paths through lush orchards and picturesque villages, watch the locals and gain insights into daily life on the Mekong. After lunch, you will drive through coconut plantations and later take the ferry across the main branch of the Mekong to Tra Vinh. After check-in you will have time to explore the Khmer city.

Bike tour: challenging, 60-70 kilometers, approx. seven hours (including breaks), concrete canal paths and narrow country roads, no altitude differences. Escort vehicle.

Overnight stay at the Tra Vinh Guesthouse



Day 4

Tra Vinh - Can Tho: The silence of the fields



From the hotel you drive to the Ba Om lotus pond and visit the Khmer temple there. Today's route continues through several villages and fields. Enjoy the silence of the landscape as you cross the fertile rice fields until you reach Can Tho by bike (or by bus/van if you wish).

Cycling tour: challenging, 60-100 kilometers, 7-10 hours (including breaks), concrete canal paths and narrow country roads, no altitude differences. Escort vehicle.

Overnight stay at the Hotel Iris***(*) in Can Tho



Day 5

Can Tho - Long Xuyen: Floating market & "industry" on the Mekong



You will take a boat to the floating Cai Rang market and from there you will cycle through a stork sanctuary and small villages. On the way you can see the industrial life of the Mekong Delta: timber traders, coconut crushers, small port facilities where rice is loaded and unloaded, and lively markets. Depending on how you feel, you can use the escort vehicle or continue cycling until lunch (in a local restaurant). In the afternoon you will continue the cycling tour through the picturesque Mekong landscape. For the last few kilometers of the day you will change to the escort vehicle.

Cycling tour: challenging, 50-90 kilometers, 5-8 hours (including breaks), concrete canal paths and narrow country roads, no altitude differences. Escort vehicle.

Overnight stay at the Hotel Hoa Binh An Giang**(*) in Long Xuyen



Travel itinerary

Day 6

Long Xuyen - Chau Doc : Nature and history



A short transfer takes you to the starting point. From there you cycle along the busy river canals and past traditional brickworks to Chau Doc. On the way you explore the Tra Su nature reserve. Before Chau Doc you can visit the Killing Fields of Vietnam Bachuc, where the Pol Pot regime massacred more than 3,000 Vietnamese in 1978.

Cycling tour: challenging, 60-100 kilometers, 7-10 hours (including breaks), concrete canal paths and narrow country roads, no altitude differences. Escort vehicle.



Overnight stay at the Hotel Chau Pho*** in Chau Doc

Day 7

Chau Doc – Phnom Penh: contrasts of the capital



From Vietnam to Cambodia: a speedboat takes you from Chau Doc to Phnom Penh in around 4.5 hours, the Cambodian visas are issued at the border, an employee of our partner agency is on hand to help. In Phnom Penh, your Cambodian tour guide will be waiting for you and will take you to the hotel. In the afternoon, you will experience the contrasts of the Cambodian capital. A tuk-tuk tour takes you to hidden temples and lively markets, to architectural highlights, interesting cultural institutes and, if he is there, to a fortune teller on the river bank.



Overnight stay at the Hotel Lavanya Boutique*** in Phnom Penh

Day 8

Phnom Penh - Kompong Cham: Silk production and Cambodian rural life



Today you start early and first drive to Diamond Island and from there take the ferry across the Mekong. After a few kilometers (total travel time approx. 40 minutes) you reach a local weaving mill where silk is produced for the manufacture of the famous scarves (Krama). Shortly afterwards, your bike tour begins today: Along the Mekong you cycle through colorful villages and can observe the daily life of the Cambodian Mekong residents. After the lunch picnic you cross the river again and continue the bike tour to Kompong Cham.

Bike tour: demanding and challenging, 60-90 kilometers, 4-7 hours (including breaks), mainly asphalt road with some off-road paths through villages, slight differences in altitude (total less than 150 meters in altitude). Escort vehicle.



Overnight stay, depending on availability even with a view of the Mekong, in the Hotel LBN Asian*** in Kompong Cham

Day 9

Kompong Cham – Kompong Thom: To the enchanted temples in the jungle



Early transfer to the starting point (approx. two hours). Your destination today is the Kompong Thom region and the archaeological site of Sambor Prei Kuk (UNESCO World Heritage Site). You cycle on gravel roads, past small villages, green rice fields and lush plantations. Cambodians sell delicious fruit and snacks on the side of the road - a welcome break. You explore the enchanted temples (6th-9th century) of Sambor Prei Kuk, located in the green jungle, by bike and on foot. The archaeological site covers an area of approx. 25km², its center was once surrounded by a mighty wall and the ten octagonal temples are unique in all of Southeast Asia.

Cycling tour: demanding-challenging, 60-80 kilometers, 4-6 hours (including breaks), flat gravel roads, the last five kilometers on a paved road, +150 meters / -0 meters. Escort vehicle.



Overnight stay at the Hotel Sambor Village** in Kompong Thom

Travel itinerary

Day 10

Kampong Thom - Siem Reap: Even more splendour in the jungle



Early transfer (approx. two hours) to the temple of Beng Mealea, a slumbering giant lost for centuries in the forests of Cambodia. Suryavarman II, the builder of Angkor Wat, built the fascinating structure in the 12th century. Of the many lost temples of Angkor, Beng Mealea is the most accessible - and a mirror image of Angkor Wat, although nature has already taken its toll. You save this showpiece for later and first explore the hidden temples in the area by bike. You then continue your bike tour on the main road and rural paths, accompanied by charming villages, green palm trees and endless rice fields. After the lunch break at Troav Kot Lake, you cycle on to Siem Reap.

Bike tour: challenging, 65 kilometers, 4 hours (including breaks), gravel roads and sand paths, the last six kilometers on a paved road, +105 meters / -70 meters. Escort vehicle.



Overnight stay at the Amber Angkor Villa Hotel & Spa***

Day 11

Siem Reap: Incomparable Angkor



Today you have to get up early so as not to miss the wonderful sunrise (weather permitting) at the Angkor Wat temple. The day is dedicated to the beauties of Angkor: you visit the impressive south gate of Angkor Thom, the great capital of the Khmer Empire, and the mystical Bayon Temple with 54 differently designed Buddha faces on its outer facade. You cycle further through the archaeological park to the Elephant Terrace and other buildings in the jungle. The half-ruined Ta Phrom - known from the film "Tomb Raider" - overgrown with roots and strangler figs, is the most atmospheric temple in the area. The bike tour continues to Srah Srang, the ancient water reservoir of Angkor. An ideal place for a break with a breathtaking view before you cycle to the hotel.

Cycling tour: challenging, 50 kilometers, full day (including breaks and sightseeing), mainly jungle off-road trails, some sections of asphalt road, altitude gain less than 150 meters / -70 meters.



Overnight at the Amber Angkor Villa Hotel & Spa***

Day 12

The floating villages on the Tonle Sap



Drive to the starting point (approx. 15 kilometers) and start the bike tour through charming villages, along palm trees and rice fields. Here, people live in picturesque wooden houses with lush gardens in which they grow vegetables. On the way, you will encounter a cultural phenomenon: a fruit called betel, which the locals harvest and dry in front of their houses. You cycle to the boat pier of Kompong Kleang, one of the most famous floating villages on the Tonle Sap. In a stilt house, you will enjoy a picnic lunch in an extraordinary setting and atmosphere. You will then take a boat tour through the floating village and across the Tonle Sap (dry season: walk through the village and boat trip on the lake). Return route (approx. 50 kilometers) to Siem Reap.

Cycling tour: challenging, 50 kilometers, about five hours (including breaks), mainly off-road on scenic paths, the last few kilometers into town on asphalt road, altitude difference less than 150 meters..



Overnight stay at the Amber Angkor Villa Hotel & Spa***

Travel itinerary

Day 13

End



Free time, check-out until 12 noon. Transfer (approx. 45 kilometers/approx. one hour drive) to the new Siem Reap-Angkor airport.

Programme subject to change

Your tour guides



Mr. Kien Vu (Vietnam)

Xin chào, my name is Kien! I began my career as an English teacher, but I have been guiding tourists in Vietnam since 2005. My guiding job has offered me freedom and flexibility and wonderful opportunities to broaden my knowledge. I never get bored of working as a guide because I always get to meet different, interesting people from all over the world. To me, Vietnam is extremely special, and even as a local I'm still in awe of its spectacular nature and rich cultural features. Clients have often remarked that I am very enthusiastic, have deep knowledge of Vietnam's history, and have a great sense of humor. In my free time I love cooking traditional dishes, taking photos and doing different kinds of sport such as soccer, badminton, cycling and swimming.



Mr. Kim Sombath (Kambodscha)

Chomreab sour! My name is Kim Sombath and I have been guiding tourists in Cambodia since 2008. I really enjoy my job. Being a tour guide offers me a special kind of freedom and opportunities to share knowledge about my country, meet different people from all over the world and learn about their cultures. I love my country, especially its culture, spectacular nature and landscapes, and the friendly people that always greet you with a warm smile. According to the comments of many clients, I am very passionate, have deep knowledge of history, and love telling personal stories with a great sense of humor. My hobbies are taking photos, cycling and playing different kinds of sport such as football and volleyball.

Included services:

- 12 nights in the mentioned (or similar) accommodations in a double room including breakfast
- 11x lunch (partly as picnic), 5x dinner as per programme
- Transfers and transport* in air-conditioned vehicles
- Bike and helmet rental (bike days, Trek, Giant, Cannondale or similar bikes)
- Excursions and sightseeing as per programme
- Local, experienced English-speaking bike tour guides (Vietnam/Cambodia)
- Mechanic (from 5 travellers)
- Sufficient drinking water and some local snacks on the cycling days
- Travel literature
- CO2 compensation via Atmosfair

Not included are: Flights/airport charges/kerosene/ticket fees*, CO2 compensation for flights, additional activities and excursions, meals not mentioned, drinks, tips and personal expenses.

**On cycling days in Vietnam:*

*1 - 3 persons: Minibus with 15 seats
4 - 7 persons: Minibus with 15 seats + one lorry
8 - 15 persons: Minibus with 30 seats + one lorry*

**On bike days in Cambodia:*

*1 - 4 persons: Minibus with 15 seats
5 - 8 persons: Minibus with 15 seats + one lorry
9 - 15 persons: Minibus with 25 seats + one lorry*

Prices (per person)

Double/twin room	ab	2.425,00 €
Single room	ab	2.725,00 €
<i>Minimum number of participants: 2, maximum number of participants: 15.</i>		
Surcharge for e-bike in Vietnam (5 days, Ho Chi Minh City-Chau Doc, on request/limited number)		155,00 €
Surcharge for e-bike in Cambodia (5 days, Phom Penh-Siem Reap, on request/limited number)		240,00 €
Visa for Vietnam (as of 06/2024)		ca. 50,00 €
Visa for Cambodia (visa upon arrival) (as of 06/2024)		ca. 35,00 USD

***We are happy to book flights to suit your trip. We recommend flights with Vietnam Airlines Frankfurt-Ho Chi Minh City / Siem Reap-Hanoi-Frankfurt (or Siem Reap-Ho Chi Minh City-Frankfurt).**

Dates 2024

22.08.2024-03.09.2024

12.09.2024-24.09.2024

21.10.2024-02.11.2024

28.10.2024-09.11.2024

05.11.2024-18.11.2024

18.11.2024-30.11.2024

02.12.2024-14.12.2024

23.12.2024-04.01.2025

30.12.2024-11.01.2025

For dates and prices 2025, see 2025 travel programme



Important information

Entry (as of 05/2024): Vietnam: For EU citizens with a valid passport that is valid for at least six months after departure and is in good condition plus a valid visa. Cambodia: For EU citizens with a valid passport that is valid for at least six months after departure and is in good condition. You can easily obtain the required entry visa when crossing the border. All Covid-19-related restrictions have currently been lifted for both countries. Please note that this may change depending on the pandemic situation.

The trip is for sporty world explorers, for people who regularly do sport and cycle longer distances all year round. The routes are mostly flat or with small differences in altitude, off-road, on sand and gravel paths and sometimes also on concrete or tarmac roads with little traffic. The Southeast Asian climate with temperatures above 30°C and very high humidity must also be taken into account with regard to the level of fitness required.

Our Southeast Asian partner uses mountain, trekking and e-bikes from Trek, Giant, Cannondale or similar manufacturers. Please note that only a small number of e-bikes are available, so early booking is recommended.

Almost all accommodation offers WiFi, but the network coverage is not always perfect. Please note that many hotels and lodges only offer non-smoking rooms. If some of the accommodation we have booked is unexpectedly unavailable, we will book an alternative of equal value (if possible).

Our flight recommendation mentioned in the travel announcement is based on the following scientifically proven findings: The burning of fossil fuels results in the emission of carbon dioxide and other greenhouse gases that contribute to climate change. In addition, there is air pollution, which in turn leads to health problems. The extent of the emissions depends mainly on the distances, the stopovers (emissions are highest during take-off and landing) and the type of aircraft

You will receive further information about your trip and the country you are travelling to with your travel documents.

No insurance is included in the tour price. We strongly recommend that you take out travel cancellation insurance that also covers Covid-19 as well as appropriate travel health insurance that includes treatment (including quarantine) for Covid-19.

This trip is not suitable for guests with limited mobility. If this is the case, please let us know the nature of your mobility restriction before booking and clarify with us whether we can fulfil your individual needs.

We organise this tour together with other tour operators. Of course, this has no influence on the quality.

Planet B is a brand of Bollig Tours s.à r.l.. Bollig Tours is therefore named as the organizer in our general travel conditions.

The accommodation

Hotel **Vien Dong***** is located near the backpacker district and only 800m from Ben Thanh market. Decorated with Vietnamese artwork, the 24m² rooms are equipped with air conditioning, safe, flat-screen TV, seating area, balcony (park view), coffee and tea making facilities and free WiFi.



The atmospheric **Vinh Long Home-stay** (more hotel than homestay) is idyllically situated on an island in the Mekong Delta. The 30m², simply furnished rooms (with private bathroom) are spread over small bungalows built from natural materials in the lush green garden.

The **Tra Vinh Guesthouse** also impresses with its warm hospitality and a small pool. The approximately 19m², cosily furnished rooms in the garden have free WiFi and private outdoor bathrooms (not visible from the outside).

The **Hotel Iris***(*)** in Can Tho has a wellness area and two bars/lounges. The approx. 30m² superior rooms with air conditioning, minibar (for a fee), safe and satellite TV overlook the city.

The accommodation



The friendly **guesthouse Hoa Binh An Giang** in Long Xuyen is just a few minutes' walk from the riverbank. The approx. 24m² superior rooms have a desk, safe, minibar (for a fee), fridge, flat-screen cable TV, seating area and free WiFi.

The **Hotel Chau Pho***** is centrally located in the border town of Chau Doc. The approx. 35m² deluxe rooms have air conditioning, free WiFi and a terrace/balcony.



The stylish **boutique hotel Lavanya***** in the heart of Phnom Penh has a restaurant and a bar. The air-conditioned, approx. 31m² rooms are modernly furnished and equipped with a safe, minibar (for a fee), flat-screen TV, high-speed WiFi, kettle and balcony.

The accommodation

Some of the rooms at the **Hotel LBN Asian***** in Kompong Cham are around 25 square metres in size and are equipped with air conditioning, a seating area, flat-screen TV, safe and kettle.



The **Sambor Village guesthouse** near the riverbank in Kompong Thom boasts a cosy garden, small pool with loungers and typical Cambodian flair. The approx. 26m² deluxe rooms have air conditioning, fan, safe, fridge, tea/coffee making facilities and a small terrace with garden view.

The **Amber Angkor Villa Hotel & Spa***** in Siem Reap is quiet yet central, with contemporary Khmer art, a lush green garden and a refreshing saltwater pool. The modern deluxe rooms are approximately 30m² in size and offer air conditioning, satellite TV, a seating area, fridge, tea/coffee making facilities and garden views.



Copyrights: Matteo_Easia, Phuong_stockadobe, ChayTee_stockadobe, DavidDavis_stockadobe, Vien Dong, Vinh Long Homestay, Hoa Binh An Giang Guesthouse, Hotel Chau Pho, Hotel Lavanya, Hotel LBN Asian, Gästehaus Sambor Village, Amber Angkor Villa Hotel & Spa.