

SPICE ROADS

CYCLING



BIKING SAIGON TO ANGKOR WAT

Tour Code
MCT-MSS

9 DAYS
8 NIGHTS

	Destinations	Vietnam and Cambodia
	Tour Meets Tour Ends	Saigon, Vietnam Siem Reap, Cambodia
	Fly in to Fly out of	Tan Son Nhat International Airport (SGN) Siem Reap Angkor International Airport (SAI)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



6 Cycling days	360 _{km} Total cycling distance
60 _{km} Avg distance / day	408 _m Avg climbing / day

PRICING



Price
Bike Hire (Mountain Bike)
Single Supplement

US\$ 2,250
US\$ 140
US\$ 395

DEPARTURES



11 May - 19 May 2025
20 July - 28 July 2025
14 September - 22 September 2025

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

We ride a total of 360 km over 6 cycling days. The network of roads and paths in the Mekong Delta and rural Cambodia offers a fun mountain biking experience while also getting us off the beaten track. There is a lot to see as we ride, and we stop regularly to immerse ourselves in the lifeways of southern Vietnam and Cambodia, visiting villages, farms, markets, temples, memorial sites, and more. To avoid busy main roads and keep riding distances manageable, most days include some time in the support van before or after the ride. We organize a boat tour at Cai Rang Floating Market and have one day off the bikes when we travel from Chau Doc to Phnom Penh by boat. Angkor is one of the world's most incredible heritage sites, and a visit here is truly special. We strive to provide you with a nuanced perspective of the ancient temples both on and off the bikes. Each day you can expect some free time in the afternoons to unwind at the hotels or explore the towns we are staying in.

Your guide's expert knowledge of the area and terrain ensures you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is a moderately difficult trip that anyone with a reasonable level of fitness will enjoy. Having some experience in the saddle is recommended for comfortably riding the longer distances. The route is predominantly flat with only minor undulations and very few steep gradients. Navigating gravelly and cratered country roads requires some handling skills but not technical maneuvering. A support vehicle is always nearby to offer refuge to any weary cyclists.

Biking Conditions: This tour follows a mixture of tarmac and dirt roads. The tarmac roads are mostly in good condition, though debris and potholes do present themselves. The dirt roads, which tend to be vehicle-width (occasionally single track), alternate between hard and loosely packed surfaces. While much of the route is on quiet countryside roads with minimal traffic, we will be regularly sharing the roads with other vehicles, including cars, motorbikes, and buses. In the dry season, roads can be quite dusty; when it rains, they can become muddy. We generally ride rain or shine, but based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!



Day 1 Meet in Ho Chi Minh City (a.k.a Saigon)

Welcome to Ho Chi Minh City, or Saigon as most locals prefer to call it! Vietnam's largest city and the southern capital, Saigon moves at a pace that may initially be a shock to the system, but you'll quickly adapt. We recommend arriving at least a day or two before the tour begins to get acclimated and explore sites such as the War Remnants Museum, Reunification Palace, Giac Lam Pagoda, Notre Dame Cathedral, the Cu Chi Tunnels, and Ben Thanh Market. On arrival day, we gather at our tour hotel in the late afternoon for a trip briefing and welcome dinner. Please let us know if you need assistance with airport transfers or pre-tour hotel bookings.



Northern Charm Hotel / Nhat Ha L'Opera Hotel



Dinner

Day 2 Saigon – Ben Tre – Tra Vinh

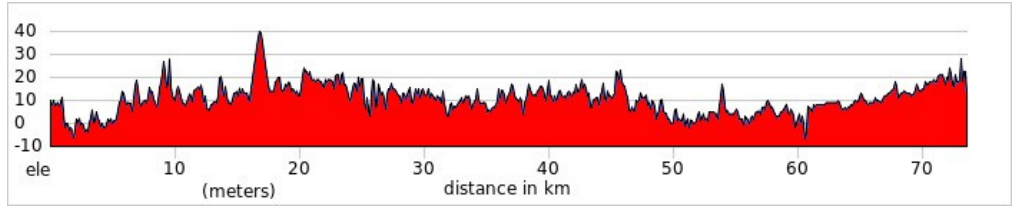
We leave the concrete jungle of Saigon behind and travel 2.5 hours into the Mekong Delta, a vast expanse of lush greenery and braided waterways sprawling towards the East Vietnam Sea. Starting in the city of Ben Tre, we acquaint ourselves with Vietnamese road dynamics (i.e., motorbikes zipping about!), then cross the Ham Luong River into a serene world of coconut farms, banana plantations, sugarcane fields, small hamlets, and criss-crossing canals and rivers. Our route primarily follows narrow farm roads and lanes, featuring several small bridge crossings and two local ferry rides. The second ferry takes us across the broad Co Chien River to reach the city of Tra Vinh, where we settle for the night. Tra Vinh showcases a cultural blend shaped by Vietnamese and Cambodian (a.k.a. Khmer) influences that predate modern borders.



Cuu Long Hotel



Breakfast, Lunch, Dinner



Ride 74km



+632m



-628m

Day 3 Tra Vinh – Can Tho

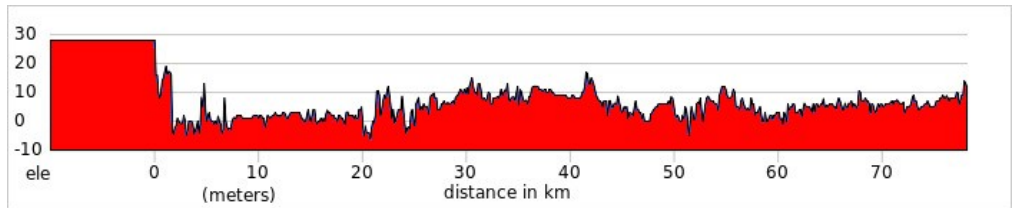
Departing from Tra Vinh, we head westward along a fertile floodplain nestled between the Cho Chien and Hau Rivers, two tributaries of the Mekong. The route winds through an extensive patchwork of rice paddies, highlighting why the Mekong Delta is known as Vietnam’s “rice bowl”! Taking our time, we soak in scenes of daily life amidst the fields, waterways, fruit orchards, villages, and towns. Along the way, we’ll also encounter numerous Khmer-style Buddhist temples, a testament to centuries of Cambodian presence in the heart of the Mekong Delta. After nearly 80 km, we arrive at the outskirts of Can Tho, where we dismount and transfer a short distance to avoid riding in the heavy city traffic. As the largest city in the Mekong Delta, Can Tho serves as a bastion of the region’s waterborne lifeways and thrives as a bustling commercial hub.



IRIS Hotel Can Tho / Ninh Kieu 2 Hotel



Breakfast, Lunch, Dinner



Ride 78km



+422m



-434m

Day 4 Can Tho – Chau Doc

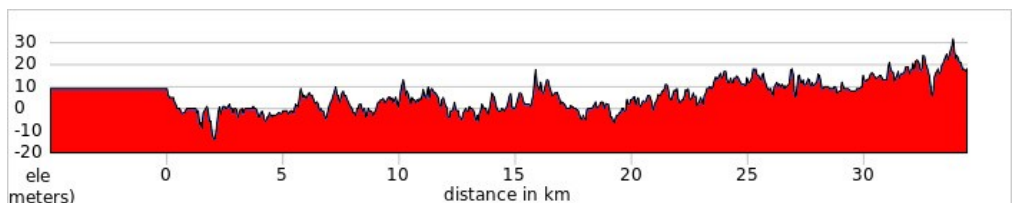
We have an early start as we board a boat to visit bustling Cai Rang, the Mekong Delta’s largest floating wholesale market. Here we discover a lively aquatic scene as vendors navigate their brightly adorned boats, displaying goods for sale on tall poles. From the comfort of our chartered boat, you can join the locals for a morning coffee, a bowl of rice noodles, and some fresh fruit. Back on dry land we then hop on our bikes to begin our final green and meandering Mekong Delta ride. After around 35 km we jump in the support vehicle to fast-track ourselves closer to the border with Cambodia where we’ll savor a shorter afternoon ride to reach the town of Chau Doc. Along the way we’ll stop to pay our respects at the genocide memorial site of Ba Chuc where, in 1978, the Khmer Rouge committed atrocities against Vietnamese civilians. We complete the ride along country roads straddling the border with the gently rising mountains in the background. We spend the night in Chao Doc, a border town located right along the banks of the mighty Mekong.

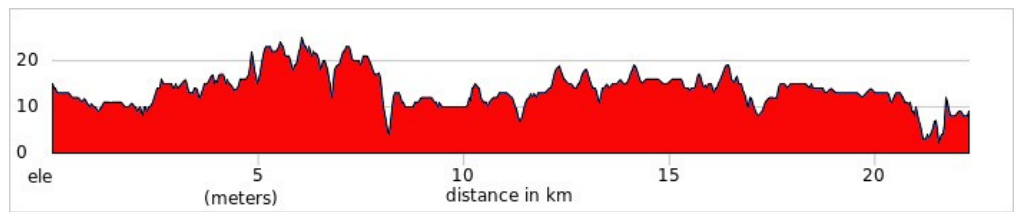


Chau Po Hotel



Breakfast, Lunch, Dinner







 Ride 56km
  +456m
  -452m

Day 5 Chau Doc – Phnom Penh

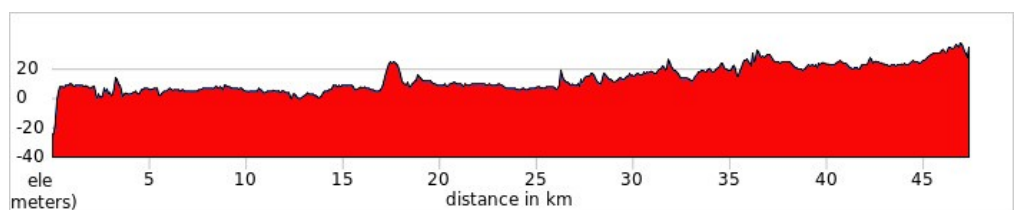
Early in the morning, we cruise up the Mekong River by speedboat. Not long after our departure from Chau Doc we'll reach the border with Cambodia and pass through immigration formalities. And then it is a comfortable journey upstream, affording us the opportunity to observe the ebb and flow of daily life unfolding on the Mekong River and its banks. The cruise takes around 5-6 hours and we'll arrive in Phnom Penh, Cambodia's bustling capital city, in time for lunch. We then make the most of our afternoon in the city! While Phnom Penh is best known to travelers for its sobering genocide memorial sites we want to show you the city's bright side. As such, we'll take a rickshaw ride from the riverside to the Royal Palace, the official residence of the King of Cambodia and a treasure trove of splendid architecture and art. Time permitting we can also swing by Wat Phnom, the city's most revered temple perched on a small hill next to the Tonle Sap River. We have the rest of the afternoon at leisure before reconvening for dinner.

 Frangipani Royal Palace Hotel
  Breakfast, Lunch, Dinner

Day 6 Phnom Penh – Oudong – Kampong Thom

We maneuver our way out of Phnom Penh by bike, not an easy feat considering the city's notoriously unruly traffic but we've found a way! First we ferry across the river to a peninsula wedged between the Tonle Sap and Mekong Rivers. Then we follow a series of riverside neighborhoods leading to Phnom Penh's northern suburbs which, after around 30 km, give way to the countryside. We'll enjoy our first taste of Cambodian rural riding, cycling through many villages filled with stilt-houses, farms and, of course, curious and friendly locals eager to cheer us on! We finish the ride at Oudong where a sprawling complex of Buddhist stupas sits atop a ridge jutting out of the plains. This was once the site of Cambodia's capital before it was moved further down river to Phnom Penh. The 400-plus steps to the top will get the legs working over-time, but the views are well worth it. After our visit we have lunch nearby and then transfer 3-4 hours to the sleepy backwater town of Kampong Thom where we spend the night.

 Sambor Village/Glorious Hotel & Spa
  Breakfast, Lunch, Dinner





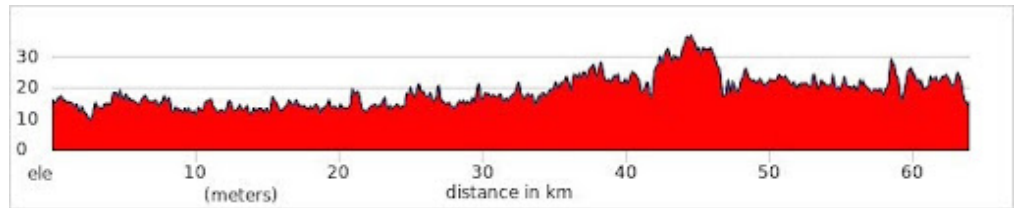
 Ride 47km
  +263m
  -207m

Day 7 Kampong Thom – Siem Reap

Starting directly from our hotel, we begin by riding along the meandering Stung Saen River. After 8 km we cross the river either by a small wooden ferry or a makeshift bridge (depending on the water levels) and then continue north along quiet country roads dissecting the fertile floodplain of the river. This is rural Cambodia at its finest, riding through quaint villages, expansive rice fields, and other farmlands. After covering 40 km, we arrive at the ancient site of Sambor Prei Kuk, a UNESCO World Heritage Site which dates back to one of Cambodia's earliest civilisations preceding the foundation of Angkor. Here, brick temples in various stages of restoration - many still entwined by tree roots - are scattered throughout a forested area and are connected by sandy paths. This makes for some fun mountain biking! After checking out a collection of the many temples we'll break for lunch at a local restaurant and then complete a

final 15 km until we intersect with the main road. We jump in the support vehicle and transfer around 2 hours to Siem Reap, the "gateway to Angkor", where we'll spend the next two nights. With plenty of options to choose from, dinner is on your own tonight.

 Steung Siem Reap Hotel  Breakfast, Lunch

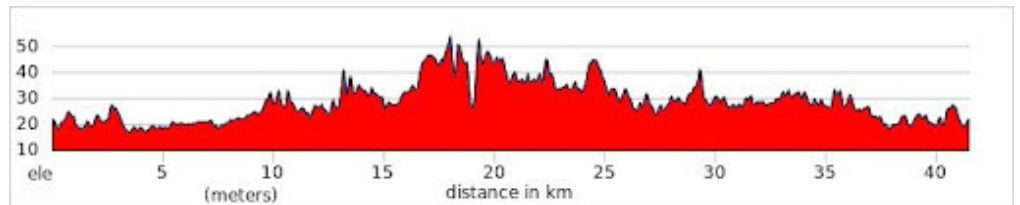


 Ride 64km  +341m  -342m

Day 8 Ancient Angkor's Iconic Sites by Bike

The UNESCO World Heritage Site of Angkor is home to the once-glorious capital cities of the Khmer Empire, whose powerful god-kings built lavish stone temples between the 9th and 15th centuries CE. Today, we discover Angkor's most iconic sites by cycling along the manifold paths that pass by, lead to, and twist around the temples and ruins scattered across the plain. At Ta Prohm - brought to fame by the film "Tomb Raider" - we stumble across a tumbling façade of laterite and sandstone blocks draped by the massive roots of fig trees. At the Bayon - a temple built as a microcosm of the heavens - we marvel at the rows of godly faces carved into the temple towers and peering sublimely in all cardinal directions. And at Angkor Wat - the national symbol of Cambodia and the largest religious structure in the world - we stroll through the inner and outer courtyards decorated with excellently conserved carvings and bas-reliefs depicting Hindu myths, wars, life and death. We return to Siem Reap in the afternoon for some time to relax before our farewell dinner at Spoons, a social enterprise restaurant serving up authentic Khmer food and supporting the professional training of marginalized youth.

 Steung Siem Reap Hotel  Breakfast, Lunch, Dinner



 Ride 42km  +334m  -334m

Day 9 Siem Reap Departure

Our cycling tour has ended but we suggest you extend your stay to explore more of Siem Reap and the incredible ancient landscape of Angkor. Please let us know if you require assistance with airport transfers and post-tour hotel bookings.

 Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension in good mechanical order.

We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

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CAMBODIA

Passports and Visas

All nationalities require a visa and a passport valid for 6 months after their planned exit from Cambodia. A 30-day visa on arrival is available at Phnom Penh and Siem Reap Airports and at some land border crossings. You can also obtain a visa online through [e-Visa](#). There is a 3-day processing time and you'll need a scanned copy of the passport. Not all border crossings accept the e-Visa, please check this [port of entry page](#) which provides a list of which checkpoints support the e-Visa service. If your chosen tour includes a border crossing where e-Visa is not available we'll tell you at the time of booking. For Visa-On-Arrival, the cost is 35 USD and it needs to be paid in cash. It is important that the USD are in good condition - i.e. no visible tearing, creasing, crumpling, or scribbling - so please only bring new and crisp USD bills to avoid any issues upon entry.

Update: All passengers travelling to Cambodia must now submit an electronic arrival card before entering the country. This 'Cambodia e-arrival card' can be completed and submitted up to 7 days prior to arrival via the [official website](#) or through Apple's App Store and Google Play Store. The platform also offers the option to apply for an e-visa or reserve a visa on arrival for eligible nationalities, eliminating the need for separate visa applications. **At present, this process is applicable to travelers who arrive by flights into Phnom Penh and Siem Reap airports. Those entering Cambodia by land crossing, boat or through Sihanoukville airport will use the paper-based forms at this time.**

Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days.

Weather

Cambodia has two distinct seasons - wet and dry. The dry season usually lasts from October to April. The wet season starts in May until September. Within each season there are variations in temperature. The coolest being 24C around November/December and hottest hitting 35C around April/May.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature noodles, rice, curries, and soups. Cambodian cuisine is a mixture of Thai, French and Chinese dishes and we make sure you can sample a wide variety. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$20, for incidentals.

Money

Thai baht and US dollars are widely used in Cambodia, especially in larger cities and towns. In smaller towns and villages, Cambodian riels are usually preferred. There are ATMs in most areas, however, machines dispense US dollars. The guides will be able to show you where the ATMs are. Spend riel before departing as no one will exchange them for you once you leave.

VIETNAM

Passports and Visas

Vietnam e-visa application is available to all nationalities. You can apply for a single-entry visa up to 30 days, or a multi-entry visa up to 90 days. Application is through the Vietnam [visa portal](#).

Please carefully fill out the form and check the information you have entered. Even minor spelling errors will render the visa invalid and your entry to Vietnam will be denied.

For peace of mind, we suggest applying for your e-visa as early as possible, and no later than 2 weeks before your expected arrival in Vietnam. While processing time is generally no more than 1-3 working days (not including weekends and Vietnamese holidays), it is wise to give yourself some buffer time in case there are any issues.

If you are joining a multi-country trip beginning in Vietnam, please be sure to select the correct exit point from the list below:

“Saigon to Bangkok” and “Saigon to Siem Reap”: Song Tien Landport

“Road Biking from Saigon to Angkor”: Moc Bai Landport

“Remote Vietnam and Laos”: Na Meo Landport

“Hanoi to Luang Prabang”: Tay Trang Landport

If your SpiceRoads trip will end in Vietnam, please choose your point of exit as the airport, port or land border through which you have arranged to leave Vietnam.

Health

See [here](#) for recommendations and detailed information.

Weather

Weather in Vietnam is divided into 4 main regions - the far north, north, central and south.

The far north can get very cold in December and January while the dry season runs from October to late March and the wet season between April to September.

In Hanoi & the north, it is hot, wet and humid from May to October while November to April is cooler and dry.

Central Vietnam experiences hot, dry weather between January & August with temperatures ranging in the mid 30°C. High levels of rainfall are during September - November.

Southern Vietnam is dry and hot from November to April, and warm and wet between May & October, with the highest rainfall in June, July & August.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are Vietnamese food and features noodles, rice curries and soups. Vietnamese cuisine is world famous and we make sure you sample as much variety as possible. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere in Vietnam but is NOT included in the price.

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Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. We will send you a tipping guideline before the tour begins.

Money

The official national currency is the Vietnam dong (d), but the US dollar is widely accepted in tourist centers. However, in smaller towns and villages the dong is preferred. ATMs are available in all major tourist destinations and big cities. Vietcombank has the best network with a single withdrawal limit of 2,000,000d (about US\$125). Most major currencies can be exchanged at leading banks in Vietnam, but the US dollar is preferred away from the tourist centers. Changing US\$100 will make you an instant millionaire! You cannot legally take the dong out of Vietnam but you can reconvert reasonable amounts of it into US dollars on departure.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other

travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred

relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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