

# Bike Challenge

Bike Vietnam and Cambodia



Ultimate Challenges

T: 020 3642 9830  
events@theultimatetravelcompany.co.uk  
www.ultimatechallenges.co.uk

# Vietnam and Cambodia Bike

## Bike over 400km through two breath-taking countries

This stunning bike challenge takes us from the dignified sights of Vietnam, a country that has managed to preserve its rich civilisation and highly cultured society to the magical kingdom and extraordinary country of Cambodia. Participants will be overwhelmed by the sublime beauty of Vietnam's natural Mekong Delta in the south, a patchwork of brilliant green rice paddies tended by women in conical hat.

This unique, adventurous 412km bike challenge offers us an opportunity to see two countries of traditional charm and rare beauty taking their first steps into the modern world.



# Detailed itinerary

## Day 1: Depart UK for Vietnam

Depart London for our international flight to Ho Chi Minh City.

## Day 2: Arrive Ho Chi Minh City

Arrive Ho Chi Minh City and transfer to our hotel. After checking in we may have time to explore Ho Chi Minh City. A full bike briefing about the challenge ahead will follow dinner.

## Day 3: Ho Chi Minh City to Tra Vinh 52km

Our challenge begins! The route today leads cyclists right into the heart of rural Mekong. The riding begins after the ferry journey across the Tien Giang River at My Tho. We pedal through narrow roads and lanes, past banana plantations, fields of sugar cane, through the lush green landscape of the Delta, crossing rivers and canals by numerous, ubiquitous, fascinating ferries. A section of biking cuts off-road onto gravel and dirt lanes and weaves around hamlets, across water channels and through quite dense vegetation. This makes for superb biking. A final ferry across the gaping expanse of Co Chien River leads us to Tra Vinh, a pretty tree lined town with a large population of ethnic Khmer. Overnight in hotel.

## Day 4: Tra Vinh to Can Tho 80km

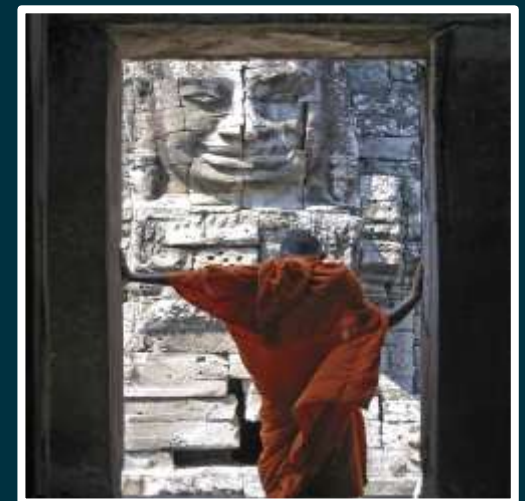
An early start and a peaceful, pretty but narrow road guides us all the way to Can Tho. There is plenty to see along the way, from the contrasting architectural styles of ethnic Khmer homes, to the numerous colourful Khmer temples to the fascinating river scenes witnessed when pedalling over countless small wooden planked bridges! Visit Ba Om Pond with its magnificent lotus flowers and observe local women having their future predicted in the small temple nearby. En route, we spend time at a local Khmer Temple School and learn about the life of the students. Overnight in Can Tho.

## Day 5: Can Tho to Long Xuyen 95km

Today is a long day today that is split into two sections. After a very early breakfast, we ride on a narrow paved road to Phong Dien floating market. Weaving through a bustling morning market along the banks of a very busy river. Absorb the sights of endless cottage industries, timber merchants, coconut shredders, small docks loading/unloading rice and tiny vibrant markets. After reaching Phong Dien, we enjoy lunch in a local restaurant. In the afternoon, we have a short transfer to the town of Long Xuyen.

## Day 6: Long Xuyen to Chau Doc 80km

The scenery begins to change today. The terrain starts to undulate and mountains begin to loom as you ride closer and closer to Chau Doc. The presence of Thot Not trees indicates the growing proximity to Cambodia and the local people speaking Vietnamese as their second language! We pass the Killing Fields of Vietnam at Ba Chuc, where Pol Pot's regime massacred over 3,000 Vietnamese in 1978. Loop round to Chau Doc from Ba Chuc along the border, or re-trace back to Tri Ton (depending on road conditions) and ride the rest of the way to Chau Doc along incredible country roads. Overnight in Chau Doc.



# Detailed itinerary

## Day 7: Chau Doc to Phnom Penh

Depart early from Chau Doc on a speed boat to Phnom Penh arriving in the Cambodian capital in time for lunch at the Foreign Correspondents' Club. In the afternoon, you will have the chance to explore the city of Phnom Penh, Capital of Cambodia. Then you will transfer to visit Silver Pagoda formerly a wooden building, which was rebuilt in 1962 in concrete and marble continue to Royal Palace, Nation National Museum and Wat Phnom.

## Day 8: Phnom Penh to Kampong Thom 65km

Following breakfast at our Hotel in Phnom Penh, we transfer early by bus and head north on the National road N6, past and beneath an ancient Japanese bridge to Kampong Cham. Before Kampong Cham we arrive into the famous town of Skun located 77km from Phnom Penh where you find the rare fried Tarantula that some Cambodian people eat. From here we start our days challenge.

We cycle through tropical countryside where the jungle stretches all the way to the foot of the road. You can see the rubber plantations on the way through while you still peddling for the break stop to refresh your energy. Once you arrive Kampong Thmor, we then continue another 38km to finish or we can be transferred by bus to the hotel. Overnight in Kampong Thom .



# Detailed itinerary

## Day 9: Kampong Thom to Siem Reap 60km

We start the day with another transfer in an effort to avoid some of the poorest roads in the area. We cycle the final 60km from Domdek to Siem Reap; we stop and have lunch at Rolous Pagoda one of the oldest and most famous Buddhist monasteries in the area. The road to the heritage site is lined with temples and creatures, a fitting entrance to this unique and spiritual city. We will celebrate our achievements with a gala dinner.

## Day 10: Siem Reap to Angkor Complex

After an early breakfast we will have the opportunity to explore the mysterious temples of Angkor for the first time. This city is surrounded by an 8 metre high wall, drawing a perfect square.

Transfer to Siem Reap airport for afternoon flight to Ho Chi Minh for our connecting overnight flight back to London late evening.

## Day 11: Arrive London

© Ultimate Challenges

*This itinerary is complex and subject to change*

### Challenge grade

Moderate to tough

### Best time of year

September, October, November and March

