

Ho Chi Minh To Angkor Wat Cycle



ACTIVITY

Cycle

ACCOMMODATION

Hotel

CHALLENGE FACTORS

Hot

DURATION:

12 days

GRADE



Cycle through beautiful rural landscapes dotted with ruins of ancient civilisations, and small towns where Buddhist temples contrast among well-preserved French-era buildings and ramshackle houses.

Our challenge takes us from Vietnamese Saigon, now Ho Chi Minh City, through the rice-paddies and waterways of the beautiful Mekong Delta into Cambodia. We pedal on through this friendly country towards one of the most impressive sights in Southeast Asia: the Royal Temples of Angkor Wat. The fascinating insight into the region's cultures, ancient and modern, are a real highlight of the trip.

Is trekking more your pace? Check out our [Trek to Angkor Wat](#).

This trip generates around **274 kg of CO₂ per person**. Because of our commitment to responsible travel, **we offset 100% of these emissions**, including flights booked with us.

DETAILED ITINERARY

Day 1: Depart London

Day 2: Arrive Ho Chi Minh City

On arrival we transfer to our hotel. Depending on arrival time, we'll have a thorough bike fitting, before dinner and a trip briefing. Then it's time for a good night's sleep, ready for the start of our challenge! Night hotel.

Day 3: Ho Chi Minh City – Tra Vinh

We start early, and drive (approx. 1.5 hours) out of the bustling city of Ho Chi Minh, reaching the famous Cu Chi Tunnels soon after opening time. A sanctuary for the Vietcong at the height of the Vietnam War, they give us a good insight into that part of this amazing country's history. We then drive south towards the Mekong Delta (approx. 2.5 hours) and stop near Ben Tre, the gateway to the Mekong Delta. After a wonderful lunch, we ensure our bikes are comfortable, and set off! It's a wonderful place to start our ride - narrow lanes and tracks weave between the many hamlets dotting this rural area, and we are surrounded by banana plantations, sugar cane fields, palm trees and the lush vegetation of the Delta. Small boats take us across the numerous waterways, and we may have time to look around a pagoda en-route. A final ferry crossing brings us across the wider Cochien River to Tra Vinh. Night hotel.

Drive approx. 4 hours total; cycle approx. 42-50km

Day 4: Tra Vinh – Cau Ke – Can Tho

Our first full day's cycle takes us into the heart of Mekong, as we head to Can Tho, known for its picturesque canals and the largest city in the Mekong Delta. The cycling is glorious, and the traditional rural scenes are fascinating: we will be getting a great feel for the friendly Vietnamese culture. We ride on a mix of narrow country lanes and dirt tracks, passing numerous Khmer temples and pagodas and witnessing everyday life along the riverbanks. Roadside cafés, with tempting hammocks in the shade, provide wonderful rest-stops. We cross the numerous waterways by wooden footbridge, or take local *sampans*, flat-bottomed boats. Towards the end of our day's ride, we cross a mid-river island on tiny concrete tracks passing traditional houses and enterprises. Across the river, the last few miles are busier and provide a good contrast as we approach Can Tho. Night hotel.

Cycle approx. 90-95km

Day 5: Can Tho – Chau Doc

After an early breakfast, we set off by boat to a floating market, where multitudes of boats trade livestock, fruit, rice and fish. Buying fresh pineapple or coconut-milk from one of the small boats is a great way to start the day! Rejoining our bikes, we pedal towards Co Do along the banks of a river thronged with vibrant markets and small docks, with constant scenes of people going about their daily lives. After lunch we cycle upstream towards Long Xuyen, stopping at a bird sanctuary which is home to thousands of storks. This is a beautiful day, with some wonderful photo opportunities. We then load up into the vehicles and drive to Chau Doc. Night hotel.

Cycle approx. 75km; drive approx. 2.5 hours

Day 6: Chau Doc - Takeo - Phnom Penh

Another early start, as we drive north towards the border with Cambodia. After completing border formalities, a short drive takes us to where our Cambodian bikes are set up and waiting for us. We ride off through the lovely rural landscapes of Cambodia, enjoying the new sights and culture. It's drier here, with fewer waterways and wider roads, but still quiet and fascinating. We have lunch at a pagoda near the small town of Takeo, then we load up into the waiting buses, which take us the remaining distance to Phnom Penh, stopping en route to visit the infamous Killing Fields; harrowing, but important history. We then arrive at our hotel in Phnom Penh; once

considered one of the most beautiful cities in the Orient and which, despite its turbulent history, retains an old-world charm. Night hotel.

Cycle approx. 40-50km; drive approx. 1 hour

Day 7: Phnom Penh - Kampong Chhnang

We start our day with a visit to the Tuol Sleung Museum, or School 21, a former school which became the notorious Khmer Rouge interrogation camp during the Pol Pot regime. Although it tells a tragic story, it is a fascinating place to visit and essential to understanding present-day Cambodia. We then transfer by bus (approx. 45 mins) to avoid the city traffic before we start our ride along the Tonle Sap River. We pass rice paddies stretching for miles, busy with workers in the fields. After rain, the soil is a rich red which is very striking against the dazzling green paddy-fields. In dry season, the landscapes look more barren. We stop for lunch in Kampong Trolanch, and continue through this beautiful region to Kampong Chhang and our hotel. Night hotel.

Cycle approx. 75km; drive approx. 2 hours

Day 8: Kampong Chhnang - Battambang

We continue cycling through this beautiful country, passing small villages and pagodas nestled among the fields, stopping for lunch en-route. This is a remote region, with quiet roads, and we enjoy the insight into authentic Cambodian life as we pedal. After 70km, our waiting transport drives us the remaining distance to Battambang. One of the most picturesque Cambodian towns, with its well-preserved French-era buildings next to graceful temples, Battambang is quite isolated and sees relatively few tourists, so it's a great place to explore if we have time. Night hotel.

Cycle approx. 70km; drive approx. 2 hours

Day 9: Battambang – Siem Reap

A scenic boat ride awaits us this morning, as we head down-river to the immense Tonlé Sap. The largest freshwater lake in South-East Asia, it features an incredible biodiversity and has UNESCO biosphere status. The length of our boat crossing depends on water-levels; in dry season, we drive closer to the lake before boarding the boat, whereas in wet season (autumn) the river should be high, with only a short drive to the boat-dock. At any time of year, crossing the lake is a real highlight – it's beautiful, and we gain an insight into the everyday lives of the fishing communities living on stilted houses or boats for much of the journey. Time permitting, we can visit a women's community weaving project on the lake. Leaving the boat at Chong Kneas, on the lake's northern shore, we re-join our bikes, and ride on small roads through beautiful landscapes and villages, heading towards Siem Reap and the main tourist draw of Angkor. Night hotel.

Boat ride approx. 5 hours; cycle approx. 35km

Day 10: Angkor Wat Cycle

Today we ride to the famous World Heritage Site of Angkor Wat. The area is dotted with ancient buildings and

temples amidst dense forest; the sheer scale of the complex will astound you. We ride on small tracks that weave through forest between the temples - a fantastic way to experience this immense site. Highlights include the temple of Ta Prohm, overgrown by trees and reminiscent of scenes from *Tomb Raider*. We also take in the Bayon in Angkor Thom, the central old city. It is a fascinating ruin, featuring mysterious giant carved faces and some incredible wall carvings, and is one of the most remarkable sights on the continent. Our ride ends at Angkor Wat itself, one of the most impressive and best-preserved temples of the complex. If there's time, climb the steep, narrow steps of the central spire for an amazing view over the whole temple surrounded by jungle. It's a wonderful place to finish our challenge after roughly 500 hot kilometres across two countries! After the obligatory group photos, we transfer back to our hotel (approx. 30 mins) and should have some free time – relax at the hotel, explore Siem Reap's markets for last-minute shopping opportunities, or visit more of the temples. We meet again in the evening to celebrate our achievements. Night hotel.

Cycle approx. 30km

Day 11: Free time; flight departs

There may be opportunities to explore further, or to simply relax or haggle in the markets. How much time we have free depends on our flight schedules. We meet again at the hotel, say a fond farewell to Cambodia and transfer to the airport for our flight.

(Lunch not included)

Day 12: Arrive UK

WHAT'S INCLUDED

- Return flights from London to Ho Chi Minh City / Siem Reap to London
- All known airline taxes
- Transport and transfers as part of itinerary
- All accommodation in hotels on twin share basis
- All meals except where specified
- Discover Adventure crew (number dependant on group size)
- Local guide/mechanic and cook
- Vehicle support and backup equipment on the trip
- Bicycle (mountain bike / hybrid; contact us if you would like more detail, or to enquire about upgrading to an e-bike)
- Entrance to Angkor Wat and any other sites visited as part of the itinerary
- **We offset 100% of the carbon emissions from your trip, including flights booked with us**

WHAT'S EXCLUDED

- Cambodia entry visa (obtained on arrival in country)
- Travel insurance
- Any meals specified 'not included' in the itinerary
- Cycle helmet (compulsory) and water bottle

- Personal spending money, souvenirs and drinks, including tips for the local guides and support crew
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

GRADE | YELLOW

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries may be less than you would spend on an average night out.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with appropriate communication devices (eg phones, radios), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

We stay in high-standard, comfortable, friendly hotels and guest-houses throughout the ride. Most are in great locations; some feature a swimming pool, or rooftop bar. Our cyclists are usually pleasantly surprised at how good the accommodation is - a relaxing place to call home after a hot day in the saddle! If you are only used to very high standards, please be prepared for simpler conditions some of the time.

Roomshare Arrangements

Our trips are sold on a shared accommodation basis, usually twin-share. Occasionally we may use hostel-style accommodation.

You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we

will do all we can to accommodate this request. It is important that both people complete the room share request on their bookings. For customers booking and travelling together, including same-sex couples, a double bed can be requested if available.

If you're not familiar with anyone in the group, rest assured, we always pair you with someone of the same gender (as per the information you provided when booking, or passport markers), and a similar age where possible. We're actively working to improve our system's gender restrictions to be more inclusive, and we've recently made significant strides in this area. If you identify differently from the gender marker on your passport and would like to discuss this before booking, please feel free to reach out to us.

Single Supplements

In most standard hotels, we can usually offer a limited number of single rooms. This is upon request, on a first-come, first-served basis, and additional charges apply. In more communal accommodation, single rooms are rarely an option. We do not charge a single supplement if you are a solo traveller in a shared room.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

PREPARING FOR THE CHALLENGE

Challenge Grading

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[Trip grading explained](#)

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Terrain

Our route is mainly on tarmac roads of varying quality, and some which are more like hard-packed dirt or sand tracks; terrain is generally flat with a few gentle hills; the heat can make these feel harder than they are. There are several waterways we cross by small boat. Traffic is usually light and we will cycle at our own pace most of the time. Distances vary widely, and there is flexibility built in to many of the days depending on the heat, conditions and group pace, so this is a perfect entry-level cycling challenge.

Electric Bikes

On this particular challenge it is possible to upgrade to an electric bike, at additional cost.

In the last few years e-bikes have become increasingly popular. At Discover Adventure we see them as a great tool for inclusivity, and a great enabler for people to get out cycling – at home and on our trips – especially when continuing riding (or starting again) in older age or through health problems.

With charity challenges being at the heart of our business, we know that e-bikes are being used by beneficiaries of various charities to aid recovery, and that they enable participation in events raising funds for those charities.

E-bikes must, however, be used with caution on a multi-day, high-mileage trip and are in no way a substitute for training. Please talk to us well in advance if you are interested in using an e-bike on this challenge, so we can ensure you are aware of the pros and cons. There are a limited number available in-country, and we need plenty of advance notice (two to three months in many destinations) to be able to reserve one for the ride.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check the [NaTHNaC Travel Health Pro](#) website for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies,

evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 2 May 2026, and the challenge is subject to change.