

Ho Chi Minh To Angkor Wat Cycle



Duration: 12 days

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](#)



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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 1 Jul 2025, and the challenge is subject to change.