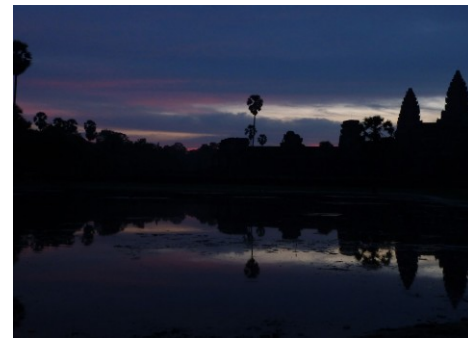


Trek To Angkor Wat



Duration: 10 days

Lying in the heart of old Indochina, the small country of Cambodia is home to dazzling green rice-paddies and jungle dotted with temples and ruins, villages of thatched, stilted houses, and small towns where Buddhist temples nestle amongst graceful French colonial buildings.

Our exciting trek takes us off the beaten track to sacred Phnom Kulen – the highest point for miles at 487m. This region is rich not only in history, but in beautiful landscapes and friendly culture. We sleep in village homestays, allowing a unique insight into the local way of life.

This is a hot, dusty challenge, but our finish point at Angkor Wat, one of the most renowned and impressive sights in South-East Asia, will reward your efforts.

DETAILED ITINERARY

Day 1: Depart London for Siem Reap

Day 2: Siem Reap

We arrive in Siem Reap and check in to our hotel, where we can relax or take time to explore this busy, fascinating town and enjoy our first glimpse of the local culture. Night hotel.

Day 3: Siem Reap – Pagoda

After breakfast and a detailed trip briefing, we take a short transfer out of town and begin our trek. Heading out south-east across dazzling green rice-paddies and farmland, we pass through several small villages. Cambodia is one of the friendliest countries in South-East Asia and we will get plenty of smiles and waves as we pass! We're never far from a temple or pagoda, and we make time to stop at a couple for a closer look. After a lunch-break in one of the villages, we continue our trek through rice fields and green pastures, now heading north to the pagoda for our evening's accommodation. Night homestay.

Trek approx. 5-6 hours; 16km

Day 4: Pagoda – Wat Preash Bat Bun Tham

After a delicious breakfast at camp, we start our day's trek along small dirt roads before turning off into scrub and brushland. It's a long day today, and we gradually wind our way northwards towards our destination. Night homestay.

Trek approx. 8-9 hours; 22km

Day 5: Wat Preash Bat Bun Tham – Beng Mealea – Svay Leu

Today's route sees us heading towards Phnom Kulen, though we won't reach this low mountain until tomorrow. We veer right after passing a small village and head out across the paddy-fields, where we are treated to fabulous views of Phnom Kulen in the distance. Following cow-cart tracks, we wind our way towards Beng Mealea and the fascinating ruins of this little-visited temple. We have the opportunity to explore before taking a short transfer to our evening's accommodation at Svay Leu Pagoda. There is often a lively local market near the pagoda, which we should have time to explore – a real insight into the way of life in this remote area. Night homestay.

Trek approx. 7-8 hours; 20km

Day 6: Svay Leu – Phnom Kulen

After an energising breakfast we set off on a challenging haul to the top of Phnom Kulen (487m), Cambodia's sacred mountain and the highest point for miles around. Deeply revered, the local people make pilgrimages to the pagodas and ruins on the mountain top. The mountain forms a high plateau, from where there are fabulous views across the forests and fields below. We head west across the mountain, taking undulating tracks through the forests and villages. We stop for lunch in Anlong Thom, a small village of stilted thatched houses. Our trek continues to the 'Big Buddha', which overlooks the central plain; a short distance on is a very picturesque waterfall. We may have time to bathe in the 'River of 1000 Lingas' and admire the elaborate carvings in the riverbed itself. Night homestay.

Trek approx. 7-8 hours; 19km

Day 7: Phnom Kulen – School Village

After a hearty breakfast, we set off on an old trail, now little-used since the recent construction of a road. We may meet a few local people who still use the path for hunting, cutting lianas and to get to work on the farms higher in

the hills. Our trek continues south-east on a small jungly trail down the mountain. Back on the flat plains, we continue our trek on sandy, sometimes muddy tracks. There is little shade as we pass a few villages, local schools and an abundance of pagodas. We will be hot and tired by the time we reach our evening's accommodation, our final goal nearly within reach. Night homestay.

Trek approx. 6-7 hours; 20km

Day 8: School Village – Angkor Thom – Angkor Wat

Our last day of trekking today, and after a hearty breakfast we set off on the final 10km of our trek to Angkor Wat. The first section of our trek is on a tarmac road; we then return to cow-cart tracks which lead us towards the Angkor temple complex. We reach Prasat Ta Som, the first of our Angkor temples, and then load up into the local mode of transport and journey in style to Angkor Wat in a colourful procession of tuk tuks. We pass many temples and ruins as we near our goal – the spectacular walled city of Angkor Thom and the famous Bayon, standing in the exact heart of the city. Adorned with fabulous wall carvings and mysterious giant faces, the Bayon is a real highlight of our challenge. We then continue to the magnificent 12th Century Angkor Wat. It is worth climbing the remarkably steep and narrow steps of the central spire for the unparalleled view over the whole temple. We are free to explore the temple complex until sunset, when we transfer to our hotel by bus. After a refreshing shower, we celebrate our huge achievement with a celebration dinner at a local restaurant, where we'll be able to enjoy a traditional dance show. Night hotel.

Trek approx. 2-3 hours; 10-12km

Day 9: Siem Reap; Flight departs

Free time to explore Siem Reap and visit more of the Temples of Angkor at your leisure. The temple of Ta Prohm is well worth exploring; left to be reclaimed by nature, it features incredible tree roots breaking through the stone carvings and walls – a fascinating tribute to the power of nature over man and an experience reminiscent of 'Indiana Jones' and 'Tomb Raider.' Save a little time for some last-minute shopping or a relaxing Cambodian-style massage before transferring to the airport in time for our flight home. *(Lunch and Dinner not included)*

Day 10: Arrive UK

WHAT'S INCLUDED

- All return transport from London to Siem Reap
- All meals except where specified, and accommodation
- Discover Adventure leaders; doctor with a group of 15 or more participants; local guides, porters and cooks
- Local support and back-up equipment
- Entrance to Angkor Wat and any other sites visited as part of the itinerary

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary

- Travel insurance
- Personal spending money, souvenirs and drinks
- Tips for local guides and support crew
- Inbound airport departure tax (no tax applied at time of writing)
- Cambodia entry visa
- Fees for optional sites, attractions or activities
- Airline taxes: we cap these so £250.00 is the maximum you will pay
- Any applicable surcharges as per Terms and Conditions

GRADE | CHALLENGING (1)



Trip grades range from Challenging (1) to Extreme (5).

CHALLENGING trips involve full days of activity, and are designed to be challenging for those of good health and fitness, but are achievable for most people with a commitment to training and a can-do attitude.

See [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 incidents. They help the leaders 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, but at Discover Adventure we pride ourselves on our high leader: participant ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

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 we travel to is far below what you would spend on a normal 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 communication devices (eg phones, radios and/or emergency satellite phones), 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.

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.

Flight Information

Group flights 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

While trekking we stay in traditional-style village homestays which allow a wonderful insight to local culture. They are relatively rustic, though they are designed or adapted for tourists so not as basic as some family homes. We bed down on mats on the floor in large communal rooms, usually in large groups. Dependent on group size, there may be an opportunity to spend a night in a *wat* (temple), allowing an authentic glimpse into the life of the resident Buddhist monks. We stay in a good international-style hotel in Siem Reap.

Roomshare Arrangements

Some accommodation (in hotels or camp) will be twin-share. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

On some nights we are likely to sleep in more communal accommodation such as dormitories/hostels, huts, local homestays or monasteries, depending on the trip, and you may be sharing with a larger number of participants or the whole group; this type of accommodation cannot always be single-sex.

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 20-30 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.

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 in camp or at the hotel, depending on accommodation. 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 and 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 destination

and 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.

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 post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums 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.

PREPARING FOR THE CHALLENGE

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.

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. To find out if you need a visa you can check your requirements using our partner, Visa Machine, website [here](#); please ensure you allow plenty of time.

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

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, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).

Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

TREK TRAINING WEEKEND

£170 Special Offer - Only when you book at the same time as registering for your main challenge

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.



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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 Mar 2021, and the challenge is subject to change.