

## 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, temples and ruins, villages of thatched, stilted houses, and small towns where Buddhist temples nestle amongst graceful French-era buildings.

This exciting cultural trek takes us truly off-the-beaten-track, through villages and farmland. Sleeping in village homestays allows an authentic insight into the local way of life. We trek via the highest point in the area: the sacred Phnom Kulen (Kulen Mountain). Dotted with ancient historical sites – but very few tourists – Phnom Kulen is an UNESCO World Heritage Site and, at 487m, visible for miles across the flat farmland and rice-paddies.

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, is an unforgettable reward for our efforts.

This trip generates around **118 kg of CO<sub>2</sub> per person**. Because of our commitment to responsible travel, **we offset 100% of these emissions**, including flights booked with us.

Perhaps you'd prefer to pedal? Check out our [Ho Chi Minh to Angkor Wat Cycle](#).

### DETAILED ITINERARY

**Day 1: Depart London for Siem Reap**

**Day 2: Arrive 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.

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### Day 3: Siem Reap – Trav Kok

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 dotted with coconut palms, 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 some for a closer look. After a lunch-break in one of the villages, we continue our trek through rice fields and green pastures – we should be able to see the slopes of Phnom Kulen, rising in the distance. We stay the night near a Buddhist pagoda, immersing us even more deeply in the local culture. Night homestay.

**Trek approx. 5-6 hours; 16km**

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### Day 4: Trav Kok – 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-land. It's a long day today, and we gradually wind our way northwards on tracks between small villages and farmland; cassava is one of the main crops grown here, and you'll see plenty of durian trees too. The distinctive zebu cattle, with their long drooping ears, are very photogenic! We are well off the tourist trails here, and are likely to be passed only by occasional motos and farm vehicles. On reaching our evening's destination, a short drive takes us to the temple of Beng Melea, a real Indiana-Jones style ruin, hidden and overgrown by the jungle. It's an untouristed gem, and a wonderful reward for completing a long day's trek. Night homestay.

**Trek approx. 6-7 hours; 19km**

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### Day 5: Wat Preash Bat Bun Tham – Kulen Mountain

Today we'll tackle our main challenge – the ascent of Phnom Kulen. The highest point around by far, it's a stiff uphill hike, and a bit of a reality-check for our muscles after so many flat kilometres! Heading out initially through flat farmland and rice paddies towards the southern slopes of Kulen, it's then approx. two hours of ascent on dirt and rock trails. Many of the trees around us grow crops such as durian and cashews, and we're grateful for the shade they provide. We take it steady, and finally reach the plateau atop this huge sandstone mountain, enjoying far-reaching views across the forests and fields below. We stop at Sras Damrei, the Elephant Pond, where huge stone-carved animal monoliths await us. Thought to date from the 8-9<sup>th</sup> Century, they are well-preserved and a wonderful welcome to the ancient history that makes Kulen Mountain so special. We have lunch near a cave on the plateau, and hike on mainly-shaded forest tracks to Thmey, the small village hosting us tonight. Night homestay.

**Trek approx. 7-8 hours; 15km**

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### Day 6: Phnom Kulen (Kulen Mountain)

We spend the day exploring the trails on Cambodia's sacred mountain, discovering some of the many ancient sites that make it so revered. Most of our paths are shaded as we walk between crumbling temples and ruins.

Highlights include the River of One Thousand Lingas, where the riverbed itself is elaborately carved with deities and symbols, and the huge Reclining Buddha statue nearby, cut into sandstone boulders and overlooking the central plain. It's the largest Reclining Buddha in Cambodia, and an important pilgrimage site. We also stop and rest at a beautiful cascading waterfall, where it's possible to cool off. At weekends this spot is busy with local families, but during the week we're likely to find it much more peaceful. We stay the night in Anlong Thom, a small village of stilted thatched houses near the waterfall. Night homestay.

**Trek approx. 5-6 hours; 12km**

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### Day 7: Phnom Kulen – Tbeng Village

After a hearty breakfast, we set off on an old trail, now little-used since the 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. Our trek continues south-east on a small jungly trail that leads us down the mountain-side. Partway down is a small pagoda, where we can stop to rest. Back on the flat plains, we continue our trek on sandy, sometimes muddy tracks - missing the shade of the trees. We pass a school in a small village, and several more 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; 19km**

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### Day 8: Tbeng Village – Angkor Thom – Angkor Wat

After our last homestay breakfast, we meet the vehicles and drive towards the checkpoint for Angkor. Our final day of trekking is a real highlight, and the reward for all our efforts, as we hike the small trails and paths threading between the sites of this huge temple complex. A jungle trail takes us to the unforgettable temple of Ta Prohm, which was 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'. We pass more 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 display of traditional dance. Night hotel.

**Drive approx. 1.5 hours; Trek approx. 7-8 hours; 10-12km**

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### Day 9: Siem Reap; Flight departs

Free time to explore Siem Reap, depending on flight times. You may want to opt 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)*

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### Day 10: Arrive UK

## WHAT'S INCLUDED

- Return flights from London to Siem Reap
- All known airline taxes
- Transport and transfers as part of itinerary
- All accommodation in hotel (twinshare) and homestays
- All meals except where specified
- Discover Adventure crew (number dependant on group size)
- Local guides and cooks
- Local support and back-up equipment
- 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
- Travel insurance
- Any meals specified 'not included' in the itinerary
- Personal spending money, souvenirs and drinks, including tips for local guides and support crew
- Fees for 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.

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### 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.

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### 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.

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### 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.

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## 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.

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## Accommodation

Accommodation while trekking is simple and traditional. We stay mainly in wooden stilted houses, which allow a wonderful insight to local culture. These village homestays are relatively rustic, though they are designed or adapted for tourists so not as basic as some family homes. We bed down on the floor in mixed sleeping areas in large communal rooms, with mattresses and mosquito nets provided. All have toilets and showers, usually traditional in style. We stay in a good international-style hotel in Siem Reap.

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## Roomshare Arrangements

Our trips are sold on a shared accommodation basis. Some nights are usually twin-share. On some nights we are likely to sleep in more communal rooms such as dormitories, huts, local homestays, etc., 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.

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 each person completes 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.

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## 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.

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## 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.

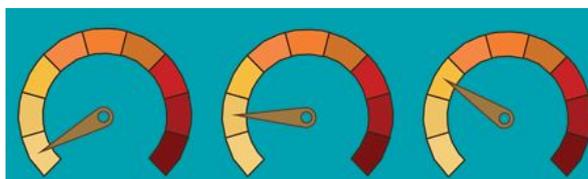
Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during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

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## 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.

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## Terrain

The terrain varies from narrow dusty or sandy trails to wide gravel tracks and small roads. Some paths may be muddy and slippery after rainfall. Some days are hillier than others, but the trek is predominantly flat with long distances in hot, sometimes dusty, conditions. We trek through farmland, rice paddies - which can be very wet - and dense jungly forests. Much of the area we trek through is remote, with very few good roads, though we are never far from small villages and local rural life.

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## 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.

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## 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 [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.

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## 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](http://www.gov.uk/foreign-travel-advice).

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## 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.

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## 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.

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## 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.**

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## 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 9 Jul 2025, and the challenge is subject to change.