**THE MEKONG DELTA**

**Saigon to Siem Reap**

**Daily Program**

**Day 1 (Monday June 1st): *Arrive in Saigon* (Ho Chi Minh City)**

On arrival in Ho Chi Minh City, we will be picked up from the airport and taken to Australian International School for a Book Visit. After the book visit we will be transferred to our hotel. After check-in, we will meet the local cycle guide and collect the pre-ordered bikes and rest of the equipment. After discussing the schedule for the rest of the trip we are free to explore Saigon at leisure. Find a gym or yoga centre for an early evening workout.

**Hotel: ‘Mövenpick Hotel Saigon’ (www.moevenpick-hotels.com)**

**Day 2 (Tuesday June 2nd): *Saigon - Can Tho* (55 km)**

We will meet the tour guide first thing in the morning and travel to the river market of Cai Be. Enjoy a cruise along the Mekong Delta and visit the colorful floating market. OR Early morning we will travel in a car 40km out to Cu Chi, located just outside of Greater Saigon where reminders of the Vietnam War are most visual. We will experience the secret labyrinth of tunnels used by the Viet Cong that extend for miles upon miles. Afterwards, head to Vinh Long and continue cycling through the heart of the Mekong Delta, crossing countless canals and rivers. Arrive in Can Tho, the unofficial capital of the Mekong Delta.

**Hotel: ‘Nguyen Shack – Riverside Hotel’ (nguyenshack.com)**

**Day 3 (Wednesday June 3rd): *Can Tho - Chau Doc* (90km)**

Take an early morning boat trip along the Hau River to the Cai Rang floating market, one of the largest in Vietnam. Witness a mass of wooden boats of all sizes converging to sell their wares. Afterwards, head deeper into the delta and cycle on less crowed roads. At Thot Not we will stop at a stork sanctuary and have lunch in Long Xuyen. Cycle along the gentle coast, through one of the most scenic parts of the delta, as we follow the Mekong through traditional villages, past fish farms and over small bridges.

**Hotel: ‘Victoria Chau Doc Hotel’ (www.victoriahotels.asia/Chaudoc‎)**

**Day 4 (Thursday June 4th): *On to Cambodia* to Takeo (65km)**

Cycle the short distance to the border crossing of Vietnam and Cambodia. After completing the customs formalities, meet our Cambodian cycle guide and cycle along quiet coastal dirt roads, passing through salt flats and small villages.

**Hotel: Daunkeo2 Guesthouse (www.daunkeo2.com)**

**Day 5 (Friday June 5th): *Takeo - Phnom Penh* (90km)**

Visit Tonle Bati on the banks of the river, where you will have time to explore the small Angkorian temples of Ta Prohm and Yeay Peau. Your next stop is the infamous 'Killing Fields', where Khmer Rouge prisoners were forcibly marched from Toul Sleng Prison in the city center and then executed. Nowadays it is a haunting memorial site, located in a beautiful and tranquil setting. We will also visit a local orphanage managed by 'New Futures' and learn more about their great educational work in the surrounding villages, and how Asia Adventures is working with them. Early evening Yoga class.

**Hotel: Hotel Cambodiana (www.hotelcambodiana.com.kh)**

**Day 6 (Saturday June 6th): *Phnom Penh City Tour* (Rest Day)**

Book visit first thing in the morning at .... International School. The rest of the day it is someone else's turn to do the cycling! Rest our legs as we are treated to a fun cyclo tour of Phnom Penh. See the city via this traditional mode of transport, and stop at the National Museum, which offers a charming setting for a comprehensive collection of Khmer artifacts. Continue to the nearby Royal Palace and the neighboring Silver Pagoda. Afterwards it is back in the cyclos as we are pedaled through Phnom Penh to the Toul Sleng Genocide Museum, the infamous Khmer Rouge prison. Finish the day with some fun on the Kambol Kart Race Way.

**Hotel: Hotel Cambodiana (www.hotelcambodiana.com.kh)**

**Day 7 (Sunday June 7th): *Phnom Penh - Kompong Cham* (90km)**

40 kilometers (25 miles) from the city turn off the main road and enjoy a shady ride following the course of the Mekong River along a mostly unpaved, and at times bumpy, road toward the town of Kompong Cham. We will witness people busy with their everyday lives; cooking, cleaning, playing, and leading the cows to the river. Pass by cycling school kids, and see pagodas and monks. Watch the sun drying bright red chilies, pepper, rice and fish by the side of the road, and experience the river life of the mighty Mekong, which will keep coming in and out of view. We will also visit the Organization for Basic Training in the small village of Chiro, 6km from Kompong, to give a quick book presentation and talk about our trip.

**Hotel: Organization for Basic Training (obtcambodia.wordpress.com)**

**Day 8 (Monday June 8th): *Kompong Cham to Beng Mealea & Siem Reap, (105 km)***

Get up early to depart Kompong Cham. Turn off the main highway to follow a road, which gradually climbs through shady rubber plantations. After 75 kilometers, you will reach the small town of Prey Thom Tratrav and rejoin the main highway. From here, you will travel in the support vehicle for the 150-kilometer drive to the market town of Dom Dek. Re-mount your bikes and cycle the 30 kilometers to the temple remains of Beng Mealea for a truly unforgettable experience. After, take the support vehicle for the final 70 kilometers to Siem Reap.

**Hotel: Privalage Floor (privilegefloor.com/borei)**

**Day 9 (Tuesday June 9th): *Angkor Temples by bike* (25 miles/40km)**

This morning, begin your cycle exploration of the incredible Angkor temples. Today we will focus on the Small Circuit, which features temple greats such as the Pyramid of Takeo, the jungle-clad Ta Prohm, made famous by “Tomb Raider,” and Sras Srang, known as the King's Bathing Pond. See the impressive Royal City of Angkor Thom. After lunch, it is time to take on the majestic Angkor Wat, the world’s largest religious building. Spend the rest of the day at leisure to experience Siem Reap’s lively nightlife and fine restaurants.

**Hotel: Privalage Floor (privilegefloor.com/borei)**

**Day 10 (Wednesday June 10th): *Banteay Srei Temple* (50 miles/80km)**

Book visit first thing in the morning at .... International School. After lunch pedal north towards Banteay Srei. During the trip we will see pleasant Cambodian countryside and friendly villagers. Stop off at a couple of villages to get a closer look at the wooden stilted homes and local life. On arrival at Banteay Srei, be struck by the delicate beauty of the elaborately decorated temple, embellished with floral motifs and scenes from the Ramayana. Enjoy late lunch at a local village nearby, after which we will cycle back towards Siem Reap. This evening, we will enjoy a mesmerizing Apsara dance performance.

**Hotel: Privalage Floor (privilegefloor.com/borei)**

**Day 11 (Thursday June 11th): *Individual departure***

Pack up the bikes and bags. Early gym workout followed by free leisure time until our transfer to Siem Reap, Angkor International Airport for our onward flight. Leave the home of the mighty Khmer Empire with many wonderful cycling memories.