



Prostate Cancer Foundation of Australia Vietnam to Cambodia Cycle Challenge

ITINERARY

DAY 1 Depart Perth Arrive Ho Chi Minh City

On arrival in Ho Chi Minh City you will be met and transferred to the hotel. A group briefing will be held in the hotel late this afternoon and enjoy a welcome dinner. **D**

DAY 2 Ho Chi Minh City (no cycling)

In the morning, we visit the President's Palace (also known as the Reunification Palace), Notre Dame Cathedral and the Old Post Office both built between 1877 and 1883, and great examples of classic French colonial architecture. After lunch at a local restaurant, we will visit the History Museum and one of the most beautiful pagoda the Thien Hau Pagoda. **B**

DAY 3 Ho Chi Minh City – Can Tho

After breakfast, we drive out of the bustling streets of Ho Chi Minh City to the safety of My Tho (2 hours) where we get acquainted with our bikes. We then enjoy a 40 km cycle ride along a combination of well paved, sand and dirt paths. Lunch is at a local restaurant, before taking a 2 hour traditional boat trip from Cai Be to Vinh Long to experience river life. We then meet up with the van and drive to Can Tho to check into the hotel. **BLD**

Distance cycled: Approx 40 km

DAY 4 Can Tho – Ha Tien

In the morning we visit Cai Rang floating markets. Then we transfer to Tri Ton where we start cycling along Vinh Te canal to Ha Tien. **BLD**

Distance cycled: Approx 50 km

DAY 5 Ha Tien – Kampong Trach - Kep

After breakfast, we cross the border and enter into Cambodia. We then start our ride on Cambodian soil, up North to Kampong Trach, and further to Kep. Upon arrival in Kep, we have free time to discover this quiet colonial city at leisure. **BLD**

Distance cycled: Approx 40 km

DAY 6 Kep – Sihanoukville

We rise early and enjoy the ride along the coast, through the lush sceneries of Bokor Mountain, rice paddies and fishing villages. We are then transferred to Ream National Park. Ream offers secluded beaches, mangrove forests, tropical jungles and fishing villages. We enjoy a boat trip through the mangrove and discover the incredible natural heritage of this protected area. We reach Sihanoukville in the late afternoon. **BLD**

Distance cycled: Approx 83km

DAY 7 Sihanoukville – Phnom Penh

Another early morning start as we journey to the capital: Phnom Penh. On the way, we stop for lunch and to ride about 50 km through the countryside. The evening is free at your leisure. **BLD**

Distance cycled: Approx 50 km

DAY 8 Phnom Penh (no cycling)

Today we are guided through this bustling city to explore the main sights including the Royal Palace and Silver Pagoda, the National Museum as well as the Wat Phnom. In the afternoon, we visit the Tuol Sleng Genocide Museum and the Central Market. **BL**



DAY 9 Phnom Penh - Battambang

This morning, we continue cycling towards Udong. We visit the various temples and the three large stupas where the ashes of three former kings are preserved. We also visit the most impressive structure of the site, the "Vihara of the 18-Cubit Buddha". Udong was the former capital of the Khmer Empire founded by King Soryopor in 1601. It was built on a hill 40 kilometers north of Phnom Penh. Udong offers spectacular views of the surrounding country and the innumerable sugar palm trees in the countryside. After lunch, we ride further on the National Road to Kampong Chhnang. We are then transferred to the ancient colonial city of Battambang. **BLD**

Distance cycled: Approx 92 km

DAY 10 Battambang – Siem Reap

Battambang is famous for its fertile soil as well as for rubies and garnets, which are mined in this province. After breakfast, we head to Vat Banan, an 11th century temple completed by King Jarvarman VII. It was built on the top of a 400 m high hill, allowing a beautiful view on the surrounding country side. We then bike back to Battambang for lunch.

This afternoon, we are transferred to Siem Reap by car (approx. 4 hour transfer). **BLD**

Distance cycled: Approx 56km

DAY 11 Siem Reap – Roulos Temples

You guessed it after an early morning start we cycle to Angkor Wat, easily the most famous and best-preserved of all temples within the Angkor complex. We visit this majestic temple, ride through the Ancient City of Angkor Thom before taking small paths through the countryside to Roluos Temple Complex. We stop there for lunch before riding back to Siem Reap. **BL**

Distance cycled: Approx 65km

DAY 12 Siem Reap – Banteay Srei – Beng Mealea

After breakfast, we head to Banteay Srei – "Citadel of the women". The temple displays some of the finest examples of classical Khmer art. After a short break for lunch, we ride to the foot of the Phnom Kulen Mountain and continue east to Beng Mealea jungle temple. We will be driven back to Siem Reap after the visit of to this impressive monument. **BL**

Distance cycled: Approx 86 km

DAY 13 Siem Reap

Today is free for those who wish to revisit Angkor, or exploring the area around Siem Reap. A farewell gala dinner is included. **BD**

DAY 14 Siem Reap

After breakfast the rest of the day is free at leisure until transfer to airport for departure flight. **B**