

## CyclePower Cambodia 2012

**Departing:** 1<sup>st</sup> June 2012.

**Itinerary:** Eight days, five days cycling minimum of 350 kms fully supported.

**Day 1** – Depart Melbourne - evening flight to Siem Reap

**Day 2** – Arrive Siem Reap – Transfer to Battambang  
(Lunch & Dinner), overnight in Battambang

**Day 3** – Battambang – visit DSR partner and local NGO “Stand Up Cambodia”, ride in the afternoon from Battambang to Siem Reap 60km, overnight Siem Reap  
(Breakfast, Lunch, Dinner)

**Day 4** – Ride the Angkor Temple Circuit and Banteay Srei 65 km, overnight Siem Reap. (Breakfast, Lunch, Dinner)

**Day 5** – Beng Melea & Tonle Sap Lake/ Kampong Thom 80km. overnight Kampong Thom (Breakfast, Lunch, Dinner)

**Day 6** – Kampong Thon – Kampong Cham 80km, overnight Kampong Cham.  
(Breakfast, Lunch, Dinner)

**Day 7** – Kampong Cham – Phnom Penh 65km, overnight Phnom Penh. (Breakfast, Lunch, Dinner)

**Day 8** – Phnom Penh – opportunity to visit DSR partner and local NGO “Stand Up Cambodia”, overnight Phnom Penh. (Breakfast, Dinner)

**Day 9** – Morning at leisure in Phnom Penh, depart on the afternoon flight to Australia

**Day 10** – Arrive Australia

\*Please note that cycling in Cambodia can be challenging because of the high temperature and level of humidity. DSR will, depending on the level of interest shown, incorporate a time trial ride for riders who are keen to test themselves against the clock!

## Itinerary

**Day 1** 01.06.12 Depart Melbourne in the evening

Go to Airport for evening check in and flight to SE Asia.

**Day 2** 02.06.12 Arrive Siem Reap

Upon arrival at Siem Reap you will be met at the airport and transferred to nearby Battambang (approx. 2hrs). Battambang is the second largest city in Cambodia with a population of over 250,000. Founded in the 11<sup>th</sup> century by the [Khmer Empire](#), Battambang is known for being the leading rice producing province of the country. For over 500 years it was the main commercial hub of Siam's Eastern Provinces. After checking into your hotel you will have time to relax, later we will have briefings for the week ahead and be fitted with your bike.

**Day 3** 03.06.12 Battambang Project Visit – cycle to Siem Reap 60km

This morning we will visit our local partner “Stand Up Cambodia”, who provide opportunities for local people with disability to participate in sport. This should be an inspiring and educational visit that will give us some insight into the challenges faced by local people with disability.

After an early lunch we will begin cycling from Battambang toward Siem Reap, aiming to cover 60km today.

Check into our hotel in Siem Reap that evening and then go out to enjoy its many cafes and vibrant night life.

**Day 4** 04.06.12 Siem Reap – Ride Angkor Temple Circuit 35km

This morning we will set off to explore the magnificent ruins of Angkor Wat by bike.

The Khmer Empire was one of the most prosperous empires in SE Asia and dominated much of what is now Laos, Vietnam and Thailand. The kingdom drew its religious and political inspiration from India. The literary language of the court was Sanskrit; the spoken language was Khmer. Massive temples from this period, including Angkor Wat and the Bayon at Angkor Thum, testify to the power of Angkor and the grandeur of its architecture and decorative art.

The unparalleled achievements in art, architecture, music and dance during this period served as models for later cultural development in Cambodia. Angkor faded into obscurity after the capital moved south to Phnom Penh in the 15<sup>th</sup> century, probably due in part to frequent invasions by the neighbouring Thai's. The jungle rapidly grew over the monuments.

(Lunch & Dinner) Overnight in Siem Reap.

**Day 5** 05.06.12 Beng Melea and Tonle Sap Lake – Kampong Thom 80km

Today it is off to see the fabulous temple ruins of Beng Melea, still overgrown with jungle and very atmospheric, with few visitors. We will ride to this far off temple and then after having explored the site, we will ride to the Tonle Sap Lake, the largest freshwater lake in SE Asia. The lakes waters control the flow of the Mekong and provide a living for thousands of people, as it is one of the world's richest sources of freshwater fish. Here we visit the small communities that call the lake home and draw their lively hoods from its depths. Their houses sit high above the lake on stilts. (Breakfast, Lunch & Dinner) Overnight Kampong Thom.

**Day 6** 06.06.12 Kampong Thom – Kampong Cham 80km

Our ride takes us around the top of the lake, through Kampong Thom Province and then into Kampong Cham Province. The last section of the route today takes us through small towns and then down to the Mekong River where we find our home for the night. Kampong Cham Province is home to many of the countries Cham Muslim population. (Breakfast, Lunch & Dinner) Overnight Kampong Cham.

**Day 7** 07.06.12 Kampong Cham – Phnom Penh 65 km

One of the most interesting rides of the trip, today we ride along the Mekong River on a small dirt road through Cham Villages who survive on fish from the Mekong and small scale vegetable and animal farming. Today's route runs along dirt roads all the way to the Town of Koh Kaong where we will board buses for the last leg of our journey into Phnom Penh. After checking into our hotel the rest of the day will be free for you to look around the sights of the capital city. Phnom Penh is a fascinating city that still retains a lot of its colonial charm from its days as the French capital of Indochina. There will be time in the evening to have a drink in the famous Foreign Correspondents Club by the river. The sights of Phnom Penh include the National Museum, Royal Palace and many Wats located in the city. (Breakfast, Lunch, Dinner) Overnight Phnom Penh.

**Day 8** 08.06.12 In Phnom Penh

Today is a leisure day and free for you to explore the sights of Phnom Penh including the infamous Khmer Rouge memorials such as S21 and the killing fields. There will also be an opportunity to visit with local partner "Stand Up Cambodia", meet local people with disability and learn just what a an important role sport and recreation plays in their lives. That evening we will have a celebratory meal to mark our last night in Cambodia and the achievements of the last week. (Breakfast, Dinner) Overnight in Phnom Penh.



**Day 9** 09.06.12 Phnom Penh – Depart

This morning is free for you to further explore the sights of Phnom Penh or to do some last minute shopping. In the afternoon we leave for the airport and our flight back to Australia.  
(Breakfast).

**Day 10** 10.06.12 Arrive Australia.