



Angkor Explorer

Let your every sense experience the wonders of Angkor as you cycle this ancient land, exploring Khmer temples and meeting the local people.

Most visitors to Angkor Wat, the famous ancient Cambodian city of temples, are surprised by its vastness and simply don't have time to take in all there is to see. You, on the other hand, will have the time, the priceless local knowledge and the wheels to make sure you experience this marvel in the best possible way.

We've planned the peddling to make sure you see each of the main temples at the right time of day, where the sunlight is at its most magical and the crowds are at their smallest. Then we'll ride off the beaten track to some hidden gems that will, quite literally, take your breath away. You'll have the chance to explore the legendary temples and the wonderful forest surroundings at your own pace, plus you'll come face to face with the extraordinarily enchanting local village life that is the modern Cambodia. We pedal into the countryside to find Banteay Srei ("The Temple of Women."). Constructed of pink sandstone, its femininity reflects its history as a 9th century convent.

We visit Kbal Spean to examine religious images carved into the river bed by ancient hermits, and the ruins of the remote Beng Melea, now home to monkeys. And, of course, we explore the famous Angkor Wat, its classical 12th century Khmer architecture remarkably well preserved. Our guides explain the temples amazing structures, steeped in Hindu and Buddhist mythology. In addition to the temples we also see life in contemporary Cambodia visiting some of the floating villages that line the Tonle Sap Lake, witnessing everyday life in this shifting waterworld where the basics of life have hardly changed since the time of the ancient Khmers.

Every day's riding is accompanied by a guide and an air conditioned vehicle, so you'll never get lost and you'll have the option to stop riding at any time. We've chosen the comfortable hotels with great locations to make sure your time off the bike is as fulfilling as your time in the saddle. Best of all we guarantee quality, well maintained bikes, or your money back.

Itinerary

Day 1 Arrive Siem reap

Upon arrival at Siem Reap International Airport, you will be met by your guide. After settling into your hotel, you will have a chance to discuss your trip and maybe take a trip out to the Rolous group of temples, which are a nice introduction and less busy than the main Angkor complex. Here you can savour a sunset from one of the towers and look out over the serene surroundings of forest and countryside. Afterwards you return to town, followed by dinner at a restaurant of authentic Cambodian flavor. Over dinner you can learn a little from your guide about Cambodian history and about the Angkor Temples. Meals included (D)

Day 2 Angkor Wat & Banteay Srei

We will leave the hotel early to catch an unforgettable sunrise over Angkor Wat. After we have explored this most important temple, we will have breakfast at a local restaurant. We will then ride along small dirt roads through tiny villages and rice fields to reach Banteay Srei. Lunch outside the temple will give us energy for the return ride along a different route. Along the way we will stop at the Landmine Museum to learn about the dreadful legacy of the Civil War and the good work done by mine clearance organizations. Back in town, you have time to yourself to explore the food scene of Siem Reap. Meals included (B,L) Upto 70 km cycled.

Day 3 Angkor Wat

Today we have a leisurely ride around the main area surrounding Angkor Wat. This area holds the highest concentration of temples, including Tha Phrom, The Elephant Terrace and the Bayon. Your guide will be available for the whole day, but can also leave you to your own devices if you wish to explore the temples on your own in the later part of the day. This afternoon and evening is free time, so you can relax by the pool, enjoy a massage or explore more of the town. (B,L) Upto 25 km cycled.

Day 4 Beng Melea and the Tonle Sap lake.

Another early start will take us on a drive out to the far flung Beng Melea. This less-visited temple is still covered by moss and greenery and you can really feel like you are the only people there sometimes. From here we will ride down to Tonle Sap Lake, the largest freshwater lake in South East Asia. Here we will visit the small communities that draw their livelihoods from the lake and see their stilt houses that allow for the huge water level variation. We will take a short boat ride, before driving back to the hotel where the tour will conclude with a late checkout. Your guide will take you to the airport or we can arrange for additional nights at the hotel for you at competitive rates.(B,L) Upto 70 km cycled.

Please note that the actual distances cycled each day can be determined by your preference, you can cycle as little or as much as you want of the specified distances.

Accommodation

In Siem Reap we use good hotels which are very centrally located with comfortable rooms and en suite facilities (the equivalent of four star) .

Meal Inclusions

Most meals are included in this trip and the food is generally of an excellent quality. Please refer to the itinerary for exact inclusions: (B,LD) stands for breakfast and lunch and dinner.

We like to sample the best of local dishes and produce so you enjoy an authentic taste of the region which you're travelling through. Cambodian food is a mixture of different influences from Thailand, Cambodia and France.

Transport

Any transport required is by private vehicle, you will have an air-conditioned support vehicle travelling with you throughout the trip.

Physical Rating

Introductory

Adventure for everyone! These trips are accessible for anyone who enjoys basic fitness and suitable for first timers wanting to

experience the thrill of cycle tourism. the emphasis is on exploring your destination and taking in the many attractions along the way. Terrain is usually easy or with some good downhill. Full support is provided throughout so you can ride as little or as much as you want to. A typical day would involve anything from 2 to 4 hours cycling with an average daily distance of 25-35km.

Visas

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself.

If you would like someone to take the hassle out of your visa application please visit the following website:
www.visalink.com.au

Cambodia:

You can obtain a visa when arriving (bring 2 passport photos), cost US\$25. Alternatively apply via the online e-visa service offered by the Cambodian Government. Please visit the following site: <http://evisa.mfaic.gov.kh/>

Important Notes

1. Bikes

Please make sure that you let us know your height in cm's so that we can properly size you to the correct frame size.

The bikes that we provide are new Trek 4400's 24 speed mountain bikes with front suspension and have a single water bottle carrier cage. There are no racks and we advise bringing a handlebar bag to carry personal items. Our bikes are well maintained and serviced by our resident mechanic in Cambodia. Please let your leader know of any mechanical problems as they happen so that they can be corrected or if necessary replaced with another bike.

2. Bringing your own bike

Not a problem but any extra charges for taking it on the train or plane are your responsibility. It is best to pack your bike in a bike box available from any bike shop. We can then carry the box in the truck. Please note that while every effort is made to maintain all the bikes in good condition on each trip, we cannot guarantee that some small damage such as scratching will not occur as a result of the daily loading and unloading of bikes into and out of the support vehicle.

Please note - If you are bringing your own bike and it has disc brakes, hydraulics, rear suspension, oil units or special pumps for adjusting the suspension pressure, please make sure that you bring the necessary spares and parts with you.

3. Travel Insurance

Travel insurance is compulsory for all our trips.

We strongly recommend that you take out insurance the moment you register for a trip as you are then covered should you not be able to go in the event of illness or accident. Please send these details (name of insurer, policy number and their 24 hour emergency contact number) to RAW prior to departure.

We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader. If you have credit card insurance your tour leader will require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Our preferred insurance company is CoverMore as they provide an excellent service. You can apply on line directly by clicking on this link:
<https://b2c.covermore.com.au/index.jsp?alpha=AAV0231>

Physical Preparation

This is not a difficult trip and the cycling is on flat terrain and relatively short distances. In order to physically prepare yourself to cycle on successive days though it is worthwhile getting yourself fit and something that you'll benefit from long after your trip is over. If you're not a regular bike rider it is really worth putting in the effort before you go to condition the body (backside, neck, shoulders & leg muscles) as it means you'll enjoy the trip rather than it being a struggle.

Build up your base endurance by frequent bike rides which will ensure that you are in good condition for the riding. You can also mix this up by taking other forms of regular exercise which you currently do such as yoga, spinning classes, walking and swimming.

Money Exchange

Currency exchange rates often fluctuate. For the most up to date rates please refer to the following website:www.oanda.com

Cambodia: \$1 AUD = approx. 3325 Riel. Officially the Cambodian Riel is the unit of currency. Unofficially however, \$US runs the country and is the currency you should bring, mostly in cash. Clean bills of small denominations are best. Travellers cheques can be difficult to change. ATM's are appearing in larger cities. Credit cards can be used to advance cash in banks in major towns but attract a high fee. We recommend that you don't use money changers on the street.

When changing money try and get a mix of denominations (your leader will advise you on this). Keep smaller notes with you when on the cycle ride as it can be difficult to change larger notes once out of the city.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping.

Any tip that you wish to give to your local guides or leader in recognition of excellent service is always appreciated. We recommend approx. US\$30 to go into a kitty to be distributed to the local team at the end of the trip. Usually we do this on the last night at the celebration dinner.

Emergency Funds

Please also make sure you have access to an additional USD\$400, to be used when unforeseen incidents or circumstances outside our control (eg. a natural disaster, or an outbreak of bird flu) necessitate a change to our planned route. This is a rare occurrence but it is well worth being prepared!

Keeping In Touch - communication while on the road

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road. Email cafes are commonplace throughout the regions we visit. If someone wishes to contact you in an emergency we recommend that they refer to our Emergency contact. We don't recommend that family and friends try to contact you through hotels, as they are subject to change and the reception staff may not speak English.

Emergency Contact

In the case of a genuine crisis or emergency, please call either the RAW Office in Australia or Cambodia.

Tel: +61 3 9597 0798. Outside of office hours please call 0413 703 632.
Our Phnom Penh office is 26b, St.368, BKK3 Phnom Penh ; Tel: (+855) 12462 165

Your Fellow Cyclists

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience.

Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.

When we are cycling children will ask you for pens, money etc. It is always hard to resist giving them small gift. However we ask you not to do this as it encourages a culture of begging and often parents will take their children out of school and get their children to prey on tourists. Ask your leader what is the best way to give.

A Couple Of Rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for RAW travellers.

RAW's philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our RAW leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

What to Take

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking though, you should pack as lightly as possible. On the vast majority of our trips you are expected to carry your own luggage (please see below for exceptions), and though you will not be required to walk long distances with your luggage (max 30 minutes) we recommend keeping the weight under 10kg/22lb.

Suitcases are not recommended for RAW travellers! Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags with wheels are acceptable, although we recommend your bag has carry straps as well, as you may be required to negotiate bus and railway station steps. You will also need a day pack/bag to carry water and a camera etc for day walks and day trips.

Average temperatures are in the 17 - 20c range in the spring. A good warm fleece is recommended for the evenings when temperatures can be cool. Please follow the links on our website for more detailed information on weather patterns in the region you are visiting.

Though on this trip we use our own private transport it is still a good idea to pack as lightly as possible (try to stay under 12 kg). Any portage fees you may incur is your responsibility. Most travellers carry their gear in a backpack, although an overnight bag

with a shoulder strap would suffice. Suitcases are to be avoided as they take up too much storage space on our luggage van!

Checklist

Travel Documents:

- Passport (with photocopies) and Cambodia visa
- Copy of travel insurance
- Airline ticket
- USD cash
- Credit card

** Tip: use a money belt for security (put documents inside a plastic bag)

1. Personal Gear

- First Aid kit (see the health section)
- High factor sunscreen
- Mosquito repellent
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Ear plugs (in case room mate snores!)
- Wet wipes or antiseptic hand gel

Clothing

- 3 T-shirts (lightweight quick drying fabric) / long sleeved T-shirt
- 1 pairs Cycling shorts (padded)
- 1 pair of comfortable hard soled shoes for cycling
- pair of sport sandals
- socks (for cycling)
- 1 pair of knee length shorts
- 1 pair lightweight long trousers
- Small towel and swim wear
- Sun hat
- Clothes to relax in

Cycling Equipment

- Helmet - (compulsory)- bring one with good ventilation
- 1 water bottle (min. 750 ml capacity recommended) or 'Camel Bak' hydration pack
- Handlebar bag / small day pack for carrying items when cycling

Optional:

- Your own saddle or gel seat cover
 - Cycling gloves
 - Favourite snacks for cycling energy boost e.g. 'PowerBars', sports gel (a concentrated carbohydrate that delivers immediate energy when you feel tired or flat), dried fruit or nuts
- ***Please refer again to our Cycling Guide on the homepage to see photo of bikes used and how to customise it.

Other Suggestions:

- Camera and plenty of film

- Adapter for recharging digital camera (American style with 2 parallel flat pins)
- Spare batteries
- Reading / writing material

- Penknife (put in main luggage at airport)
- Torch
- Small calculator (when out bargaining!)
- Photos of family or postcards of Australia (great way to have fun with locals you meet)
- Phrase book, map and Lonely Planet guide
- Small padlock for securing your luggage during flights

Local Dress

When packing be aware that dress standards are conservative throughout Asia. We will be spending a lot of time in the more conservative rural regions of Cambodia. Please remember that as visitors to someone else's home it is our responsibility to fit with the local customs by wearing appropriate clothing (irrespective of what other travellers are wearing). Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate.

As a general guideline shoulders and knees should be covered at all times. The wearing of shorts and halter tops away from the beach or swimming pools are not allowed as they will restrict your entry into buildings of a religious nature and family homes.

Cycling shorts and tops are ideal, though we do insist that you cover up when coming off the bike or stopping in villages as local people will be shocked and sometimes offended by the sight of tight body hugging lycra! So please be a good ambassador for your country and have a loose pair of shorts to put over your cycling shorts or a sarong to wrap around.

Safety

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling.

Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. Your leader will accompany you on all included activities however during your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time.

Please also note that your group leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.

A thorough cycling safety briefing will be given prior to setting off about the bikes.

Travel Insurance

Travel insurance is compulsory for all our trips.

We strongly recommend that you take out insurance the moment you register for a trip as you are then covered should you

not be able to go in the event of illness or accident. Please send these details (name of insurer, policy number and their 24 hour emergency contact number) to Intrepid Challenges prior to departure.

We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader. If you have credit card insurance your tour leader will require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Our preferred insurance company is CoverMore as they provide an excellent service and prompt back up when needed. You can apply on line directly by clicking on this link:

<https://b2c.covermore.com.au/index.jsp?alpha=AAV0231> to apply

Health

All RAW travellers need to be in good physical health in order to participate fully in the group travel experience. If, in the opinion of our group leader, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, RAW Travel reserves the right to exclude them from all or part of a trip without refund.

Please let us know of any medical conditions on the registration form and if you are currently taking prescription medicine as it is important that our leader is aware of your circumstances.

We therefore ask that you read the itinerary in these trip notes thoroughly and then realistically self-assess your physical ability to complete the trip as described. Please consult with your doctor if you have any doubts.

There are no specific health requirements for entry into Vietnam, Cambodia or Thailand. However, you should consult your doctor or travel clinic for up-to-date information and prescriptions for vaccinations and anti-malarial requirements. We would suggest that you are up to date with immunisation protection against typhoid, polio, tetanus and hepatitis. These countries are also a low risk malarial area and we recommend that you take a course of suitable malarial prophylactics. As some vaccinations require a course over weeks or months, contact your doctor as early as possible prior to departure. Generally, six to eight weeks' notice is adequate.

We recommend that you carry a basic First Aid kit as well as any personal medical requirements (such as a spare pair of prescription glasses). Please be aware that for legal reasons our leaders are prohibited from administering any type of drug including headache tablets/antibiotics etc.

Your first aid kit should include:

- headache tablets
- diarrhoea treatment (both a blocker to bring relief from the symptoms and an antibiotic)
- band-aids
- antiseptic for cuts & scrapes
- lip balm
- insect repellent
- high factor sunscreen.

Given the physical nature of this trip we advise bringing some sachets of an oral rehydration solution (available at chemists) as this aids recovery following activity and dehydration and also helps replace lost body salts should you suffer from 'gastro'. Just add a sachet to your water bottle each day. Please scroll down to the Special Safety Notes below for

information on dehydration.

If you are 65 years or older a completed Medical Certificate is required. Please let us know so we can send to you to complete and then fax this through to 03 9597 0797 prior to departure. or post to 2/24 bay Road Sandringham VIC 3191

Dehydration

Dehydration is the biggest risk when undertaking a physical challenge such as trekking over undulating terrain. It is so important to be aware of your fluid intake especially at altitude and to constantly drink water throughout the day (even when you do not feel thirsty). Symptoms of mild dehydration include:

- flushed face
- extreme thirst, more than normal or unable to drink
- dry, warm skin
- cannot pass urine or reduced amounts, dark, yellow
- dizziness made worse when you are standing - weakness - cramping in the arms and legs
- sleepy or irritable
- headaches
- dry mouth, dry tongue; with thick saliva

The simplest way of monitoring your fluid intake is by checking the colour of your urine. If it is clear or slightly yellow you are well hydrated but once it is a dark yellow you are in the danger zone and need to increase your fluid intake immediately. Ensure that you bring some Gastrolyte sachets as these help your recovery after trekking with the replacement of electrolytes. Gastrolyte is also the recommended treatment for dehydration caused by diarrhoea ('gastro').

RAW Newsletter

We have a free email newsletter full of travellers stories and experiences as well as news and special offers on new trips that we are running. If you'd like to share your experiences with our travellers please send us an article or extract from your travel journal at the end of the trip to 'info@rawtravel.com'

We would also love to receive any photos after the event as we are starting to build up a travellers album for each of our destinations on our website gallery. We need resolution of around 1MB. Please could you send a CD to: RAW Travel Photo album, 2/24 Bay Road, Sandringham, VIC 3191.

If you have any suggestions to add more information to our trip dossier that you think other travellers would find useful please email: info@rawtravel.com. And of course email us if you have any questions leading up to the event. We wish you an amazing experience!

The information in this trip dossier has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and RAW Travel .