



Socialcycles

Cambodia 7 days

Siem Reap to Phnom Penh



The background of the entire page is a photograph of the Angkor Wat temple complex in Cambodia. The scene is captured during a golden sunset, with the sun low on the right side of the frame, creating a strong lens flare and reflecting off the water in the foreground. The silhouettes of the temple's iconic towers and structures are dark against the bright, hazy sky. A single palm tree is visible on the far left. The overall mood is serene and majestic.

# welcome

Welcome to the first stage of your journey,  
as you ready yourself to cycle over 200km  
across Cambodia.

From Choeung Ek Killing Fields in Phnom Penh to the mighty temples of Angkor,  
Social Cycles will take you on a journey that will push your physical limits, challenge your ethical  
values and completely open your mind.

The next few pages are to help you prepare for your adventure with us, with tips & tricks, detailed  
daily itineraries and maps, good books to read on the plane and some cycling info.

You are about to go on a journey that may well change your life.

And the lives of others.



# Siem Reap

## Day 1: Arrival Day

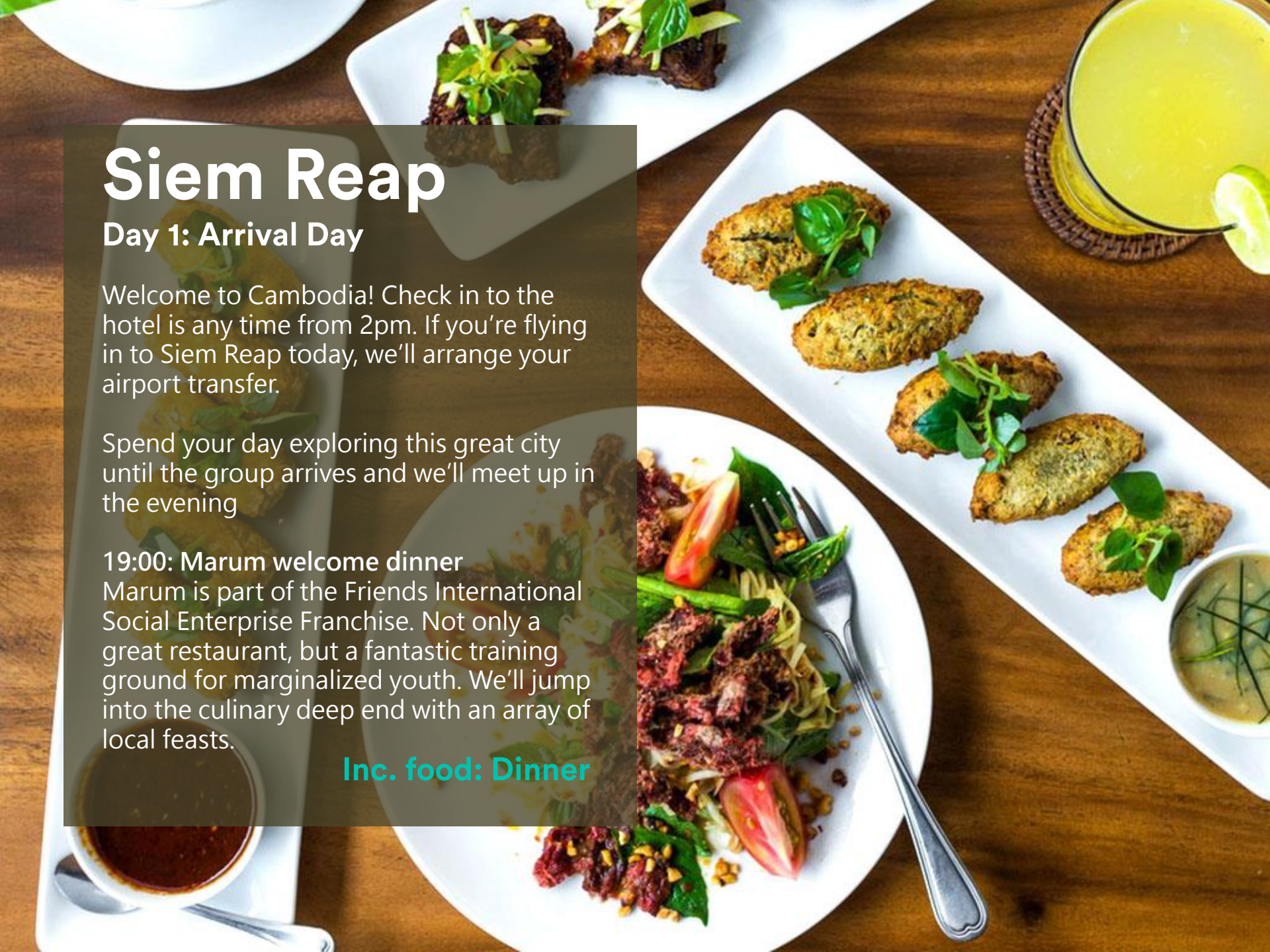
Welcome to Cambodia! Check in to the hotel is any time from 2pm. If you're flying in to Siem Reap today, we'll arrange your airport transfer.

Spend your day exploring this great city until the group arrives and we'll meet up in the evening

### 19:00: Marum welcome dinner

Marum is part of the Friends International Social Enterprise Franchise. Not only a great restaurant, but a fantastic training ground for marginalized youth. We'll jump into the culinary deep end with an array of local feasts.

**Inc. food: Dinner**







# Siem Reap

## Day 2: Sunrise cycling

### 04:30 Angkor Temples sunrise cycling

Sunrise is from 4.30am as we hit the bikes for the first time, but it is so worth it. Sunrise over Angkor Wat is a bucket list achievement for good reason. From here we'll venture on to other, and arguably more impressive, temples in the area for the remainder of the morning.

### 15:00 This Life Cambodia NGO

Great NGO based in Siem Reap that have pioneered a program (among other things) that virtually eliminates the risk of youth re-offending after prison.

**Inc. food: Breakfast**



# Battambang

## Day 3: Crossing the wetlands

**07:00:** The direction we go will depend on the time of year and the level of water in the river. Travelling across the wetlands and navigating our way around Tonle Sap river is an experience you will never forget. The road soon turns to single track as we get more and more remote. We farewell our support van and venture on into the rural and barren lands of Cambodia. Few villages exist out here, supporting themselves through sustainable fishing methods via the river. The track can only go so far, as we arrange a long tail boat ride for you and the bikes a further 16km into the wetlands. When we come out the other side, we cross another 18km of dirt road before eventually coming into Battambang. Expect to arrive around 4pm.

### **19:00: Dinner at Jaan Bai**

A vocational training social enterprise, connected to Cambodian Children's Trust, Jaan Bai is arguably one of the best restaurants in Cambodia. The food rivals any restaurant in any city. Jaan Bai has a lot to be proud of.

**Inc. food: Breakfast, Lunch, Dinner**





An aerial photograph of ancient stone ruins, likely Khmer, nestled in a dense, lush green forest. The ruins consist of several tall, rectangular stone structures with intricate carvings and hieroglyphs. A small red umbrella is visible on the ground near one of the structures. The surrounding forest is thick with various shades of green, and a small wooden building is visible on a hillside in the upper left corner.

# Pursat

## Day 4: Sustainable Cambodia

07:00

After an early breakfast, we'll make our way along the dusty red back roads. We'll get to the town of Pursat by early afternoon and into our hotel to enjoy the swimming pool and on site massage spa.

15:00

We'll get a great experience from an amazing NGO, Sustainable Cambodia. A full presentation by the executives in their office and a tour of their facilities. Shortly after we will be guided to see their projects working first hand. See the difference the NGO makes first hand. Be inspired by the real difference made by real people.

**Inc. food: Breakfast**





# Phnom Penh

## Day 5: Cycling into Phnom Penh

We start cycling 75km out from Phnom Penh, and ride all the way up to the front door of the hotel. The back roads bring in some of the most spectacular scenery as we pass through villages living on Tonle Sap lake. The ride takes in great coffee stops, endless photo opportunities and a couple of ferries. It's almost entirely on back streets with minimal traffic. The final 2km within the heart of the city can be transferred via van as an option.

For dinner, it's a feast of tarantula's and silk works at the famous Romdeng restaurant, a social enterprise restaurant from the friends International team.

**Inc. food: Breakfast, Dinner**

# Phnom Penh

## Day 6: Friends Intl, S-21 & BBQ

### 10:00-11:30 Friends International NGO presentation

A fantastic introduction to the world of Cambodian NGOs via Friends International

### 15:00 Tuol Sleng Museum (S-21)

Explore the genocide museum, where prisoners were kept for interrogation prior to being executed at the Killing Fields.

### 19:00: Khmer BBQ dinner

We'll feast on a selection of local meats and vegetables, cooked at our table on a communal BBQ

**Inc. food: Breakfast, Dinner**



*Together, building futures.*



# Phnom Penh

## Day 7: Departure day

Congratulations! You've cycled across Cambodia, covered over 200km in the saddle and more than scratched the surface as to what this fantastic country is all about. We'll enjoy a final breakfast together before we get you off to the airport and on your way home.

**Inc. food: Breakfast**





# Inclusions and Exclusions



## Included in tour price:

Meals as per itinerary (food only), support van transport, water and fruit whilst cycling, NGO presentations, bike hire, guides, mechanic, entry to all attractions as per the itinerary, boat transport,

## Excluded in tour price:

Beverages other than water, souvenirs, travel insurance, visas, flights, tips, donations





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