



ITINERARY & QUOTATION FOR JOIN-IN TRIP

2020 – September 7th,
November 2nd
2021- February 8th, April
5th, September 13th



ITINERARY & QUOTATION FOR JOIN-IN TRIP

TRAVEL AGENT	BROCHURE
GROUP NAME	2 - 12 PERSONS
NAME OF TOUR	CYCLING BANGKOK TO HO CHI MINH 16D
COUNTRY	THAILAND, CAMBODIA, VIETNAM
ACTIVITY	BIKING
ADVENTURE GRADE/FITNESS	MODERATE
ROOM TYPE	TWIN SHARED
VALIDITY OF PRICE	Till SEP 2021
PREPARED BY	Thuong Nguyen (Ms.)
EMERGENCY CONTACT	TBA





ITINERARY OVERVIEW

B: BREAKFAST, L: LUNCH, D: DINNER

Day	Location	Accommodation	Room Category	Meals
Day 1	Bangkok – Khao Yai	Thanyapak Resort	Standard	D
Day 2	Khao Yai – Prachinburi	Suan Nong Nut Resort	Standard	B,L
Day 3	Prachinburi – Sa Kaew	River Resort & Spa	Standard	B,L
Day 4	Sa Kaew – Aranyaprathet	Indochina	Standard	B,L
Day 5	Border – Siem Reap – Khmer Food Experience By Tuk TUK	Lub D Hotel	Deluxe	B,L, D
Day 6	Siem Reap	Lub D Hotel	Deluxe	B,L
Day 7	Siem Reap	Lub D Hotel	Deluxe	B,L
Day 8	Siem Reap – Phnom Penh	The Frangipani Living Arts Hotel & Spa	Superior City View	B,L
Day 9	Phnom Penh	The Frangipani Living Arts Hotel & Spa	Superior City View	B,L
Day 10	Phnom Penh – Bokor Mountain – Kampot	Boutique Kampot Hotel	Superior	B,L
Day 11	Kampot – Pepper Plantation – Kep	Mealea Resort	Deluxe bungalow	B,L
Day 12	Kep – Ha Tien	River Ha Tien hotel	Superior	B,L
Day 13	Ha Tien – Rach Gia – Can Tho	West hotel	Superior	B,L
Day 14	Can Tho – Vinh Long	Homestay Ut Trinh/Ut Quynh	Air-conditioned room	B,L,D
Day 15	Vinh Long – Saigon	Vien Dong hotel	ROH	B,L,D
Day 16	Saigon	N/A	N/A	B



This route encapsulates all that is great about the region. You will pass from one vibrant and bustling city to the next pedaling through one palm fringed village after the next greeting friendly locals along the way. Each country is bursting with new adventures and each is distinctly different with their own characteristics. On the way you take in some spectacular sights such as the Khao Yai National Park, the magnificent ancient temples of Angkor and the majestic Mekong River Delta before finishing up in historic Saigon.

Day 1: Bangkok – Khao Yai

Meet in the Foyer of at **Nouvo City Hotel** at 09:00am for your tour briefing ([the meeting point is subject to change within Bangkok downtown area](#)). Transfer approximately 3 hours to the **Khao Yai National Park** area. In the afternoon we'll get used to our bikes by taking a short warm up ride through the nearby rural villages, and then chill out by the swimming pool at our overnight resort accommodation.

Meal: Dinner

Accommodation: Thanyapak Resort – Standard

Add: 182 Moo 12, Prachin Buri

Tel: 66-99-156-2359

Day 2: Khao Yai – Prachinburi

Our cycle route today is 50 kilometres, but we suggest you don't attempt to cycle the full distance unless you are already well acclimatized to the heat. The support vehicle follows and you can cycle as much or as little as you like. Our route follows minor roads, byways and the occasional dirt trail as we skirt **Khao Yai**, which translates as 'the Big Mountain'. We will pass through **small rural villages**, Buddhist monasteries and rice paddy fields. Continuing the ride along country back roads, we arrive at our rustic resort in the late afternoon with time to relax before sampling some of the local dishes.

Cycling distance: Approx. 50 Km

Difficulty: Moderate

Meals: Breakfast & Lunch

Accommodation: Suan Nong Nut Resort – Standard



Day 3: Prachinburi – Sa Kaew

Riding directly from the resort, we follow minor roads through **Thai rural landscapes** including rubber and eucalyptus plantations as well as tapioca and rice fields. Today, there are a few easy rolling hills, but the route is mostly flat. There will be plenty of opportunities to stop and chat with the friendly Thai locals. The ride ends with a short section on a busier road as we enter the town of **Sa Kaew**.

Cycling distance: Approx. 50 Km

Difficulty: Moderate

Meals: Breakfast & Lunch

Accommodation: River Resort & Spa – Standard

Address: Mueang Sa Kaeo, Thailand

Tel: +66 37 421 111

Day 4: Sa Kaew – Aranyaprathet

Leaving our hotel early in the morning, we ride towards the beautiful **Pang Sida National Park**, where we can stop by a reservoir for a swim and a view of the **untouched jungle** on the other side. The afternoon ride follows very quiet, but well-maintained scenic roads on the way to **Aranyaprathet**, a town located just 10km from the **Cambodian border**.

Cycling distance: Approx. 45 Km

Difficulty: Moderate

Meals: Breakfast & Lunch

Accommodation: Indochina – Standard

Address: 154 Moo 6 Thanavithee Road, Aranyaprathet

Tel: +64 37 232 588 90

www.indochinahotel.co.th

Day 5: Into Cambodia and transfer to Siem Reap – Rep Khmer Food Experience By Tuk Tuk

After breakfast, we cycle to the border and complete customs formalities as we cross the busy border into Cambodia. On arrival in **Poipet**, we transfer by bus towards Siem Reap, when you arrive **Pouk district**, you will start cycling through the rustic countryside until you reach Siem Reap where we check in to our hotel.

TOUR PRICE AND CONDITIONS



INDOTREK

The magnificent **Angkor complex** of temples is without doubt one of the most astounding archaeological sites in the world. Scattered over an area of 200 square kilometers, only Egypt's Nile Valley can compare to this vast array of ancient monuments. The ancient city of Angkor served as the royal Centre from which a dynasty of Khmer kings ruled one of the largest, most prosperous and sophisticated kingdoms in the history of South East Asia. With a history covering over 600 years from 802 AD to 1432 AD, at the height of their power, the kings of Angkor ruled over a territory that extended from the tip of the Indochina peninsula, northward to Yunnan and from Vietnam, westward to the Bay of Bengal.

Spend the evening with your private guide gaining a genuine insight into **Cambodian food** the way the locals like it. You will be picked up from your hotel in the early evening and whisked away by tuk tuk as darkness begins to fall. We begin the evening with a quick stop to sample a **traditional Cambodian Tipple with a twist**. You will rejoin your tuk tuk where you will continue on to **Angkor Kyung Yu road**, otherwise known as Road 60 where busy street food stalls, well away from the cozy tourist bars line up along the streets. This area is hugely popular with local families who come out to dine in the early evening, it's a real feast for the senses. You will sample a range of **exotic fruits, grilled meats and if you're brave enough fried insects**. Cambodians love to eat and virtually anything is on the menu. A stop at a truly local restaurant will ensure that even those with the heartiest appetites will not go hungry. You can enjoy a **local beer** or two along the way if you so wish to wash all the tasty morsels down. If time allows you will take a walk through the alleys and side streets around the old market area tasting as you go. Our final stop of the evening will be to sample a flight of **local craft beers** to really finish of a great evening of culinary exploration. We will return back to your hotel or you can choose to stay and relax in the bar.

NOTES:

Availability: Daily

Suggested time: 17:00 -22:00

Duration: 4 - 5 hours

Capacity: Maximum 8 persons

Various snacks including fruit and meats, coconut, flight of beer, local beer or soft drinks are included for tasting

Please note that vegetarianism and Veganism are not commonplace amongst Cambodians and not well understood, we therefore cannot provide an exclusively vegetarian or vegan tour however there will be items to sample which will appeal to all guests. We can provide the experience without pork or red meat involved if requested.

TOUR PRICE AND CONDITIONS



INDOTREK

We do not accept responsibility for upset stomach's, please bear in mind this is a local street food tour, where locals dine every day of the week in well known, well respected street markets and restaurants

Cycling distance: Approx. 30 km

Difficulty: Moderate

Meal: Breakfast, Lunch & Dinner

Accommodation: Lub D Hotel Siem Reap – Deluxe

Address: Wat Bo Village Sangkat Sala Kamroeuk, 7 7 Makara St, Krong Siem Reap

Tel: +855 63 968 900

<http://www.lubd.com/siemreap/>

Day 6: Explore magnificent Angkor by bike

Today, we may choose to have an early start to avoid the inevitable crowds drawn to the wonders of Angkor. The various temples are spread over a wide area, and are linked by shady avenues: meandering our way between them by bike gives us a unique perspective. Our cycle tour will include visits to **Ta Prohm**, the jungle-covered temple with amazing tree roots clinging to the ancient stones, the **Bayon**, with its 37 pagodas (originally there were 49) topped with the four faces of the king, **South Gate of Angkor Thom**, **Elephant Terrace**, **Baphoun**, **the Royal Enclosure**, **Phimeanakas**, **Terrace of the Leper King** and, of course, the fabulous **Angkor Wat** – with its huge moat, long causeway and massive towers – it is the largest temple complex in Asia. Siem Reap town is pleasant to wander around and don't forget the Night Market for some great souvenir shopping or perhaps a "Dr. Fish" massage. **Pub Street** (and the surrounding alleys) in the evening, offers a wide variety of restaurants and bars to choose from – so you won't go hungry (or thirsty) during your three nights in Siem Reap.

Cycling distance: Approx. 30km

Difficulty: Easy/Moderate

Meals: Breakfast, Lunch

Accommodation: Lub D Hotel Siem Reap – Deluxe

Day 7: Cycle to Banteay Srei

After breakfast, we cycle outside the main Angkor complex to the outlying temple of **Banteay Srei**, 28km from Siem Reap town. Our route takes us past paddy fields, and through pretty villages. Banteay Srei was built in the 10th century and, although it is not a big temple, it is famous for its detailed and



intricate stone carvings. It has been sometimes referred to as 'the jewel in the crown of Angkorian art'. After visiting Banteay Srei, you have the choice to either continue cycling around and exploring more temples independently or driving back to Siem Reap.

Cycling distance: Approx. 30 km

Difficulty: Easy/Moderate

Meals: Breakfast, Lunch

Accommodation: Lub D Hotel Siem Reap – Deluxe

Day 8: Siem Reap – Tonle Sap Lake (Kampong Khleang Floating Village) – to Phnom Penh

This morning, we will enjoy a boat ride on the **Tonle Sap Lake**, Asia's largest inland lake also the biggest harvest fresh water fish in the world, which swells to ten times its normal size during the wet season; here you will visit the people living on the lake including a school, hospital, church, fish farms and crocodile farm in the floating village before proceeding to Phnom Penh. We roughly travel along the Tônlé Sap River which flows into the shallow Tônlé Sap Lake, the largest of Southeast Asia's lakes. Numerous streams feed the lake and it then drains by the Tônlé Sap River west to the Mekong River. As it begins to recede again, the lake's huge stocks of fish are easily trapped in nets and bamboo traps or simply caught in the branches of trees. Before reaching Phnom Penh, we'll stop at **the town of Skuon**, where the local delicacy is **fried spiders!** In the 1950s and 1960s, Phnom Penh was one of the finest cities in South East Asia. Despite the wide scale destruction that took place after the Khmer Rouge emptied the city in 1975, Phnom Penh still manages to exude some colonial charm from a bygone era.

Meals: Breakfast, Lunch

Accommodation: The Frangipani Living Arts Hotel & Spa – Superior City View

Address: #15, Street 123, Toul Tom Pong I, Khan Chamkarmon, Phnom Penh.

Phone: +855 23 223 320

<http://www.frangipanilivingarts.com>

Day 9: Sightseeing tour of Phnom Penh

After breakfast, we enjoy a sightseeing tour of Phnom Penh to include **the Royal Palace** (home to current Cambodian monarch – King Sihamoni) and the infamous **Tuol Sleng Prison**. Also known as Security Prison 21 (S21), Tuol Sleng Prison is a former high school that was transformed into a detention



and interrogation center. An estimated 14,000 to 20,000 Cambodians accused of being traitors were tortured to death or sent to their execution from here.

Continue in our vehicle to visit **the Russian Market** – a good place to look for clothing or sarongs before having the rest of the day exploring Phnom Penh city by yourselves. There's plenty to see including the temple of **Wat Phnom, the National Museum** and the French Quarter. There are also 'bargains galore' waiting to be picked up at another of the city's most popular markets – **the Central Market** is where you will find the cities best gold and silver jeweler merchants.

Meals: Breakfast & Lunch

Accommodation: The Frangipani Living Arts Hotel & Spa – Superior City View

Day 10: Phnom Penh – Cycling Bokor Mountain – Kampot

For those joining us for the first half of the trip only, you will say your goodbyes to the group this morning and make your own way to the airport for your departure (transfer is quoted separately).

For those continuing the trip and those joining the second half the trip, this morning we will transfer to Kampot, then continue to the top of one of the highest mountains in Cambodia, Bokor. Translating literally as the "Back of the Ox," this beautiful landscape is home to a former French Colonial resort, where decadence prevailed in its heyday of the 1920s. Later, cycle down the mountain until you reach the Kampot River. Overnight in Kampot.

Cycling distance: Approx. 45km

Meals: Breakfast, Lunch

Accommodation: Boutique Kampot Hotel/ Superior

Address: #10 of 68 Specialty Lodging in Kampot 1 Ousaphea Village, Kampong Kandal, Kampot

Tel: +855 61 888 626

<http://www.boutiquekampot.com/>

Day 11: Bike Kampot – Pepper Plantation – Kep

After breakfast, transfer to Kampot market and cycle through the city with some beautiful colonial buildings and houses on display. The local people here are mostly fishermen, with some also cultivating salt from seawater, and others that live closer to fresh water canals are cultivating rice. We will then



visit Chnuk's mountain to visit the cave, then continue to a Pepper Farm, where we follow the countryside road with panoramic views of the local life around Kep, where we spend the night.

Cycling distance: Approx. 50km

Difficulty: Easy/Moderate

Meals: Breakfast & Lunch

Accommodation: Mealea Resort – Deluxe bungalow

Address: House No. 25, Street 33A, Phum Prey Thom, Kep – Cambodia.

Tel: (+855-16) 17 609998. Fax: (+855-36) 63 67778

www.mealearesort.com

Day 12: Bike Kep – Ha Tien (Vietnam)

After breakfast, we take a visit to the **famous crab market** before enjoying a 25 kilometre gentle ride through stunning rural areas and salt fields towards the **Ha Tien border crossing**, where you will leave your bike and have lunch in Cambodia before walking across the border to Vietnam where your new bike and guide await. This rural crossing is used mainly by local traders, it makes a pleasant stop while immigration formalities are completed. A short pleasant ride on quite scenic roads introduces you to **Ha Tien**.

Cycling distance: Approx. 35-45 km

Difficulty: Easy/Moderate

Meals: Breakfast & Lunch

Accommodation: River Ha Tien hotel – Superior

Address: B3 Block, Tran Hau Business Center, Binh San Ward, Ha Tien,

Tel: 84-77 3955 888. Fax: 84-77 3956 777

www.riverhotelvn.com

Day 13: Ha Tien – Rach Gia – Can Tho

After an early morning breakfast, transfer approximately 2 hours to **Rach Gia**, a laid back fishing village which faces the **Gulf of Thailand**. The main part of town is on an island connected by road. This area is a stronghold of the **Cao Dai faith**. We ride on narrow lanes and along canal Banks to explore the **hidden backwaters of the delta** until we reach **Can Tho** city.



Cycling distance: Approx. 50-70 kilometres

Difficulty: Easy/Moderate

Meals: Breakfast & Lunch

Accommodation: West hotel – Superior

Address: 88–90–92 Hai Ba Trung street. Tan An ward. Ninh Kieu district. Can Tho city

www.canthowesthotel.com/home

Day 14: Bike Can Tho – Vinh Long

This morning, rise early and get a unique taste of life in the Mekong Delta. **Board a local boat** and explore the colorful **Cai Rang floating market**, where many boats laden with fruits, vegetables and fish jostle for trade. Sellers advertise their wares by crying out across the waters or tie their goods to a tall pole attached to their boat so that buyers can see from a distance what is being sold. This memorable experience makes for many **excellent photo opportunities**. Relax and enjoy the cruise back to the hotel where we will freshen up before we check out and ride **to Vinh Long**. Lunch at local restaurant followed by a transfer to **Binh Minh** where we start riding on a tarmac road to **Long Ho**, we branch off and cycle through quieter countryside roads alongside rice paddies, coconut trees and orchards. You will spend an unforgettable night in **a local house in Vinh Long**.

Difficulty: Easy/Moderate

Cycling distance: Approx. 15 Kilometres

Meals: Breakfast & Lunch & Dinner

Accommodation: Homestay Ut Trinh/Ut Quynh (Air-conditioned private room)

Day 15: Vinh Long – Cai Be – Saigon city tour

Following breakfast, enjoy leisurely **cycling from the homestay** to visit a local rice paper factory, candy workshop and orchard gardens before your transfer to **Saigon**. Stop along the way for a short break and interact with hospitable locals.

Lunch at local restaurant and then transfer to the hotel for check in and enjoy a half day city tour.

Saigon is the country's commercial center and, with over eight million inhabitants and four million motorbikes, its a city that never sleeps. Despite the well-documented hustle and bustle, Saigon retains its connections with the past. Enjoy a city tour to admire Saigon's historic landmarks including the **Notre Dame Cathedral**, a red brick edifice with twin spires based on the original construction from Paris (it is only possible to visit inside when no service is being performed). Then head across the square to the

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Central Post Office, designed by the French architect, Gustave Eiffel. Continue with a visit to the former **Presidential Palace**, the headquarters of the Saigon Government during the American war, revealing the history of Saigon during its turbulent recent past. Further, drive to visit the **War Remnants Museum** for a vivid insight of the American war through the eyes of the locals (Please note that some of the photos are very graphic).

This evening, transfer from your hotel to the restaurant for your farewell dinner (with guide).

Cycling distance: Approx. 15-25 kilometres

Difficulty: Moderate

Meals: Breakfast, Lunch, Dinner

Accommodation: Vien Dong hotel – ROH

Address: 275A Pham Ngu Lao, Dist.1

www.viendonghotel.com.vn

Day 16: Saigon departure (Own tickets)

After breakfast, free time at leisure and make your own arrangement for departure.

Meals: Breakfast

Late check out is not included.

***** END OF SERVICES *****

HAVE AN AMAZING ADVENTURE WITH INDOTREK!



PRICE IS QUOTED IN USD PER PERSON BASED ON A TWIN SHARED BASIS

Please note this proposal is a quote only, valid until Sep. 2021

The tour price is included hotel tax and hotel service charges.

(Please note this price may vary due to changes in activities, hotels, and other unexpected contingencies)

FOR FULL TRIP:

PER PERSON	USD 2,936
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Single room supplement

USD 598

IF JOINING FOR DAYS 1-10 ONLY:

PER PERSON	USD 2,054
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Single room supplement

USD 391

IF JOINING FOR DAYS 10-16 ONLY:

PER PERSON	USD 1,163
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Single room supplement

USD 206



INCLUSIONS

- ▣ Experienced English speaking local guides.
- ▣ Transportation by air-conditioned vehicle for transfer and support truck for cycling days (from 05 pax up).
- ▣ Bicycle rental and helmet for cycling days.
- ▣ Meals as mentioned in the itinerary.
- ▣ Bottled drinking water for sightseeing.
- ▣ Snack and fresh fruit for cycling day.
- ▣ All sightseeing entrance fee where required in the itinerary.
- ▣ Mechanic support from 07 pax up.
- ▣ Accommodation in twin/double shared room in hotel with daily breakfast.
- ▣ Basic first aid kit.

EXCLUSIONS

- ▣ International flight to Thailand/from Saigon.
- ▣ Visas where required.
- ▣ Travel Insurance. We highly recommend purchasing travel insurance from home.
- ▣ Personal expenditure (telephone, laundry, shopping and so on...)
- ▣ Tips for guide, driver, porters. We recommend 5 USD/person/day for guide, 3 USD/person/day for driver and 3 USD/person/hotel when you check in/out. This is for guidance only.
- ▣ Beverage and alcoholic drinks.
- ▣ Any other services not clearly mentioned on itinerary and trip inclusive portion.

NOTES

- ▣ There is surcharge for travelling on Lunar New Year, Christmas, regional New Year, Tet and other public holidays throughout the region please check with your consultant for date confirmation.
- ▣ Please note that this proposed itinerary is subject to availability. We will only proceed with all reservations upon receiving your written confirmation. We recommend your confirmation as early as possible to.
- ▣ Flight times and the daily order of sightseeing are subject to change.
- ▣ Transfer times are approximate and subject to local conditions at the time of travel.



- ☒ All flight times are local.
- ☒ All cycling and trekking/walking distances displayed are approximate and subject to the guests' ability and availability of the route, the guide will use his discretion to ensure safety and comfort for all participants.
- ☒ All Destinations: Our guides are briefed not to promote or recommend any specific shopping outlets, curio stores, gem factories or outlets. INDOTREK operates a strict policy on this matter. Should your guide recommend any form of shopping or any other commercial activity outside of what may have been included in this itinerary, INDOTREK can accept no responsibility should you decide to accept any such recommendations.

DISCLAIMER

Hotels and services in the itinerary are proposed for your review only. We will book services once we receive your official booking requirement and payment. Booking status will be advised afterward. In case we cannot book hotel as we initially proposed due to their unavailability, we will choose a similar hotel in the same category and discuss with you for your final approval as the price may change.

Hotel check out is normally 12:00pm but sometimes earlier. Check in is after 14:00pm. Early check in and late checkout is subject to availability only.

Although it is our intention to operate the itinerary as detailed in the proposal, we cannot be held responsible for any last minute changes made as a result of climatic conditions, alterations to flight schedules or other operational factors.

Singles Joining – If you are joining a trip as a solo traveler please add the single supplement to the trip price. If you are willing to share a room please let us know and we will do our best to find someone for you to share with, we will inform you before finalizing the final payment of the trip.

BOOKING AND PAYING FOR YOUR HOLIDAY

A non-refundable deposit of 30% of total trip cost per person is required to confirm your tour. Please note that the full balance, as indicated on our confirmation which will be sent to you, is due 45 days before your departure date. If you are booking within 45 days of your departure date the full amount is due when booking. Failure to pay by the due date could be considered as a cancellation on your part and we reserve the right to impose cancellation charges as detailed below (These are default conditions unless you have a predetermined, overriding agreement with us).



CANCELLATION CHARGES

Notice of cancellation of your holiday by you once it has been confirmed must be in writing to us. Cancellation charges will be calculated from the date we receive written notice of cancellation. Any amendment charges that arose before the cancellation, and any deposits paid for any pre-booked items or services will still be payable.

If we cancel your holiday you will receive a full refund of all monies paid to us.

Deposits are non-refundable.

Land & internal air cancellation fees apply.

In addition, cancellation fees per person/ per trip.

Days prior to Departure

45 or more	Deposit
30 – 44	50% of total tour cost
21 – 29	75% of total tour cost
0 – 20	100% of total tour cost