

# EXPLORE!



## Why book this trip?

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Join us for a cycle trip that explores the classic highlights of South East Asia in an active way. Travel by bike, bus and boat to discover cultural diversity, natural beauty and fascinating history. Along the way we visit Khao Yai National Park, Angkor, the Killing Fields and silk weaving villages on the Mekong Delta.

- **Khao Yai National Park** - Cycle amid beautiful scenery and waterfalls
- **Temples of Angkor** - Cycle through the jungle between Khmer temples
- **Cycle the Mekong Delta** - Boats and bikes along the labyrinthine waterways of the mighty Mekong



**INCLUDED MEALS**  
Breakfast: 13  
Lunch: 2  
Dinner: 2



**TRIP STAFF**  
Explore Tour  
Leader / Cycle  
guide  
Local Guide(s)



**TRANSPORT**  
Bus  
Bicycle  
Boat



**ACCOMMODATION**  
1 nights simple  
homestay  
12 nights standard  
hotel



**CYCLING GRADE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip in Bangkok; optional longtail canal trip

Arrive Bangkok and check-in to the hotel. The rest of the day is free. You may choose to take an optional cruise along the city's Klongs (canals) in a traditional longtail boat - an ideal way to explore Bangkok's network of backwaters that branch off from the Chao Phraya River. The excursion will also include visits to Wat Arun, the Royal Barge Museum and the Temple of the Dawn, built to represent the towering slopes of Mount Meru - the Khmer's mythical home of the Gods.



**ACCOMMODATION:**  
Royal Rattankosin Hotel (or similar)

**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**SWIMMING POOL AVAILABLE**



**MEALS PROVIDED: NONE**

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## DAY 2 - Cycle Bangkok's hidden urban oasis. Night bike ride with food tour

From busy downtown Bangkok we take a short hop across the Chao Praya River to an extraordinary place known to locals as Bang Kra Jao. Crossing the river is like taking a journey back in time where we find a peaceful place with a maze of waterways, small villages, temples and real tropical jungle. If it wasn't for Bangkok's skyline, you would never believe you were so close to the city and there is no traffic! We ride through the local communities, temples and schools stopping for a snack at a river pier across from Thailand's naval academy. Next we visit a fascinating temple, built in the Ayutthaya period more than 250 years ago with a unique teak wood roof, windows and shutters painted in the ancient Mon style. We cycle on to the relaxing Sri Narkon Park and enjoy lunch at a local restaurant before returning to the hotel for some downtime. Later this afternoon we see another side to Bangkok on our night ride, visiting a night market, the flower market and stopping for dinner along the way.

Our total cycling distance today is approximately 30-40 kilometres (flat)



### ACCOMMODATION:

Royal Rattankosin Hotel (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 3 - Explore Khoa Yai National Park by bike

This morning we drive for about 1.5 hours to Nakornnayok Province, where we spend the rest of the day cycling in Khoa Yai National Park. On our ride we will take in the impressive sight of Thailand's largest dam, Khun Dan Prakan Chon Dam, where we can enjoy panoramic views from the top. We then cycle to Heaw Narok waterfall with three cascades and cool mountain waters that provide a refreshing swim break from the tropical heat depending on the season. At the base of the falls are a few rustic restaurants where you can get some great authentic Thai food and a cool beer. We recommend you try the somtam (spicy papaya salad) with grilled chicken and sticky rice. We then have a short drive to our hotel for the night.

Our total cycling distance today is approximately 50 kilometres





ACCOMMODATION:

Juntra Resort & Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### DAY 4 - Rural Thailand cycling to the Cambodia border

After breakfast we drive for about two hours toward Aranyaprathet. We break up today's bus journey with short morning and afternoon rides past typical scenes of rural Thailand. We will cycle through villages and enjoy the relaxed pace of life in the countryside. Rong Kluea Market also known as Ban Khlong Luek Border Market, it is said to be one of Thailand's most frequented border markets. Once we have finished exploring the market we take a short drive to our hotel in Aranyaprathet and freshen up before dinner.

Our total cycling distance today is approximately 40-50 kilometres



ACCOMMODATION:

Indochina Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### DAY 5 - Silk farm visit and drive to Siem Reap in Cambodia

This morning we drive just 15 minutes to Poipet International border. After completing the Cambodia visa formalities we say farewell to our Thai support team and bikes and meet our hosts for the rest of the trip. The drive will take us about 4 hours to get to Siem Reap, the gateway town for the incredible Khmer temples of Angkor. On the way, we will stop to visit the silk farm at Pourk to see the process of silk making from start to finish. On arrival in Siem Reap, we will check into our hotel and have time to visit the

temple of Bayon and the South Gate of Angkor Thom by bus for sunset. This evening is free for you to explore the town and its restaurants.

No cycling today



ACCOMMODATION:  
Angkor Holiday Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 6 - Explore the magnificent temples of Angkor by bike

Today we drive a short distance to Angkor Wat to collect our bikes which we will use for the rest of our trip, then set off to discover several of the ancient temple cities by bike. We cycle to the impressive Ta Prohm Temple, which remains in the clutches of the encroaching jungle. Here we spend time visiting the temple, before pedalling along small hidden trails to the ruins at Phimeanakas, the Elephant Terraces, the Bayon, Baphoun and Preah Khan. In the afternoon we visit magnificent Angkor Wat with its extraordinary architecture and bas-reliefs. At the end of the day we cycle back to our hotel.

Our total cycling distance today is approximately 25 kilometres. 80% of today's riding is off road but not technical.



ACCOMMODATION:  
Angkor Holiday Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE





SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 7 - Floating village, rural Cambodia and home hosted lunch

Today we will leave the crowds behind on a cycle ride to the small village of Rolous where we visit the temples, before continuing to a local market. After a rest and time to explore the stalls we take a boat to the floating village of Kompong Phluk. Our ride through rural Cambodia offers plenty of opportunities to once more connect with local people. The fascinating village of Kompong Phluk is built on stilts in Tonle Sap Lake. Its residents live a communal lifestyle and you will see everything from floating pig pens to young children paddling around in what looks like a bowl selling souvenirs and singing songs. After our boat trip we enjoy a home hosted lunch where we can ask questions and learn about local cuisine as well as everyday life. The afternoon we take to our bus to visit Banteay Srey, where we collect our bikes again and cycle 25 kilometres to either East Mebon to enjoy watching the sunset, before either cycling or driving back to Siem Reap.

Our total cycling distance today is approximately 56 kilometres



ACCOMMODATION:  
Angkor Holiday Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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## DAY 8 - Drive and cycle to Phnom Penh via Koh Dach silk weaving village

Today we leave the temples of Angkor behind and drive south to Phnom Penh. It's a longer day in the bus today with about six to seven hours driving. On the way as well as comfort stops, we'll stop at the famous ancient bridge at Kompong Kdei. We continue on to the capital, then leave the highway and from drive to Koh Dach ferry dock. From the dock, we take an excursion by local ferry along the Mekong River to Koh

Dach Island where we visit a traditional Khmer weaving village. There are many handicrafts that come from this sleepy island but they are best known for the silk weaving. You will see how the villagers produce their own dyes and weave silk on old looms. Discover and learn about the traditional way of life as you cycle for about 22 km around the island. We return to our bus by the same ferry before driving the short distance on to busy Phnom Penh.

Our total cycling distance today is approximately 37 kilometres



ACCOMMODATION:  
Cardamom Hotel & Apartement (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 9 - Exploring Phnom Penh

Phnom Penh is a lively city with many French colonial buildings and plenty to see. Angkor was Cambodia's capital city until the 1440s when it switched to Phnom Penh. Today we explore the emotive Tuol Sleng Genocide Museum, formerly a high school that became the Khmer Rouge's main torture and interrogation centre; the National Museum, a treasure trove of beautifully preserved carvings and lintels rescued from Angkor; the Royal Palace and Silver Pagoda, all with a local guide. We then drive out of the city to the infamous Killing fields of Choeung Ek - the memorial stupa is a glass tower filled with human skulls - a gruesome reminder of the scale of Pol Pot's atrocities.

No cycling today



ACCOMMODATION:  
Cardamom Hotel & Apartement (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 10 - Cross the border to Vietnam then cycle around Ha Tien on the Mekong delta

After breakfast, we drive for about three hours directly to Prek Chak and cross the border. Once we have completed the Vietnamese visa formalities we continue the short distance by bus to Ha Tien town. Getting on the bikes we spend the afternoon cycling around this charming, colourful town alive with vibrant riverside markets. Dramatic limestone formations are scattered around and, with its location sitting right on the Gulf of Thailand, this is a truly scenic spot to spend the night.

Our total cycling distance today is approximately 20 kilometres



ACCOMMODATION:  
River Hotel Ha Tien (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 11 - Cycle the canal between Vietnam and Cambodia to Chau Doc

We drive for about 30 km from Ha Tien town before starting today's ride. The journey takes us on flat terrain along the Vinh te Canal which once marked the border between Vietnam and Cambodia. At Tri Ton via Ba Chuc we see the Bone Pagoda, another ghastly reminder of the Khmer Rouge regime. We explore the emerald green wetlands of Tra Su Cajeput forest with its many water hyacinths and water lilies. Our ride ends at Chau Doc, a lovely little town on the banks of the Hau Giang River where we will spend the night.

Our total cycling distance today is approximately 50 kilometres



ACCOMMODATION:  
Chau Pho Hotel (or similar)





**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 12 - Rural village cycling, homestay with traditional Vietnamese dinner included**

This morning we drive from Chau Doc to Long Xuyen, which should take us less than a couple of hours. After catching the ferry we get back on the bikes for a ride to Dinh Yen village where sedge mattresses are weaved from seagrass. Continue cycling through Lai Vung and Tan Quy; districts famous for their mandarin oranges. The final short section of today's journey is by bus before arriving at our homestay for the night in Binh Hoa Phuoc. We stay in a traditional house that is equipped for tourism and the owners live next door. Rooms are simple and clean with fans, mosquito nets and ensuite bathrooms. There is a living room, as well as indoor and outdoor dining options. Dinner is included and will consist of local dishes made from fresh locally sourced ingredients, a great opportunity to try traditional dishes and learn more about Vietnamese cuisine and cooking methods.

Our total cycling distance today is approximately 50 kilometres



**ACCOMMODATION:**

Ut Trinh & Ut Binh Homestays (or similar)



**Grade: Simple Homestay**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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### **DAY 13 - Cycling on Binh Hoa Phuoc Island, drive to Ho Chi Minh City**

We enjoy our last ride today with a cycle around the beautiful island of Binh Hoa Phuoc. The island is littered with tropical fruit orchards and as well as admiring the colour and variety of fruits we will also stop to sample produce along the way. We take leave from the bikes and travel by boat to Cai Be. Back on land we drive the final leg to Ho Chi Minh City, Vietnam's largest city and most vibrant.

Our total cycling distance today is approximately 30 kilometres



ACCOMMODATION:  
Huong Sen Annex Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 14 - Trip ends Ho Chi Minh City

Trip ends after breakfast.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

#### Cambodia

##### Climate

Cambodia is a hot and tropical country, being hottest in April and coolest in January (still high 20s). Although rainfall is at its maximum in October, Phnom Penh and Siem Reap receive very little rain compared to the coastal areas, and when it does rain it tends to be in the form of sporadic mid afternoon downpours. There is normally very little rain between December and March.

Time difference to GMT	Plugs	Religion	Language
+7	2 Pin Round	Buddhism	Khmer

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## Thailand

### Climate

Generally hot with high humidity. There is some rainfall from April to September with most days being hot (around 33 Degrees) and a light breeze on the islands. If it does rain, it will be more of a heavy tropical downpour that lasts a few hours. Additional information and climate charts can be accessed at <http://www.explore.co.uk/weather>.

Time difference to GMT	Plugs	Religion	Language
+7	2 Pin Round	Buddhism	Thai

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## Vietnam

### Climate

As Vietnam is a long, narrow country from north to south climate conditions vary considerably. The climate can be divided into three distinct patterns between the north, central and south regions. The climate in the north is generally humid and subtropical, although the winter months from November to March can be colder with temperatures from 10 - 15 degrees. Summer months, May to September can be quite hot with temperatures from 30 - 35 degrees. Meanwhile south Vietnam enjoys a tropical climate all year round, with little variation throughout the year (around 27 - 32 degrees), however May to November is the rainy season when short, heavy downpours are quite frequent. Central Vietnam lies somewhere in between. The coastal strip is usually dry and hotter from April to October while November to March is wetter and cooler. A light rain jacket and small umbrella are recommended year round.

Time difference to GMT	Plugs	Religion
+7	2 Pin Round	Mahayana Buddhism, Taoism and Confucianism

### Language

Vietnamese

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## Budgeting and packing

### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Grand Palace Bangkok Excursion - USD 30

Half day walking tour to Rattanakosin Exhibition Hall - USD 12

Bangkok - Longtail boat excursion on the Klongs includes visit to Royal Barge museum and Wat Arun  
USD22

## Clothing

When cycling: bring quick drying cycle tops, padded cycle shorts, plus a lightweight wind and water proof jacket. From December through to February warmer clothing is needed for the North and the highlands. Days are hot and humid.

## Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to trips that combine sightseeing with cycling.

Comfortable walking shoes or sandals, trainers or flip flops are useful when not on the bike.

## Luggage

20kg

### Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike.

## Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Explore Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the trip. Accordingly you should allow approximately USD 60 for gratuities for local staff.

## Cambodia

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£6	£10.00 - 12.00	£1.3	£0.6

## Foreign Exchange

### Local currency

Riel.

### Recommended Currency For Exchange

In Cambodia, US\$ is the most commonly used currency (small denomination notes are easier to use).

### Where To Exchange      ATM Availability

Large towns.

There are ATMs in most towns and cities.

### Credit Card Acceptance

Credit cards are accepted in some large shops and restaurants in Phnom Penh and Siem Reap.

### Travellers Cheques

They can be hard to change outside of Siem Reap and Phnom Penh; we recommend them for emergencies only.

## Thailand

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£4.00 - 8.00	£1.5	£0.5

## Foreign Exchange

### Local currency      Recommended Currency For Exchange

Thai Baht

We recommend that you bring your money in GBP or US\$.

### Where To Exchange

Most major towns and on the islands - your Tour Leader will advise you on arrival.

### ATM Availability

ATMs are available in Bangkok but are limited on the islands.

### Credit Card Acceptance

Major stores and restaurants.

### **Travellers Cheques**

Can be exchanged at banks and exchange offices throughout the tour although rates may not be as favourable.

## **Vietnam**

### **Food and drink**

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£9	£2.00 - 4.00	£0.5

### **Foreign Exchange**

#### **Local currency**

Dong.

#### **Recommended Currency For Exchange**

Carry your money in US\$ Dollars cash. You can also take GBP but US\$ are easier to exchange. (Dollar bills can be used in some hotels and shops; change is often given in local currency).

#### **Where To Exchange**

Most towns.

#### **ATM Availability**

There are ATMs virtually everywhere in Vietnam and in Cambodia, though we also recommend bringing cash.

#### **Credit Card Acceptance**

Credit card's are widely accepted throughout Vietnam

#### **Travellers Cheques**

Travellers cheques are not recommended as they can be difficult to exchange

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## **Transport, Accommodation & Meals**

### **Transport Information**

Bus, Bicycle, Boat

### **Accommodation notes**

Premium - Hand-picked and chosen for their character, location or local importance, these properties

have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

Standard - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Simple - These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, sometimes with en suite facilities.

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## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa and Passport Information

Thailand: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens for a stay of less than 30 days. All passports must have at least 6 months validity remaining on entry to Thailand. Other nationalities should consult their local embassy or consular office.

Cambodia: A single visa is required by UK, New Zealand, Australian, USA & Canadian citizens and can be obtained on arrival. A passport sized photograph for immigration will also be required. Alternatively you can now obtain an e-visa prior to departure from [www.mfaic.gov.kh](http://www.mfaic.gov.kh)

Vietnam: Until 30th June 2021 'British Citizen' passport holders can visit Vietnam for up to 15 days without a visa. A visa will be required if you enter after this date or if you wish to re-enter within 30 days of your departure.

For visits of up to 30 days, you can get an e-visa before you travel from <https://evisa.xuatnhapcanh.gov.vn/>

For visits of longer than 30 days you must get a visa from the nearest Vietnamese embassy before travelling to Vietnam. If you want to make a second visit within 30 days of leaving Vietnam, you'll need to get a multiple entry visa to re-enter.

Please note that it is a pre-requisite for entry into Vietnam that your passport is valid for a minimum of 6 months from your date of entry

All visa related issues including information for other nationalities should be confirmed with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## **Booking conditions**

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## **Transfers**

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.



For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport. On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## **Cambodia**

### **Vaccinations**

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, tetanus, typhoid, diphtheria and polio. Consult your GP regarding tablets advised for malaria. Though not compulsory, travellers may wish to immunise themselves against Japanese encephalitis. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## **Thailand**

### **Vaccinations**

Nothing compulsory, we recommend protection against malaria, typhoid, tetanus, diphtheria, polio and

infectious hepatitis. Although not compulsory, travellers may also wish to immunise themselves against Japanese encephalitis. Consult your travel clinic for latest advice on Malaria and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## **Vietnam**








### **Vaccinations**

Nothing compulsory, we recommend protection against malaria, typhoid, tetanus, diphtheria, polio and hepatitis A. Consult your travel clinic for latest advice on Malaria and Zika Virus. Although not compulsory travellers may also wish to immunise themselves against Japanese encephalitis. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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### **Cycling information**

## DAILY DISTANCES

Day 2		40km
Day 3		53km
Day 4		51km
Day 5		
Day 6		25km
Day 7		56km
Day 8		37km
Day 9		
Day 10		20km
Day 11		50km
Day 12		50km
Day 13		30km

### General cycling information

On this trip we cycle 412 km over ten days (an average of 41 km per day). We travel mainly on quiet backroads, on flat terrain with occasional inclines. A support vehicle accompanies the rides throughout the trip. We have graded the route as moderate.

### Bike included

24 gear Giant or ATX mountain bikes with front suspension

### Bike information

Your included bike in Thailand, Vietnam and Cambodia is a 24 gear Giant or ATX mountain bike with front suspension and will be the correct frame size for your height. A handlebar bag or pannier and water bottle holder are included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the trip. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

### Cycling grade

Moderate



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**