

# nature and adventure in cambodia

**10 Days**

**Phnom Penh – Kampong Cham – Kratie – Steung Treng – Ratanakiri – Siem Reap**

*Explore one of Southeast Asia's most untouched regions through an adventurous journey. Travel by bicycle, kayak, and on foot as you uncover Cambodia's remote natural landscapes and cultural treasures, from rural villages to the ancient wonders of Angkor Wat.*



## **Day 3: Kampong Cham – Trong Island – Kratie | Cycle Along the Mekong Trail**

Pedal along the scenic Mekong Trail, passing through lush landscapes dotted with palm trees and small villages. Enjoy panoramic views from the ancient Phnom Hanchey hilltop temple and stop for a picnic lunch. In the afternoon, explore Cambodia's largest Cham Muslim community and cycle on to Trong Island, near the town of Kratie. This area is renowned for sightings of the rare Irrawaddy dolphins.



## **Days 1-2: Phnom Penh – Koh Dach Island – Kampong Cham | Explore the Capital and Discover Silk Weaving Traditions**

Begin your journey in Phnom Penh, a city that blends the vibrancy of modern Cambodia with its rich colonial past. Wander the bustling riverfront, browse boutique galleries, and visit iconic landmarks. After a leisurely exploration, travel by boat across the Mekong to Koh Dach Island, famous for its silk weavers. Cycle through the peaceful countryside, visiting local homes where villagers hand-weave silk on traditional looms. Continue your journey to the quiet riverside town of Kampong Cham.



## **Day 4: Trong Island – Kratie – Steung Treng | Discover Rural Life and Spot Dolphins**

Explore Trong Island on a traditional horse-drawn cart, planting a tree to contribute to the local environment. Afterward, board a ferry to Kratie and visit the bustling local market. From Prey Kampy, embark on a scenic cruise along the Mekong River, where you may catch a glimpse of the elusive freshwater dolphins in their natural habitat. Marvel at the sweeping rice paddies and Khmer stilt houses that line the riverbanks.



**Days 7-8: Ratanakiri – Steung Treng – Siem Reap | Explore Ancient Khmer Temples**

After a scenic drive to Siem Reap, pause to explore a bustling market in Banlung. The next day, immerse yourself in the majesty of Angkor Archaeological Park, a UNESCO World Heritage Site that reveals the grandeur of Khmer civilization. Begin your temple exploration at dawn, witnessing a spectacular sunrise over Angkor Wat. Wander through the iconic Ta Prohm Temple, where tree roots intertwine with ancient stone ruins, and end the day with a private boat ride to Prasat Chrung Temple for a serene sunset.

**Day 9: Kulen Mountain | Cycle Through Hidden Temples and Enjoy a Waterfall Picnic**

Embark on a cycling adventure to Kulen Mountain, navigating off-the-beaten-path dirt roads and visiting lesser-known temples like Kravanh and Phnom Bok. Reach the summit of Kulen Mountain after ascending 200 steps, taking in panoramic views. Along the way, stop at ancient sites, including the “River of a Thousand Lingas,” before enjoying a picnic lunch by a beautiful waterfall.



**Day 5: Steung Treng – Ramsar Wetlands – Ratanakiri | Kayak Through Biodiverse Wetlands**

Begin your day with a drive north to the village of O’Svay, located near the Lao border. From here, set out on a kayak adventure through the Ramsar Wetlands, a vital conservation area known for its unique flooded forests and rich birdlife. Paddle through tranquil waters, taking in the beauty of this untouched ecosystem. In the afternoon, continue to the breathtaking region of Ratanakiri.

**Day 6: Koh Piek | Jungle Trekking and White-Water Rafting Adventure**

Today’s adventure begins with a private boat ride along the Tonle San River to Koh Piek. Trek through the dense bamboo forests and jungle, passing remote Khmer farmhouses. Ascend to a viewpoint offering stunning vistas of the jungle canopy before returning to the river. Conclude your day with an exhilarating white-water rafting experience, navigating rapids surrounded by untouched wilderness.



**Day 10: Departure | Farewell to Cambodia**

Transfer to Siem Reap International Airport for your onward journey, bringing your adventure-filled exploration of Cambodia’s natural beauty and cultural heritage to a close