



# CAMBODIA

Active Women's Adventure

14 nights - Nov 2025

## Day 1 SINGAPORE

Arrive Singapore and transfer to hotel located 15 minutes from Changi Airport. We'll meet later today and get to know each other over dinner. If you're a night owl, there is a vibrant city at your doorstep, however we do have a very early flight to catch in the morning!

*Accommodation: Holiday Inn Express Katong or similar*

## Day 2 SINGAPORE – SIEM REAP

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Rise early for transfer to airport and early flight to Cambodia. We will be met and transferred to our hotel to drop off our bags and then head out for a stroll to get our bearings of the city. **Siem Reap** is a delightful small town steeped in colonial charm. Our local guide will take us on a journey through the city's rich history, culture, and spirituality, including a visit to **Wat Damnak**, an enchanting temple that embodies the essence of Khmer heritage. At the **Old Market**, you'll discover authentic handicrafts, clothing, and local delicacies. We'll end the afternoon with a leisurely stroll along the riverside park before checking in to our hotel, giving you some free time to relax and unwind.

This evening we have fun evening planned on a **food tour by tuk-tuk**. We'll kick off the night with a traditional drink that has a unique twist, then explore the bustling food stalls along Road 60, where you'll discover the incredible variety of dishes the locals enjoy. If you're feeling adventurous, don't hesitate to try some for yourself! We'll then settle into a traditional restaurant for a delicious meal, concluding the night with a flight of local beers.

*Accommodation: Somadevi Angkor Boutique and Resort or similar – 3 nights*

### Day 3 CYCLING ROULOUS TEMPLES & ANGKOR WAT

B,L

This morning, we drive out of the city, then hop on our Ebikes for a day of ancient history and local scenery. Riding along country roads, we pass through villages, Khmer pagodas, lotus ponds, and rice paddies, with stops at the **Rolous Temple Group**, including Bakong, Preah Ko, and Lolei temples—remnants of the former capital of the Angkor Empire in the 9th century. After exploring the temples, we cycle back to town and visit the famous **Angkor Wat**, followed by Phnom Bakeng, with stops at the Death Gate, Victory Gate, Terrace of the Elephants, Terrace of the Leper King, and Srah Srang. A fabulous way to end the day is watching the sunset from **Phnom Bakeng**, before driving back to our hotel. Cycling: approx. 45 km

### Day 4 CYCLE & HIKE – KULEN

B,L

After breakfast, we'll transfer out of the city and then it's back on the Ebike for a ride along quiet dirt roads via Kravan Temple, Banteay Kdei, Srah Srang, and Phnom Bok to **Kulen Mountain**. We leave our bikes at **Rattanak Tey Pagoda** and begin our hike up Kulen Mountain. After 88 steps, we reach Preah Ang Chup for a breather before continuing up another 100 steps where your efforts will of course be rewarded! From here it's a 4 km walk to **Preah Ang Thom**, passing the **River of 1000 Lingas** and enjoying a picnic lunch by the waterfall. Option to opt out of the cycling or hiking today, and travel in our van.

Cycling: approx. 50 km

Hiking: Approx. 1.5 hours

Difficulty: Moderate

### Day 5 STUNG TRENG – RATTANAKIRI

B,L

Today you can sit back and relax as we have a full day's drive to Rattanakiri, travelling through the **scenic Stung Treng Province**. We'll be making plenty of photo & comfort stops along the way. Our boutique lodge is a welcome retreat offering a pool and restful gardens on the edge of **Bunlung Lake**.

*Accommodation: Terres Rouges Lodge – 2 nights*

### Day 6 LAKE CRUISE, JUNGLE TREK & RAFTING

B,L,D

After breakfast, we head to **Tonle San** and board a private boat for a 45-minute cruise along the lake to Kaoh Piek. Once on ground we set off on foot **walking along quiet jungle paths**, passing isolated farmhouses, streams, and bamboo forests. There is hill which we ascend at a leisurely pace and once at the top stop to soak up the stunning views of the jungle canopy. An fun end to the day's adventure is **rafting down the river** through some gentle rapids. If you feel like a day off, you can opt out of the activities and have a lazy day at the Lodge.

Trekking: 4-5 hours

Difficulty: Moderate

### Day 7 KAYAKING THROUGH RAMSAR WETLANDS

B,L

Following breakfast, there will be time for early morning shopping at **Banlung Market**. We then transfer to **O Svay**, an authentic village near the Lao border, where we enjoy a **half-day kayaking** trip down the river. Paddle through the remote flooded forests of **Cambodia's Ramsar Wetlands**, a haven for critically endangered mammals, birds and fish. With only bird calls announcing our presence, you will find this a peaceful, rewarding day out. We finish paddling mid-afternoon and drive to **Stung Treng**. Option to not kayak and travel in the van.

Kayaking: Approx. 4 hours with picnic lunch enroute

Kayaking Difficulty: Easy

*Accommodation: Mekong Bird Resort or local hotel*

**Day 8** **KRATIE – KOH TRONG** **B,L,D**

Today, we journey south to **Prey Kampy**, where we'll take a boat ride along the river in search of the elusive freshwater **dolphins**. With the stunning Mekong River as our backdrop, we'll keep our eyes peeled for these magical creatures as they breach the surface. Next, we'll continue to Kratie, where we'll take a ferry to Trong Island. Upon arrival, we'll hop on tuk-tuks to visit the home of Mrs. Cheata, where we'll **learn to prepare local cuisine** and savor the delicious dishes we create. After a fulfilling day, we'll unwind with an overnight stay at a charming resort on the island.

Cycling: approx. 50 km

Difficulty: Easy/Moderate

*Accommodation: Soriyabori Villas Resort – 1 night*

**Day 9** **KAMPONG CHAM** **B,L**

After breakfast, we set off on a **horse-and-cart ride** around the island, stopping to plant a tree for the community before taking the ferry back to **Kratie**. We then cycle through the local market, soaking in the vibrant daily life and watching how the locals make their living. Our adventure continues to **Kampong Cham**, where we pass through Cambodia's largest Muslim area and enjoy a picnic lunch along the way. Afterward, we ferry across the river to Steung Trong and make our way to **Phnom Hanchey Temple**, where breathtaking views of the Mekong River await.

Cycling: approx. 50 km

Difficulty: Easy

*Accommodation: Hanchey Bamboo Resort or similar*

**Day 10** **KOH DACH SILK ISLAND – PHNOM PENH** **B,L,D**

After breakfast, we drive south, stopping enroute to ferry to Koh Dach Island where we'll enjoy a leisurely cycle through the countryside and visit a local family home to observe **traditional silk weaving**. Ferry back across the river and ride along the riverbank to the pier, then drive into the capital, Phnom Penh. This evening jump aboard a tuk tuk and embark on a thrilling journey through the heart of the city, where **culinary delights await us** at four cozy local restaurants and a charming craft beer and cocktail bar. This adventure is not just a feast for your taste buds; but a deep dive into the tapestry of Cambodian culture and cuisine.

Cycling: approx. 40 km

Difficulty: Easy

*Accommodation: Palace Gate Hotel & Resort or similar – 1 night*

**Day 11** **SIHANOUKVILLE – KOH RONG SALOEM** **B**

After breakfast, we'll transfer to Sihanoukville, where you'll have some time for lunch. In the early afternoon, we'll take a 30- to 45-minute boat ride to "paradise"! Upon arriving at the stunning island of **Koh Rong Samloem**, we'll transfer to our accommodation, **nestled between the pristine shores of Saracen Bay and a lush nature reserve**.

You'll have the freedom to choose how to spend the next few days—whether it's lounging on the powdery white sand beach, swimming in the warm aquamarine waters, or exploring the seclusion and natural beauty of the jungle interior. The choice is yours!

*Accommodation: La Passion by Achariyak – 3 nights*

**Day 12** **KOH RONG SALOEM** **B**

At leisure. Snorkelling, diving, stand-up paddle boarding, kayaking, and horse riding are some optional activities available at our hotel (extra charge).

**Day 13** **KOH RONG SALOEM** **B**

Another free day to rejuvenate your spirit with sea air and relaxation. With limited Wi-Fi, it's the perfect opportunity to put away your devices and truly immerse yourself in island life! If you're feeling like some exercise, consider taking a stroll along the bush track to Sunset Beach (about 50 minutes) or to Lazy Beach (around 30 minutes).

Koh Rong Samloem is renowned for its **bioluminescent plankton**, a mesmerizing natural phenomenon where the ocean sparkles with light at night. If you can't spot the glowing lights in the water, you'll find them onshore at the charming little bars that offer a fun vibe and refreshing drinks!

## Day 14

### BACK TO PHNOM PENH

B

This morning, we say goodbye to the island and take the boat back to **Sihanoukville**, where our driver will meet us for the journey back to Phnom Penh. Upon arrival, we take an enlightening exploration of the city once known as the "Pearl of Asia" before the dark legacy of the Khmer Rouge regime left the city marked by profound sorrow. Today, PP is experiencing a remarkable renaissance, fuelled by the energy and resilience of its youthful population. Our first stop is **Tuol Sleng**, a former high school turned notorious S-21 interrogation prison during those harrowing times, now transformed into a **genocide museum**. Next, we visit the hilltop **Wat Phnom**, home to ancient trees and playful monkeys, where we'll hear the legend of Lady Penh, the city's founder. Marvel at the **Royal Palace** and the **Silver Pagoda**, stunning examples of exquisite Khmer architecture. Inside the Silver Pagoda, you'll gaze upon the "Emerald Buddha" and a life-sized solid-gold Buddha adorned with 2,086 diamonds, weighing an impressive 90 kg.

As we wrap up our adventure the evening, we reflect on the resilience and beauty of Cambodia, from its poignant history to the vibrant spirit of its people. Together, we'll celebrate the memories we've created, and new friendships forged. Raise your glass to the hope that lies ahead, and to a bright future for this remarkable country.

ជំរុំមួយ (cheers - *choul mouy!*)

## Day 15

### END PHNOM PENH AIRPORT

Sadly, our time in Cambodia has come to an end. Airport Transfer available after breakfast.

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### Date

Start Singapore – 20 Nov 2025

End Phnom Penh – 04 Dec 2025

### Price

NZ\$5,990 per person twin share

NZ\$7,550 single

*If you are travelling solo and would like to twin share, let us know and we'll aim to find you a room-mate*

### Includes

- 14 nights accommodation (as listed or similar)
- Experienced English-speaking local guide
- Private transportation by air-conditioned vehicle
- E-bike and helmet
- Bike Mechanic / Riding Guide
- Meals as mentioned in the itinerary (B=breakfast, L=Lunch, D=Dinner)
- All sightseeing and entrance fees as mentioned in itinerary
- Refill water during the tour
- Snacks and fresh fruit for active days
- Ferry tickets to/from island
- All other transportation as mentioned by boat, tuk tuk, kayak, raft, horse & cart
- Tips for Guides
- Escorted by Marie Coles from Roam with minimum 6 passengers

**Excludes**

- International Airfares to/from Cambodia / airfare from Singapore to Cambodia
- Travel Insurance
- Personal expenditure (telephone, laundry, shopping etc)
- Beverages and alcoholic drinks
- Any other services not clearly mentioned on itinerary

**Group Size**

Minimum 6 / Maximum 12

**Notes:**

Itinerary may change due local conditions. All cycling distances displayed are approximate and subject to your ability and availability of the route, the guide will use his discretion to ensure safety and comfort for all participants. Non-refundable deposit of NZ\$1200 required at confirmation. Balance due 26/9/25.

