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Itinerary – Northern Cambodia / Southern Laos



Highlights

Northern Cambodia

- Rural life following the Mekong River
- Wild dolphin in the Mekong
- Jungle and Ancient remote temples
- The temple on the Thai borders
- Remote villages and stone mining
- River crossings in dugout canoes
- A great temple of Angkor Wat
- Floating villages in Tonlesap

Southern Laos

- Laos rural life and remote villages
- Ancient temple Wat Pou
- 4000 islands and Khong Island
- Mekong waterfall and Irrawaddy dolphin
- National protection area and king fisher lodge
- Waterfalls and caves
- Sepon gold mine and Nam Theum dam

Day 1

Phnom Penh – Kompong Chham – **Kompong Thom** - 180km

The journey begins with a ride north to Kampong Thom town, capital of Kampong Thom province. We'll be on dirt for most of the time, but when we hit the bitumen keep your eyes open, Route 6 is the road to Siem Reap and the traffic can be heavy. Following the Tonle Sap north-east out of Phnom Penh, we'll be crossing the river by dugout canoe and visiting the 1,500 year old temple of Prasat Phnom Pros.

Accommodation: Guesthouse, AC, Sat TV, hot shower





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Day 2 Kompong Thom – Siem Reap – 190km

Today we complete the ride to Siem Reap. But along the way we step off the bitumen of National Route 6 to visit the pre-Angkorian capital city of Sambor Pre Kuk. This cluster of temples is the next on the Royal Government's wish-list for UNESCO World Heritage recognition, but it could be some years before that happens and it isn't a world-famous destination yet. Which means you won't be surrounded by hordes of camera-toting tourists while you take in the temples during the morning sunlight.



Accommodation: Guesthouse, fan, Sat TV, shower

Day 3 Siem Reap – Preah Vihear temple – Chaom Khsan – 190km

From Siem Reap we ride east by north-east to Anlong Veng in Preah Vihear province, home of the millennium-old, UNESCO-listed, cliff-top Preah Vihear temple. As we skirt the Thai border we'll be stopping to look at the remote and less-touristed Banteay Chmar temple. But that comes after seeing the floating villages and fishermen who live there.



Accommodation: Guesthouse with basic comfort and shower

Day 4 Choam Khsan – Koker temple – Tbeng Meanchey - 170km

Today's sites include probably the most unique temple in Cambodia, the Maya-like Koker. Since 2004 it is possible for tourists to see the temple of Koker again. During the civil war in the 70's The Khmer Rouge have heavily mined them. As it is safe now this less travelled place of Cambodia will be our destination for lunch. In the evening we will reach Tbeng Meanchey.



Accommodation: Guesthouse, AC, Sat TV, hot shower



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Day 5 Tbeng Meanchey – Chep – **Stung Treng** – 165km

From Tbeng Meanchey we turn North-East once again, this time riding to the capital of Stung Treng province, Stung Treng town. Along the way we will enter Cambodia's North-Eastern forest and see some truly traditional villages and a way of life unchanged for centuries.

Accommodation: Hotel, AC, Sat TV, hot shower



Day 6 Stung Treng – Border Laos – King Fisher Lodge – **Attapu** - 230km

Time to cross the border. From Stung Treng we ride to Attapu in Laos, being Mekong River country we'll see traditional Khmer and Laos fishermen today, working with hand-thrown nets from small wooden boats in a style that hasn't changed since civilisation began.

Accommodation: Guetshouse, AC, Sat TV, hot shower



Day 7 Attapu – Sekong – **Salavan** – 165km

Welcome to Laos. From Attapu we ride through forest and jungle to the town of Sekong and then Sarawan. Along the way we'll detour to one of nature's greatest beauties, and probably it's most enchanting, a waterfall. Two of them actually, the Katamtok and Tad Lo waterfalls.

Accommodation: Guesthouse, AC, Sat TV, hot shower





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Day 8 Salavan – Ta Oy – **Xepon** – 230km

From Salawan we go off the beaten path and enjoy the greenery riding remote forest and jungle paths to Xepon. Traffic will not be an issue as we visit both Lao and tribal villages.

Accommodation: Guesthouse, AC, Sat TV, hot shower



Day 9 Xepon – **Mahaxay** – 150km

We leave Xepon and ride through open scrubland to spend time at a waterfall before ending the day in Mahaxay. Southern Laos shares its climate and ecology with North-Eastern Cambodia and much of its wildlife as well. Along the way we'll visit the Xepon Gold Mine and Pou Xang He National Park.

Accommodation: Guesthouse in the village



Day 10 Mahaxay – Lak Xao – **Nahin** – 210km

Today we spend the day riding through foothills and along mountain trails, exploring the area and enjoying the sites of this mostly undeveloped land before ending the day's ride in Vieng Kham. Those sites include the Nam Thuim dam, Nam Kone cave and Namsanam waterfall.

Accommodation: Guesthouse in the village





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Day 11 Nahin – Thakek – 140km

Turn around. The day is spent once again exploring the local area before beginning the return journey south by riding to Savannakhet. Today's sites include Buddhist shrine caves and the mighty Mekong River.

Accommodation: Guesthouse, AC, Sat TV, hot shower



Day 12 Thakek – Savana Khet – Pakse – 200km

We return to the highway to ride along the river through Savannakhet and into Pakse, stopping along the way to see Laos pagodas, the ancient Khmer temple of Wat Pou and the Tad Fan waterfall before stopping for the night in Champasak.

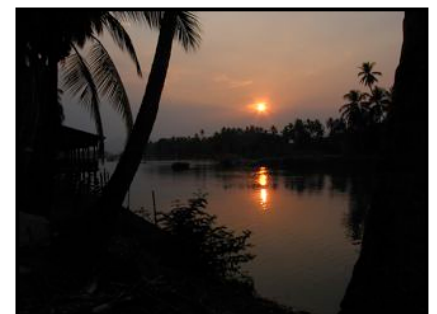
Accommodation: Guesthouse, AC, Sat TV, hot shower



Day 13 Pakse – Dong Khone – Border Laos/Cambodia – Stung Treng – 200km

Return to Cambodia. We cross the border again today, back into Cambodia. Along the way we'll see the 4,000 islands that break up the Cambodian/Laos border stretch of the Mekong River, visit Dong Khone Island itself, see the Pha Pheng waterfall and have the chance to observe the Irrawaddy Dolphins in the wild. We return to Stung Treng for the night.

Accommodation: Hotel, AC, Sat TV, hot shower





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Day 14 **Stung Treng – Kracheh – Kompong Cham – 260km**

From Stung Treng we ride to Kratie to see the world-famous and critically endangered Irrawaddy Dolphins. Outside of Burma these freshwater dolphins live in no other stretch of the Mekong River and currently face extinction in Cambodia. We end the day by crossing the Kizuna bridge over the Mekong into Kampong Cham town, capital of Kampong Cham province

Accommodation: Hotel, AC, Sat TV, hot shower



Day 15 **Kompong Thom – Phnom Penh – 165km**

Return to Phnom Penh. We leave Kampong Cham and take in the Phnom Basat temple as the journey's final piece of sightseeing. After that we finish our journey by taking the river road to Phnom Penh.

Accommodation: Hotel, AC, Sat TV, hot shower

