Cambodia Trek To Angkor Wat

The challenge of a lifetime...
...for the charity of your choice

Trek to the top of Kulen Mountain & the temples of Angkor Wat!

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Discover the beauty of the sacred Kulen Mountain and explore the jewel in Cambodia’s crown, Angkor Wat...

Your trekking challenge...

Trek for 95km over five days through Cambodia which lies in the heart of old Indochina; home to dazzling green rice-paddies and jungles dotted with temples and ruins, villages of thatched stilted houses, and small towns where Buddhist temples nestle amongst graceful French colonial buildings. We trek the hills, valleys and forests of the surrounding area, ascending to the upper plain of Kulen Mountain. This region is rich not only in history, but in beautiful landscapes and the rural way of life, little changed for centuries. The famous smiles of this remarkably friendly country will carry us on to our finish point at Angkor Wat, where we explore the ancient capital of the mighty Khmer Empire!

Your itinerary...

Day 1
We depart the UK for our flight to Siem Reap.

Day 2
We arrive in Siem Reap where we are met by our local guides and transfer to our hotel to freshen up, we are then free for the rest of the day to explore and enjoy our first glimpse of the local culture. In the evening, we will have dinner as a group at a local restaurant and a full briefing of the challenge ahead.

Day 3
Siem Reap to Wat Preash Bat Bun Tham
After breakfast, we take a short transfer out of town and begin our trek. Heading out south-east across dazzling green rice-paddies and farmland, we pass through several small villages. Cambodia is one of the friendliest countries in South-East Asia and we will get plenty of smiles and waves as we pass!

We're never far from a temple or pagoda and we make time to stop at a couple for a closer look. A short transfer of about 50 minutes takes us to our camp at Wat Preash Bat Bun Tham.

Trekking distance - approx. 20km/5-6 hrs

Day 4
Wat Preash Bat Bun Tham to Svay Leu
Leaving our campsite we head towards Kulen Mountain. We veer right after passing a small village and head out across the paddy fields where we are treated to fabulous views of Phnom Kulen in the distance. Following cow cart tracks, we wind our way towards Beng Mealea and the fascinating ruins of this little visited temple. We have the opportunity to explore before taking a short transfer to our evening’s campsite at Svay Leu Pagoda. There is often a lively local market near the pagoda which we should have time to explore – a real insight into the way of life in this remote area.

Trekking distance - approx. 20km/7-8 hrs

Day 5
Svay Leu to Kulen Mountain
Today we set off on the challenging trek to the top of Cambodia’s sacred mountain (487m). Deeply revered, the local people make pilgrimages to the pagodas on the mountain top. The mountain forms a high plateau, from where there are fabulous views across the forests and fields below. We head west, taking undulating tracks through the forests to the ‘Big Buddha’, which overlooks the central plain; a short distance on is a very picturesque waterfall. We camp overnight near the falls and may have time to bathe in the ‘River of 1000 Lingas’ and admire the elaborate carvings in the riverbed itself.

Trekking distance - approx. 26km/7-8 hrs
Day 6
Kulen Mountain to Tbang
We set off after a hearty breakfast on an old trail, now little-used since the recent construction of a road. We may meet a few local people who still use the path for hunting, cutting lianas and to work on the farms higher in the hills. Our trek continues south-east on a small jungley trail down the mountain. Back on the flat plains, we continue our trek on sandy, sometimes muddy tracks. There is little shade as we pass a few villages, local schools and an abundance of pagodas. We will be hot and tired by the time we reach our evening’s campsite, our final goal nearly within reach.

Trekking distance - approx. 18km/6-7 hrs

Day 7
Tbang to Angkor Wat
This morning we enjoy our last breakfast together in camp. We set off on the final stretch of our trek, before loading up into the local mode of transport and travelling in style in a colourful procession of tuk tuks to the magnificent 12th Century Angkor Wat!

We will also visit the spectacular walled city of Angkor Thom, the tranquil Bayon, adorned with giant faces and the jungle covered Ta Prohm, where nature meets man and huge tree roots intertwine with the temple’s walls. After exploring the temples, we transfer a short way to our hotel by bus. Tonight we mark our achievement with a celebration dinner at a local restaurant.

Trekking distance - approx. 10km/2-3 hrs

Day 8
We have some free time to explore Siem Reap before transferring to the airport in time for our flight home.

Day 9
Arrive UK

(Please note, this is a complex itinerary and subject to change)
Is this trip for me?
ABSOLUTELY! This trek is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning that you will all be in the same situation!

How fit do I need to be?
This trek has been designed to be challenging but achievable by anyone as long as you train beforehand. Remember, you are trekking for five consecutive days in a hot climate – the fitter you are the more you will enjoy this challenge. Trekking training tips can be found on the Global Adventure Challenges website to point you in the right direction.

Where will we stay?
In Siem Reap, we will stay in a hotel; twin share with en-suite washing facilities. Whilst on trek we will be camping – all tents and camping equipment will be provided and basic washing and toilet facilities will be available. Remember, this is a challenge!

Do I need specialist kit?
We will supply you with a suggested kit list of what to take once you register to take part. Apart from some broken in trekking boots and maybe some trekking poles, you do not need any specialist kit.

Do I have to carry my own luggage?
No. Participants will only have to carry a day pack (for items such as sun-screen, water, sun hat, camera, etc.) and your main luggage will be transported from camp to camp by our vehicle.

Food matters...
All meals will be provided except lunch on Day 2 and Day 8, as these meals fall in free time. We can cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed. Khmer food is very varied and nutritious with plenty of vegetables.

What’s included?
Return flights from London to Siem Reap, all accommodation, transfers, tents and other camping equipment, all meals including celebratory dinner (except lunches on Day 2 and 8), campsite set up staff, food, water and other supplies, local English speaking guides, Global Adventure Challenges leader from the UK, a full, comprehensive first aid kit.

What’s not included?
A contribution to the airport taxes and fuel surcharge – these are approximately £250 per person, personal travel insurance - it is strongly advised to take this out through Global Adventure Challenges, visa (if applicable), tips and gratuities, alcoholic drinks and your personal kit.

Can I stay in Cambodia after the challenge?
All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at customer.care@globaladventurechallenges.com as soon as possible. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What sort of back-up is there?
There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides and crew. Full, comprehensive first aid kits will be taken and mobile telephones will be used to ensure your safety and security at all times.

What happens if I get tired?
There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising sponsorship?
Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I am interested... what do I do now?
Places are limited and go on a first come, first served basis so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee - all payment options and costs are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

Trek 95km to Angkor Wat, the jewel in Cambodia’s crown!

Register online today!
www.globaladventurechallenges.com