



MILES FOR SMILES CAMBODIA 2027

Laos – Cambodia Cycling Tour

7-16 January 2027

Take on the adventure of a lifetime and join us for an unforgettable cycling journey through the stunning landscapes of Laos and Cambodia.

Ride alongside a community of passionate supporters, discover vibrant villages and peaceful countryside, and experience the culture and hospitality that make this region so special.

This ride is as much about the journey as the destination — it's about the friendships formed along the way, the fun of taking on a challenge together, and the shared sense of purpose.

By taking part, you'll support the vital Kindergarten Program at CCF and have the opportunity to visit these special classrooms, meet the kids, and see firsthand the impact of your fundraising.

CCF has partnered with Discova, a leading Asia-based tour operator, to deliver this unique cycling adventure. Now in its sixth year, this ride has been carefully designed to feature scenic backroads, meaningful local experiences, and a fully supported challenge that riders of all abilities can enjoy.

So get ready for an unforgettable experience, push your limits, and be part of something truly meaningful. We'd love to have you with us on the ride.



ITINERARY SUMMARY

Day	Itinerary Brief	Overnight loc.	Kilometers
1	Luang Prabang – Cycling to Kuangsyl Waterfall	Luang Prabang	60km
2	Luang Prabang – Cycling to Laos Countryside and Mekong Cruise Experience	Luang Prabang	72km
3	Luang Prabang – Take a train to Muang Xai	Oudomxay	35km
4	Cycle to Buddhist temple - Muanglar district then transfer back to resort – Take train to Luang Prabang	Luang Prabang	47km
5	City Exploration – UXO Center - Flight to Siem Reap Dinner with Apsara Dance	Siem Reap	N/A
6	Angkor Sunrise – Cycle Grand Angkor Loop	Siem Reap	34km
7	Cycle Siem Reap Countryside to Banteay Srei	Siem Reap	88km
8	Cycle Siem Reap to Tonle Sap Lake. Transfer to Phnom Penh via Kampong Thom	Phnom Penh	68km
9	CCF Program	Phnom Penh	N/A
10	Tour Concludes	N/A	N/A

DAY 1

LUANG PRABANG – CYCLING TO KUANGSY WATERFALL

We start our cycling tour in Luang Prabang, a UNESCO World Heritage Town situated in north-central Laos which is recognised for blending Lao architecture, European colonial buildings and over 30 Buddhist temples. We start the day early with one of the most memorable sights of Luang Prabang. At dawn hundreds of saffron robed monks move silently through the streets to collect alms (offerings of food). Your guide will explain the background behind this ritual which is still very much a part of everyday life in Laos. It's early but well worth the wake up call! Return to your hotel for breakfast.

After breakfast it's time to begin the bicycle ride out of town to Kuang Sii Waterfalls. The distance is about 30km and should take approximately 3 hours passing through very scenic Laotian countryside, with rice paddies and many ethnic minority villages. We will stop and visit the Khmu

minority village of Ban Thapaene, or one of the Hmong villages along the journey. The ride is mostly undulating with some flat stretches and some steeper hilly sections.

There will be an air-conditioned vehicle in support, so it's also possible to take a rest and ride in the van if the going gets too tough!!

On arrival at Kuang Sii there is plenty of time to enjoy a picnic lunch and, if water levels permit, to take a refreshing dip in the falls. These beautiful falls cascade over many calcified tiers and down several hundred feet into a series of cool, turquoise pools. When it's time to begin the return journey to Luang Prabang town - the energetic can cycle back or there is the option of travelling back in the air-conditioned vehicle. Return to Luang Prabang mid-late in the afternoon and the remainder of the day is yours.

Riding: 60km or optional 30km | Meals: Lunch / Dinner



DAY 2

LUANG PRABANG – CYCLING THROUGH LAOS COUNTRYSIDE AND MEKONG CRUISE EXPERIENCE

Pedal along scenic trails beside the Mekong River, passing temples, traditional villages, and lush rice paddies. Enjoy the majestic landscapes shaped by the Mekong and its tributary, the Nam Ou River, while gaining insight into rural life - from farming cycles and vegetable cultivation to small-scale livestock raising. Along the way, you will be warmly greeted by friendly children and local villagers.

Lunch will be served at a riverside restaurant overlooking the Mekong and the nearby caves. Afterward, travel by boat downstream to the renowned Pak Ou Caves. Inside discover hundreds of Buddha statues of varying sizes, left by devotees over centuries - an awe-inspiring sight as they fill the limestone caverns.

On the return journey, stop at a riverside weaving village to observe artisans working on traditional looms. Back in Luang Prabang, hop on your bicycle once more to explore the countryside, visit a traditional pottery village, and cross the river to admire exquisite silk craftsmanship at Ock Pop Tok.

Riding: 72km | Meals: Breakfast / Lunch / Dinner



DAY 3

LUANG PRABANG – TAKE A TRAIN TO MUANG XAI

We will pick you up from your hotel and take you to Luang Prabang Railway Station to board the high-speed train to Muang Xai (approximately 1.5 hours). Upon arrival, hop on your bicycle and begin a rewarding ride through dramatic mountain scenery, enjoying the fresh air and sweeping views of northern Laos.

After lunch, continue to the local market for a further glimpse into regional cuisine and daily life, where colourful displays of fresh produce and local specialties reflect the character of this small northern town.

Return to your beautiful resort nestled in the jungle, where you will be embraced by nature and wake to the gentle sound of birdsong.

Riding: 35km | Meals: Breakfast / Lunch / Dinner

DAY 4

CYCLE TO BUDDHIST TEMPLE – MUANGLAR – TAKE TRAIN BACK TO LUANG PRABANG

We set out on the bikes just after breakfast and ride on an unpaved road which connects with a paved road leading down to the next river, the Nam Ou. While we won't quite reach that river, the ride on undulating hills following a smaller tributary is lovely. We will cross low river streams, so be prepared for a little splash! At 47km we finish cycling for the day and take a transfer to Muanglar to enjoy a local lunch. We will then return to the resort for refreshments and gather belongings before taking the train back to Luang Prabang (train ride approximately 1.5 hours)

Riding: 47km | Meals: Breakfast / Lunch / Dinner



DAY 5

CITY EXPLORATION - UXO CENTRE - FLIGHT TO SIEM REAP – DINNER WITH APSARA DANCE

Enjoy a half day tour around the atmospheric town of Luang Prabang. We visit the Buddhist Archives, an exhibition of unique historical and contemporary photographs at Vat Khili, on the tip of the peninsula.

Our morning will continue with a visit to Heuan Chanh Heritage house, a rare surviving example of a pre-colonial Lao style aristocratic mansion. We then visit UXO Lao Visitors Centre, an educational centre where visitors can learn about the problems caused by unexploded bombs and mines left behind by American armed forces after the end of the Vietnam War. The Lao National Unexploded Ordinance Programme (UXO Lao) continue to do the very courageous work of clearing these bombs. After a light lunch we will make our way to the airport for the flight to Siem Reap.

Tonight enjoy a special welcome dinner accompanied by a traditional Apsara Dance. As you savour authentic Khmer cuisine, graceful dancers in ornate silk costumes bring ancient legends to life through elegant movements and expressive gestures—an atmospheric introduction to Cambodia's rich cultural heritage and a memorable way to begin your Siem Reap stay.

Riding: N/A | Meals: Breakfast / Lunch / Dinner



DAY 6

ANGKOR SUNRISE – CYCLE GRAND ANGKOR LOOP

Siem Reap and the Angkor Temples definitely deserve a number of days of your time, but first you need an overview, so that is what you can expect from this morning's ride. We make an early start to see the sunrise over Angkor Wat, an experience bordering on spiritual, and after exploring this most important architectural masterpiece in the soft morning light, we pause for breakfast.

Well fuelled with our picnic breakfast in the lush green background of the park, we will be on our bikes pedalling through the Angkor Complex! You'll ride the secret trails and dedicated bike paths to visit some of the other ruin highlights such as the Bayon Temple, Elephant Terrace and Ta Prohm, as well as a couple of hidden gems along the way. Don't forget your camera today!

After the temple ride we will head to lunch and then return to our hotel by bike.

Make the most of this free evening. Enjoy the warm weather with a dip in the hotel pool, go for a massage, drop into the night markets, or perhaps have a drink and bite to eat on Pub Street. The night is yours.

Riding: 34km | Meals: Breakfast / Lunch



DAY 7

CYCLE SIEM REAP COUNTRYSIDE TO BANTEAY SREI

This morning, we hop back on our bikes and ride through the majestic Angkor Archaeological Park, heading toward the peaceful countryside on the outskirts of Siem Reap. While not stopping at the temples, their ancient silhouettes and towering protected trees create a magical backdrop for the start of today's journey.

We will continue to pedal through the Cambodian countryside along tree-lined, minor roads, with rarely a vehicle in sight aside from motor scooters. Farmers will be out, tending to their cattle or rice fields, and will be happily surprised to see a group of two-wheeled visitors rolling through their quiet corner of the world. The area is also renowned for its superior palm sugar and if we are lucky, we may encounter a village where they are busy cooking the nectar harvested from their trees in preparation to sell it at market.

Our destination is the exquisite Banteay Srei, famed for its pink sandstone and remarkably detailed carvings. This temple is unique in a number of ways. It is the only major temple constructed not under the instigation of a monarch but of the courtiers. It is also built from red sandstone, which allowed for some absolutely stunning artwork in the intricate carvings that remain to this day. You will frequently see replicas of these sandstone carvings used in restaurants and hotels throughout nearby Siem Reap.

Having ridden 44km to get there, cycle back toward Siem Reap - or relax in the support van if you prefer - bringing a memorable countryside adventure to a close.

Riding: **88km or optional 44km** | Meals: **Breakfast / Lunch / Dinner**



DAY 8

CYCLE SIEM REAP TO TONLE SAP LAKE - TRANSFER TO PHNOM PENH VIA KAMPONG THOM

We will pick you up early from your Siem Reap hotel and set off on an invigorating morning cycling adventure through the scenic Cambodian countryside. Riding along quiet rural roads, you will pass emerald rice fields, stilted villages and welcoming local communities offering a glimpse into everyday life beyond the city.

Our journey brings us to Kampong Khleang, a remarkable floating village on Tonle Sap Lake. Here discover a unique waterside lifestyle, with homes raised on tall stilts, flooded forests and active fish farms shaping this resilient community.

After exploring the village, we transfer to Kampong Thom (a 3-hour drive) for lunch and a quick refresh before continuing by private vehicle to Phnom Penh (another 3 hour drive).

Later, enjoy dinner at a riverside restaurant, taking in the lively atmosphere and gentle breezes along Phnom Penh's waterfront—a relaxing end to a day rich in culture and countryside charm.

Riding: **68km** | Meals: **Breakfast / Lunch / Dinner**



DAY 9

CAMBODIAN CHILDREN'S FUND SITE VISIT

You will begin your day with a full tour of CCF facilities so you can see firsthand the impact you're making. The tour will end at the kindergarten where we will celebrate your fundraising efforts and meet some of the kindy kids and teachers who will be very excited to see you.

You are all invited to a fun filled lunch with participants' sponsor children. Catch up on exam results, sporting wins and birthdays, while making memories that will last a lifetime.

Enjoy dinner with some of the CCF staff who make all of our work possible. Get to know one another and celebrate an incredible trip!

Riding: **N/A** | Meals: **Breakfast / Lunch / Dinner**

DAY 10

TOUR CONCLUDES

Today will be your last day of the adventure through Laos and Cambodia and will be free for you to discover Phnom Penh in your own way. Your Tour Leader will help with suggestions for the activities that are right for you. Where transport is required, the hotel can arrange this for you.

The trip concludes today at checkout time which is midday. Late checkouts can be requested with hotel reception and are subject to availability. Additional nights can also be booked in advance with Discova.

Transport to the airport can also be arranged through Discova in advance or through the hotel on the day.

Riding: **N/A** | Meals: **Breakfast**



HOTELS

LOCATION	HOTEL
Luang Prabang	Luang Prabang View Hotel
Oudomxay	Namkat Yorla Pa
Siem Reap	The Aviary Hotel
Phnom Penh	Palace Gate Hotel & Resort



SERVICES & INCLUSIONS

INCLUSIONS	EXCLUSIONS
• Economy Flight ticket between Luang Prabang and Siem Reap (LPQ – SAI) • Accommodation as outlined in the itinerary on a twin/share basis • English speaking, Tour Leader • English speaking, assistant Tour Leader/Guide • Mechanic (15+ participants) • Air-conditioned support vehicle • Meals as indicated in the program • Snacks, fruit and water during rides • Bikes, helmets, handlebar bag • Memento Discova Cycling Jersey and Water Bottle • Water with meals (other drinks at the riders expense)	• VISA'S • Please make sure you have 6 months passport validity • Early/late check in/out service at hotels (there may be a surcharge if requested) • High/Peak season surcharges • Tips and gratuities • Services and meals if not mentioned in itinerary • All soft drinks and alcoholic drinks at meals • Laundry, telephone calls and expenditure of a personal nature • Travel Insurance

COST

\$2,795 USD

Travel cost per person for cycling or companion itinerary (excludes flights)

\$635 USD

Single room option

\$250 USD

Optional E-bike upgrade

Additional accommodation at the Palace Gate Hotel in Phnom Penh, using deluxe rooms, including breakfast \$158 AUD, per room, per night

FUNDRAISING TARGET

\$3,500 AUD

Per Person

All donations are being matched by the Jackson Kemper Foundation

We know that fundraising can be daunting but we are here to support you. We will be in touch with you shortly after you sign up!

BOOK NOW

Watch the Video of the 2023 Ride Highlights

TOO SOON?

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for more information email nicky@cambodianchildrensfund.org