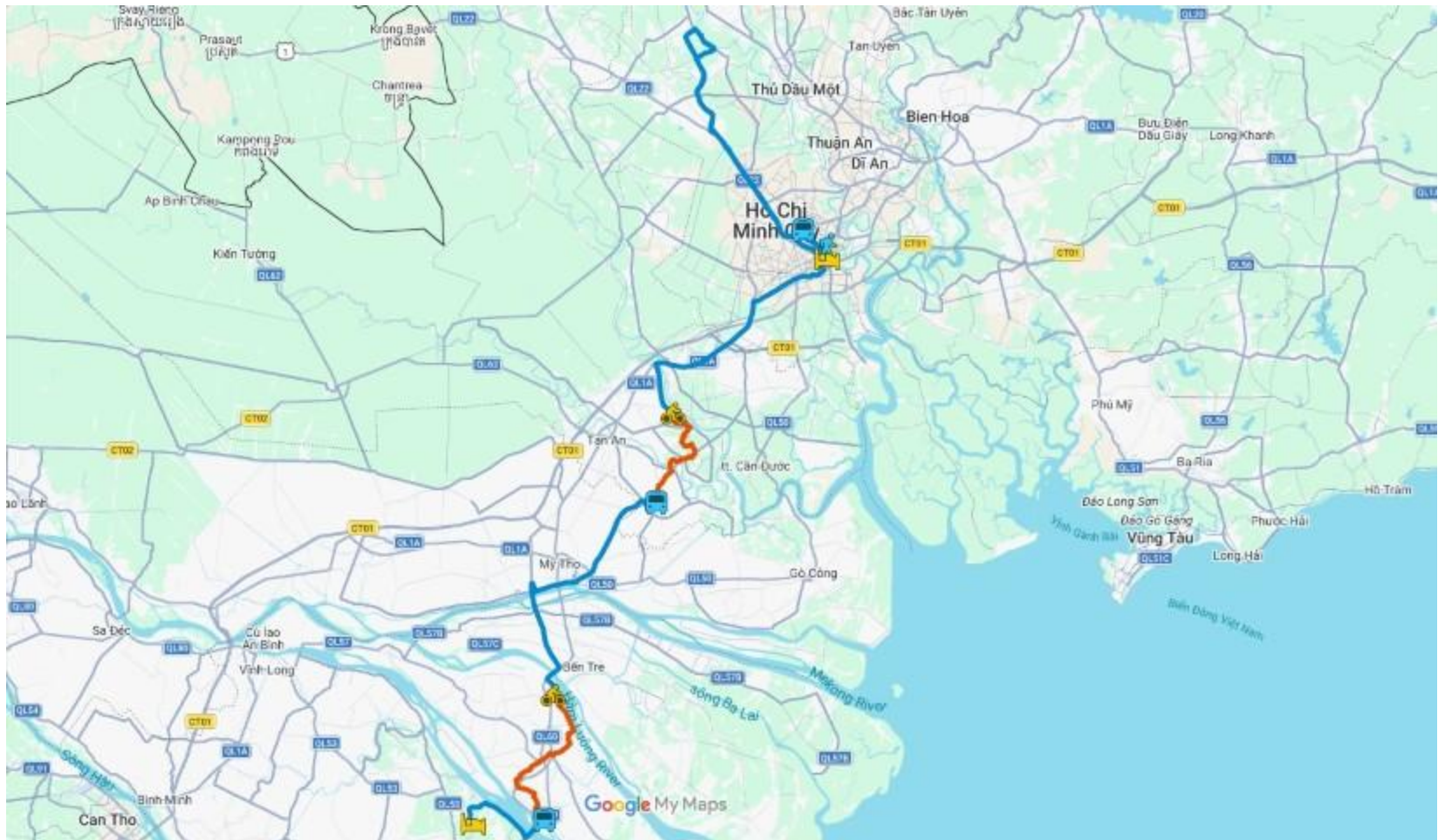


Entire trip – Air (Green) = 220 miles/ Bike (Red) = 346.9 miles/ Ground (Blue) = 660.8 miles – Vietnam Cambodia



Day 3-6 Friday, February 6-9, 2026 – Ground (Blue) 149.4 miles/ Cycle (Red) 33.1 miles - Ho Chi Minh City-Cu Chi Tunnels-Too Tra Vinh

33.09 mi  
Distance

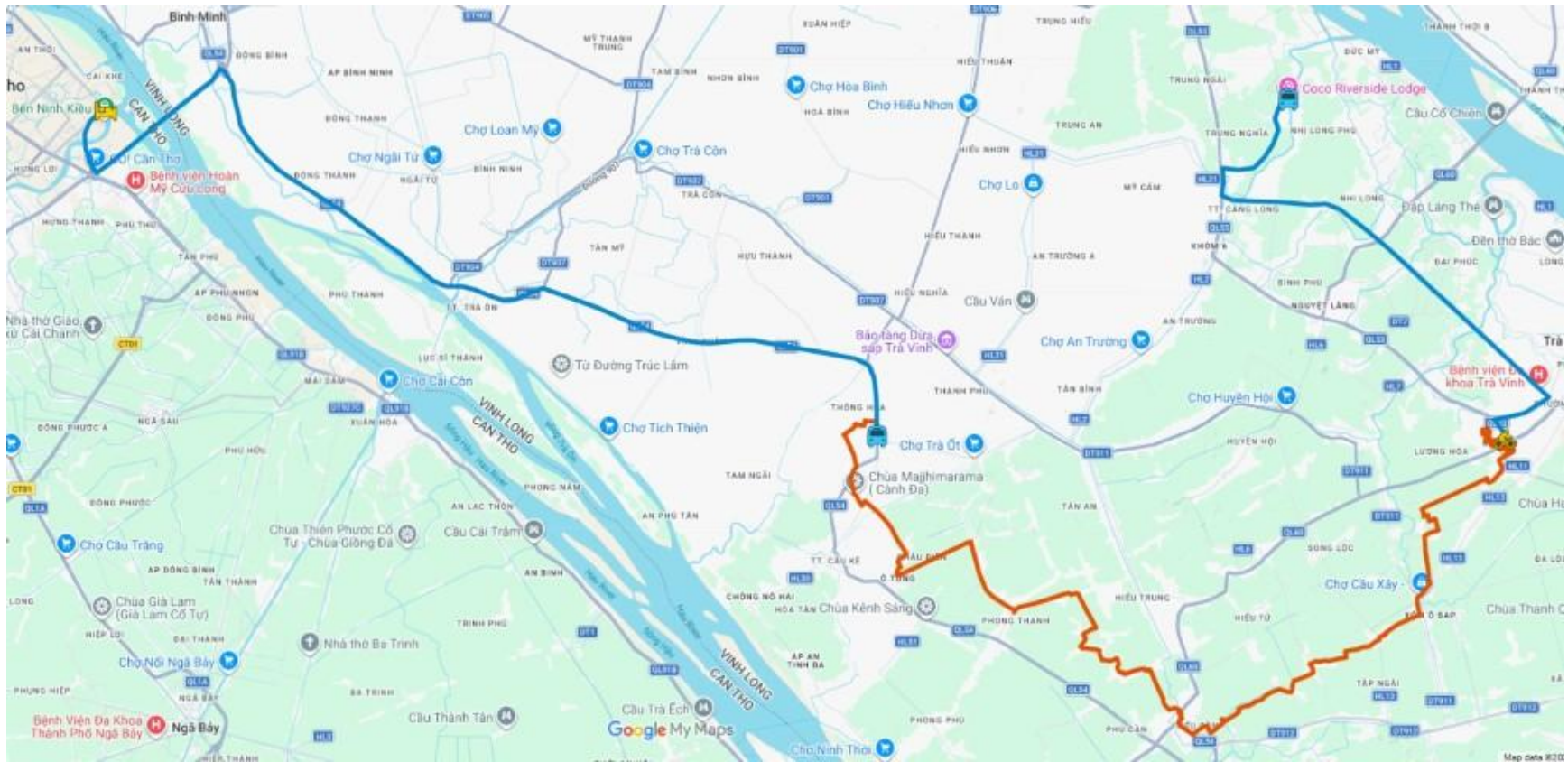
3:27:13  
Time

9.6 mph  
Avg Speed

230 ft  
Total Ascent



Day 6 Monday, February 9, 2026 - Cycle 33.1 miles – (Ben Tre) Mo Cay Bac to Mo Cay Nam & Mo Cay Bac to Mo Cay Nam



Day 7 Tuesday, February 10, 2026 – Ground (Blue) 46.1 miles/ Cycle (Red) 37.4 miles - Tra Vinh to Hotel in Can Tho

35.97 mi

Distance

3:18:53

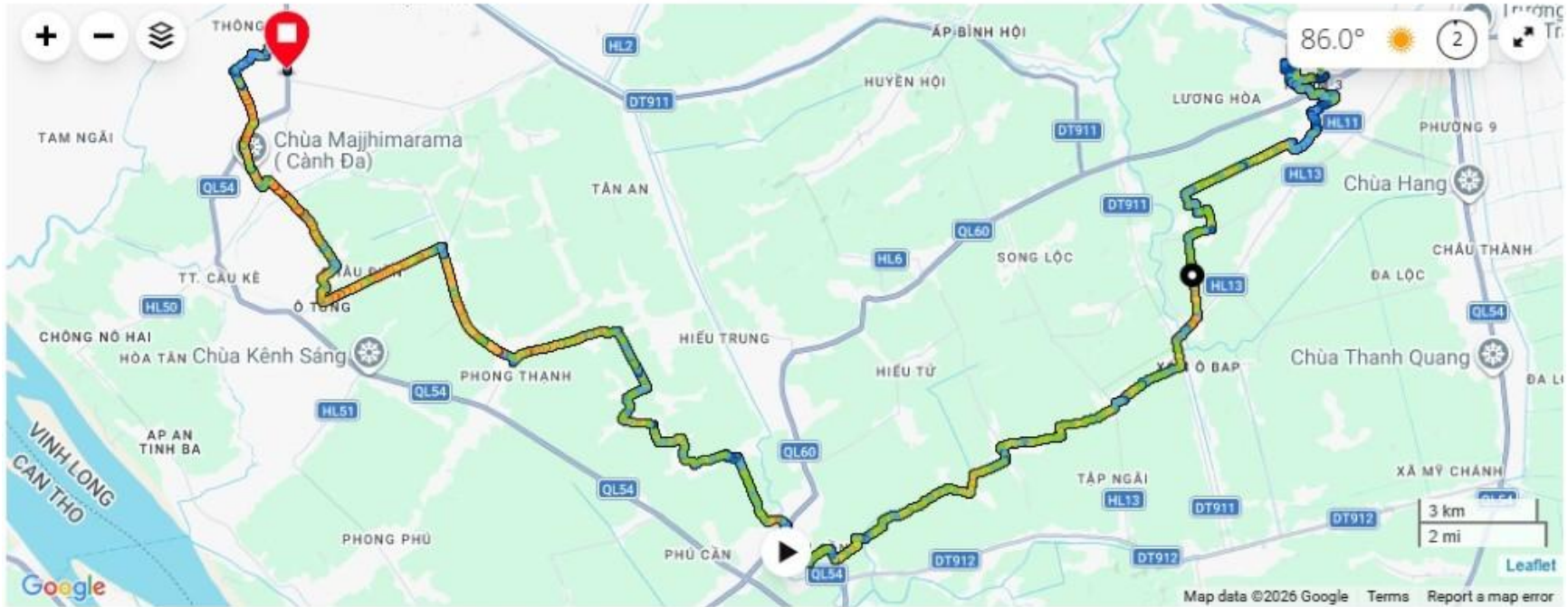
Time

10.9 mph

Avg Speed

256 ft

Total Ascent



Slower Faster

Day 7 Tuesday, February 10, 2026 - Cycle 37.4 miles – (Tra Vinh) Phuong 8 to Cau Ke



Day 8 Wednesday, February 11, 2026 - Ground (Blue) 58.8 miles/ Cycle (Red) 34 miles - Can Tho to Chau Doc

33.95 mi

Distance

3:11:03

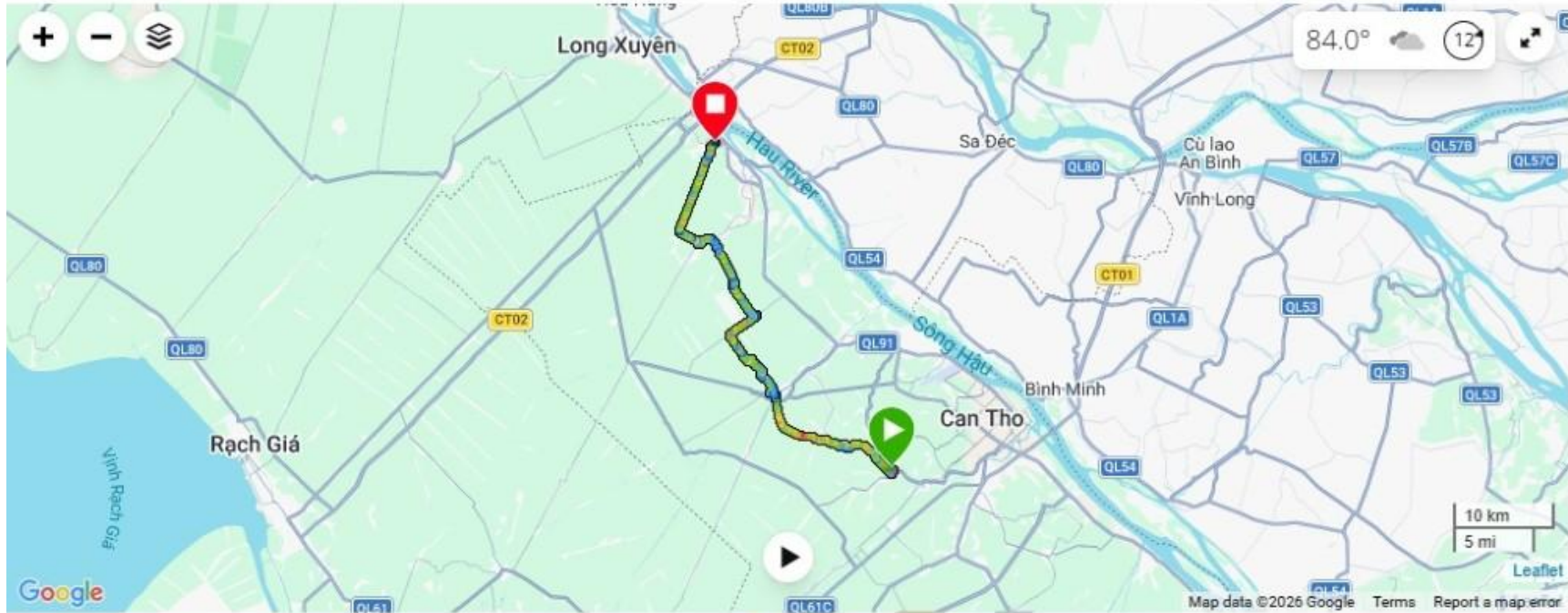
Time

10.7 mph

Avg Speed

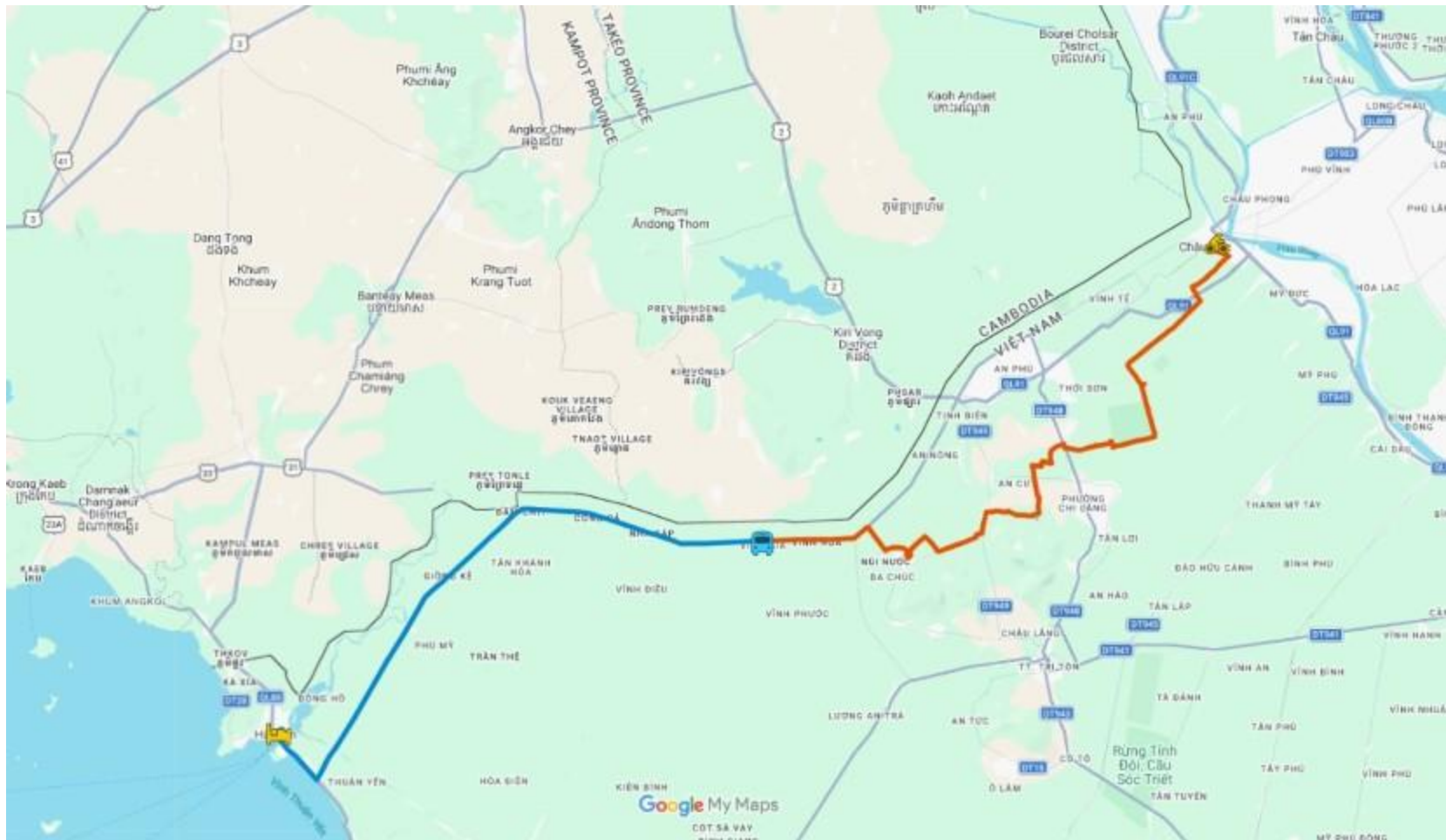
318 ft

Total Ascent



Slower Faster

Day 8 Wednesday, February 11, 2026 - Cycle 34 miles – (Can Tho) Phong Dien to Thot Not



Day 9 Thursday, February 12, 2026 - Cycle (Red) 38 miles / Ground (Blue) 31.5 miles - Chau Doc to Ha Tien

37.98 mi

Distance

3:20:41

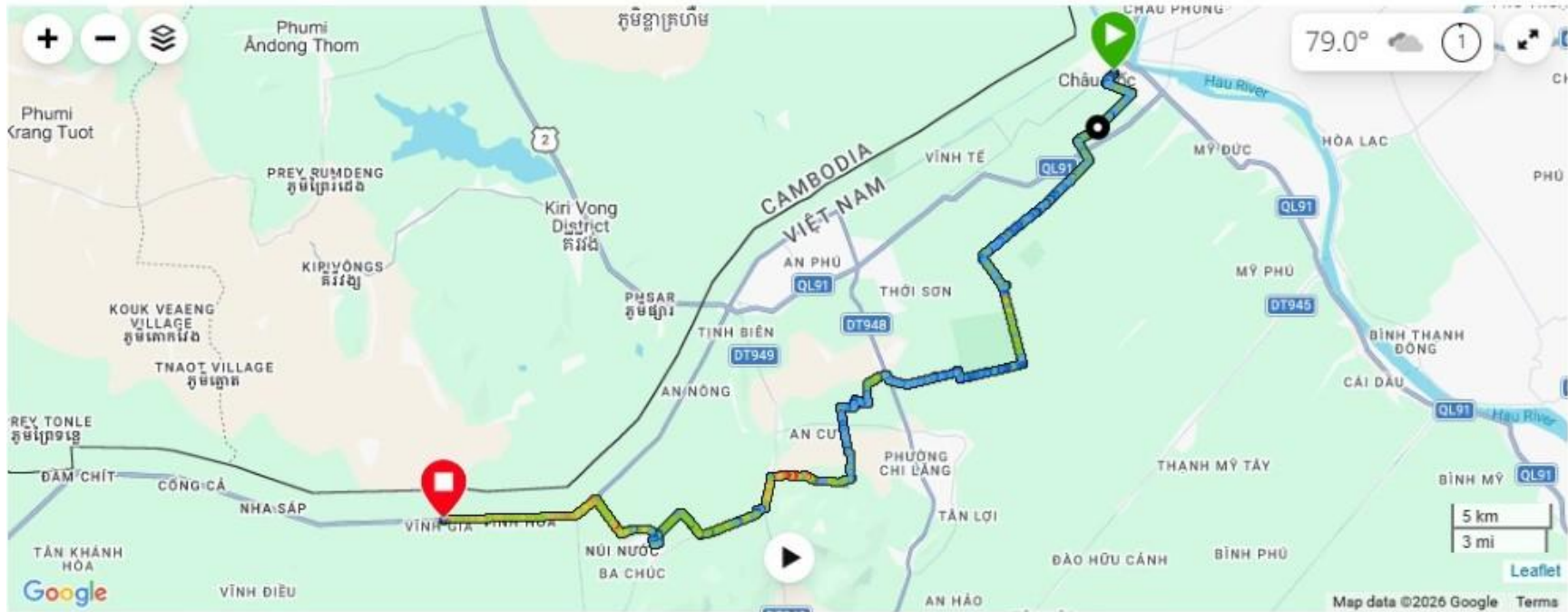
Time

11.4 mph

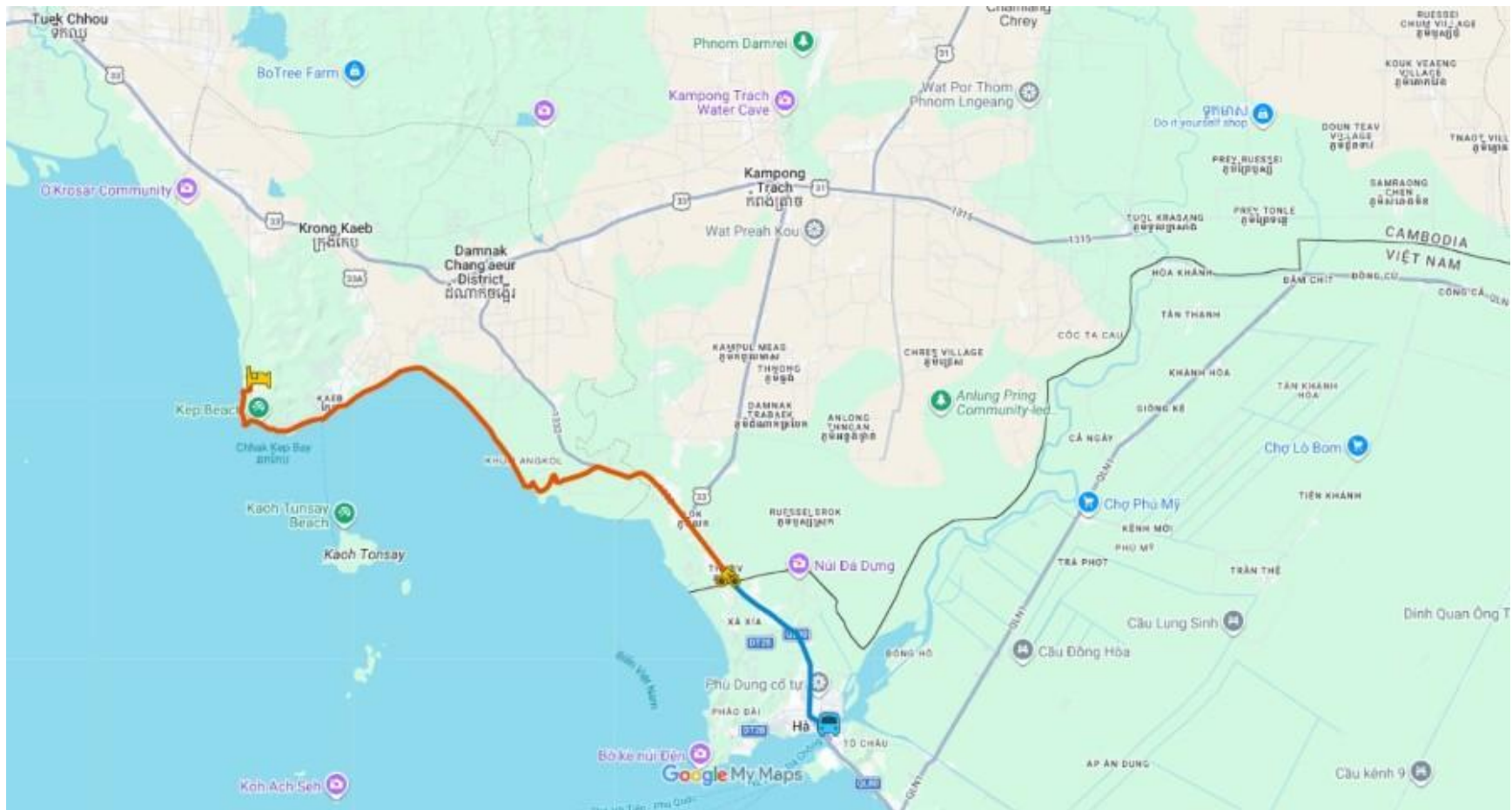
Avg Speed

417 ft

Total Ascent



Day 9 Thursday, February 12, 2026 - Cycle 38 miles - Khom Hoa Binh, Chau Doc to Tri Ton, An Giang



Day 10 Friday, February 13, 2026 – Ground (Blue) 5.2 miles/ Cycle (Red) 16.2 miles - Ha Tien, Vietnam to Kep, Cambodia

16.24 mi

Distance

1:31:04

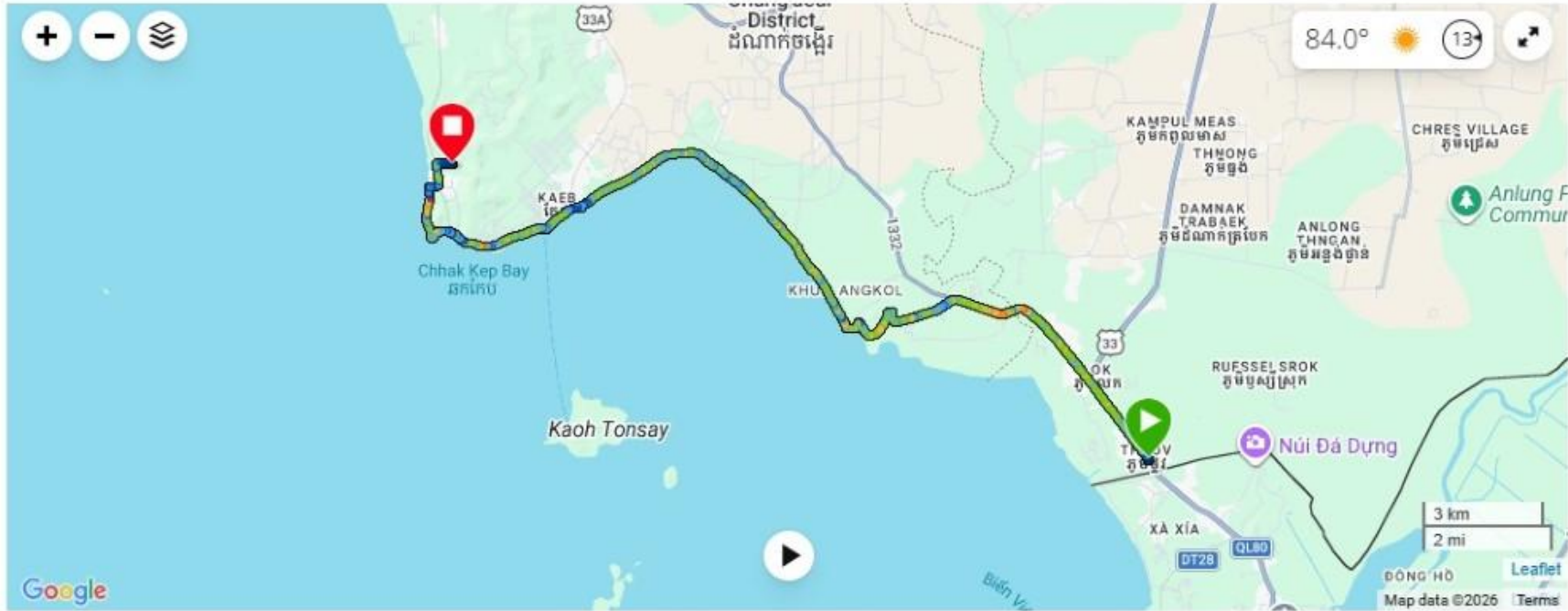
Time

10.7 mph

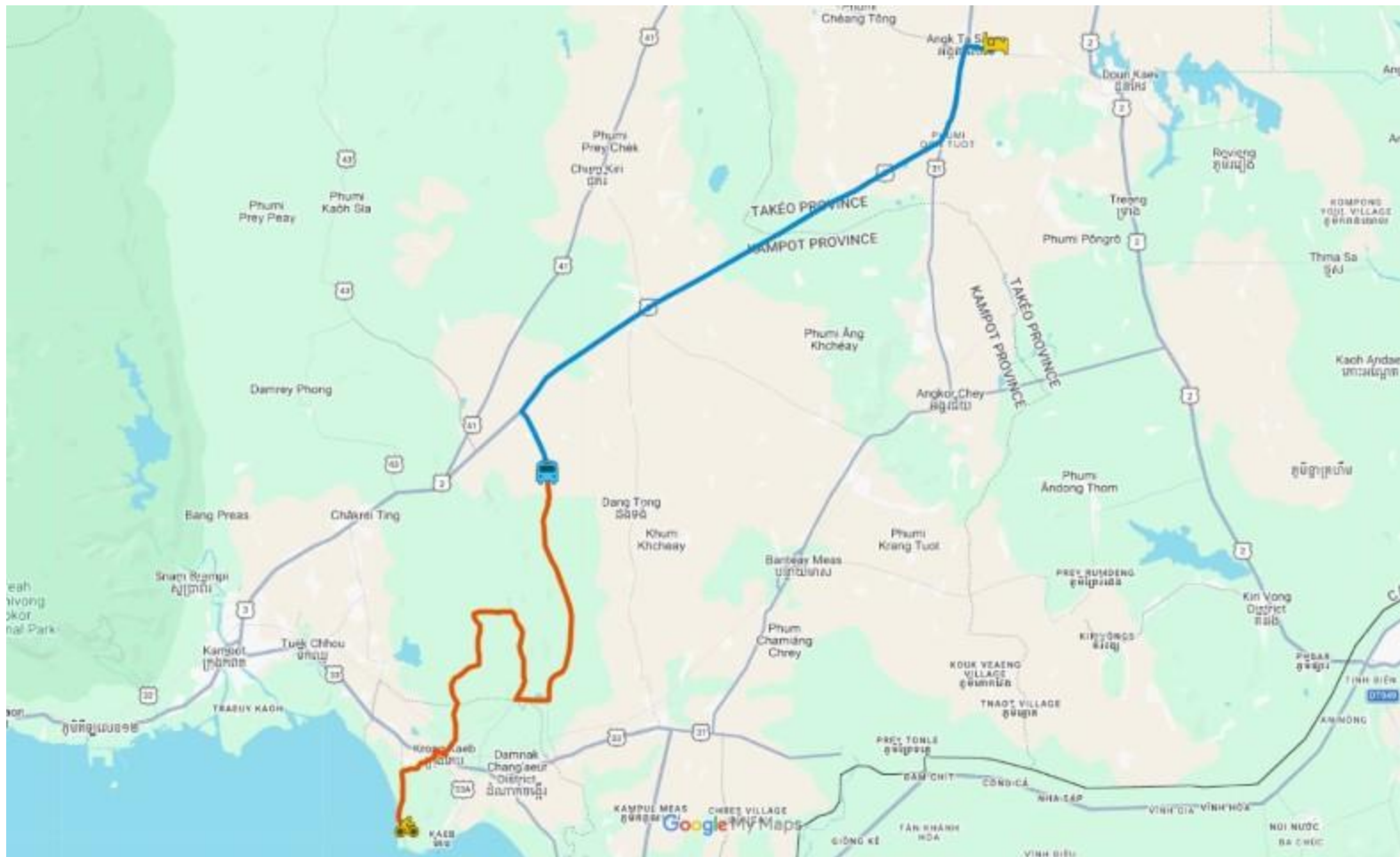
Avg Speed

220 ft

Total Ascent



Day 10 Friday, February 13, 2026 - Cycle 16.2 miles - Cambodia border to Kep Hotel, Tara Lode



Day 11 Saturday, February 14, 2026 - Cycle (Red) 32 miles/ Ground (Blue) 34.9 miles - Kep to Ta Keo

31.97 mi

Distance

2:52:45

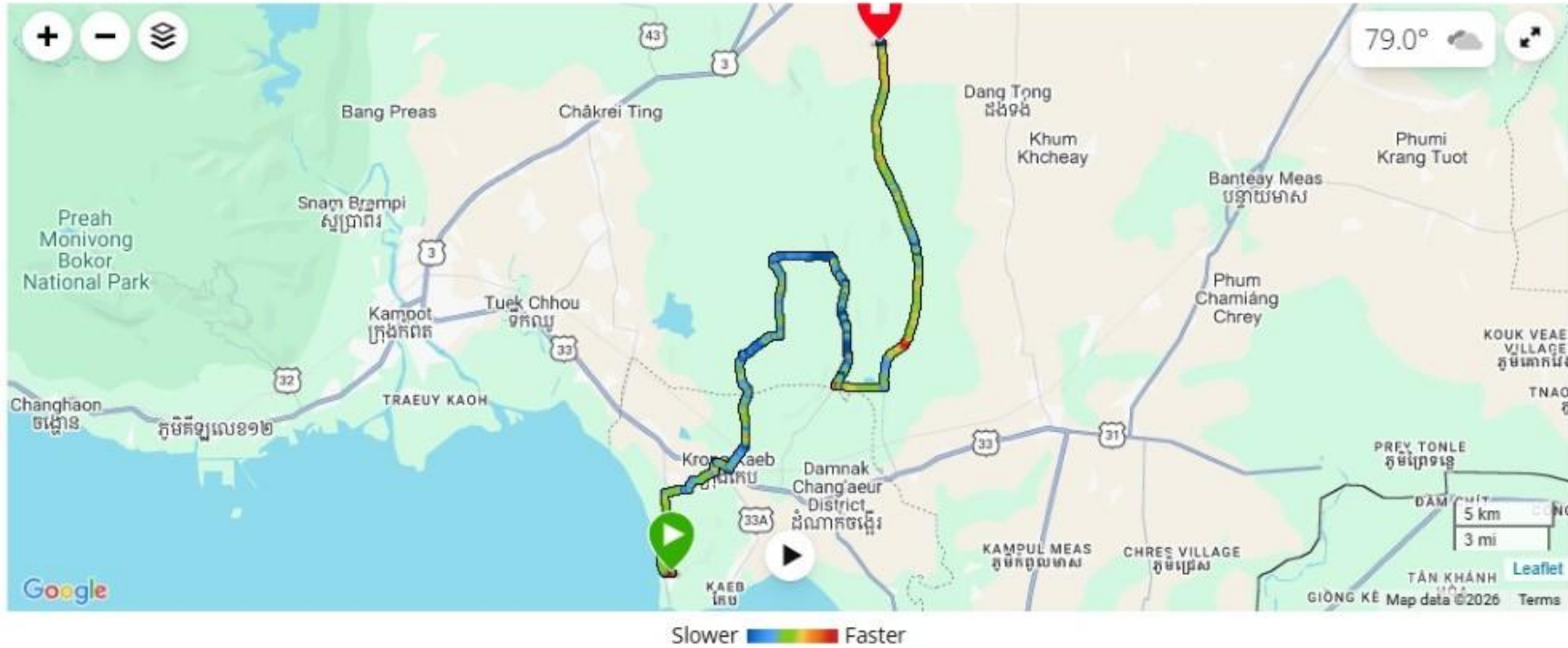
Time

11.1 mph

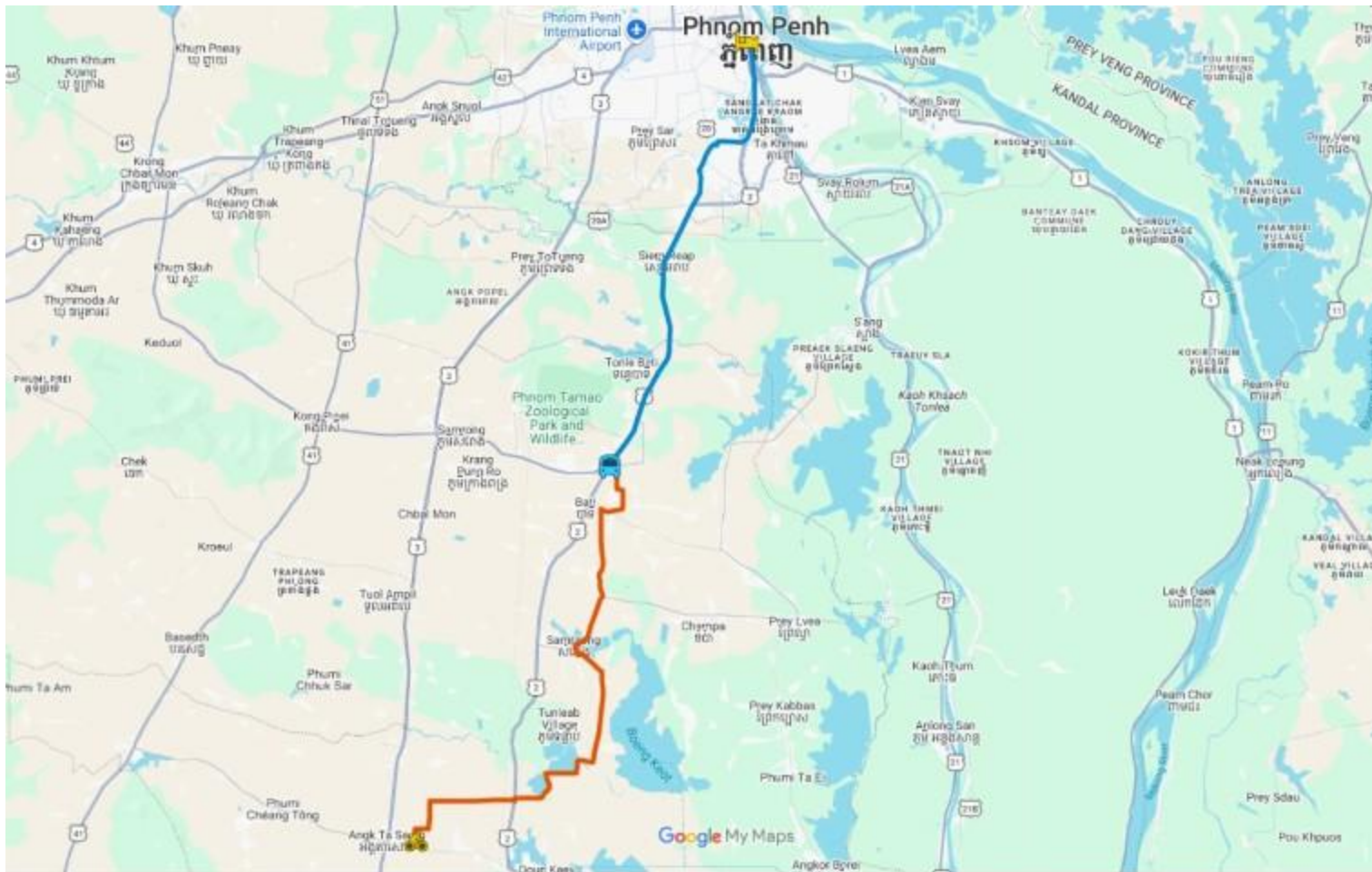
Avg Speed

971 ft

Total Ascent



Day 11 Saturday, February 14, 2026 - Cycle 32 miles - Kep to Pagoda in Dam Thnam



Day 12 Sunday, February 15, 2026 - Cycle (Red) 29.3 miles / Ground (Blue) 24.5 miles - Ta Keo to Phnom Penh

29.34 mi

Distance

2:40:30

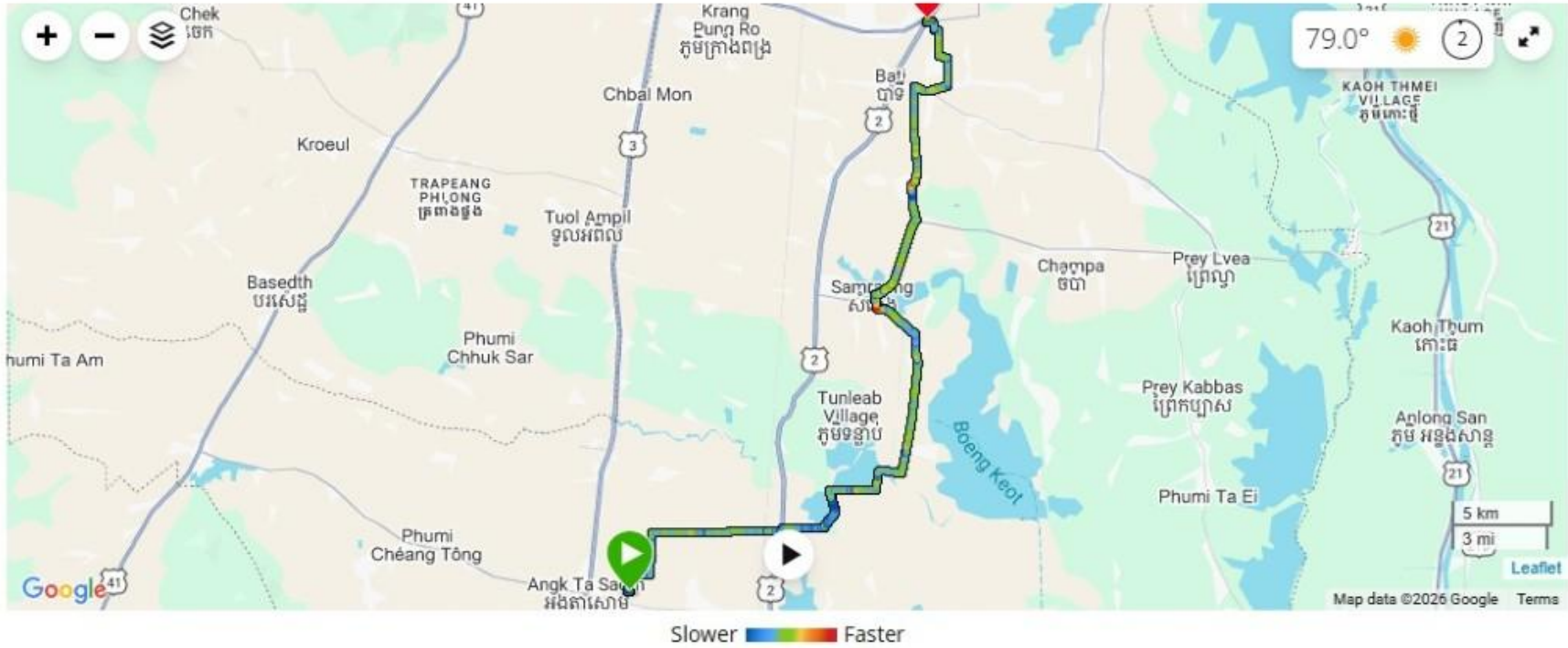
Time

11.0 mph

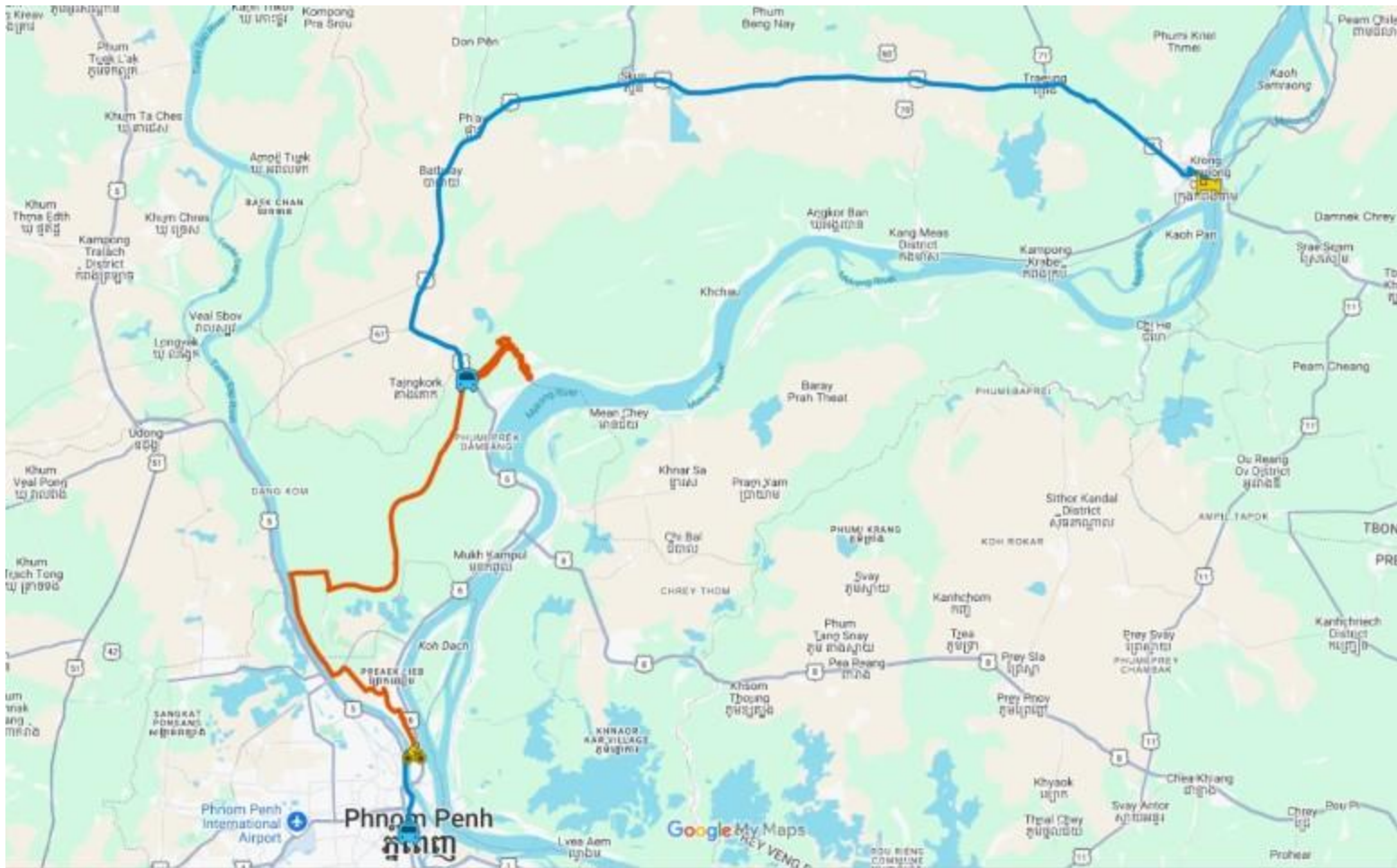
Avg Speed

246 ft

Total Ascent



Day 12 Sunday, February 15, 2026 - Cycle 29.3 miles - Ta Keo to Chak Village



Day 14 Tuesday, February 17, 2026 – Ground (Blue) 56.8 miles/ Cycle (Red) 40.7 miles - Phnom Penh to Kampong Cham

40.73 mi

Distance

3:39:44

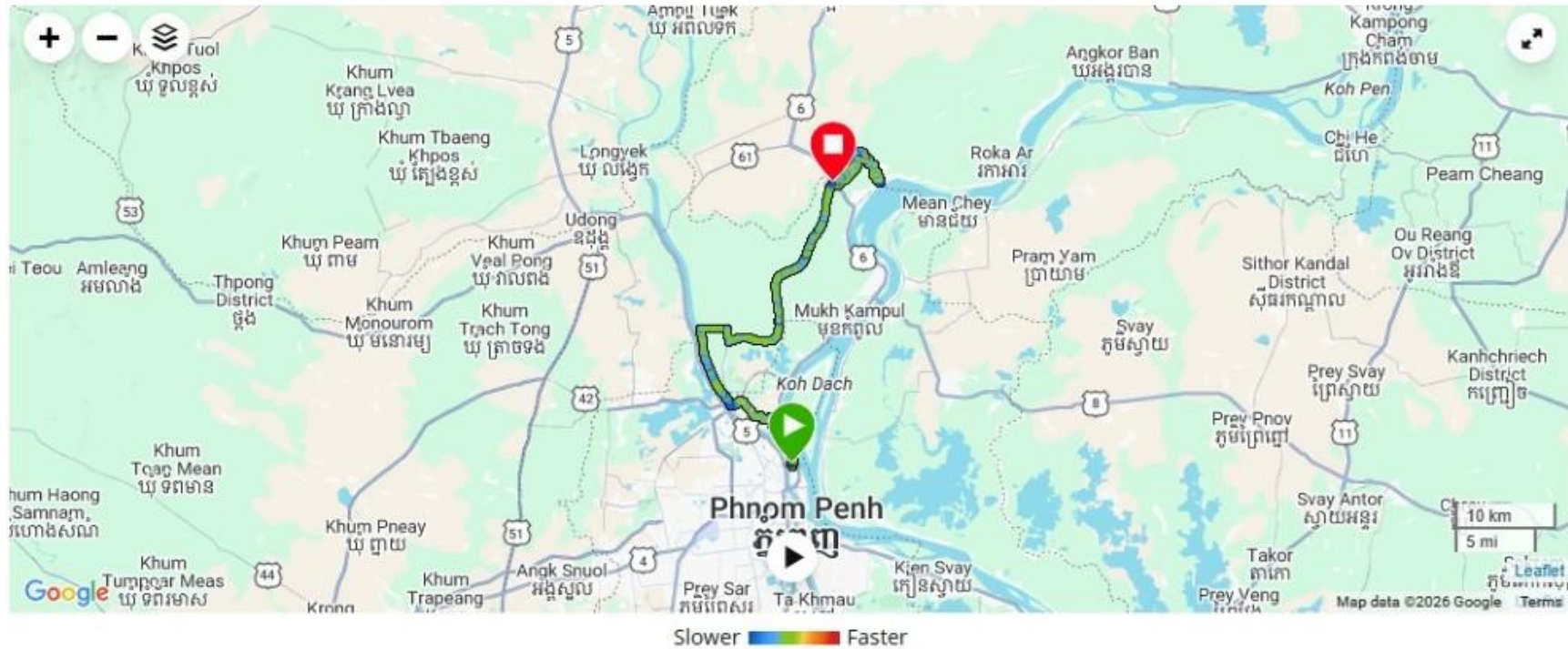
Time

11.1 mph

Avg Speed

348 ft

Total Ascent



Day 14 Tuesday, February 17, 2026 - Cycle 40.7 miles - Phnom Penh edge of city to Mukh Kampul



32.59 mi

Distance

3:09:06

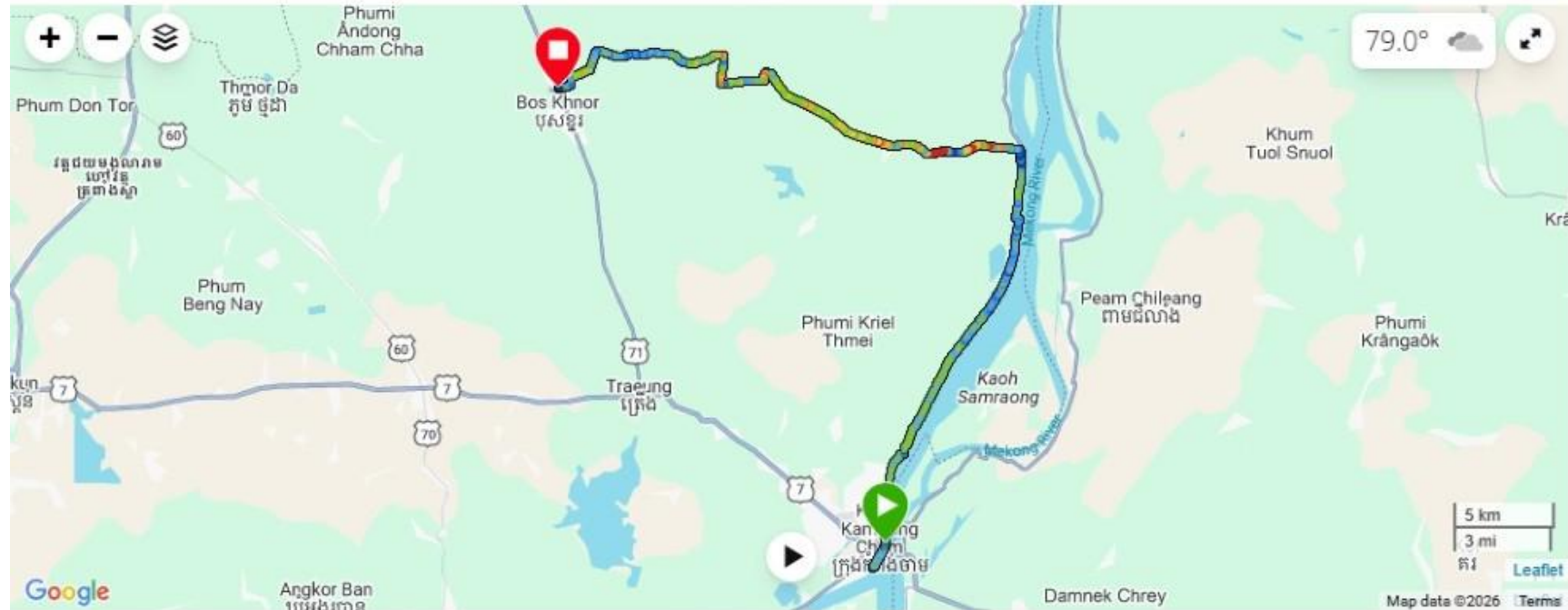
Time

10.3 mph

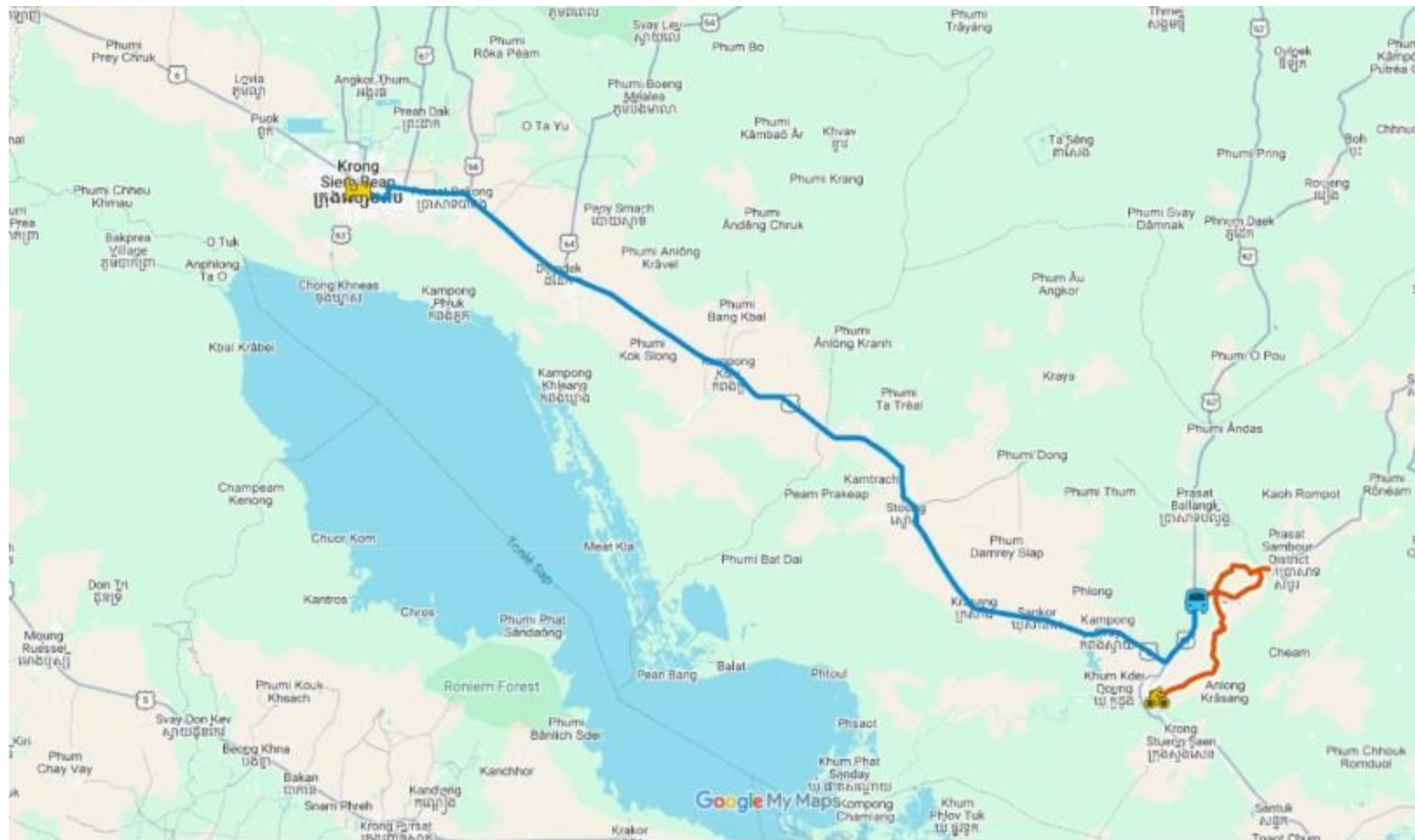
Avg Speed

945 ft

Total Ascent



Day 15 Wednesday, February 18, 2026 - Cycle 32.6 miles - Kampong Cham to Bos Khnor



Day 16 Thursday, February 19, 2026 - Cycle (Red) 31.2 miles / Ground (Blue) 97.2 miles - Kampong Thom to Siem Reap

31.23 mi

Distance

2:46:29

Time

11.3 mph

Avg Speed

522 ft

Total Ascent



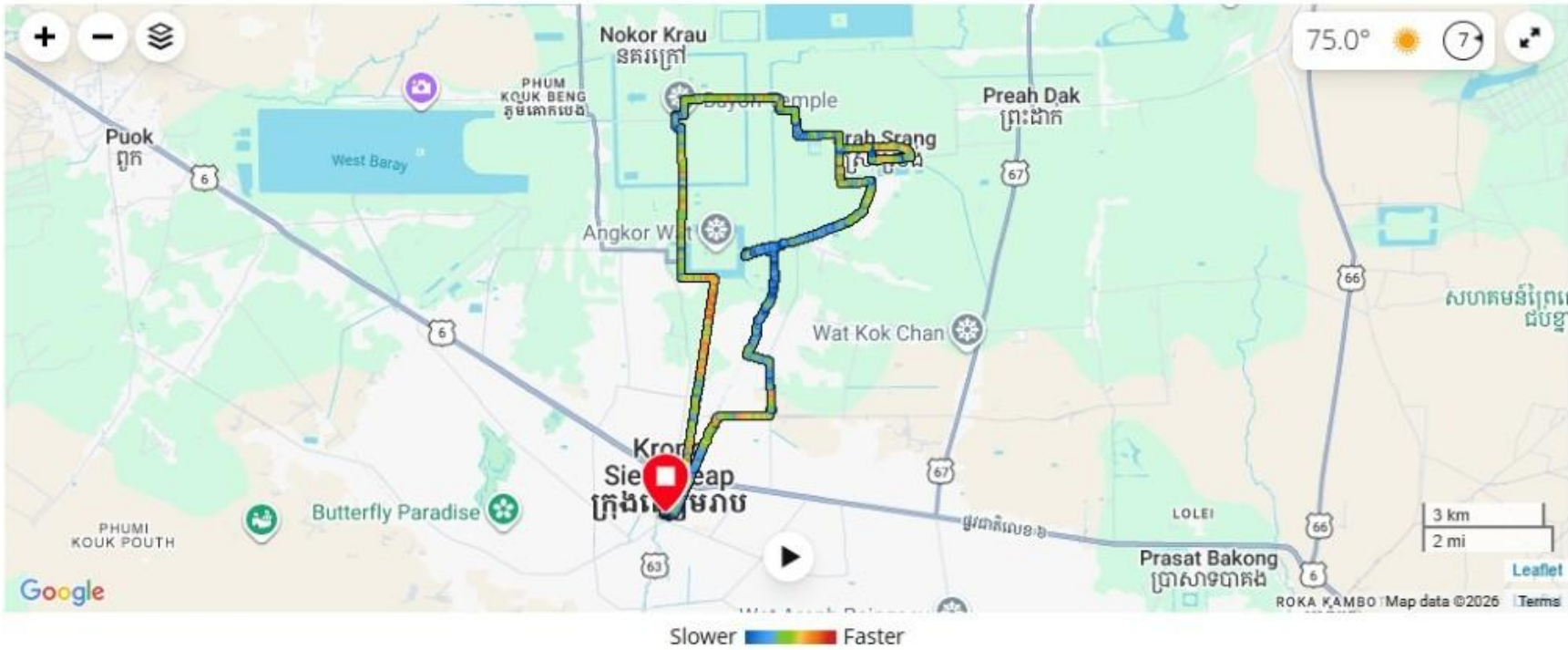
Day 16 Thursday, February 19, 2026 - Cycle 31.2 miles - Kampong Thom hotel to Ang Konh

22.42 mi  
Distance

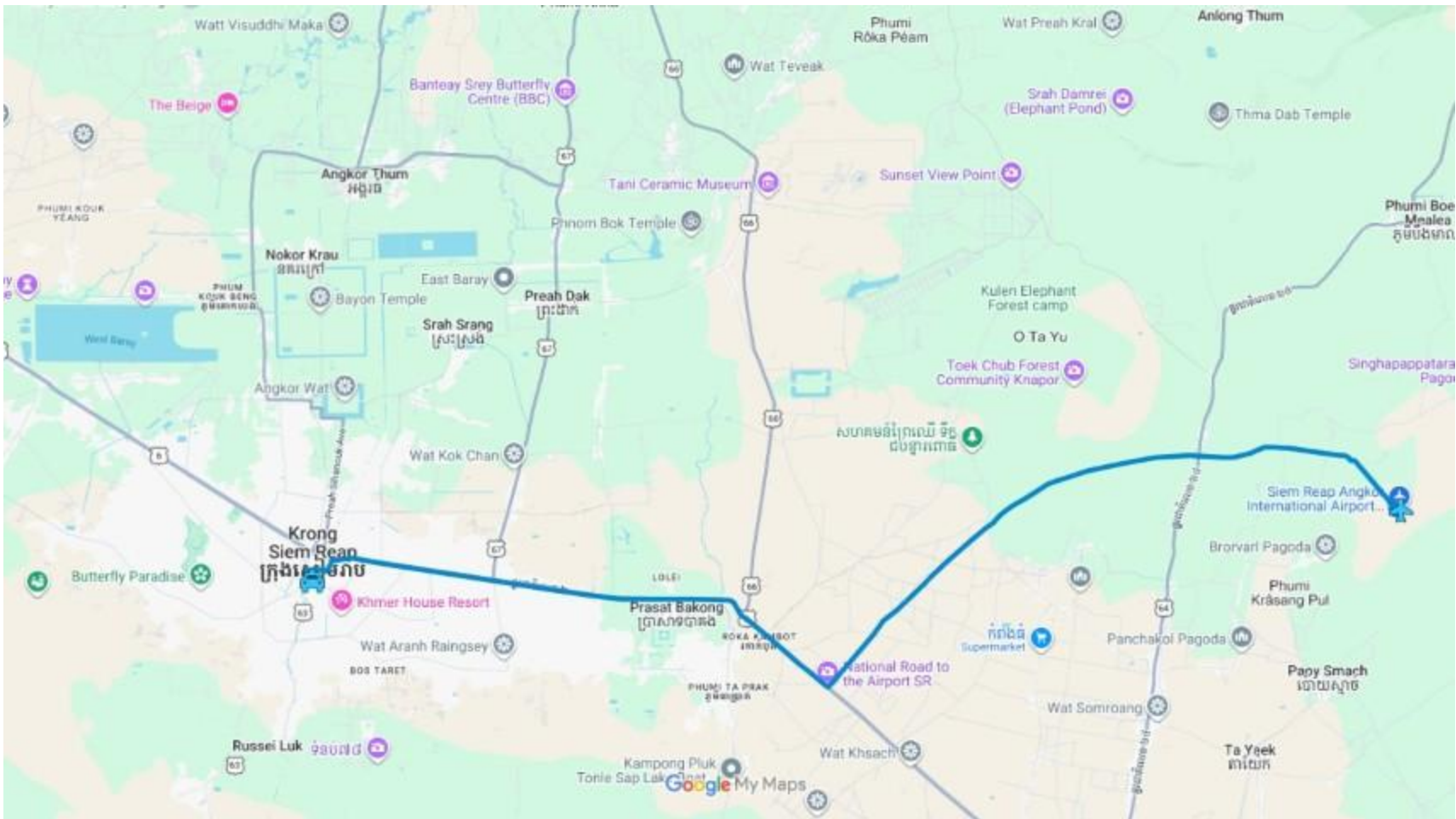
2:22:54  
Time

9.4 mph  
Avg Speed

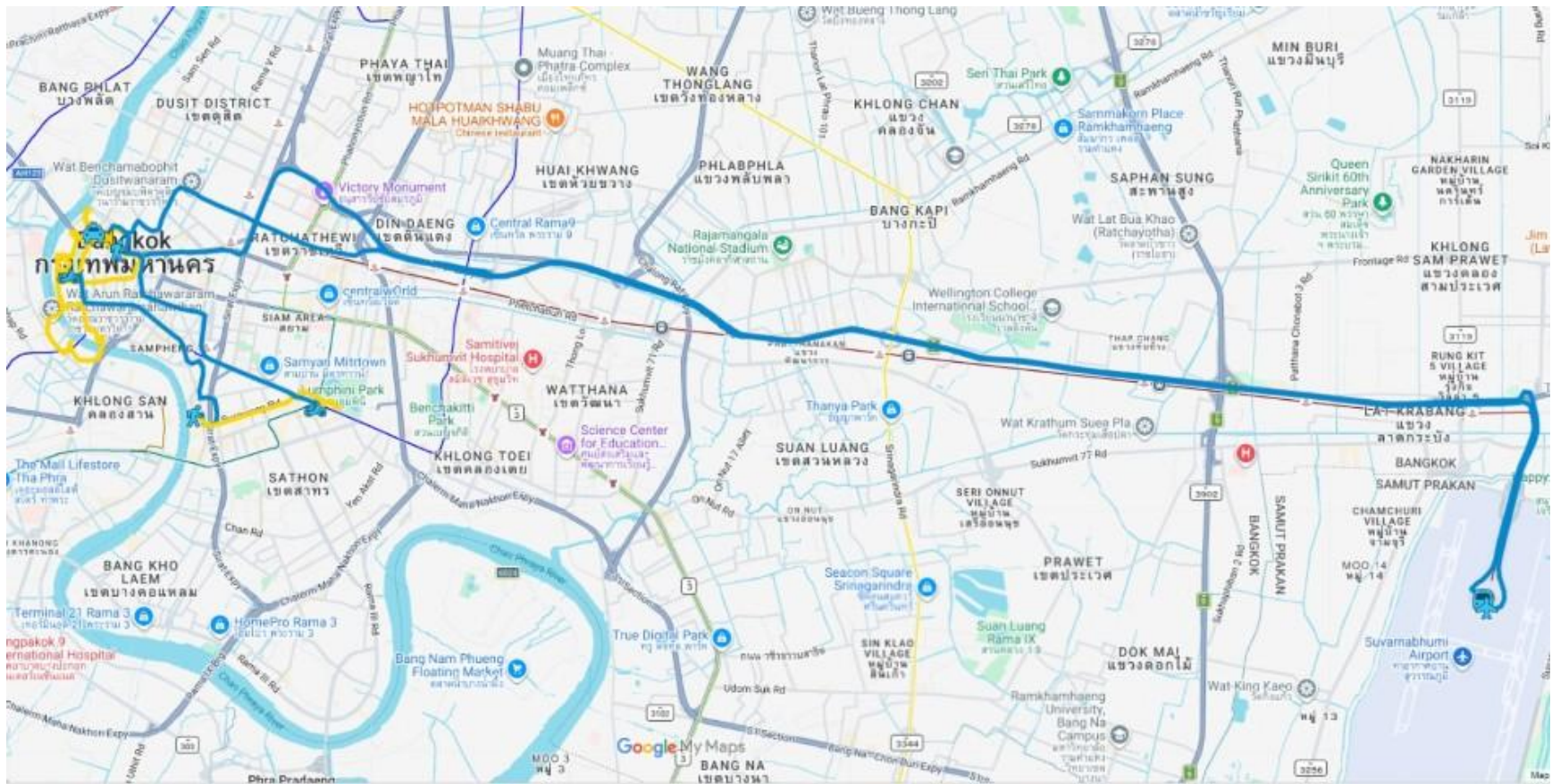
217 ft  
Total Ascent



Day 17 Friday, February 20, 2026 - Cycle 22.4 miles - Bike around Seim Reap



Day 19 Sunday, February 22, 2026 - Ground 29.3 miles - Siem Reap to Airport (SAI)



Day 19-21 Sun, Feb 22-24, 2026 - Ground (Blue) 57.6 miles (BKK to/ from City & 2 Tuk-tuks)/ Walking (Yellow) 14.3 miles - Bangkok