

Chi Phat Community Based Eco-Tourism, Southern Cardamom Mountains

IT#03

Mountain biking on Veal Ta Prak and O'Key Trails +O'Malu

2 Days and 1 Night Tour Itinerary and price

Highlights

- Mountain Bike through jungle
- Sleeping in the jungle
- Swimming at Waterfalls (2)
- O'Key hamlet and banana plantation

Difficulty: Medium

Distance: 34.5km

Cycle through the Cambodian country side and feel the life style of the Cardamom passing beautiful sceneries. Visit the small Hamlet of O'Key and the banana plantation where elephants come often to enjoy them. Swim in the clear waters of the beautiful natural pool bellow the magnificent O'Malu Waterfall, surrounded on all sides by green hills and lush trees. Camp overnight to the sounds of rushing water.

Tour Itinerary:

Day 1: Chi Phat – Veal Ta Prak (Silver Field) Pond – O'Key – O'Malu Waterfall (Betel Leaf River): (18.5km)

07:00 am Breakfast at CBET office (By CBET cooking group) and start cycling to Antong Prang campsite with local guide, visit pineapple rook on the way (12.5km)
12:00 pm Arrive to and have lunch in Antong Prang campsite, continue cycling and visit Veal Ta Prak Pond, then O'key mountain community (6km) and O'Malu waterfall where you can relax and swim
18:00 pm Dinner (By CBET forest cook) at O'Malu campsite

Overnight at O'Malu campsite

Day 2: O'Malu (Betel Leaf River) - Chi Phat Commune: (15km)

8:00 am Breakfast by the forest cook and start cycling to Chi Phat Commune (13km)
12:00 pm Have lunch on the way by forest cook and continue cycling to Chi Phat. Stop on the way at Chhay O'Khpos waterfall
16:00 pm Arrive in Chi Phat commune
19:00 pm Dinner at CBET office (by CBET cooking group)

Price per group 1 pax and per person					
No	Item	Quantity	price	Total group	Total person
DAY 1 Chi Phat - Veal Taprak - O'Malu					
	Breakfast in village	1	\$2.50	\$2.50	\$2.50
	Guide for 1 tourist	1	\$10.00	\$10.00	\$10.00
	Mountain Bike	1	\$10.00	\$10.00	\$10.00
	Forest cook for 1 tourist	1	\$10.00	\$10.00	\$10.00
	Over night Guide and cook	2	\$1.50	\$3.00	\$3.00
	Water (liter)	3	\$0.25	\$0.75	\$0.75
	Lunch forest	1	\$4.00	\$4.00	\$4.00
	Dinner forest	1	\$4.00	\$4.00	\$4.00
	Backpack & Hammock with mosquito net	1	\$4.00	\$4.00	\$4.00
	DAY 2 O'Malu - Chi Phat	Sub-total		\$48.25	\$48.25
	Breakfast forest	1	\$3.00	\$3.00	\$3.00
	Mountain Bike	1	\$10.00	\$10.00	\$10.00
	Bridge's fee	1	\$0.50	\$0.50	\$0.50
	Guide for 1 tourist	1	\$10.00	\$10.00	\$10.00
	Forest cook for 1 tourist	1	\$10.00	\$10.00	\$10.00
	Lunch at forest	1	\$4.00	\$4.00	\$4.00
	Dinner at village	1	\$3.50	\$3.50	\$3.50
	Backpack	1	\$2.00	\$2.00	\$2.00
		Sub-total		\$43.00	\$43.00
	Total trip			\$91.25	\$91.25
					Voluntary, See CCF document
	Cardamom Conservation Fund contribution	1	\$5.00	\$5.00	\$5.00
	Grand total quotation			\$96.25	\$96.25

Price per group 2 pax and per person					
No	Item	Quantity	price	Total group	Total person
DAY 1 Chi Phat - Veal Taprak - O'Malu					
	Breakfast in village	2	\$2.50	\$5.00	\$2.50
	Mountain Bike	2	\$10.00	\$20.00	\$10.00
	Guide for 2 tourists	1	\$10.00	\$10.00	\$5.00
	Forest cook for 2 tourists	1	\$10.00	\$10.00	\$5.00
	Over night Guide and cook	2	\$1.50	\$3.00	\$1.50
	Water (liter)	6	\$0.25	\$1.50	\$0.75
	Lunch forest	2	\$3.00	\$6.00	\$3.00
	Dinner forest	2	\$3.00	\$6.00	\$3.00
	Backpack & Hammock with mosquito net	2	\$4.00	\$8.00	\$4.00
	DAY 2 O'Malu - Chi Phat	Sub-total		\$69.50	\$34.75
	Breakfast forest	2	\$2.00	\$4.00	\$2.00
	Mountain Bike	2	\$10.00	\$20.00	\$10.00
	Bridge's fee	2	\$0.50	\$1.00	\$0.50
	Guide for 2 tourists	1	\$10.00	\$10.00	\$5.00
	Forest cook for 2 tourists	1	\$10.00	\$10.00	\$5.00
	Lunch at forest	2	\$3.50	\$7.00	\$3.50
	Dinner at village	2	\$3.50	\$7.00	\$3.50
	Backpack	2	\$2.00	\$4.00	\$2.00
		Sub-total		\$63.00	\$31.50
	Total trip			\$132.50	\$66.25
					Voluntary, See CCF document
	Cardamom Conservation Fund contribution	2	\$5.00	\$10.00	\$5.00
	Grand total quotation			\$142.50	\$71.25

Price per group 3 pax and per person					
No	Item	Quantity	price	Total group	Total person
DAY 1 Chi Phat - Veal Taprak - O'Malu					
	Breakfast in village	3	\$2.50	\$7.50	\$2.50
	Mountain Bike	3	\$10.00	\$30.00	\$10.00
	Guide for 3 tourists	1	\$10.00	\$10.00	\$3.33
	Forest cook for 3 tourists	1	\$10.00	\$10.00	\$3.33
	Over night Guide and cook	2	\$1.50	\$3.00	\$1.00
	Water (liter)	9	\$0.25	\$2.25	\$0.75
	Lunch forest	3	\$3.00	\$9.00	\$3.00
	Dinner forest	3	\$3.00	\$9.00	\$3.00
	Backpack & Hammock with mosquito net	3	\$4.00	\$12.00	\$4.00
	Sub-total			\$92.75	\$30.92
DAY 2 O'Malu - Chi Phat					
	Breakfast forest	3	\$2.00	\$6.00	\$2.00
	Mountain Bike	3	\$10.00	\$30.00	\$10.00
	Bridge's fee	3	\$0.50	\$1.50	\$0.50
	Guide for 3 tourists	1	\$10.00	\$10.00	\$3.33
	Forest cook for 3 tourists	1	\$10.00	\$10.00	\$3.33
	Lunch at forest	3	\$3.50	\$10.50	\$3.50
	Dinner at village	3	\$3.50	\$10.50	\$3.50
	Backpack	3	\$2.00	\$6.00	\$2.00
	Sub-total			\$84.50	\$28.17
	Total trip			\$177.25	\$59.08
	Cardamom Conservation Fund contribution	3	\$5.00	\$15.00	\$5.00
	Grand total quotation			\$192.25	\$64.08

Voluntary, See CCF document

Price per group 4 pax and per person					
No	Item	Quantity	price	Total group	Total person
DAY 1 Chi Phat - Veal Taprak - O'Malu					
	Breakfast in village	4	\$2.50	\$10.00	\$2.50
	Mountain Bike	4	\$10.00	\$40.00	\$10.00
	Guide for 4 tourists	1	\$10.00	\$10.00	\$2.50
	Forest cook for 4 tourists	1	\$10.00	\$10.00	\$2.50
	Over night Guide and cook	2	\$1.50	\$3.00	\$0.75
	Water (liter)	12	\$0.25	\$3.00	\$0.75
	Lunch forest	4	\$3.00	\$12.00	\$3.00
	Dinner forest	4	\$3.00	\$12.00	\$3.00
	Backpack & Hammock with mosquito net	4	\$4.00	\$16.00	\$4.00
	Sub-total			\$116.00	\$29.00
DAY 2 O'Malu - Chi Phat					
	Breakfast forest	4	\$2.00	\$8.00	\$2.00
	Mountain Bike	4	\$10.00	\$40.00	\$10.00
	Bridge's fee	4	\$0.50	\$2.00	\$0.50
	Guide for 4 tourists	1	\$10.00	\$10.00	\$2.50
	Forest cook for 4 tourists	1	\$10.00	\$10.00	\$2.50
	Lunch at forest	4	\$3.50	\$14.00	\$3.50
	Dinner at village	4	\$3.50	\$14.00	\$3.50
	Backpack	4	\$2.00	\$8.00	\$2.00
	Sub-total			\$106.00	\$26.50
	Total trip			\$222.00	\$55.50
	Cardamom Conservation Fund contribution	4	\$5.00	\$20.00	\$5.00
	Grand total quotation			\$242.00	\$60.50

Voluntary, See CCF document

Price per group 5 pax and per person					
No	Item	Quantity	price	Total group	Total person
DAY 1 Chi Phat - Veal Taprak - O'Malu					
	Breakfast in village	5	\$2.50	\$12.50	\$2.50
	Mountain Bike	5	\$10.00	\$50.00	\$10.00
	Guide for 5 tourists	2	\$10.00	\$20.00	\$4.00
	Forest cook for 5 tourists	1	\$13.00	\$13.00	\$2.60
	Over night Guide and cook	3	\$1.50	\$4.50	\$0.90
	Water (liter)	15	\$0.25	\$3.75	\$0.75
	Lunch forest	5	\$3.00	\$15.00	\$3.00
	Dinner forest	5	\$3.00	\$15.00	\$3.00
	Backpack & Hammock with mosquito net	5	\$4.00	\$20.00	\$4.00
	DAY 2 O'Malu - Chi Phat	Sub-total		\$153.75	\$30.75
	Breakfast forest	5	\$2.00	\$10.00	\$2.00
	Mountain Bike	5	\$10.00	\$50.00	\$10.00
	Bridge's fee	5	\$0.50	\$2.50	\$0.50
	Guide for 5 tourists	2	\$10.00	\$20.00	\$4.00
	Forest cook for 5 tourists	1	\$13.00	\$13.00	\$2.60
	Lunch at forest	5	\$3.50	\$17.50	\$3.50
	Dinner at village	5	\$3.50	\$17.50	\$3.50
	Backpack	5	\$2.00	\$10.00	\$2.00
		Sub-total		\$140.50	\$28.10
	Total trip			\$294.25	\$58.85
	Cardamom Conservation Fund contribution	5	\$5.00	\$25.00	\$5.00
	Grand total quotation			\$319.25	\$63.85

Voluntary, See CCF document

Price per group 6 pax and per person					
No	Item	Quantity	price	Total group	Total person
DAY 1 Chi Phat - Veal Taprak - O'Malu					
	Breakfast in village	6	\$2.50	\$15.00	\$2.50
	Mountain Bike	6	\$10.00	\$60.00	\$10.00
	Guide for 6 tourists	2	\$10.00	\$20.00	\$3.33
	Forest cook for 6 tourists	1	\$14.75	\$14.75	\$2.46
	Over night Guide and cook	3	\$1.50	\$4.50	\$0.75
	Water (liter)	18	\$0.25	\$4.50	\$0.75
	Lunch forest	6	\$3.00	\$18.00	\$3.00
	Dinner forest	6	\$3.00	\$18.00	\$3.00
	Backpack & Hammock with mosquito net	6	\$4.00	\$24.00	\$4.00
	DAY 2 O'Malu - Chi Phat	Sub-total		\$178.75	\$29.79
	Breakfast forest	6	\$2.00	\$12.00	\$2.00
	Mountain Bike	6	\$10.00	\$60.00	\$10.00
	Bridge's fee	6	\$0.50	\$3.00	\$0.50
	Guide for 6 tourists	2	\$10.00	\$20.00	\$3.33
	Forest cook for 6 tourists	1	\$14.75	\$14.75	\$2.46
	Lunch at forest	6	\$3.50	\$21.00	\$3.50
	Dinner at village	6	\$3.50	\$21.00	\$3.50
	Backpack	6	\$2.00	\$12.00	\$2.00
		Sub-total		\$163.75	\$27.29
	Total trip			\$342.50	\$57.08
	Cardamom Conservation Fund contribution	6	\$5.00	\$30.00	\$5.00
	Grand total quotation			\$372.50	\$62.08

Voluntary, See CCF document

Price per group 7 pax and per person					
No	Item	Quantity	price	Total group	Total person
DAY 1 Chi Phat - Veal Taprak - O'Malu					
	Breakfast in village	7	\$2.50	\$17.50	\$2.50
	Mountain Bike	7	\$10.00	\$70.00	\$10.00
	Guide for 4 tourists	1	\$10.00	\$10.00	\$1.43
	Guide for 3 tourists	1	\$10.00	\$10.00	\$1.43
	Forest cook for 6 tourists	1	\$14.75	\$14.75	\$2.11
	Forest cook for 1 tourists	1	\$10.00	\$10.00	\$1.43
	Over night Guide and cook	4	\$1.50	\$6.00	\$0.86
	Water (liter)	21	\$0.25	\$5.25	\$0.75
	Lunch forest	7	\$3.00	\$21.00	\$3.00
	Dinner forest	7	\$3.00	\$21.00	\$3.00
	Backpack & Hammock with mosquito net	7	\$4.00	\$28.00	\$4.00
	DAY 2 O'Malu - Chi Phat	Sub-total		\$213.50	\$30.50
	Breakfast forest	7	\$2.00	\$14.00	\$2.00
	Mountain Bike	7	\$10.00	\$70.00	\$10.00
	Bridge's fee	7	\$0.50	\$3.50	\$0.50
	Guide for 4 tourists	1	\$10.00	\$10.00	\$1.43
	Guide for 3 tourists	1	\$10.00	\$10.00	\$1.43
	Forest cook for 6 tourists	1	\$14.75	\$14.75	\$2.11
	Forest cook for 1 tourists	1	\$10.00	\$10.00	\$1.43
	Lunch at forest	7	\$3.50	\$24.50	\$3.50
	Dinner at village	7	\$3.50	\$24.50	\$3.50
	Backpack	7	\$2.00	\$14.00	\$2.00
		Sub-total		\$195.25	\$27.89
	Total trip			\$408.75	\$58.39
	Cardamom Conservation Fund contribution	7	\$5.00	\$35.00	\$5.83
	Grand total quotation			\$443.75	\$64.23

Voluntary, See CCF document

Price per group 8 pax and per person					
No	Item	Quantity	price	Total group	Total person
DAY 1 Chi Phat - Veal Taprak - O'Malu					
	Breakfast in village	8	\$2.50	\$20.00	\$2.50
	Mountain Bike	8	\$10.00	\$80.00	\$10.00
	Guide for 4 tourists	2	\$10.00	\$20.00	\$2.50
	Forest cook for 2 tourists	1	\$10.00	\$10.00	\$1.25
	Forest cook for 6 tourists	1	\$14.75	\$14.75	\$1.84
	Over night Guide and cook	4	\$1.50	\$6.00	\$0.75
	Water (liter)	24	\$0.25	\$6.00	\$0.75
	Lunch forest	8	\$3.00	\$24.00	\$3.00
	Dinner forest	8	\$3.00	\$24.00	\$3.00
	Backpack & Hammock with mosquito net	8	\$4.00	\$32.00	\$4.00
	DAY 2 O'Malu - Chi Phat	Sub-total		\$236.75	\$29.59
	Breakfast forest	8	\$2.00	\$16.00	\$2.00
	Mountain Bike	8	\$10.00	\$80.00	\$10.00
	Bridge's fee	8	\$0.50	\$4.00	\$0.50
	Guide for 4 tourists	2	\$10.00	\$20.00	\$2.50
	Forest cook for 4 tourists	1	\$14.75	\$14.75	\$1.84
	Forest cook for 4 tourists	1	\$10.00	\$10.00	\$1.25
	Lunch at forest	8	\$3.50	\$28.00	\$3.50
	Dinner at village	8	\$3.50	\$28.00	\$3.50
	Backpack	8	\$2.00	\$16.00	\$2.00
		Sub-total		\$216.75	\$27.09
	Total trip			\$453.50	\$56.69
	Cardamom Conservation Fund contribution	8	\$5.00	\$40.00	\$6.67
	Grand total quotation			\$493.50	\$63.35

Voluntary, See CCF document