

The Sticky Rice Trail



The Trail

Hang Khou Ban is famous in Stung Treng for its sticky rice or *krolan*. You can see villagers making these tasty treats in the mid afternoon. Watch as villagers cook this very popular travel snack in it bamboo packaging.

Distance: 35 km return (with shorter options)

Transport Options:



Trekking



Local bike



Motorbike



Boat tour

Tour Brief:

Depending on your choice of activities and mode of transport, you can choose to take either a half or full day on this Trail.

Highlights

- Lunch and boat tours from Mekong Nature Lodge
- Sticky rice production at Hang Khou Ban village
- Shady riverside tracks
- Sandy white island beaches (February - April only)



Itinerary

Hire a bicycle in Stung Treng and cycle north along the river and over the newly constructed Sekong Bridge. Continue north until the first junction on your left. This is the junction to Sameakki. Take this junction and cycle south until the next first junction and turn right. Then you will arrive at a T junction with the Mekong River is in front of you. You can now turn left or turn right.

Turn left and cycle about 2.5km to arrive at the confluence of the Mekong and Sekong Rivers. Take a rest and admire the view.

Turn right and a pagoda called Wat Reak Smey Sameakki will be on your right. There are many small shops in front of the pagoda with a small lookout over the river. Stop to enjoy a cool drink or fresh fruit from the local village.

Keep cycling north along the gravel road, with the Mekong River on your left hand side. You will pass over many small bridges constructed by the local communities – for some of these bridges it is best to walk your bicycle across. In some villages you will find water pumps and signs produced by Non-Government Organisations who are working to improve the lives of the local communities.

After about 7.8km cycling north of Wat Reak Smey Sameakki, you will enter Thmei Village. Just beyond this you will arrive at a large gate which is the entrance to the Mekong Nature Lodge. With a wooden platform extending out over the river, and food, drinks and boat tours available here you may want to spend a couple of hours enjoying the peace and tranquility. From the Mekong Nature Lodge, continue north to Koh Khan Din. You will pass through numerous small villages along the way. At Koh Khan Din village, turn right towards Highway 7.

After reaching Highway 7, turn right and travel south towards Stung Treng town. Along National Highway 7, when you reach the familiar Sameakki junction turn to the opposite side towards the small sticky rice producing village of Hang Khou Ban. This village is located some 3km along this track on the banks of the Sekong River. To watch the sticky rice production, a tip is to remember that the sticky rice or 'Krolan' is usually prepared in the afternoon for the markets in Stung Treng the following morning.

A small local boat may be able to take you back to the pier in Stung Treng town from the boat landing at Hang Khou Ban, or simply return by bicycle via the Sekong Bridge.

Contacts

Local bicycle and motorbike hire

Riverside Guesthouse
Tel: 012 490 333 / 012 447 775
(*Khmer speaking*)

Mountain bike hire

Xplore-Asia
Tel: 023 218 810 (Phnom Penh)
074 973 991 (Stung Treng)
017 982 644 (Kratie)
(*English speaking*)

Restaurant, accommodation, tour boat and workshop venue

Mekong Nature Lodge
Tel: 012 796 699 / 099 557 797
(*English speaking*)

