

East to West Bank Trail



The Trail

Rarely visited, the Trail along the west bank of the Mekong River several Wats. The earth goddess, Kung Hing, greets you many times along the Mekong Discovery Trail. She is the statue representing a woman holding a long length of hair.

Distance: 44km return, full day trip

Transport Options:



Local bike Motorbike Ferry

Tour Brief:

If you are using a bicycle, start early and be well prepared with plenty of food and water. A motorbike exploration requires different planning as you are more flexible to reach Kratie by the late afternoon, if you start early. In total, the West Bank Trail is 28km.

Highlights

- Mekong River ferry crossing
- Quiet ride through riverside villages
- Local temples
- Dolphin watching



Itinerary

An early morning start is essential. Whether by bicycle or motorbike head north. The first 9km is an easy ride to Phnom Sambok. Look for the sign on the main road leading inland to the base of the mountain. The pagoda itself has many interesting paintings on display. Continue north and you will pass Thma Kreae village - particularly famous for its *Krolan*. You will not be able to see the processing of these delicacies as it is produced late at night in order to catch the Phnom Penh markets the next morning.

After 5.5km from Sambok you will reach Kampi Dolphin Pool. This is the largest dolphin pool on the Mekong. Late afternoon and early mornings are the best times to view the rare Mekong River dolphins in their natural habitat. A couple of kilometers north of Kampi, you will arrive at Sandan where you can take the ferry across the river to Vodthanak. The ferry crossing takes awhile, as the boat has to navigate through a many islands just above and below the water surface.

At Vodthanak you will have to turn left and cycle south. The route is dotted with excellent views. There are several pagodas on the way. The pagodas tell the story of a Cambodian princess who is trying to rescue her prince. The statues at the pagodas are impressive and their location on the banks of the river offers great views over the Mekong. In between the pagodas, you will pass many traditional houses built on stilts. You will hardly see any cars during the west bank ride.

From the Vodthanak ferry to the first temple, Wat Neak Sen, is 5.8km. Just 3km before Wat Neak Sen you will find another perfect secluded beach sheltered from the main currents of the Mekong with opportunities to explore the many small islands in the Mekong. It is only 1.5km from Wat Neak Sen to the next pagoda, Wat Poat Andeth. Continuing a bit further south of Wat Poat Andeth, you will arrive at Chrouy Banteay where you can catch the ferry back to Kratie.

Alternatively, you can continue south along the west bank for another 13km to the last pagoda on your journey called Wat Neak Kro Thearam. From here, complete the final 4.7km of the west bank, arriving atok the Preaek Prolung ferry crossing. You need to catch this ferry to return to the east bank. Once you are at the east bank, head north Cross the bridge at Peam Te village (located 5km out of town) and continue to Kratie town.

Contact

Local bicycle and motorbike hire

Ke Sokheang Bike Shop

Tel: 011 326 381

(Khmer speaking)

Tours and bicycle rent

Xplore-Asia

Tel: 023 218 810 (Phnom Penh)

074 973 991 (Stung Treng)

017 982 644 (Kratie)

(English speaking)

