

Koh Trong Island



The Trail

Koh Trong is an island situated in the middle of the Mekong River directly opposite Kratie Town. A 9km loop road around the island's perimeter provides opportunities for visitors to leisurely cycle through traditional Khmer villages, fruits orchards and rice fields while observing the daily rituals and routines of traditional village life.

Distance: 9km circuit

Transport Option:



Tour brief:

Getting a glimpse of village life in Koh Trong will take between 2 and 4 hours. The best time to visit is generally in the cool of the morning and late afternoon—avoid the middle of the day.



Highlights

- A relaxing, shady trail around the island
- Reforestation Project – plant a tree in your name
- Taste the famous pomellos of Koh Trong
- Vietnamese pagoda and floating village



Itinerary

Early morning is the best way to start exploring this beautiful island. Join the queue of local people to catch one of the small ferry boats to Koh Trong. The ferry ride takes about 10 minutes to reach the eastern side of the island. Depending on the water levels of the Mekong, walk over the sandy beach to the levee bank of the island. Once you arrive at the top of the levee, you are in front of a primary school. On the right, you will see the Koh Trong community-based tourism information center where you can hire a bicycle, horse cart or ox cart. You can also see local community weaving handicrafts for sale.

Begin your journey north by riding counter-clockwise around the island. You will pass many traditional Khmer houses built on stilts. Keep an eye open for traditional rooftop decorations. The numbers on the top of the roof indicate the year the house was built. Continue along the main road. There is a homestay facility close to the northern part of the island, just before you head inland. Here they can provide lunch either Khmer style in the house or under the trees overlooking the Mekong River. (This activity is best booked 1 day in advance. Please contact the Koh Trong Community or KAFDOC Organisation, listed on this sheet, for bookings).

Heading north to the top of the island, you will turn left and head inland. Not far along this path you will come across a pagoda, *Wat Ty Pram Kbal.* In the Wat grounds you will find a tree-planting rehabilitation project. For very little cost, you get a tree seedling, small shovel and a piece of land to plant your own 'family tree' as well as a wooden name plaque to put next to your seedling. In the future, you will be able to return to the Island to check its progress. Please contact *Koh Trong Community*, listed on this sheet, for bookings.

After your tree planting exercise, continue along the path from the pagoda to the western side of the Island. Here you can also enjoy a break at the Mekong Discovery Trail rest shelter. The path now turns south along the western side of the island. You are now cycling through the rural heart of the island once more and you can enjoy the views of crops and rice fields. Its approximately 3 ½ km to the next information sign where you will turn left and head inland again. After a short time, you will arrive at a T junction, with Kratie town in front of you. Turn right to the south of the island and you will eventually arrive at a Vietnamese style pagoda *Tov Te Ang* that overlooks a small Vietnamese floating village.

Turn left, and you will quickly arrive again at the levee where the ferry departs back to Kratie.

Contacts

Homestay and conventional bicycles on Koh Trong Island

Community

Tel: 012 552 073 / 099 530 947

(*Khmer speaking*)

KAFDOC (NGO)

Tel: 011 554 056 / 012 352 358

072 971 584 (*English speaking*)

Tours and bicycle rent

Xplore-Asia

Tel: 023 218 810 (Phnom Penh)

074 973 991 (Stung Treng)

017 982 644 (Kratie)

(*English speaking*)

