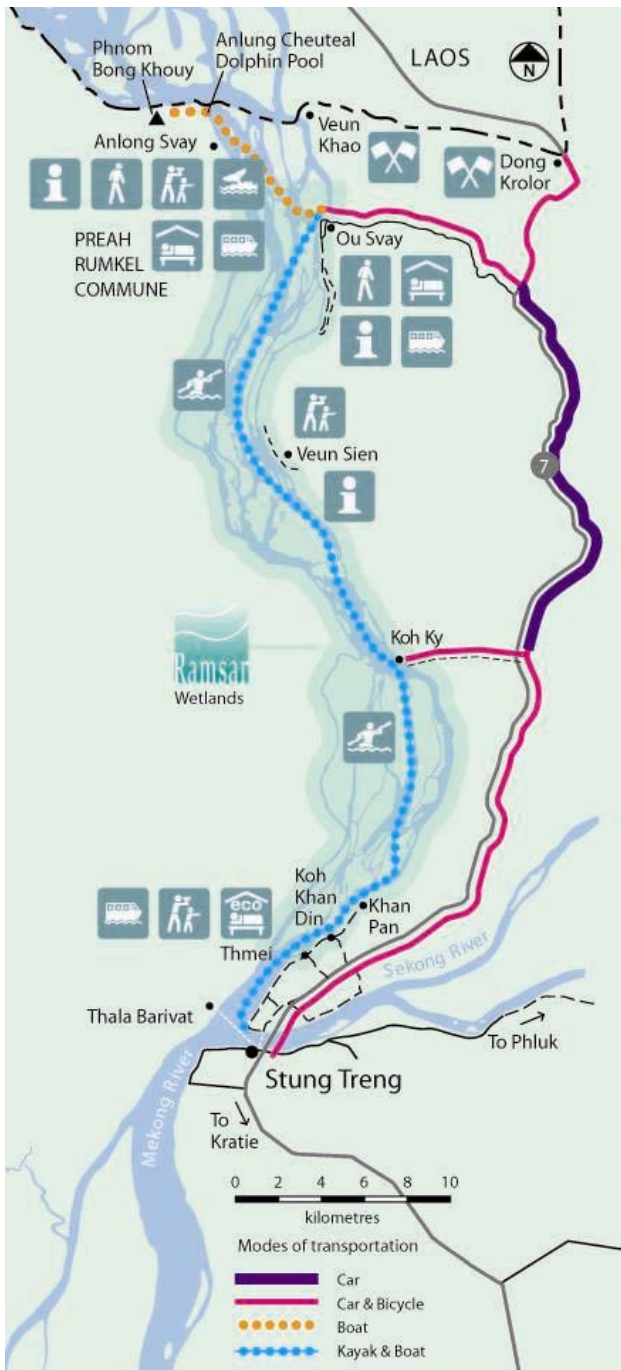


North to the Laos Border



The Trail

Preah Rumkel and O'Svay are two villages located close to the Laos border. The flooded forests and unique biodiversity are key highlights of this area; the northern section of the Stung Treng Ramsar Wetland.

Distance: Distances vary with the different transport options. The village of O'Svay is about 57 km north of Stung Treng.

Transport Options:



Tour Brief:

Preah Rumkel offers a range of activities for all travellers, from trekking to Sopheak Mitt Waterfall, bicycle trips, bird watching tours, BBQ services on the island, homestay and of course the Anlong Cheu Teal Dolphin Pool.

Ou Sway also offers a number of activities such as boat trips through the flooded forests, kayaking to the Ramsar Wetland Site, or homestay with a local family.



Itinerary

Option 1 - Preah Rumkel: You can get to Preah Rumkel directly from Stung Treng by boat, or you can go to O'Svay via Highway 7 and hire a boat from there. Call Preah Rumkel Community or Mlup Baitong in advance to book your tours, meals and/or homestay.

After arriving at Preah Rumkel, you will have a chance to do a spot of dolphin watching at Anlung Cheuteal Dolphin Pool. For the more adventurous, hiking trails take you to the famous Sopheak Mitt Waterfall on the Cambodia-Laos border, or to the top of Phnom Bong Khouy mountain.

For a meal with a difference, try a lunchtime BBQ on one of the island's beaches enjoying fresh locally caught fish (February – April only).

Staying overnight at the home of a Khmer family at Preah Rumkel is a unique opportunity to experience Cambodian rural life. You can learn about Khmer food and its preparation and try the community's famous rice wine.

Option 2 - O'Svay: Continue your trip by taking a boat from Preah Rumkel village to O'Svay village. Contact O'Svay community in advance to book a forest trail tour, homestay and/or food services. You can also arrange a boat here to the Ramsar Wetland site and then on to Stung Treng town. Its preferable if you can book this one day in advance, but not necessary. Contact the O'Svay Community to arrange a boat for you.

Option 3 - Kayaking: For the more active, you can also kayak from O'Svay down to the Ramsar Wetland site. From O'Svay village you will begin kayaking down the river through the spectacular flooded forests to Veun Sien village. Enjoy a picnic lunch at one of the sandy beaches before continuing on to Koh Ky where you can end your kayaking trip, or continue until you reach Stung Treng town. (For more information about kayaking and biking tours, please contact Xplore-Asia, listed on this sheet).

Contacts

Homestay and tours at Preah Rumkel

Mlub Baitong (NGO)
Tel: 074 973 631 / 023 214 409
(English speaking)

Preah Rumkel Community
Tel: 011 899 891 (Khmer speaking)

Homestay, Boats and Tours at Ou Svay Community

Ou Svay Community
Tel: 011 256 092 / 085 906 045
(Khmer speaking)

Kayaking and Mountain bike tours and mountain bike rental

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

