

# Kulen Mountain Waterfall

3 DAY TREK

PEAK Cambodia

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Wat Bo Village,

Siem Reap, Cambodia

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## TREK DESCRIPTION

### Areas & location

The activity operates out of Siem Reap but the trek will start from Beng Melea Temple and finish at the car park at the base of Kulen Mountain (approx. 1 - 2 hours drive from Siem Reap). The hike takes the team into the mountains with waterfalls and a monastery dotted on the jungle paths. Kulen Mountain is home to a large reclining Buddha which you will get to visit alongside the chance to explore bat caves and jungle shrine and visit the Angkorian elephant statue (Sras Damrei).

### Start point & access

PEAK staff will meet the teams at a preselected centrally located hotel in Siem Reap, Cambodia.

You must contact PEAK in advance and let them know your in country SIM number so that they can contact you if they need to.

### End point & details on how to return

At the end of the trip PEAK staff will transfer the team from Bang Melea back to a preselected centrally located hotel Siem Reap, Cambodia

### Evacuation Summary

The immediate action of the Leader is to establish an evacuation route in consultation with the local trekking guide. Means of evacuation may be by foot, vehicle, boat, pack-animal or air and could include improvised methods. In many destinations 'emergency services' are unreliable so private vehicles may be used to speed up the evacuation process. As soon as possible contact should be made with the Operations Centre who will assist you in organising the evacuation. Our international medical assistance partner will provide direction on which is the most appropriate medical facility, via the Operations centre, based on the nature of the incident. It's important to note that evacuation times are difficult to predict and are dependent on factors including terrain, time of day, availability of support, and the nature of the incident.

### Evacuation Route

Likely evacuation destination: Siem Reap

Part/all of the evacuation is likely to involve walking/carrying

Evacuation would be to the nearest road head

1 hour and half to hospital

Air evacuation is an option

## LOGISTICS



### Guides

PEAK English speaking staff qualified to lead groups and a trekking guide.

Up to 15 pax = 2 guides

16 or above = 3 guides



### Porters or mules

For hiking you will carry own kit. Additional kit can be left at your hotel in Siem Reap.



### Accommodation

Camp / Homestay 2 x nights.

PEAK will supply & carry the camping equipment.



### Food

All meals will be provided by PEAK.

Team will assist with carrying the supplies.



### Tipping

Tipping has been included in the trek price which was prepaid.



### Extra equipment

N/A



### Any further notes

N/A



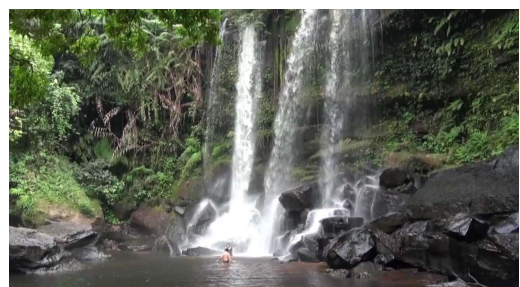
### Maps (scale, accuracy)

Not provided



### Guidebooks/other sources of information

More information about Cambodia can be found in most guide books; Lonely Planet, Rough guide.



# DAY BY DAY

## Day 1

### Bang Melea Temple & Anglung Thom Village



4hrs

APPROX. TOTAL WALKING TIME



50m

APROX ALTITUDE



8km

APPROX. DISTANCE

This morning you will be transferred from Siem Reap to the charming Angkor temple Beng Melea. From here, continue the trail for about 1.4km, passing a few houses and some orchards until you arrive at Wat Phnom Bei. After exploring the artwork that covers the exterior of the building, your trek officially starts.

Your trek follows an uphill section of over 3 different levels, through bushes, and crossing small creeks as you go. Enjoy the panoramic views over the forest & fields as you head up the mountain. On your way, you will pass the historical landmarks of Thmor Andoek (Turtle rock formation) & Toek Montrei which is a natural water hole that never dries up year-round.

The next part of the ascent pass through a challenging rocky trail, watch out for your foot placement.

There is a great view point at the top, but take care of the steep drops.

From the top of this slope to the village of Thmor Chruonh there are two options; either to continue on a newly made road for 1km to the village, or take an alternative trail through cashew plantations.

### Overnight camp

Homestay at Village

## Day 2

### Anglung Thom Village to River campsite



6hrs

APPROX. TOTAL WALKING TIME



487m

APROX ALTITUDE



16km

APPROX. DISTANCE

From the village where you have stayed overnight in (Anglung Thom), you will continue trekking through a cashew plantation and head uphill.

Close by you can explore the jungle shrine where a three metre high sandstone Angkorian elephant statue (Sras Damrei) is located. Smaller statues such as lions, a frog and cow are also here.

Head on to the well marked jungle path and over a small stream crossing. This route is slightly uphill along the dirt road to the bat cave, where thousands of bats can be seen hanging on the interior of the limestone walls. This is a good spot to have lunch.

The last section of the trek goes through the jungle environment with a 3km open section with small trees. Follow this until you get to your camp near a small river.

### Overnight camp

Shared tent - camping

## Day 3

### River Campsite to Kulen Mountain Car Park



5 hrs

APPROX. TOTAL WALKING TIME



300m

APROX ALTITUDE



10 kms

APPROX KM DISTANCE

The final day of the trek takes you back into civilisation. After a good rest, you will walk for around 3km to the summit of the Kulen Mountain. At the top of Kulen Mountain you will discover stone carvings in the riverbed and a large reclining Buddha from the 16th century. Shoes must be taken off before walking up the small sets of steps to view the Buddha.

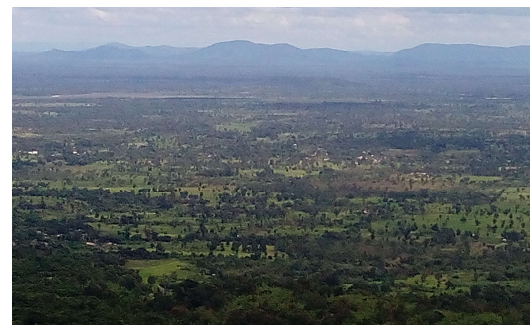
You will continue on to a waterfall, where you can refresh, have lunch and maybe try out some of the local snacks - battered bananas or coconut rice cakes. Keep an eye out for over 1000 linga stone carvings in the river bed.

Follow the undulating trails through the forest. You will then head down a section of concrete steps for about 750m until you reach the road head and the end of your journey.

There will be a transfer by minibus back to Siem Reap, it will take approx. 2 hours drive.

### Overnight camp

Team source their own accommodation in Siem Reap



# RISK ASSESSMENT

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## Generic Trekking Hazards

Read and implement the Trekking standards provided in the Leader Manual

## Jungle Campsites

Read and implement Camping safety standards provided in the Leader Manual

## Steep, Rocky & Slippery Ascent Day 1

Take Care when ascending to the village. Consider spotting and advising on hand and foot placement where required.

## Waterfalls

Read and implement the Water Margins Safety Standards provided in the Leader Manual.

Use designated footpaths and be aware of spray making paths slippery  
Stay well back from edges when viewing waterfalls and do not walk behind waterfalls.

## Steep drops from Viewpoints Day 1

Define boundaries & prohibit access to viewpoints without direct supervision.

## Bat Cave on Day 2

Head torches will be required to visit to the bat cave on Day 2

