



ACTIVITIES & EXCURSIONS PRICE LIST

KOH RONG

Welcome to Cambodia's second largest island, Koh Rong (Khmer for "Rong Island"). Its name is something of a mystery. "Rong" is an old Khmer term for a cave or tunnel. It's also used to describe a form of shelter, although some of the islanders say Koh Rong is named after a person long since forgotten in the mists of time.

The island is its own "Sangkat" (local district), located 25 kilometres (16 miles) off the port town of Sihanoukville in the Gulf of Thailand. It covers an area of approximately 78 square kilometres (30 sq. miles) and boasts 43kms (27 miles) of pristine beaches. There are four village communities within the boundaries of Koh Rong, namely Koh Touch, Doeum D'keuw, Prek Svay and Sok San.

Its balmy, tropical climate provides a year round temperature of between 27 and 30°C and a consistently sublime water temperature that hovers around 30°C. There are two distinct seasons; the monsoon or wet season from June to September and the dry season from October to May.

Surprisingly, the island's vegetation ranges from dense jungle to savannah, which dominates the interior. Many tree species are to be found on Koh Rong, including native Teak, Tamarind, Fig and the mythical Banyan, which all support a huge variety of animals, such as monkeys, birds, snakes and even buffalo. The surrounding waters are teeming with tropical fish and coral.

It's yours to enjoy, but please remember that part of Koh Rong is a Marine Reserve and therefore all coral, shells and marine life are protected. We ask for your assistance in protecting Cambodia's heritage. Please do not remove anything from the water and do not damage the reef whilst swimming and snorkeling. Our only rules:

- Take nothing but photos
- Leave nothing but footprints
- Keep nothing but memories
- Kill nothing but time



BIKING ACTIVITIES

While we understand completely that you wouldn't necessarily choose to leave the luxury of The Royal Sands Koh Rong, we encourage you to venture out of this comfort zone and explore your island paradise. One of the most adventurous ways to do this is by bike. Pick one up at the Activity Centre. Our knowledgeable team will explain everything you need to know. Guides are available for the more challenging routes.

Visit Sok San Village

An easy half-hour takes you to the quaint village of Sok San, the real star of the hit TV series, "Survivor". To get there, start behind the sala entrance. Head north along the main trail, turning left at both crossroads to reach the village. Originally a stop-over for fisherman, it was only after "Survivor: Cambodia" in 2012 that Sok San began to develop. There's a lovely little jetty and a picturesque stretch of beach, as well as a handful of local restaurants and shops. Make a point of taking in the waterfall at the end of the village.

- Round trip: approx. 2 hours
- Bike, helmet & water provided. No guide required.

Palm Beach Tour

This is another gentle ride that takes you across the middle of the island to the eastern shoreline. Along the way, take in some stunning views of the savannah and keep your eyes and ears open for the island's wildlife.

- Round trip: approx. 2 hours
- Includes: Guide, bike, helmet, water & snacks

Savannah Tour

Koh Rong's central savannah area is a relatively vast deposit of sediment, which separates the island's northwest and southeast points. With swathes of white sand, it's a surprising landscape and you'd be forgiven for thinking you were in Africa! This is another gentle tour which will open up this spectacular landscape. You will also learn about the Niaouli Tree, renowned for its oil which has become a foundation for aromatherapy.

- Round trip: approx. 2 hours
- Includes: Guide, bike, helmet, water & snacks

Nature Beach Tour

If you'd really like to stretch your legs and hit a truly great biking trail, saddle up and head to the southern part of the island. For the more experienced biker, this tour takes in a large dirt road, river crossing and steep single track. You'll wind your way through forests and savannah, as some stunning beaches.

- Round trip: approx. 4 hours
- Includes: Guide, bike, helmet, water & snacks

Pagoda Tour

A reasonably strenuous cycle takes you to the east coast of the island, where you'll discover a small pagoda featuring a Buddha of Chinese origin. His eyes gaze out across the Gulf and you'll be tempted to enjoy the view too. There are some hills to work your way up and down, but the views make this tour well worth your time.

- Round trip: approx. 2.5 hours
- Includes: Guide, bike, helmet, water & snacks



Koh Touch Tour

An easy pedal along the new coast road takes you to the site of Koh Rong's first ever "backpacker" development. It's hard to believe that this corner of the island was once just a jetty and a few fishing boats. A very lively spot which is good for local restaurants and a cold beer.

- Round trip: approx. 2 hours
- Includes: Guide, bike, helmet, water & snacks



Savannah Tour

WATER SPORTS

Snorkelling

Sok San Bay offers a stunning underwater panorama. Our beach boys will direct you to the best spots. They'll also be happy to act as a guide or teacher. Buoyancy vests are available for inexperienced swimmers. Some of the best areas for snorkeling are around the jetty and the rocks at the corner of the beach, but a half-hour stroll from the resort is a reef we've called "Khmer Garden". Guides are readily available if you're the slightest bit unsure about how to get there.

- Masks, snorkels, fins & buoyancy vests available at the Activity Centre

Blue Lagoon Snorkelling Tour

A 20-minute boat ride takes you to an exclusive treasure trove of coral and tropical fish. The Blue Lagoon is a magical cove, set in a protected marine area. It offers shallow snorkeling amidst swathes of mesmerizing anemone. Need we say more?

- Round trip: approx. 2 hours
- Includes: Guide, fins, mask, snorkel, towels, water & snacks



Plankton Experience

Bioluminescent plankton is a wonder of nature and is not to be missed during your stay at The Royal Sands Koh Rong. Our pristine bay provides the perfect conditions for one of the ocean's strangest natural phenomena. Your guide will accompany you into the shallows for an experience you will never forget.

- Includes: Guide, towels, soft drink at the Beach Bar

ISLAND HOPPING

In this part of the world, "island hopping" has become something of a rite of passage and Koh Rong offers some beautiful options. Explore nearby bays and encounter the locals in truly unspoiled locations.

Prek Svay Experience

If there is one "must do" tour around Koh Rong, then this is it. Start your journey by boat for this half-day adventure to the well-preserved floating village of Prek Svay. Photogenic from every angle, this village is quintessentially Cambodian. The tour also includes snorkeling, with an option for lunch.

- Round trip: half-day
- Includes: Boat trip, snorkeling gear, water & snacks
- Option: with addition of locally-prepared lunch at Prek Svay

Beach Drop off (Recommended for 2 persons)

A larger party can be accommodated, but this makes for a truly romantic escape for two. In line with the prevailing weather conditions, our team will advise as to the day's best location for some private sunbathing or a beach picnic, or both! Select your picnic items from our "A la Carte" menu. Soft drinks, water, house wine or beer are provided.

- Drop-off only (9:00-12:00 or 14:00-17:00)
- Option: with beach picnic (10:00-15:00)

KAYAKING & FISHING

Koh Rong might be a famed beach destination, but the island's interior of jungle, mangrove and savannah is well worth exploring. We'd recommend seeing it by kayak or while you fish.

Kayak rental

Go it alone or with a friend. Rent by the hour and follow the beach to the village of Sok San or follow the rocky coastline until you reach the cape. Rental includes life jacket/s.

Ta Sok River

You are transferred by the resort's best available vehicle to the mouth of a "lost river". Ta Sok runs from the middle of the jungle, making this an exciting adventure for the solo traveller or the whole family. It's an easy going paddle and your knowledgeable guide will be on hand to explain points of interest along the way.

- Includes: guide, safety briefing, life jacket, kayak & paddle, dry bag, drinking water



Stand up Paddle

Stand Up Paddle boarding (SUP) is ideal for strengthening the muscles of the core and is one of the world's fastest growing fitness trends. Rental includes life jacket.

Fishing

The areas surrounding Sok San Bay are completely untouched by commercial fishing, providing a rewarding few hours for those who love to cast a line. Try your luck with our local fishermen on a traditional wooden boat.

- Round trip: approx. 2 hours
- Includes: boat trip, tackle, drinking water



Kayak Tour & Kayak rental



Standup Paddle

KOH RONG TREKKING

You are more than welcome to trek alone on the trails and small paths on the island. Just be aware that many of the smaller paths have been cut by wood loggers and can go deep into the jungle. Our local guides will be happy to help you discover the island's hidden treasures.

The Waterfall

Located just behind Sok San Village is a tiny but beautiful waterfall. It carries fresh, cold water down from the hills and provides spectacular views of the village below. This is a very rewarding trek.

- Round trip: approx. 2 hours
- Includes: Guide, return transfer by boat, drinking water

Chnee Cheeb Bay

You are ferried by boat from the resort to this awesome bay, located to the north. It is connected to Sok San Bay by an undulating trail through the forest, providing an opportunity to spot some of the island's wildlife, with the help of your guide. The 6km trail is your route back to The Royal Sands Koh Rong.

- Round trip: approx. 3-4 hours
- Includes: Guide, boat transfer, refreshments

Koh Touch

Koh Rong's original "backpackers' village" provides a lively turning point on an atmospheric trek through the jungle. You start by climbing the hill behind the resort, before making your way down to enjoy a refreshing coconut.

- Includes: Guide, drinking water, green coconut



Koh Touch Trekking

Petanque

If your pursuits are of the more leisurely kind, then head to the beach and enjoy a game that was born in the south of France. While you're at it, enjoy a glass of Pastis!



THE ROYAL SANDS KOH RONG DIVE CENTER

Cambodia remains one of the diving world's best kept secrets and Koh Rong's crystal-clear waters offer the perfect location. Its many reefs provide dozens of shallow dive sites with little or no current. This makes Koh Rong's waters some of the safest on Earth.

Access to these dive sites is just a few minutes by boat and a world of discovery awaits. An abundance of marine life can be enjoyed, including coral, sponges, specialist flat worms, colorful nudibranchs and a dizzying array of tropical fish. If you were trying to find Nemo, you can relax.

The Royal Sands Koh Rong has its own PADI Dive Center headed up by our Activity Manager, Lionel Bonnett. Lionel has logged more than 6,000 dives all over the world. You could not be in safer or more knowledgeable hands.

NON CERTIFIED DIVERS (1-6 persons)

Discover Scuba Diving

For beginners who would like to have a taste of diving, even without any prior experience, this is a perfect holiday opportunity. A safety briefing kicks off the tour, before you enjoy a supervised dive with a PADI instructor.

- Includes: Instructor, jacket, regulator, tank, mask, snorkel, fins, water & snacks

CERTIFIED DIVERS (1-5 persons)

For those already certified, we have selected some of Koh Rong's best dive sites. The following are all accessed by boat, with a guide.

- Include all equipment, transport and refreshments. Please enquire at the Activity Centre.

The House Reef – "Khmer Garden"

An incredible spot, located only a few minutes from the resort. The reef is shallow and easy to access. It is host to thousands of anemones and fish, the diversity of which will amaze you in such shallow water. Given its location, this dive is perfect those who are short on time.

Koh Rong Cape

Also located a few minutes from the resort, this drift dive brings you into the reef on a gentle current. This site is particularly popular with schools of fish. The huge Cobia can often be spotted here too.

Koh Koun

According to Khmer legend, this little island was created by the father island Koh Rong and the mother island Koh Rong Samloem. In Khmer, therefore, Koh Koun means "Child Island". It is home to a great fringe reef on its northern side, in the middle of the recently created Marine Park. Reaching depths of 14 metres, you can see most of Cambodia's fish species here. Try your luck spotting a nudibranch too.



Blue Lagoon – “Chnee Cheeb”

A 15 minute ride by boat allows you to discover one of Koh Rong’s most magnificent bays, Chnee Cheeb or Cheeb Bay. It’s so beautiful that we’ve nicknamed it “Blue Lagoon”. At the southern end of the bay is a very well protected shallow reef, perfect for fun dives and scuba courses. This is one of our favourite spots on Koh Rong.

DIVE COURSES

PADI Open Water Diver

Take full advantage of your holiday and become a certified PADI Diver in just 3 to 4 days. The course includes a mix of theory, pool sessions and training dives.

- Includes: PADI certification, diving equipment & dives

PADI Advanced Open Water Diver

For those wishing to take the next step on their diving journey and receive certification for dives to a depth of 30 metres. The course includes 5 themed dives: deep dive, navigation dive, night dive and two “at your choice” dives within the possibilities of the Dive Center.

- Includes: PADI certification, diving equipment & dives

Refresh Dive

Perfect for guests who are keen to get back into the water after a long break, but who are already qualified. This is a comfortable shore or pool dive, to practice a few safety skills with an instructor and become familiar with our equipment ahead of a dive tour.

- Includes: PADI instructor, diving equipment



Excursion boat (Traditional Longtail boat & Rib boat)

ACTIVITIES & EXCURSIONS PRICE LIST			
Activity	Approximately Duration	Min. & Max. of Person	Price Per Person in USD
BIKING ACTIVITIES & TOURS			
Bike Rental - Visit Sok San Village (No guide)	~ 2 hours	-	USD 12/hour
Palm Beach Tour with guide	~ 2 hours	2-5 persons	USD 37
Savannah Tour with guide	~ 2 hours	2-5 persons	USD 37
Natural Beach Tour with guide	~ 4 hours	2-5 persons	USD 49
Pagoda Tour with guide	~ 2.5 hours	2-5 persons	USD 43
Koh Touch Tour with guide	~2 hours	2-5 persons	USD 37
WATER SPORTS			
Blue Lagoon Snorkelling Tour with guide	~ 2 hours	2-8 persons	USD 37
Plankton Experience with guide	~ 1 hour	2-8 persons	USD 32
ISLAND HOPPING			
Prek Svay Experience with guide	~ 4 hours	2-8 persons	USD 75
Prek Svay Experience with guide + locally-prepared lunch at Prek Svay village	~ 5 hours	2-8 persons	USD 85
Beach Drop Off 09:00-12:00 or 14:00-17:00	~ 3 hours	Recommended for 2 person	USD 50
Beach Drop Off with Picnic Lunch 10:00-15:00	~ 5 hours	Recommended for 2 person	USD 110
KAYAKING & FISHING			
Kayak Rental (single Kayak)	-	-	USD 12/hour
Kayak Rental (double Kayak)	-	-	USD 18/hour
Ta Sok River Tour with guide (Single Kayak)	~3 hours	1 person	USD 32
Ta Sok River Tour with guide (Double Kayak)	~3 hours	2-5 persons	USD 25
Stand Up Paddle	-	-	USD 12/hour
Fishing Tour	~ 2 hours	2-8 persons	USD 37
KOH RONG TREKKING			
The Waterfall tour with guide	~ 2 hours	2-6 persons	USD 25
Chnee Cheeb "Bay" tour with guide	~ 3-4 hours	2-6 persons	USD 50
Koh Touch	~ 3 hours	2-6 persons	USD 37
THE ROYAL SANDS KOH RONG DIVE CENTER			
Scuba Diving – Non Certified Divers -	-	1-6 persons	USD 85
The House Reef "Khmer Garden" – Certified Divers -	~ 3 hours	1-5 persons	USD 75
Koh Rong Cape – Certified Divers -	~ 3 hours	1-5 persons	USD 85
Koh Koun – Certified Divers -	~ 3 hours	1-5 persons	USD 85
Blue Lagoon "Chhnee Cheeb" – Certified Divers -	~ 3 hours	1-5 persons	USD 85
DIVE COURSES			
PADI Open Water Diver	3 Days	1-5 persons	USD 460
PADI Advanced Open Water Diver	2 Days	1-5 persons	USD 460
Refresh Dive	~ 3 hours	1-5 persons	USD 110

TERMS & CONDITIONS:

- All prices are in USD and inclusive of 10% service charge and government taxes
- All activities are subject to optimal weather conditions and tide times
- The resort reserves the right to alter or change the contents of programs or any of the listed information at any time, or for any reason, without prior notice
- Children aged 4-12 receive a 50% discount on the adult price. Children under 3 are free of charge
- Parents are ultimately responsible for their children at all times
- Any activities accessed by boat are subject to the type of boat best suited to the weather, the number of participants, resort occupancy etc.
- Advanced booking of 24 hours is required for all activities
- For bookings, please contact our team or dial "0" for more information
- Any lost or damaged resort equipment will be charged to the guest's account at the full replacement value (cost + admin + tax)
- All activities are subject to the minimum or maximum number of participants as stated

