

Activities to do at The Royal Sands Koh Rong Resort

Non-Motorized

Kayaking

Kayaks let you roll at your own pace through the crystal-clear waters of Koh Rong Bay. Pick a two-seater to turn this experience into a fun couple sport.

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 a life jacket.

Surfing

Surfing is a surface water sport in which an individual surfer or two in tandem surfing, uses a board to ride on the forward section, or face, of a moving wave of water, which usually carries the surfer towards the shore.

Cycling

While we understand completely that you wouldn't necessarily choose to leave the beach, we encourage you to venture out of this paradise comfort zone and explore Koh Rong Island.

Palm Beach Tour

This is a gentle ride that takes you across the middle of the island to

the eastern shoreline. Along the way, you will enjoy stunning views and the island's wildlife.

Pagoda Tour

A reasonably strenuous cycle takes you to the east coast of the island, where you will discover a small pagoda featuring a Buddha of Chinese origin. There are some hills to work your way up and down, but the views make this tour well worth your time.

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 with a few fishing boats. It's now a very lively spot featuring local restaurants.

Motorized

Snorkeling

Koh Rong offers a stunning underwater panorama. Our activity 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 better to join a tour by boat for the very best spots.

Island Tour

Half-Day Trip (Koh Rong Island)

It's a 4-hour trip around Koh Rong Island during which you will take in Dog Island for snorkeling, a floating village and a picnic lunch at Lonely Beach.

Island Hopping

Half-Day Trip (Koh Rong Samloem)

It's a 4-hour island hopping tour during which you will stop at Koh Touch, Koh Koun for snorkeling and a picnic at Saracen Bay on Koh Rong Samloem.

Sunset Fishing

The areas surrounding Koh Rong Bay are completely untouched by commercial fishing, providing a rewarding wait for those who love to cast a line.

Try your luck with our local fishermen on a traditional wooden boat.

Sunset Cruise

Experience Koh Rong Island at its most atmospheric on this 1.5-hour sunset cruise.

Sail out aboard our traditional longtail boat to Koh Rong Cliff while watching the beautiful sunset.

Watersports

Banana Boat Ride

The Royal Sands Koh Rong watersports offer an amazing banana boat ride that will take you, your family and friends gliding past Sok San Beach for 15 minutes.

Water Ski

Skim the surface of the cobalt blue water and enjoy the thrill of water skiing with the help of an experienced motorboat driver towing you along.

Flips and jumps are optional!

Water Ski – Beginner's Lesson

If you are new to the sport, we will set you up with all the guidance,

safety tips and equipment you need to get started.

Just bring sunblock, swimwear and a smile!

Wakeboard

It is said that wakeboarding is water skiing, snowboarding and surfing all rolled into one. The relatively calm water is ideal for wakeboarding manoeuvres of all levels.

Wakeboard – Beginner's Lesson

New to wakeboarding? Our instructors are on hand to dish out pointers for a fun and safe wakeboard session, ensuring that you will be up on the water in no time.

Fun Tubes/ Float Rides

Float away the day with our lightweight watercraft made for endless hours of buoyant fun. Best of all, there is no need for strenuous kicking or rowing – just sit back, relax and enjoy as the speedboat tows you around the island.

Kneeboard

Like wakeboarding and water skiing, kneeboarders hang on to a tow-rope, but the foot strap is secured over the thighs. The advantage of knee boarding is that it is often easier and you have a sense of being closer to the water.

Mono Ski

Hold onto the tow-rope, put one foot in front of the other on the mono ski and slice through the waves at speed. There is definitely nothing 'mono'-tonous about our mono ski.

Experience

Plankton Experience

Bioluminescent plankton is a wonder of nature and is not to be missed during your stay at our resort. Our pristine bay provides the perfect conditions for one of the ocean's most beautiful natural phenomena.

Mangrove Kayaking Tour

Ta Sok River

The journey starts at the entrance to the "lost river".

Ta Sok runs from the middle of the jungle, making this an exciting adventure for the solo traveler or the whole family.

Sandbar Experience

Enjoy mangrove kayaking and relax as you take in the natural landforms made up of fine sand, silt and pebbles. Feel the tickle of sand between your toes and take in the beauty of your surroundings.

Trekking

Koh Rong Trekking

The Waterfall

Located just behind Prek Svay 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.

Discover Scuba Diving

Cambodia remains one of the diving world's best kept secrets and

Koh Rong's crystal-clear waters offer the perfect location.

Koh Rong's reefs provide dozens of shallow dive sites with little current,

which makes Koh Rong's water one of the safest on Earth.

Our PADI Dive Center, headed up by our experienced dive instructor, will accompany you on your dive.

Certified Divers

For those already certified, we have selected some of Koh Rong's best dive sites.

The House Reef – “Khmer Garden” – is 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.

Koh Rong Cape

Also located just 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.

Discover Scuba Diving

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 meters, you can see most of Cambodia's fish species here,

which is why it is considered Koh Rong's favorite dive spot.

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".

Located at the southern end of the bay, it is a very well protected shallow reef, perfect for fun dives and scuba courses.

Diving Courses

PADI Open Water Diver

Take full advantage of your holiday and become a certified PADI Diver in just 3-4 days.

The course includes a mix of theory, pool sessions and training 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 meters.

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.

Beach Activities

Beach Volleyball

This Olympic team sport can be taken seriously or played just for fun between friends and family.

All players are guaranteed a workout high on fun and low on boredom.

Beach Football

Our repertoire of ball games starts with football (soccer).

Whether you prefer to be a midfielder or striker, the goal of having fun is easily achieved in this team-based sport.

Waboba

A new take on the frisbee, 'Waboba' is short for 'Water Bouncing Ball' and is played in waist-high water.

The ball's secret is its composition; it uses different materials that allow it to bounce off the surface.

Jianzi Games

Jianzi (Chinese: 毽子), tī jianzi (踢毽子), tī jian (踢毽) or jianqiú (毽球), is a traditional Chinese national sport in which players aim to keep a heavily weighted shuttlecock in the air by using their bodies, apart from the hands, unlike similar games Peteca and Indica.

It can also be played artistically, among a circle of players in a street or park, with the objective of keeping the shuttle 'up' and showing off your skill.

Jenga Challenge

To begin the game, the blocks are stacked into a solid rectangular tower of 18 layers, with three blocks per layer.

Starting with the one who built the tower, players take turns removing any block from a level below and placing it on top until the tower falls.

Indoor Games

All-weather activities for lazy days when you feel like staying in.

The great indoors beckon with a host of entertaining distractions.

Pit your wits against your opponent with parlor games of scrabble, dominoes, checkers, chess and our survivor jigsaw puzzle.

Teambuilding

A program is specifically designed to meet the objectives of your organization,

whether it's improving support, trust, creativity, planning, strategizing, improving cross-cultural relations or just having fun together

to enhance company relations.

All activities are designed to encourage maximum participation so that participants, regardless of age or fitness level, can join in the fun.

Building Bamboo Raft & Racing

Participants need to form a group with each group representing a different color. The group will be provided with 25x 3m long bamboo sticks and 6x 3.5m long bamboo sticks, as well as 8 floaters, 8 jute sacks, 4 paddles and coil ropes to build their own floating bamboo raft.

As soon as their bamboo raft is finished, they sail around the floating buoy representing their color, 150m offshore.

The group that arrives back on shore first will be the winner.

Insect Eating & Kayak Relay Racing

Participants need to form a group, with each group representing a different color. Members of each group need to eat 3 fried insects (spider, grasshopper, worm etc.). After eating the insects they then grab a kayak on the beach and make a turn around the designated floating buoy representing their color, before bringing the kayak back to shore and tapping their teammates who then do the same until the whole group is finished.

Challenge Pitch

Participants race to throw sand bags until a team completely destroys the other team's wall. One member of the team will then race to rebuild the wall. The first team to finish wins the game.

Cannonball Run

Participants must race to obtain pieces of a puzzle that they must then use to build a table maze, by either crossing a balance beam or traversing a rope bridge. They must then maneuver a ball through the maze, avoiding trap holes along the way. The first group to solve their puzzle and maneuver their ball through to the finish line wins.

Blowing Darts

Each participant represents each color on the big dart board which has 3 lives. The goal is to hit your color to activate each killer status. Then you can hit other colors until their lives are finished. When your lives are finished you are eliminated from the game. The last participant with a life or lives will be declared the winner.

Balloon Caterpillar

Each person gets a balloon in between them and the person in front of them, as well as behind them.

The first team to get to the designated finish line without dropping any of the balloons wins.

Tug of War

A tug of war is a sport that pits two teams against each other in a test of strength.

Teams pull on opposite ends of a rope, with the goal being to bring the rope a certain distance in one direction against the force of the opposing team.

Trust Walk

A Trust Walk is a popular teambuilding activity that helps people practice trusting each other. A leader guides his or her blindfolded partner around obstacles using verbal or nonverbal instructions. This is an active teambuilding activity that requires a great deal of space.

Lava Walk

The objective of the activity is to get all team members safely across the lava flow.

Participants cannot touch the lava and therefore must use the platforms provided to cross to safety.

The Human Knot

The Human Knot is one of the most popular teambuilding activities.

It involves team members forming a circle, grabbing random teammates' hands and untangling themselves without breaking their hold.

No matter how many times you perform the challenge, the task is equally tricky.

Bucket Relay

Distribute a cup to each person. On “go,” have the person closest to the bucket of water fill their cup and then pour the contents into the next person's cup and so on until the last person can empty the water into their container. Repeat until one team's starting line container overflows with water.

Traffic Light

Traffic Light is a real ‘Brain Buster’ that requires a lot of thinking and communication.

This challenge is very similar to a human chess game.

The group is split in two, with both sides working together to complete the challenge.

Cooperation and planning are essential in completing this task.

Beer Pong

This is a fun drinking game in which players throw a ping pong ball across a table with the intent of landing the ball in a cup of beer on the other end.

The game typically consists of opposing teams of two or more players with 6 or 10 cups set up in the form of a triangle on each side.

Each team then takes turns attempting to throw ping pong balls into their opponent's cups.

If a ball lands in a cup, the contents of that cup are consumed by the other team and the cup is removed from the table.

The first team to eliminate all of their opponent's cups is the winner.

15 Shots Challenge

This is another fun drinking game in which players will drink 15 shots of different liquor.

The fastest team wins.

More about Koh Rong

With only four village communities: Koh Touch; Doeum D’keuw; Prek Svay and Sok San, the island remains free of mass tourism and over-development.

Climate

The climate is pleasant and warm all year round on Koh Rong, usually around 27-33 degrees Celsius during peak season.

Expect rain showers and some thunderstorms during monsoon season.

Sandflies

Not to be confused with mosquito bites, sandfly bites can occur on the beach especially at dawn.

We recommend natural coconut oil as a preventive and curative measure.

This is available at our boutique shop.

Snakes

Like on most tropical islands, you might spot some snakes around Koh Rong.

Generally non-poisonous, they avoid contact with humans so there's no need to be afraid.

We advise you to use torchlight at night,

and simply keep an eye on the ground or the trees above you.

Medical Facilities

Basic medical assistance is available at the property. If needed, please contact reception.

All our boats are equipped with first-aid kits.

In case of serious medical emergency, we coordinate with the hospital in Sihanoukville for medical evacuation.