

# 2010 Inside Cambodia

## 7 days / 6 nights

### Highlights

Phnom Penh, Royal Palace, National Museum, Killing Fields, Kampong Thom, Sambor Pre Kuk, Siem Reap, Angkor Wat, Boeng Mealea, Ta Prohm, Tonle Sap Lake

### Inside Cambodia

Travel on an ancient Angkorian highway once used by Khmer royalty. To really get 'Inside Cambodia,' you will want to visit her countryside, her capital and her crowning glory - Angkor Wat. Do exactly that on this journey and experience so much more along the way. Temples such as Banteay Srei and Boeng Mealea lie just far enough off the beaten path that you can have a more intimate experience with the ruins, and a trip out to Tonle Sap Lake will afford insight into this ecological marvel.

The quality of accommodation is a real highlight of this trip. Hotels are centrally located, three-star with private, western style bathrooms, air-conditioning and TVs. Hotels in Phnom Penh and Siem Reap both have pools. All road travel is in comfortable minibuses or mid-sized coaches. Your journey is escorted by both a Western tour leader, based on a minimum of seven travellers, and a local English-speaking guide in each location. Groups are never more than 16 travellers in size.

### Tour grading - MODERATE

This journey is suitable for travellers with average levels of fitness and independent mobility. The tour involves lots of walking, sometimes over uneven surfaces or climbing stairs, in the heat. There are also rides on tuk-tuks, a tethered balloon and a small boat. You will need to be able to board and disembark boats independently, sometimes between muddy or slippery banks. There are some long road journeys (up to two hours) on occasionally rough roads and one journey of up to four hours (with breaks) between Phnom Penh and Kampong Thom. While accommodation is three-star, this is not 'sanitised' travel; by day you will walk through markets and villages, meet local people, and sample local food.

### What's Included

- Six nights accommodation
- Breakfast daily and one lunch
- All transfers and road transport in modern, air-conditioned vehicles
- All sightseeing as specified including entrance fee's
- Expert Western tour leader (group size seven minimum) and local guides throughout
- Tour arrival and departure transfers

### Climate

'Inside Cambodia' can be undertaken at any time of the year. There are two main seasons in Cambodia. From November to March temperatures are slightly cooler with little rain. From May to October, the rainy season, average temperatures in the day range from 24 to 35 degrees Celsius. During this period it rains for a short time in the afternoon, temple moats are full, the scenery is greener, and there are fewer people at the temples. Many people prefer to travel at this time of the year.



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### Itinerary

#### Day 1 - Arrive Phnom Penh

Upon arrival in Phnom Penh you will be met and transferred to your hotel. This afternoon take a Cyclo ride through the streets of Phnom Penh. Tonight, meet your tour leader for a tour briefing and enjoy a welcome drink. **Two nights SUNWAY**

#### Day 2 - Phnom Penh

Discover the Royal Palace, National Museum and Childsafe Centre, before learning about Cambodia's sombre recent history at Tuol Sleng and the Killing Fields.

#### Day 3 - Kampong Thom

Witness traditional rural scenes, visit a local silk farm, Explore the pre-Angkorian ruins of Sambor Pre Kuk. **One night SAMBOR VILLAGE HOTEL**

#### Day 4 - Tonle Sap Siem Reap

En-route to Siem Reap stop to take a boat ride on Tonle Sap lake. **Three nights Royal Bay Inn Angkor Resort**

#### Day 5 - Siem Reap

Explore Angkor Wat & the Bayon by tuk-tuk, see the atmospheric ruins of Ta Prohm and Preah Khan.

#### Day 6 - Siem Reap

Visit a local market at Dom Deak and the outer-lying temples of Boeng Mealea, Banteay Srei and Banteay Samre.

#### Day 7 - Depart Siem Reap

Today you will be transferred to the airport for your onward journey.

### Hotel Brief

#### Sunway Hotel in Phnom Penh

Located near Wat Phnom, a good four-star hotel that is central and close to riverfront cafes and restaurants.

#### Sambor Village Hotel in Kampong Thom

Located on the bank of Steung Sen Stream this tranquil hideaway is the perfect hotel to relax. Bungalow style rooms in gardens that boast all the fruits and vegetable grown in the region. Resort has large swimming pool and great restaurant.

#### Royal Bay Inn Angkor Resort

Three-star, set in beautiful gardens, comfortable and well located hotel in Siem Reap, close to the heart of town and bustling central market. Featuring a nice pool and tastefully finished rooms.

### Visa Requirements

All persons entering Cambodia require a visa. Tourist visas for Cambodia can be obtained on arrival at air and land borders for a cost of \$20USD. More detailed visa information is available in our pre-departure information. It is your

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responsibility to make sure requirements are fulfilled.

## **Health Issues**

Good medical advice usually recommends vaccinations/prophylactics in advance of travel to Cambodia. We suggest that you consult with your doctor to discuss health care needs specific to your holiday.

## **Insurance**

You must be comprehensively insured as a condition of travelling with Travel Indochina. Insurance should include cover for personal accident and medical expenses, evacuation and repatriation, baggage loss, and cancellation or curtailment of your holiday. Your booking will not be confirmed if you cannot confirm possession of appropriate insurance, and our ground operations have the right to prevent you from travelling in the event that you cannot present your insurance details at the start of the tour. Your travel agent can organise travel insurance for you.

## **Recommended Reading**

- Gecko Tales - Carol Livingston
- River of Time - Jon Swain
- A Brief History of Cambodia - David Chandler
- Travels in Siam, Cambodia, Laos & Annam - Henri Mouhot
- Cambodia, Report from a Stricken Land - Henry Kamm
- The Gate - Françoise Bizot

## **A Responsible Travel Indochina**

Travel Indochina practices a thorough, realistic Responsible Travel Policy, full details of which can be found in our website. Our policy includes our downloadable 'Tread Lightly' booklet, full of useful pointers which will make you a more 'responsible' traveller in Asia.

## **Pre and post tour arrangements**

If you would like to book pre or post tour hotel arrangements or are interested in doing additional quality touring before or after your Small Group journey, either contact Travel Indochina or your local travel agent.

## **What next**

Once your booking has been confirmed and you have paid in full you will receive a detailed itinerary for this tour, detailing day by day arrangements, as well as a pre-departure guide containing valuable information designed to help you get the most out of your holiday.

## **About Travel Indochina**

Travel Indochina has been operating small group journeys to Asia since 1993. Based in Ho Chi Minh City, Vietnam, our idea is simple - escape the tourist traps to explore the essence of Asia's history, culture, natural beauty and most importantly, Asia's people. Another feature is the quality, character and location of our accommodation. Our travellers enjoy the combination of well thought out itineraries, tasteful accommodation, insightful western and local leaders, value for money, and our experience and base in the region.

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