

SUGGESTED ITINERARY TO CAMBODIA

Please note that this proposed itinerary is subject to availability at time of booking.

Day 01: Phnom Penh



Arrive into Phnom Penh and be greeted by our professional and experienced guide and driver. Once we have cleared immigration, we will be escorted as we walk out of the international airport. Our group will then be welcomed by Khmer hostesses dressed in traditional outfits. Receive a token upon arrival and be transferred by our private vehicle to the Sunway Hotel.

This is one of Cambodia's 4* leading hotels where you will be able to check in and freshen up before meeting the rest of the group at the Sunway restaurant for a welcome dinner.

(Check in time at 1400pm. Early check in is subjected to room availability).

Meals: Dinner

Accommodation: Sunway Hotel/Deluxe room

Day 02: Phnom Penh

After breakfast at your hotel, we will enjoy a city tour of Phnom Penh. This city tour will include the main attractions including the **Royal Palace** which was built 1866 by King Norodom. **The Silver Pagoda** which is also located within the Royal Palace compound and is named so because it is made up of 5,000 silver tiles.

Lunch is at the Friends Restaurant. A visit to Phnom Penh would not be complete without enjoying a meal at Friends the Restaurant. Now in its 10th year of operation, the training restaurant has become a real favourite for many people. Indulge in great western-style tapas, surprising specials and Khmer Smiles from their former street youth in training, who with their teachers, run the restaurant.

This afternoon, our next main attraction which is a must-see for all is the school-turned-jail, also known as S-21 ("Security Office 21"). This is a chance to learn about the dark side of **Tuol Sleng** and come face to face with the Khmer Rouge and its killing machine. Evidence of the horrors perpetrated by Pol Pot can be found in this museum.

After the museum, we will visit **Wat Phnom**. Wat Phnom is Located on a man-made hill twenty seven meters high in the middle of Phnom Penh, Wat Phnom is a revered place of worship for all Khmers and is the namesake of the capital.



End of the excursion by enjoy a fun **city tour on a cyclo**. This fun cyclo ride will take us around some of the main sites and attractions in Phnom Penh. We will be taken along the riverside which is buzzing with atmosphere to take a glimpse of the people making their daily exercise, tourists enjoying the culinary delights in one of the many restaurants, locals selling their wares and to quite simply witness the exciting hustle and bustle of this fantastic city that Phnom Penh is.

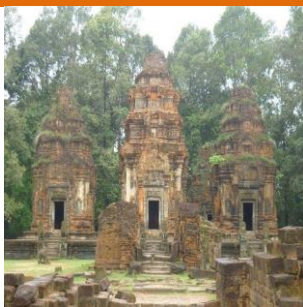
Tonight, dinner will be at the wonderful **Romdeng restaurant**. Tucked away on Street 174 we will find this Cambodian training restaurant, Romdeng, which is run by former street youth in training. Set in a beautiful colonial building, Romdeng serves a great variety of Cambodian food ranging from almost forgotten recipes from the provinces to contemporary creative Cambodian cuisine.

Friends and Romdeng restaurants are the same NGO, (non profit government organisation) and Friends-International has been assisting marginalised urban children and youth across the world since 1994. They now run and support projects for these children and their families in Cambodia, Laos, Thailand, Indonesia, Honduras, Mexico, Egypt and Myanmar.

Meals: B, L, D

Accommodation: Sunway Hotel/Deluxe room

Day 03: Phnom Penh – Siem Reap by Air



After Breakfast at your hotel, you will be transferred to the airport for your onward flight to **Siem Reap**.

On arrival into Siem Reap you will be greeted by our professional and experienced guide and driver. We will then embark on our short journey to the hotel where the hotel staff will be waiting, ready to assist with check in

(Check in time at 1400pm. Early check in is subjected to room availability).

After check in, we will enjoy lunch at our hotel. Once we have had our lunch, we will make our way to the **Angkor National Museum**.

The Angkor National Museum will take its visitors through the journey back in time from the creation, to the highest point of civilization. Through the use of interactive exhibits, visitors will develop a deeper understanding of custom, tradition and different beliefs of the ancient empire. Continue by enjoy a fun “**tuk tuk**” ride to **Ta Phrom**.

Ta Phrom was built in the late 12th century by Jayavarman VII as a shrine to his mother and is another must for anyone coming to Siem Reap. As a monastery, there were nearly three thousand priests here including eighteen high priests. Ta Phrom is unforgettable due to the massive trees that were left here intentionally by the archaeologists working on the site. While clearing back the forest it was decided to leave them in place to serve as a reminder of how the original discoverers found it and other temples. Many of the trees have grown around and through the remains, and soar high above the temple. This temple, along with those of the **Bayon and Angkor Thom** form the core of

any visit to Siem Reap. This is where the famous “Tomb Raider” Movie was filmed, starring world famous Angelina Jolie.

After Ta Phrom, we will then continue our fun “tuk tuk” ride to **Pnhom Bakheng** for sunset overlooking the incredible, world-famous **Angkor wat temple**.

After sunset, we will enjoy an evening meal at the award winning **Nest** which is leading the charge as Siem Reap's premier fine dining restaurant – outside of the major hotels. It's a large contemporary space with a menu that fuses eastern and western flavours.

Meals: B, L, D

Accommodation: Tara Angkor Hotel

Day 04: Siem Reap – Leisure Cycling



After breakfast, we will head to the **Roulos group by bicycle**. This fun soft cycling adventure will lead us to colorful bustling villages, stilted houses; hidden temples and dusty back roads hedged with sugar palms awaiting you. As we cycle through this charming **Cambodian countryside**, you will have the opportunity to see how the local people live, work and trade before arriving at the Roulos group. The Roulos Group was the capital of Indravarman I (877 to 889). These were the first temples built to last and are made of brick with some carved plaster reliefs. The group is made up of the three temples of **Preah Ko, Bakong, and Lolei**. Many of the later temples in the Angkor group are based on these earlier temples.

We will enjoy an exclusive 5* picnic lunch at a local house situated in beautiful Cambodian countryside surroundings. Once we have had our lunch, we will move onto a local orphanage. At the orphanage, you will be met by the General Manger, Mr, Sean Samnang, president of Cambodia Orphan Save Organization (COSO) or by one of his representatives who will give you a presentation and an introduction on the orphanage itself. After learning about the orphanage and the children who live here, the children will then perform their Apsara dance and show as a warming thank you for taking the time to visit during your stay in Cambodia. Heading back to the hotel by bus to refresh, and get ready for dinner. Dinner tonight will be at a fantastic performance theatre. You will Step back in time at the only air conditioned theatre in town. Dancers, singers and musicians will bring ancient Khmer culture to life in these spectacular surroundings while you enjoy the very best in Cambodian cuisine.

Meals: B, L, D

Accommodation: Tara Angkor Hotel

Day 05: Siem Reap

Today we are going to wake up early so that we can experience **sunrise** at **Angkor Wat**. Getting up at 5am for sunrise at Angkor Wat is an absolute must do while in Siem Reap. If we are lucky enough to get a morning with just the right amount of cloud cover, the sky transforms at around 5:45 from inky navy blue to crimson, pink and red as the sun begins to climb over the horizon. After we have witnessed the sunrise, our excellent guides will then take you through this impressive temple teaching you about its past, and the Khmer Empire. **Angkor Wat**, one of the modern wonders of the

world. Be amazed by the sheer size of the temple and learn how the Khmer Empire prospered between the 9th and 13th centuries, around the time when Angkor Wat was built. Stroll through the intricately carved hallways that show hundreds of fine carvings and discover small shrines still in use today by the local people.



Head back to hotel for our breakfast. After breakfast we will continue the rest of our temple tour of the ancient Royal city of **Angkor Thom** with its centre piece, the **Bayon temple**. At first glance, it may seem like a shapeless mass of stone, but further scrutiny reveals towers with enigmatic faces of former King Jayavarman VII looking into every direction. Continue your exploration with a visit to the Terrace of the Elephants, which served as a platform from where the King could welcome back his victorious army. Today will be a slightly later lunch at a restaurant called **Viroth's**. **Viroth's Restaurant** boasts a sleek and stylish interior. The food is traditional Khmer cuisine and is very tasty. The spacious dining area is on a raised wooden platform and is flanked on one side by a wall of bamboo rods.

After lunch we will head back to the hotel for a well earned rest after an early start to the day. The rest of the afternoon will then be free for you for you to sit back and relax. We will then meet up again for dinner in the evening. Tonight's meal will be at FCC restaurant. This is where we will indulge in the casually elegant dining at the **FCC Angkor Kitchen**, where rich aromas drift in the tropical breeze and laughter echoes through the open-air canteen. After dinner, we will go shopping at the Angkor night market for some retail therapy. **The Angkor Night Market** in Siem Reap is unique and offers shopping in a nice and relaxed atmosphere.

The bamboo stalls display a good range of local wares, clothes, handicrafts as well as several goods produced and sold by local communities and non-governmental organizations. Therefore at the Angkor Night Market you might find different products compared to other markets. The ones with tired feet can go for an open-air foot massage in one of the beach chairs next to the Island bar or try the Dr. Fish Massage! At the **Angkor Night Market** you can even find an air-conditioned **Movie Mall** showing various films about Cambodia's recent history and ecology.

Meals: B, L, D

Accommodation: Tara Angkor Hotel

Day 06: Siem Reap

After our breakfast at hotel, we will head to the "**Cooks in tuks tuks**" for our cooking class. Here we will enjoy a guided tour of a unique local produce market with our chef who will explain some of the uses of the unusual produce to be found there. Return for a hands on cooking demonstration in Khmer cuisine followed by a traditional style lunch.



After our fun time at the cooking class, we will go to visit **Kom Pong Kleang** stilted village. This is where we will embark on an interesting boat trip on the Tonle Sap Lake, where we will also have the opportunity to learn about life on the lake. Tonle Sap is South East Asia's largest freshwater lake with its size varying greatly depending on the season, as it is swelling to about four times its size during the wet season. Living on water is an art that the Khmer people have mastered over the course of time. Whilst at **Kampong Kleang**, we will take the opportunity to have a meeting with the local **Buddhist Monks**. This is where we will observe the local customs and talk with our hosts to learn about Buddhism and the differences they face, when living on the water around this amazing lake.

Tonight, dinner is at **Cafe Indochine**, a great way to end our day, when coming back from the great lake, on an authentic Khmer note! This restaurant is a genuine tranquil hideaway, offering authenticity, serenity and décor, the Cafe Indochine is situated in one of the few remaining traditional style, Khmer houses in Siem Reap. The site's authenticity; tasteful and original décor, the quality of the cuisine and top class service create a voyage in time to allow you to discover the Khmer people and their culture in a very unique way.

Meals: B, L, D

Accommodation: Tara Angkor Hotel

Day 07: Siem Reap

After breakfast at hotel, visit **Artisans d'Angkor** which focuses on training unschooled rural youth in traditional handicrafts. Discover Cambodian handicraft by observing the artisans at work. Continue to the Angkor Silk Farm that gives excellent insight into how silk is traditionally made in Cambodia. The farm supports vulnerable women to make a living for their families. **Visit the Silk Farm** and follow each step of the silk process, from growing the mulberry trees to providing the essential ingredients to grow and feed silkworms.

Lunch today is at the **Sugar Palm restaurant**.

After lunch, the rest of the day will be free and easy for you to relax back at the hotel before enjoying our grand finale meal. Our guide and driver will be on standby for the afternoon. Tonight we will prepare for our last and farewell meal together. This will be a wonderful and exclusive 5* dinner in a secret location with a live **DJ at the Athakon House**. This is a beautiful and traditional house set in the Cambodian countryside.

Meals: B, L, D

Accommodation: Tara Angkor Hotel

Day 08: Siem Reap

After breakfast at the hotel, you will be transferred directly to the airport for your onward flight.

Meals: B

End of services!!!

TOUR INCLUSIONS:-

Inclusive of:	Non-inclusive of:
<ul style="list-style-type: none">• International airfares & taxes (via Bangkok)• Accommodation with daily breakfast• Welcome flowers per person at airport with Khmer hostess• VIP Airport assistance in PNH (arrival and departure) and REP (arrival and departure)• Private transfers and transportation on tour• Sightseeing with Local English speaking guides• All Entrance fees• Meals as specified (meals only, no drinks/water)• Airfares: PNH - REP (Economy class with airport tax) Subject to availability. For late booking, charter may be made for surcharge• Cold towels and water on sightseeing days• Special arrangements and fees for signature activities (Lunch at Roluos , pool side dinner at Athakon House with DJ)• Monk interaction plus donations• Floating village exploration by boat• Travel insurance	<ul style="list-style-type: none">• Visa on arrival (US\$20.00)• Meals that are not mentioned in the program. Lunch on Day 1 and 5• Hotel early check in / Late check out• Overweight luggage• Personal expenses• Tips & gratuities• All proposed additional activities• Other services not listed in inclusive column

Should you require additional information or would like us to tailor-make an itinerary for your upcoming tour, please do not hesitate to contact us.

We look forward to working with you and your school/company in the very near future.

Kind Regards, Leona Meadows (Ms)
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