

# EXPLORE!

Book with confidence



## Cambodia Highlights

CAMBODIA - TRIP CODE KCH

DISCOVERY

### Why book this trip?

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This short twin-centre adventure focusses on the iconic highlights of Cambodia. We spend three full days exploring the vast complex of the Temples of Angkor and discover the charming river-side capital of Phnom Penh.

- **Phnom Penh** - Learn about Cambodia's dark history of the Khmer Rouge in its French colonial capital
- **Siem Reap** - The gateway to exploring the incredible UNESCO-listed Angkor temples
- **Tonle Sap Lake** - See stilt houses when cruising amongst the floating villages of Tonle Sap



**INCLUDED MEALS**  
Breakfast: 7



**TRIP STAFF**  
Explore Tour  
Leader  
Boat Crew  
Driver(s)  
Local Guide(s)



**TRANSPORT**  
Bus  
Boat



**ACCOMMODATION**  
7 nights  
comfortable hotel



**TRIP PACE:**  
Moderate



**GROUP SIZE:**  
12 - 18

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join tour in Phnom Penh

Arrive in Cambodia's lively capital of Phnom Penh. Rooted in history and myth dating back to the 14th century with the divine discovery by \ Grandmother Penh\ , the city is a treasure trove of historical architecture. From grand monuments to glittering temples and French Colonial buildings, each construction reflects the city's rich history and character.

For those arriving on time our Leader plans to meet you in the hotel reception at 7pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no other activities planned today, so you are free to arrive in Phnom Penh at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Phnom Penh International Airport (PNH), which is 45 minutes from the hotel. Should you miss the welcome meeting, your Leader will inform you of any essential information by note left at the front desk.

If your flight arrives earlier in the day, perhaps you might choose to visit the Central Market, which runs all day every day, in an Art Deco building built in 1935. Here you will find a vast array of items for sale from food stalls to souvenirs, and everyday home items. This dark-yellow building is located in the heart of the city and within a 15 minute walking distance from the hotel.



**ACCOMMODATION:**  
Home Chic Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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## DAY 2 - Discover the sights of Phnom Penh

Phnom Penh took over from Angkor as Cambodia's capital city in the 1440s. It is now a lively city with many French colonial buildings and plenty to see. Accompanied by a local guide we visit the National Museum, a treasure trove of beautifully preserved carvings and lintels rescued from Angkor; the Royal Palace and Silver Pagoda as well as the temple of Wat Phnom.

This afternoon we visit the emotive Tuol Sleng Genocide Museum, formerly a high school that became the Khmer Rouge's main torture and interrogation centre; and the Killing Fields of Choeung Ek - the memorial stupa is a glass tower filled with human skulls - a gruesome reminder of the scale of Pol Pot's atrocities before returning back in the city.



ACCOMMODATION:  
Home Chic Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Free day in Phnom Penh; optional visit to Silk Island

Today is free allowing you the opportunity to explore the city or its surrounds further. Optional excursions close to the city include a trip to Silk Island, Chiso Mountain or the abandoned Royal City of Oudong. Each of these excursions are half a day in duration and may be combined, your tour leader will discuss in more detail. Silk Island or Koh Dach is reached by a short ferry journey along the Mekong where the majority of villagers on the island earn a living through producing handicrafts. It is a great opportunity to learn more about traditional ways of life and interact with locals as you learn about the island's iconic silk weaving. Chiso Mountain (380m), located in Sia village about 62 km south of Phnom Penh, is topped by the ruins of an 11th century Khmer Brahmanic Temple with fine views of the surrounding paddy fields. Oudong is about an hour north of the capital and offers the opportunity to explore attractive historic temples and stupas.





ACCOMMODATION:

Home Chic Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### DAY 4 - Drive to Siem Reap; cruise on Tonle Sap Lake

This morning we make an early start for our drive to Siem Reap, stopping somewhere for lunch on the way. Later in the day we journey to nearby Tonle Sap Lake where we board our charter boat for a leisurely cruise through the fascinating floating village of Chong Kneas, where we see stilt houses, floating markets and an array of boats.



ACCOMMODATION:

Angkor Panoramic Boutique Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### DAY 5 - From Siem Reap, explore Angkor temples with sunset

Our exact programme over the next three days may change slightly at our local guide's discretion (to avoid crowds, coincide with sunsets, etc.). Angkor was actually a series of cities, built between the 9th and the 13th centuries by the Khmer kings, with a population of 750,000 in its heyday. The Angkor complex is spread out over some 155 square kilometres, scattered with magnificent carved stone temples, elegant sculptures and incredible bas reliefs. We visit the Rolous group, which are some of the earliest

temples. In the afternoon we visit the temples of Banteay Srei, a small but beautiful temples with exquisite carvings. We end the day at East Mebon, with a visit to Pre Rup temple for sunset.



**ACCOMMODATION:**

Angkor Panoramic Boutique Hotel (or similar)



**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



**SWIMMING POOL AVAILABLE**



**MEALS PROVIDED: BREAKFAST**

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## **DAY 6 - From Siem Reap, explore Angkor Thom**

We continue our exploration with a visit to the temples of King Jayavarman VII, reputedly Angkor's greatest king. The fortified city of Angkor Thom, which he built at the end of the 12th century is enclosed by a square wall with five monumental gates decorated with stone elephant trunks. Originally, crocodiles inhabited the moat and huge statues of 54 different gods protected each gate. The city contains another of Angkor's true gems - The Bayon. Although not as impressive as Angkor Wat from a distance, The Bayon is nevertheless incredible for its maze of corridors, gothic style towers and magical central temples. We'll explore The Terrace of the Elephants and the Leper King, the Baphuon and Phimeanakas, and some of the surrounding temples such as Preah Khan.

Please note that from the 1st January 2020 the third tier of the Bayon Temple - the striking centrepiece of the ancient city of Angkor Thom - will be closed until 2022 for extensive restoration. As a result, it will only be possible to view the large stone faces from a distance and it will not be possible to get up close. However, the two lower tiers will remain open and accessible, so it will be possible to view the impressive bas-reliefs and intricate stone carvings around the temple.



**ACCOMMODATION:**

Angkor Panoramic Boutique Hotel (or similar)



**Grade: Comfortable Hotel**





SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 7 - From Siem Reap, explore Ta Prohm and Angkor Wat**

On our final day we make a visit to the 2nd Angkor capital that includes the temples of Prasat Kravan, Banteay Kdei and Takeo. A highlight for many is a visit to the atmospheric temple of Ta Prohm, where the film Tomb Raider was filmed, lying half consumed by the jungle. We leave the best known and most breathtaking of all the sights, Angkor Wat, to the end - where we stay until the sun sets on the last night of our adventure.



ACCOMMODATION:  
Angkor Panoramic Boutique Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 8 - Tour ends in Siem Reap**

The trip ends after breakfast at our hotel in Siem Reap.

There are no activities planned today, so you are free to depart from Siem Reap at any time. If your flight is departing later in the day luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Siem Reap International Airport (REP), which is 20 minutes from the hotel.

If you have time you may choose to browse the old market for some last minute bargains, or enjoy afternoon tea at The Foreign Correspondent's Club.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Climate and country information

#### Cambodia

##### Climate

Cambodia is a hot and tropical country, being hottest in April and coolest in January (still high 20s). Although rainfall is at its maximum in October, Phnom Penh and Siem Reap receive very little rain compared to the coastal areas, and when it does rain it tends to be in the form of sporadic mid afternoon downpours. There is normally very little rain between December and March.

Time difference to GMT	Plugs	Religion	Language
+7	2 Pin Round	Buddhism	Khmer

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### Budgeting and packing

#### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Phnom Penh - Sunset cruise US\$ 10, Koh Dach Island - US \$24, Oudong Mountain - US \$32, Chiso Mountain - US \$35

Siem Reap - Scenic helicopter flight over Angkor temples from US\$ 135-260; Apsara traditional khmer dance and dinner US\$ 22, Tonle Sap boat optional US\$ 42; cookery class US\$ 12; National Museum Culture Show US\$ 12 - US\$20 (limited availability during low season May - September)

The prices stated are based on a minimum number of participants (usually 5-6). Please be aware that the optional excursions can run with fewer people but the price may be higher. Likewise, a slightly reduced price may be applicable where the participation greater. The prices listed are generally only entrance

fees and do not include the price of transport to and from the excursion, Your Explore Leader will quote this when you are on tour, as the price for transport will depend on the number of participants.

These excursions are generally run via our agent in the country. Local companies may offer similar excursions at a cheaper price. Should you want to use these companies please be aware that a lower price may mean that not all costs are included (entrance fees etc.) or services will not operate at the same safety and quality standards.

## **Clothing**

Shorts and bare arms are not permitted in certain temples. A waterproof jacket is a must. Please carry a towel with you.

## **Footwear**

Comfy shoes or trainers with a good grip. Trekking sandals are a good compromise.

## **Luggage**

20kg

## **Luggage: On tour**

Should consist of a main piece of baggage and a daypack. You may have to carry your baggage on and off boats so don't overload yourself. We recommend a soft bag or rucksack as there are some journeys where hard cases are impractical.

## **Equipment**

Bring a torch and mosquito repellent. We advise taking a water bottle for day to day use.

## **Tipping**

### **Explore leader**

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline.

### **Local crew**

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow US\$ 25.

## **Cambodia**

### **Food and drink**

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may



charge more.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£6	£10.00 - 12.00	£1.3	£0.6

## Foreign Exchange

### Local currency

Riel.

### Recommended Currency For Exchange

In Cambodia, US\$ is the most commonly used currency (small denomination notes are easier to use).

### Where To Exchange

Large towns.

### ATM Availability

There are ATMs in most towns and cities.

### Credit Card Acceptance

Credit cards are accepted in some large shops and restaurants in Phnom Penh and Siem Reap.

### Travellers Cheques

They can be hard to change outside of Siem Reap and Phnom Penh; we recommend them for emergencies only.

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## Transport, Accommodation & Meals

### Transport Information

Bus, Boat

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## Essential Information

### Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign, Commonwealth & Development Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## Visa and Passport Information

Cambodia: A single visa is required by UK, New Zealand, Australian, USA & Canadian citizens and can be obtained on arrival. A passport sized photograph for immigration will also be required. Alternatively you can now obtain an e-visa prior to departure from [www.mfaic.gov.kh](http://www.mfaic.gov.kh)

All visa information should be confirmed with the relevant consulate.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## **Cambodia**

### **Vaccinations**

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, tetanus, typhoid, diphtheria and polio. Consult your GP regarding tablets advised for malaria. Though not compulsory, travellers may wish to immunise themselves against Japanese encephalitis. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## **Additional Information**



Why book this trip

This short adventure showcases Cambodia's twin centre highlights - the buzzing capital of Phnom Penh and Siem Reap, the gateway to the iconic Temples of Angkor. This trip is perfect for anyone short on time or as part of a longer expedition in the area. We have planned this tour to form the Cambodia extension of our Inside Vietnam (VN) and Vietnam Explorer (VE) tours, so you may meet travellers who have already spent time in the region and can share their experiences if you are travelling further on.

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## Reviews

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**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**