

# EXPLORE!



**Family Cambodia Adventure**  
CAMBODIA - TRIP CODE FCM  
FAMILY

DAYS	DEPOSIT FROM	WAS FROM	NOW FROM	FLIGHTS INCLUSIVE
<b>13</b>	<b>£216</b>	<b>£2195</b>	<b>£2155</b>	

## Why book this trip?

Cambodia is perfectly suited for a family adventure with activities to suit all ages such as cooking a traditional meal and making ceramics plus plenty of opportunities to meet local children and families. Starting in the world-renowned jungle temples of Angkor, we have three days to explore the famous temple complex. Heading towards the Thai border, spend a night at a traditional Khmer homestay set amongst the jungle and ancient temples before continuing to the colonial town of Battambang and the floating villages at Kampong before moving on to the vibrant capital of Phnom Penh. The tour ends with a few days of relaxation on the sandy beaches on the tropical island of Koh Rong situated in the Gulf of

Thailand.

					
<b>INCLUDED MEALS</b> Breakfast: 13 Lunch: 4 Dinner: 5	<b>TRIP STAFF</b> Explore Tour Leader Boat Crew Driver(s) Local Guide(s)	<b>TRANSPORT</b> Bus Boat	<b>ACCOMMODATION</b> 1 nights simple homestay 12 nights standard hotel	<b>TRIP PACE:</b> Moderate	<b>GROUP SIZE:</b> 10 - 16

## Itinerary

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

### DAY 1 - Join tour Phnom Penh. Afternoon cruise along the Mekong

Our journey begins in Phnom Penh, Cambodia's fascinating and colourful capital. Located by the Mekong River, the city is an engaging mix of ancient traditions, colonial charm and bustling markets. On arrival you'll have some free time before we pay an afternoon visit to the hilltop sanctuary of Wat Phnom, the monument from which the city gets its name before we enjoy an hour long cruise along the Mekong River. Along the way, you will observe how local people go about their daily businesses along the riverbanks and returning back to hotel before having a delicious Khmer welcome dinner at a local restaurant.



**ACCOMMODATION:**  
Mekong Dragon Boutique Hotel (or similar)

**Grade: Standard Hotel**



**SWIMMING POOL AVAILABLE**



## DAY 2 - Phnom Penh; cookery class, market and museum visit

This morning, we take a tuk tuk ride from the hotel to the local market where we get the chance to shop and barter for the ingredients that you'll need for today's half day cookery class. A great introduction to Cambodian life, the visit provides some priceless interaction with the local market traders, before heading off to the La Rose Restaurant where we prepare and cooking a traditional Khmer cuisine dish under the watchful gaze of the restaurant's experienced chef. Khmer food enjoys the reputation of being one of the world's oldest cuisines - a harmonious blend of flavours, textures and spices, the emphasis is very much on simplicity and freshness and you'll get a chance to enjoy the fruits of your labours as the meal that is prepared is the group lunch. In the afternoon, we visit the National Museum, the Silver Pagoda containing the Emerald Buddha statue and the Royal Palace. Our local leader gives a quiz for the children to enjoy as we visit these sites for them to bring to life these ancient monuments.



ACCOMMODATION:  
Mekong Dragon Boutique Hotel (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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## DAY 3 - Khmer village visit; community activities and home stay

A three hour drive, with a stop along the way to try out fried spiders, takes us to the Khmer Village Homestay, a unique community based project that provides us with an unforgettable Cambodian village experience and where we stay tonight. Set amongst the beautiful landscape of the Kampong Thom Province, the village provides a chance to immerse yourself in the day to day life of rural Cambodia. There will be opportunities to take cart rides through the village and visit noodle makers and rice millers. Depending upon the season, you may also have a chance to spend some time with a palm juice collector and feed the village animals, before a sunset ox cart ride. This evening you'll then enjoy a traditional Khmer dinner and a cultural show from the local students, before settling down in the houses or chalets which will be based on a sharing basis with the ladies and gentlemen being separated when necessary.



ACCOMMODATION:  
Khmer Village Homestay (or similar)

## Grade: Simple Homestay



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 4 - Drive to Siem Reap. Night market visit and traditional Apsara dance show

This morning we head for the fabulous temples at Siem Reap, one of the most magnificent ancient sites anywhere in the world. The four hour drive will give us time to get in the mood with a showing of 'Tomb Raider' which was filmed at the site, before we arrive in the city early this afternoon. We visit the Roluos group of temples which date between the 9th and 10th centuries, including Preah Ko, Bakong, and Lolei Temples this afternoon before a buffet dinner and a traditional Apsara Dance Show at a local restaurant this evening. After a taste of classical Khmer culture, you can then take a wander through the city's captivating night market, where you can haggle for handicrafts and fine silks, or perhaps indulge in an invigorating massage before heading back to the hotel.



ACCOMMODATION:  
MotherHome Boutique (or similar)

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## Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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### DAY 5 - Visit the Tomb Raider temples of Angkor

Following in the footsteps of Lara Croft, we'll visit the jungle shrouded temples of Angkor today, beginning with the stunning walled city of Angkor Thom. Flanked by the stone statues of gods and demons we'll enter the city at the South Gate, to find ourselves in an ancient world of huge stone faces and hauntingly beautiful temples. We'll take in the enigmatic Bayon, the Royal Palace and the terraces of the Leper King and the Elephant. Continuing on to the famous site of Ta Phrom, we then stand before the tree entwined temple where Lara meets the mysterious young girl. Later we'll move on to the magnificent Angkor Wat, the largest religious monument in the world, where you'll be able to make rubbings of some of the statues, before watching the sunset over the ancient city.



ACCOMMODATION:

MotherHome Boutique (or similar)

**Grade: Standard Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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### **DAY 6 - Free day to explore Siem Reap or optional zip wires and ceramic workshops**

Today is free at own leisure to relax at hotel, explore the city or local market or continuing to explore the Angkor temple on your own with your three day temple pass. There is the opportunity to watch the sunrise at the temples where the sight of the sun rising across the jungle temples more than makes up for the early start. Alternatively, the exhilarating Angkor Zipline course through the Angkor Archaeological Park is another option, where you can fly across the jungle canopy, cross hanging bridges and rappel down through the trees. You can also visit the Khmer Ceramics Fine Arts Centre, where you'll enjoy a fascinating and fun three hour workshop explaining how to make traditional bronzes and ceramics.



ACCOMMODATION:  
MotherHome Boutique (or similar)

**Grade: Standard Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 7 - Drive to Battambang via a war museum with visit to the temple of Wat Ek Phnom**

We visit the War Museum in Siem Reap this morning which offers visitors a unique and insightful view of the perils that Cambodia faced during the last 3 decades of the 20th century and what occurred during Cambodia's 'war years'. There is a unique collection of war memorabilia including; the tank T-54, a jet MiG-19 fighter, the Mil Mi-8 helicopter and field artillery guns. Each of the guides has his own unique background: war veterans, eye witnesses of the war and landmine victims which allows for a personnel viewpoint of the experiences that defined this period of time.

Departing Siem Reap, we drive to the city of Battambang which is situated on the banks of the Sangker

River. Cambodia's second largest city, Battambang has a charmingly laid back feel to it, aided no doubt by its collection of ageing colonial villas and leafy streets. On arrival, we drive along the Sangker River to visit Wat Ek Phnom, an 11th century temple before continuing on to Phnom Banon which is known for its five sandstone towers standing on the top of a hill and from where we can enjoy a magnificent view of the surrounding plains.



ACCOMMODATION:  
Khemera Battambang 1 (or similar)



**Grade: Standard Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## **DAY 8 - Drive to Phnom Penh via the floating village of Kompong Luong**

Returning to Phnom Penh today, our journey takes us by way of Pursat, where we'll stop off to visit the floating village of Kompong Luong. Located amongst the expansive waters of Tonle Sap, this water-based community is the largest on the lake, with its residents living in stilts houses that they can raise and lower depending on the water levels. Everything here happens on the water and its 1200 families live their daily lives commuting around by boat. Watch the daily life of schools, shops, markets, hospitals and even petrol stations go about their business on the waters of the Great Lake. A boat trip through the village presents us with a fascinating glimpse of life on the lake, before we continue on to the Cambodian capital. We travel by tuk tuk to our local restaurant for dinner this evening.



ACCOMMODATION:  
Mekong Dragon Boutique Hotel (or similar)



**Grade: Standard Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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## DAY 9 - Learn how to give a foot massage and the ancient martial art of Bokator

This morning allows for an unusual activity - learning how to do a foot massage! We discover the basic techniques used in this ancient art along with stretching techniques and understanding the benefit and quality of the massages. We are given lunch plus an hour complimentary massage at the end of the course. In the afternoon, we learn another skill - the traditional millennium-old Khmer martial art of Bokator which translates as 'pounding a lion' from the words Bok and tor. Khmer martial arts date back more than a thousand years when soldiers in the Khmer Empire used their skills in battle with punches, kicks, elbows and knees, to combat enemies in close quarter combat. The class includes a warmup session with stretching, a demonstration and the group learning basic skills and techniques of the martial art.



ACCOMMODATION:  
Mekong Dragon Boutique Hotel (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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## DAY 10 - Drive to Sihanoukville via the Ream National Park; full day boat trip

The Ream National Park is a stunning marine reserve that provides an important breeding ground for a number of endangered bird species including the white-bellied sea eagles and Brahminy hawks. Located just outside Sihanoukville, on the edge of the Gulf of Thailand, the park provides us with the venue today for a full day's boat tour, taking in its sandy beaches, mangrove forests and coral reefs. Covering over 200 square kilometres, the park also plays host to macaques, sun bears, pangolins and dugongs and during the winter months you can sometimes find freshwater dolphins playing amongst the waters of the estuary. We'll also enjoy a lunch, before continuing our journey this afternoon to the port city of Sihanoukville.



ACCOMMODATION:  
Grand Sihanoukville Hotel (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### DAY 11 - Free day to relax on the beach

Sihanoukville is located on the edge of the Gulf of Thailand and boast sandy beaches and coral reefs that line along the beautiful peninsula overlooking the Gulf of Thailand. Today you are free to enjoy its many delights at your own pace either relax on its golden beaches and simply enjoy soaking up the tropical charm of this laid back resort.



ACCOMMODATION:  
Grand Sihanoukville Hotel (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 12 - Another day on the beach in Sihanoukville

Today allows for a further free day to relax on the beach. There are optional excursions to explore farther afield including jungle walks and boat trips, snorkelling or a chance to dive off some of the outlying reefs and islands.



ACCOMMODATION:  
Grand Sihanoukville Hotel (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE







MEALS PROVIDED: BREAKFAST

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### **DAY 13 - Drive back to Phnom Penh and visit a local school**

We begin the drive back to Phnom Penh this morning and visit a local school to spend some quality time with the local kids. This allows us to understand what it is like to grow up in this fascinating country and enjoy your final evening before we head home tomorrow.



ACCOMMODATION:  
Mekong Dragon Boutique Hotel (or similar)



**Grade: Standard Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 14 - Tour ends Phnom Penh**

Tour ends after breakfast.



MEALS PROVIDED: BREAKFAST

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## **Trip information**

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### **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.

A selection of optional activities are listed below to help you budget for your Family adventure. Whilst the basic tour price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for your family.

Phnom Penh:

Sunset cruise US\$ 8

Siem Reap - Scenic helicopter flight over Angkor temples prices range from US \$100 to US \$542. Flights are subject to availability.

Zip-wire through Angkor Archaeological Park US\$99

Luang Prabang - Traditional Laos stencil class US\$ 12

## Clothing

Pack essentially for hot weather. Bear in mind that the region is tropical (humid) and that days can be very hot. Lightweight rainwear or an umbrella is advisable at any time of the year, but especially between May and October. Casual clothes are the most practical (something with long sleeves, and long trousers for evenings) bear in mind that very short shorts are generally unacceptable and a sunhat is essential. 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

A torch, water bottle, insect repellent and high factor suncream are all essential, as are good quality sunglasses and a lip salve with sun protection. Don't forget your swim wear.

## Tipping

### Explore leader

Tour Leader: At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

### Local crew

In this region, tipping is a recognised part of life across the service industry. Local staff will look to members of the group for personal recognition of particular services provided.

To assist with this your Explore Leader may organise a group tips kitty for included activities and meals, they will then account for kitty use throughout the tour.

For this we suggest \$35 per family member.

For all non-included services and meals on your trip please tip independently at your discretion.

## 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.

Lunch price	Dinner price	Beer price	Water price
£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

**Accommodation notes**

Our hotel in Siem Reap is perfectly situated in the city and close to the markets and Angkor Wat Temple complex. Rooms have a traditional design with TV, minibar, safe, and shower/toilet room. There is also free wireless internet connection, swimming pool, pool bar, lobby area, restaurant serving international and traditional Khmer cuisine.

We then have a highlight of the tour with a homestay at Banteay Chhmar. The accommodation is based in traditional stilt houses elevated from the ground or in comfortable tents. Mosquito nets, mattresses with cotton sheets and towels are all provided. The homestay has shared bathroom facilities with western style WC's. This is a great way to experience the local Khmer life of the villagers.

The hotel in Battambang is located near the city centre and has a swimming pool, restaurant, lounge area, fitness centre, spa and massage area. Our hotel in the beach resort of Long Set beach, Koh Rong is located right on the beach. Facilities include a restaurant which serve sea food, local and international dishes, a bar/lounge area, outdoor pool, modern fitness center, complimentary wi-fi and a mini mart. Rooms have a private balcony, air conditioning, minibar and coffee/tea makers.

Our hotel in Phnom which is our base for a number of evenings throughout the tour is conveniently located in the centre close to the main points of interest such as the National Museum, the Royal Palace, Wat Phnom, Riverside and the Independence Monument. Rooms have air-conditioning, TV, mini bar and bathhouse facilities. There is internet access in the business centre of the hotel and the hotel has a swimming pool.

**Family swimming**

There is a pool at the hotel in Siem Reap, Battambang, Phnom Penh and there are opportunities to swim in the sea and the hotel pool when staying on the island of Koh Rong

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**Essential Information**

## FCO 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 and Commonwealth 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 consider applying 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 now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. 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.

## **Ability to swim**

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

# 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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## Family information



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**