

# EXPLORE!



DISCOUNTED

## Family Cambodia Adventure

CAMBODIA - TRIP CODE FCM

FAMILY

### Why book this trip?

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Starting in the world-renowned jungle temples of Angkor, explore the famous temple complex before spending a night at a traditional Khmer homestay set amongst the jungle and ancient temples on the Thai border. Journey to the colonial town of Battambang, the floating villages at Kampong and the capital, Phnom Penh. The tour ends on the sandy beaches of Koh Rong island in the Gulf of Thailand.

- **Siem Reap** - Visit the spectacular 'Tomb Raider' temples of Angkor, a world heritage site.
- **Phnom Penh** - Explore the capital's cultural highlights; take an evening cruise down the Mekong River.
- **Koh Rong Island** - Relax on the golden beaches and warm waters of the Gulf of Thailand.



**INCLUDED MEALS**  
Breakfast: 12  
Lunch: 3  
Dinner: 3



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



**TRANSPORT**  
Bus  
Boat



**ACCOMMODATION**  
1 nights simple  
homestay  
11 nights standard  
hotel



**TRIP PACE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

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

### DAY 1 - Join tour in Siem Reap. Visit the Roluos group of temples.

Our journey begins in Siem Reap. After dropping bags at our hotel, head for the fabulous temples at Siem Reap, one of the most magnificent ancient sites anywhere in the world. This afternoon visit the Roluos group of temples which date between the 9th and 10th centuries, including Preah Ko, Bakong, and Lolei Temples.



**ACCOMMODATION:**  
Treasure Oasis Hotel (or similar)

**Grade: Standard Hotel**



**SWIMMING POOL AVAILABLE**



**MEALS PROVIDED: NONE**

### DAY 2 - Full day visiting the Tomb Raider temples of Angkor Wat.

Following in the footsteps of Lara Croft, we'll visit the jungle shrouded temples of Angkor, 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. Dinner is included tonight at a local restaurant.



ACCOMMODATION:  
Treasure Oasis Hotel (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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### **DAY 3 - Free day to further explore Angkor Wat, optional zip wire course. Night market visit and traditional Apsara dance show.**

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.

This evening enjoy a buffet dinner and a traditional Apsara Dance Show at a local restaurant. 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:  
Treasure Oasis Hotel (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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**DAY 4 - Drive to Banteay Chhmar near the Thai boarder, via a war museum. Homestay, village tour and visit temple complex.**

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.

A three hour drive takes us to the Khmer Village Homestay at Banteay Chhmar, a unique community based project that provides us with an unforgettable Cambodian village experience in the heart of an ancient temple complex located close to the Thai boarder. The village provides a chance to immerse yourself in the day to day life of rural Cambodia. There will be opportunities to take a tour around the village including the ancient temple complex around Ta Prohm and visit a silk processing workshop.

This evening you'll then enjoy a traditional Khmer dinner, 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:

Banteay Chhmar Homestay (or similar)



Grade: Simple Homestay



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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**DAY 5 - Continue to Battambang, visit the temple of Wat Ek Phnom, killing fields, bat caves at sunset.**

Drive to the city of Battambang 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. Later in the afternoon we visit a cave to witness bats swarming out of their day time retreat at sunset.



ACCOMMODATION:  
Khemera Battambang 1 (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 6 - Drive to Phnom Penh via the floating village of Kompong Luong.**

Heading to the Cambodian capital 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 stilt 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.

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. The rest of the day is free to explore or relax by the pool.



ACCOMMODATION:  
Ohana Phnom Penh Palace Hotel (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 7 - Half day cookery class, market and Wat Phnom temple visit and evening cruise on the Mekong River.**

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.

Later in the afternoon we visit 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:**

Ohana Phnom Penh Palace Hotel (or similar)

**Grade: Standard Hotel**



**SWIMMING POOL AVAILABLE**



**MEALS PROVIDED: BREAKFAST & LUNCH**

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**DAY 8 - Full day in Phnom Penh. 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:**

Ohana Phnom Penh Palace Hotel (or similar)

## Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### **DAY 9 - Drive to Sihanoukville. Ferry to Long Set Beach on Koh Rong Island.**

We bid farewell to Phnom Penh, heading south to Sihanoukville on the edge of the Gulf of Thailand. Take an afternoon ferry to the tropical island of Koh Rong. 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:  
Long Set Resort (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 10 - Free day on Koh Rong Island.**

The next two days have been left free to relax and enjoy Long Set Beach on Koh Rong Island.



ACCOMMODATION:  
Long Set Resort (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 11 - Free day to enjoy the beach on Koh Rong Island**

Free to relax and enjoy Long Set Beach on Koh Rong Island.



ACCOMMODATION:  
Long Set Resort (or similar)



**Grade: Standard Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 12 - Free morning Koh Rong Island, return to the mainland by ferry. Last evening in Phnom Penh.**

Free morning Koh Rong Island, return to Sihanoukville on the mainland by ferry and driving between three and four hours north to Phnom Penh. Last evening in Phnom Penh.



ACCOMMODATION:  
Ohana Phnom Penh Palace Hotel (or similar)



**Grade: Standard Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST



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## DAY 13 - 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 sunscreen 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.

<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

### 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 bathhower 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 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.

## **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**

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## **Additional Information**



## Why book this trip

This adventure is perfect for families who want to spend time in Cambodia as part of their travelling plans to discover South East Asia. The itinerary has been designed to include the major highlights of the country such as Phnom Penh and the temples of Angkor and combine this with time spent to discover the country in more detail with the opportunity to experience a traditional cookery class, stay in a local village as part of a homestay amongst the temple complex at Banteay Chhmar. Enjoy a boat tour of the floating village of Kompng Luong and end the trip in Koh Rong where we enjoy the golden beaches and warm waters of the Gulf of Thailand.



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**