

CAMBODIA & VIETNAM – ACTIVE CRUISE ON THE MEKONG RIVER

9-day /8-night from Ho Chi Minh (Saigon) to Phnom Penh and Siem Reap (Angkor Wat)



Vietnam & Cambodia are two countries with a fascinating history and there is no better way to explore the Mekong River, its tributaries and delta, than aboard a traditional, stylish river boat. With just 14 air-conditioned cabins, plenty of covered deck space to relax and an attentive crew, this easily maneuverable vessel navigates the many shallow shoals and canals along the river. Unpack once and the chef will take you on a culinary journey using local ingredients, with traditional Vietnamese dishes and the lesser-known cuisine of Cambodia. We offer a daily program that is flexible to accommodate those who enjoy plenty of activity and those happy to sit back and enjoy their surroundings.

Highlights: Leisurely cycling, kayaking, sampan rides, small boat rides and walking tours to discover the hidden treasures of the Mekong River. There is a visit to a traditional village, a climb of Udong Hill and a boat tour of Tra Su Forest to see the incredible scenery, flora and fauna and beautiful natural environment.

Discounted Departures: 7th & 23rd October 2024

Cost per person twin share: \$1890 (usually \$2750) Single cabin supplement on request

Includes: Full board accommodation in twin cabins, coffee & tea, drinking water, english speaking guide, all visits mentioned in the program with entrance fees, transportation from departure port to arrival port, port fees and onboard Wi-Fi.

Not included: Travel to Hồ Chi Minh City and from Siem Reap; Vietnamese and Cambodia visa; meals not listed in the itinerary, drinks on board and in hotels, other gratuities, and any personal expenses.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary – subject to change:

Tides and river conditions may vary, the final itinerary will be at the direction of the captain and crew.

Day 1: Meet in Ho Chi Minh City & board the ship

Meal: LD

Meet at the Liberty Central Saigon Riverside Hotel in Saigon between 12:30pm and 1:30pm. Transfer to a local restaurant for lunch. After lunch, we explore Chinatown and see the daily life of the local people. Visit the Giac Lam Pagoda, which is over 300 years old and the oldest pagoda in Ho Chi Minh City. Explore the streets of the Flower Market and Binh Tay market on a short walking tour to gain a insight into how the locals buy and sell food and products.

Optional evening Vespa sightseeing tour at extra cost – ask for details.

Day 2: Explore Ho Chi Minh City (Saigon)

Meal: BLD

Breakfast is served onboard. Then take a short bus ride to the centre of Ho Chi Minh city for a walking tour. Discover the Reunification Palace, Notre Dame Cathedral, Municipal Post Office, City Square, War Museum and the Opera house many of which were heavily influenced by French colonialism in the 19th Century.

Day 3: Cruise from My Tho to Cai Be

Meal: BLD

Breakfast on board and cruise the Chao Gao canal, full of local boats and freighters to My Tho. There, a local boat takes us to Thoi Son island where there is time to explore and taste the local foods and seasonal fruits. We take a Sampan ride along the scenic canals of the Mekong Delta. Later, there is an option to cycle and explore the local villages and fruit orchards nearby.

Back to ship for lunch and cruise to Cai Be where we again take a smaller boat to visit a craft village to see how the local products are made. We visit tropical fruit orchards to taste jack-fruit, durian, guava, rambutan, longan and more. Enjoy a hot tea and enjoy a live local music performance. Options to return to the boat are by kayak, small boat, or mountain bike. Dinner is served onboard as we cruise through the night to our next destination, Sa Dec.

Day 4: Sa Dec to Chau Doc

Meal: BLD

After breakfast, there is a local boat pick-up for a short panoramic tour of Sa Dec, including a visit to the Trung Vuong primary school for a chance to learn more about the local education system. Afterwards we stroll through Sa Dec market on the riverbank with free time to immerse yourself in the local culture, taste street food and enjoy the charming river surroundings.

Day 5: Chau Doc to Penh**Meal: BLD**

Travel by mini-bus to Tra Su Forest where we take a small boat to see the incredible and diverse flora and fauna of this stunning natural environment. After lunch we take a cable car for an unforgettable journey up to Sam Mountain. From its peak there are spectacular views across the rice fields to the border of Cambodia and Vietnam. Visit Ba Chua Xu Temple before returning to the ship.

Cruise to Vinh Xuong, and to the border of Vietnam & Cambodia where passport and visa formalities take place. Then leaving Vietnam, we cruise to Phnom Penh in Cambodia, arriving late in the evening, dinner is onboard, and we remain at anchor overnight.

Day 6: Phnom Penh Exploration**Meal: BLD**

We arrive at Phnom Penh, the capital of Cambodia, early in the morning. Little more than a collection of shacks along the river when the French colonisers arrived, it was quickly formerly designed with a grid-style layout and lined with beautiful colonial buildings such as the Central Market and the old Post Office.

The city was evacuated when it fell to Pol Pot and the Khmer Rouge in the 1970s and then ensued a period of decay that continued through the early years of re-population. In the late nineties and early 2000s Cambodia started to get back on its feet. The city now has a shattered charm to it with many still-vacant buildings and creaking infrastructure.

Today's city tour will take us to the Royal Palace, Silver Pagoda, National Museum, Wat Phnom, French Quarter. There is a chance to experience an afternoon "tuk-tuk" tour. Option to visit the beautifully renovated Art Deco Central Market and the local shopping at *Phsar Thmei*, a bustling hub for clothing, food and souvenir shopping. Stroll through the city's alleyways where you'll have a chance to engage and see how the locals live their daily lives in the city, enjoying their coffee while playing Cambodian-style chess.

Back on board for an Apsara dance performance followed by dinner. Overnight on board in Phnom Penh.

Day 7: Oudong to Kampong Tralach**Meal: BLD**

The ship departs to Udong, Cambodia's former capital. We dock at Koh Chen and transfer by mini-bus to Udong to visit the colorful Vipassana Dhura Buddhist Meditation Center where you will hear about the school of Vipassana and Insight Meditation. Walk up the steps to the various temples and the three large stupas where the ashes of three former kings are preserved.

Return to the ship and cruise towards Kampong Tralach to visit the impressive Wat Kampong Tralach Leu pagoda. We cross through the village of Kampong Tralach in ox carts, moving along a small village road that runs beside the river. You can return to the ship by oxcart or take a relaxed mountain biking experience meandering through the rice fields and small villages where the children are always ready to sing *hello*.

Cruise toward Kampong Chhnang, and dinner is served.

Day 8: Kampong Chhnang to Koh Chen**Meal: BLD**

Today we visit Kampong Chhnang, one of the largest fishing ports on the Tonle Sap Lake. Either take a small boat there or option to cycle along the river. Here there are many traditional fish farms, and you will see many different ways of catching fish. The region is known for its pottery combining ancient knowledge with modern techniques with traditional decoration and style. Chhnang itself means pot. There is an opportunity to taste regional products before returning to our ship for lunch on board whilst cruising to Koh Chen.

Day 9: Tour Ends**Meal: BL**

Transfer by air-conditioned coach from Koh Chen to Siem Reap (approximately 5 hours) where the tour ends. On arrival you can arrange a transfer to the airport for departing flights, or you may prefer to explore this charming city on your own.

We highly recommend at least one extra night of hotel accommodation with an early morning visit to the temples of Angkor Wat (at extra cost) - ask for details.

Outdoor Travel offer Bike & Boat cycling cruises in many regions of Europe including the Dalmatian Coast of Croatia, the Cyclades and Aegean Islands of Greece and the Lycian Coast of Turkey. Bike & Barge cruises are offered on the canals and rivers of France, Belgium, Germany, Holland, Austria and Italy.



Contact Outdoor Travel for more details and reservations:

- Call Toll free 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia