

**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) or v.v.



Vietnam & Cambodia are two countries with a fascinating history which share the lower reaches of the Mekong River, the ‘mother of water’, and there is no better way to explore the 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 maneuverable vessel navigates the many shallow shoals and canals along the river. Unpack once and the chef will take you on a culinary journey with traditional Vietnamese dishes and the lesser-known cuisine of Cambodia.

We offer a flexible daily program to accommodate both those who enjoy activity and those happy to sit back and enjoy their surroundings. Highlights include leisurely cycling, kayaking, rides in sampans and other small boats, and walking tours to discover the hidden treasures of the Mekong River. We visit a traditional village, tour Tra Su Forest by boat to see the incredible scenery, flora and fauna and beautiful natural environment, and explore Udong, once the capital of Cambodia, now home to a school of Vipassana meditation. And, we tour bustling Hồ Chi Minh City and Phnom Penh by foot.

**Departs:**

Hồ Chi Minh City to Siem Reap 1, 17 September, 3, 19 October, 4, 20 November, 6, 22 December, 2025  
 7, 23 January, 8, 24 February, 12, 28 March, 13 April, 2026

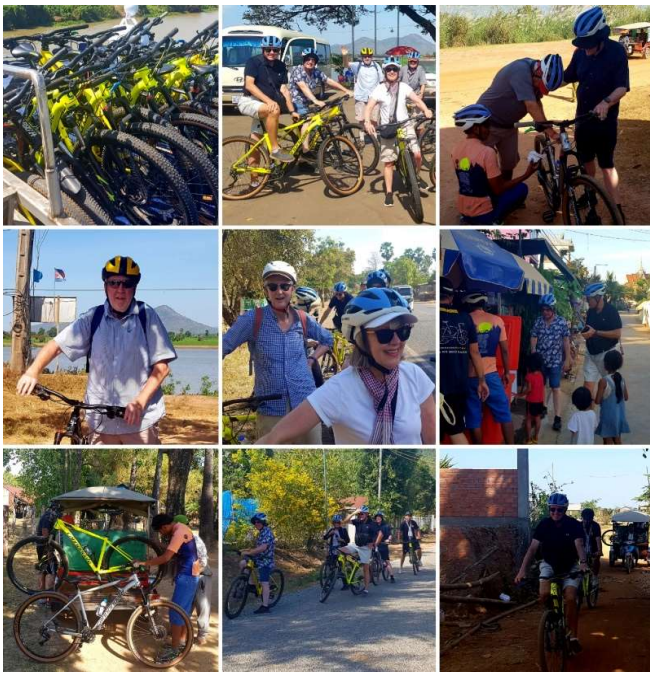
Siem Reap to Hồ Chi Minh City 29 July, 24 August, 9, 25 September, 11, 27 October, 12, 28 November,  
 14 December, 2025;  
 15, 31 January, 16 February, 4, 20 March, 5 April, 2026

**Cost per person from:** Lower deck **\$3130** (twin share) Single use cabin \$5145  
 Upper Deck **\$3475** (twin share) Single use cabin \$5490  
 Season supplements of \$455 – \$1915 apply – ask for details

**Includes:** Full board accommodation in twin cabins, coffee & tea, drinks on board (excluding some specialty beverages), drinking water, English speaking guide, all visits mentioned in the program with entrance fees, transportation from departure port to arrival port, port fees, staff & crew gratuities 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, other drinks 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 discretion of the captain and crew.*

**Day 1: Meet in Hồ Chi Minh City & board the boat**

**Meal: LD**

Meet at the Liberty Central Saigon Riverside Hotel in Saigon between 11:30am and 12:30pm. Join your group at 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 Hồ Chi Minh City. Explore the streets of the Flower Market and Binh Tay market on a short walking tour to gain an insight into how the locals buy and sell food and products, before transferring to the boat in time for a welcome drink and dinner. Optional evening Vespa sightseeing tour at extra cost – ask for details.

**Day 2: Explore Hồ Chi Minh City (Saigon)**

**Meal: BLD**

Breakfast is served onboard, then we transfer to Hồ Chi Minh city for a walking tour. Discover the Reunification Palace, Notre Dame Cathedral, Municipal Post Office, City Square and the Opera house, many of which were heavily influenced by French colonialism in the 19<sup>th</sup> Century. Return to the boat for lunch, then visit the War Museum in the afternoon, before re-joining the boat for dinner aboard.

**Day 3: Cruise from My Tho to Cai Be**

**Meal: BLD**

Breakfast 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 local foods and seasonal fruits. We take a sampan through the scenic canals of the Mekong Delta. Lunch onboard and cruise to Cai Be where we again take a smaller boat to visit a craft village and tropical fruit orchards where we can try jackfruit, durian, guava, rambutan, longan and more. Enjoy refreshments and 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.



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**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. The afternoon is spent cruising for Chau Doc, with lunch and dinner taken aboard.

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

Travel by minibus 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 boat.

Cruise to Vinh Xuong, 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**

Phnom Penh, the capital of Cambodia, was previously little more than a collection of shacks along the river. When the French colonisers arrived, it was quickly 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.

Our city tour includes the Royal Palace, Silver Pagoda, National Museum, Wat Phnom and French Quarter. There is a chance to experience an afternoon "tuk-tuk tour", or an optional visit to 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 we 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: Udong to Kampong Tralach****Meal: BLD**

The boat departs to Udong, Cambodia's former capital. We dock at Koh Chen and transfer by minibus 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 boat for lunch 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 boat 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. 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 option to cycle along the river to reach the village and explore the area. Taste regional products before returning to the boat for lunch on board whilst cruising to Koh Chen. Enjoy a farewell dinner aboard.

**Day 9: Tour ends with transfer to Siem Reap****Meal: B**

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 (please do not book a flight before 3.00pm), or you may prefer to explore this charming city on your own. We highly recommend staying in Siem Reap extra nights to enjoy an early morning visit to the UNESCO World Heritage temples of Angkor Wat (at extra cost) - ask for extension details.

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Inn-to-inn cycling tours, guided in groups or self-guided with luggage transfers are available in most destinations in Europe, China, Japan, Canada, the USA, in South Africa and in New Zealand – ask for details.

**Contact Outdoor Travel for more details and reservations:**

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