

# Cambodia & Vietnam Discovery

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This itinerary is valid for departures from 01 January 2018 to 31 December 2018. [View the itinerary for departures between 01 January 2017 - 31 December 2017](#)

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# Overview & Itinerary

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Start

Phnom Penh, Cambodia

Finish

Hanoi, Vietnam

Countries

[Cambodia, Vietnam](#)

Style

Comfort

Theme

Explorer

Code

TKKCC

Travellers rating

4.65

Ages

Min 15

Group size

Min 1, Max 12

Validity

01 Jan 2018 to 31 Dec 2018

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CAMBODIA

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## Is this trip right for you?

- The bloody rule of the Khmer Rouge is a painful, but unavoidable part of Cambodia's recent history. You'll visit the Tuol Sleng Prison Museum and the Killing Fields of Choeung Ek, which can be confronting and emotional. Please let your leader know if you do not want to visit these sights.
- We visit a number of temples on this trip, which requires a certain level of modesty. Please bring clothes that cover the arms and pants/skirts that go past the knees. A light scarf is also a good idea for covering shoulders and arms when it's hot.
- It's important to prepare for hot sticky temperatures during the day and cooler climates in the evening. Layers are the best way to tackle this disparity in weather.
- This is a fairly fast paced itinerary, covering the main highlights of Cambodia and Vietnam in just under 2 weeks. There is a few days of travelling involved, however we fly in between destinations to maximise your time in each. Be sure to book extra time in Phnom Penh or Hanoi if you want more time to explore these cities.
- Included visit to the Cu Chi Tunnels. Going inside the tunnels is optional, probably best to avoid entering if you are likely to feel claustrophobic!
- Vietnam average temperatures vary greatly between South and North. While there is no best time of year, it's best to check the seasonal patterns on our country information page, to anticipate what the weather will be like.

## Physical rating

### Joining point

Ohana Palace Hotel  
No. 4-6, Oknha Ouk Lonh (St. 148), 12204, Phnom Penh  
Phasar Kandal I  
Phnom Penh  
CAMBODIA  
Phone: +855 23989671  
Fax: +855 23 989 672

### Joining point description

Ohana Palace Hotel is in a great location close to the colourful Kandal Market, restaurant's, shops and bars and walking distance to many top tourist attractions. The hotel has a swimming pool, poolside bar and roof top terrace which is great place for a morning sunrise breakfast. All rooms have private bathrooms, mini bar, safety deposit box, hair dryer, TV and complimentary tea and coffee.

### Joining point instructions

Please note a complimentary arrival transfer to the Ohana Palace Hotel is included if you are travelling on an Intrepid COMFORT trip. Intrepid provides one complimentary arrival transfer per booking even if travellers are arriving at different times. If your travelling party is arriving on different flights the complimentary transfer can be booked to meet the last flight arrival with earlier arrivals waiting.

Alternatively an additional arrival transfer can be purchased.

If you are travelling on an Intrepid REAL FOOD ADVENTURE an arrival transfer can be pre purchased prior to your departure through your booking agent.

Transfers cannot be arranged on arrival. Please advise your flight arrival details at least 14 days prior to your departure. If you plan to arrive earlier, this arrival transfer can only be offered in conjunction with pre-tour accommodation booked through Intrepid. Your driver will be waiting for you as you leave the customs hall, holding an Intrepid sign bearing your name.

Should you have any difficulties please contact the following local number: +855 925 55 969 or +66 898 103 722.

## **Problems and emergency contact information**

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

For general enquiries or questions about your booking, please contact your agent or adventure specialist, or visit us at [www.intrepidtravel.com/contact-us](http://www.intrepidtravel.com/contact-us)

In case of a genuine crisis or emergency, you can reach our local operator on the number below.

Intrepid's Vietnam Office: +84 903 117 770

Intrepid's Cambodia Office: +855 92 555 969

## **Itinerary**

### **Expand All Collapse All**

#### **Day 1: Phnom Penh**

Sua s'dei! Welcome to Phnom Penh, Cambodia. You'll be met on arrival at Phnom Penh airport and transferred to your hotel. Your adventure begins with a welcome meeting at 6pm tonight - check with hotel reception for more information and have your insurance details and next of kin information ready for collection. If you have free time in the afternoon, perhaps stroll the streets of Phnom Penh and explore the city, taking in the interesting French colonial architecture. The National Museum, with its collection of classic Khmer craftsmanship, is well worth a visit. Dinner tonight will be at the restaurant run by the Friends organisation, a group which offers food, shelter, medical care, training and educational facilities for homeless, vulnerable or abandoned children. It's a great restaurant to support and the food is delicious – the Western and Asian fusion tapas dishes has put this restaurant on the must visit list.

Notes: Please provide us with your flight arrival details at least 14 days prior to departure in order to arrange the transfer. If you can't arrange a flight that will arrive in time, you may wish to arrive a day early so you're able to attend. We'll be happy to book additional accommodation for you (subject to availability). If you plan to arrive earlier, the arrival transfer can only be offered in conjunction with pre-tour accommodation booked through Intrepid.

**Accommodation**

- Hotel (1 night)

**Included Activities**

- Complimentary Airport Arrival Transfer

**Meals Included**

- Dinner

**Day 2: Phnom Penh**

Today a full city tour introduces you to the sights of Phnom Penh, a city that lies near the confluence of the Mekong and Tonle Sap rivers. The private quarters of the Royal Palace are home to King Sihamoni and are closed to the public. You will, however, be able to visit the Silver Pagoda that lies in the palace complex, which is the most sacred temple in the country. Phnom Penh remains a living relic of the country's past struggles and successes. Your included visits to the Tuol Sleng Prison Museum and the Killing Fields of Choeung Ek tell the story of the tragic legacy of the Khmer Rouge. Tuol Sleng is a former school that served as a Khmer Rouge torture centre, and it's estimated that more than 20,000 people were held and tortured here. The Choeung Ek Memorial is home to stupa made up of some 8,000 human skulls, marking the site of the infamous Killing Fields. This was the execution ground for the torture victims of Tuol Sleng, and standing in this peaceful setting it's almost unthinkable to imagine that to date nearly 9,000 corpses have been exhumed from the area. There is an optional visit to Wat Phnom, the temple that gave rise to the foundation of the city in the 15th century. An ideal way to spend your second evening here is to relax in a cafe by the riverfront.

Notes: The Tuol Sleng Prison Museum and Killing Fields of Choeung Ek are major parts of the experience here, but if you don't wish to visit them, please inform your tour leader.

**Accommodation**

- Hotel (1 night)

**Included Activities**

- Phnom Penh - Tuol Sleng Prison Museum (S21)
- Phnom Penh - Choeung Ek (Killing Fields)
- Phnom Penh - Royal Palace & Silver Pagoda

**Optional Activities**

- Phnom Penh - Wat Phnom - USD2

- Phnom Penh - National Museum - USD10
- Phnom Penh - Cyclo tour - USD4

**Meals Included**

- Breakfast

**Day 3: Siem Reap**

Take a short flight to Siem Reap (approximately 1 hour). The small but expanding town of Siem Reap is the gateway to Angkor. This is the most popular destination for travellers in all of Cambodia, perhaps even in South East Asia. You'll probably notice a change of pace here, so take a walk and enjoy the atmosphere. A visit to the old market is a must, even if you're not looking for souvenirs; wandering through the stalls and surrounding shops the silks, cottons, sarongs, silver and statues are a riot of colour and a feast for the eyes; and there will be one for stomach too if you try some of the cheap, delicious street food. There's also a long tradition of shadow puppetry in the region, and if you're lucky you might catch a show at one of the local restaurants in the evening, perhaps while you're eating the specialty cuisine of Cambodia – amok, the name given to curry steam-cooked in banana leaves.

**Accommodation**

- Hotel (1 night)

**Meals Included**

- Breakfast

**Day 4: Siem Reap / Angkor Wat**

Spend a full day visiting the amazing temples of Angkor on a guided exploration. Angkor Wat is the largest and most complete structure, and the only one of Angkor's temples that has its entrance facing west – the others face east. Then there is Angkor Thom, the 'Great Royal City', a temple that is famous for its series of colossal human faces carved in stone. Of all the temples visited today, Bayon temple is the centrepiece, with over 200 smiling carved faces and more than 50 gothic towers. For lunch you'll visit the Sala Bai Hotel School where underprivileged local youths learn skills that enable them to find gainful employment in the hospitality industry. After lunch you will head to the Ta Prohm temple, where nature has taken over again, with large trees embedded in the stone foundations of the structure. End the day with a sunset view of the temples: an extraordinary way to see the sun go down.

Notes: The Sala Bai Hotel School is closed on public and school holidays, so on these days an alternative restaurant will be used.

**Accommodation**

- Hotel (1 night)

**Included Activities**

- Siem Reap - Lunch at Sala Bai
- Siem Reap - Three Day Angkor Pass
- Siem Reap - Angkor Temples Guided Tour

### **Meals Included**

- Breakfast
- Lunch

### **Day 5: Siem Reap / Angkor Wat**

Embrace a very early start today if you wish to experience a sunrise visit to the Angkor complex (this is optional). Later in the morning, venture to the Angkor Centre for Conservation of Biodiversity (ACCB), a organisation that rehabilitates animals that have fallen victim to wildlife trafficking and provides a breeding facility for highly endangered animal species. From here, continue onto Banteay Srei. You'll see it's not a huge temple, but thanks to its intricate stone carvings it is sometimes referred to as 'the jewel in the crown of Angkorian art'. At this point you can either head back to your hotel or carry on exploring more temples, such as Preah Khan. This temple contains a maze of vaulted corridors and is another complex that has been largely reclaimed by the jungle. Your ticket for the Angkor ruins also lets you spend more time exploring this site. Otherwise you might like to take a free afternoon to explore the town or visit Tonle Sap Lake and its floating villages. If you have time, perhaps indulge in a traditional Khmer massage or a Khmer cooking class.

### **Accommodation**

- Hotel (1 night)

### **Included Activities**

- Siem Reap - Angkor Centre for Conservation of Biodiversity
- Siem Reap - Angkor Temples Guided Tour

### **Optional Activities**

- Siem Reap - Khmer Cooking Class - USD25
- Siem Reap - Khmer traditional massage - USD17
- Siem Reap - Remork transport to Tonle Sap Lake - USD10
- Siem Reap - Tonle Sap Lake Boat Trip - USD15
- Siem Reap - Landmine Museum - USD5

### **Meals Included**

- Breakfast
- Dinner

### **Day 6: Ho Chi Minh City**

You will be transferred back to the airport, where you will say goodbye to Cambodia and fly to Ho Chi Minh City, Vietnam.

Please note that you will be unescorted on this flight. Upon arrival you will be picked up from the airport and transferred to your hotel in Ho Chi Minh City.

As this is a combination trip, your group leader and the composition of your group may change at this location. There will be a group meeting to discuss the next stage of your itinerary and you're welcome



to attend, as this is a great chance to meet your new fellow travellers and your Vietnamese tour leader. This meeting is generally followed by an optional group meal out at one of Ho Chi Minh City's many fantastic eating spots.

**Accommodation**

- Hotel (1 night)

**Optional Activities**

- Ho Chi Minh City - Mekong Discovery Urban Adventure - VND59

**Meals Included**

- Breakfast

**Special Information**

An arrival transfer is included. In order to book this service please provide your booking agent with your flight details at least 2 weeks prior to your departure.

If you're expecting to be late for your welcome meeting, please inform the hotel reception or your booking agent in advance. You may wish to arrive a day early so you're able to attend the group meeting and have time to explore Ho Chi Minh City. We'll be happy to book additional accommodation for you (subject to availability).

**Day 7: Ho Chi Minh City**

Start your tour of Ho Chi Minh City with a visit to the Reunification Palace. Formerly known as the Presidential Palace, it was the site of South Vietnam's surrender at the end of the war. Next, head over to the War Remnants Museum where you'll see old military equipment including an F5A fighter and a UH1-Huey helicopter. Finally, you'll tour the famous Cu Chi Tunnels. This former Viet Cong stronghold provides an insight into the resourcefulness and tenacity of the Vietnamese people, as well as underground life during the Vietnam War.

**Accommodation**

- Hotel (1 night)

**Included Activities**

- Ho Chi Minh City - Cu Chi Tunnels
- Ho Chi Minh City - Reunification Palace
- Ho Chi Minh City - War Remnants Museum
- Ho Chi Minh City - City tour

**Meals Included**

- Breakfast

**Day 8: Hoi An**

Say goodbye to Ho Chi Minh City and fly to Danang. From here you'll make your way to My Khe

Beach a beautiful spot which lies against a backdrop of the Marble Mountains. This location was significant for both the Americans and the Vietnamese during the war. After a visit to the Marble Mountains, continue to Hoi An where you'll stay for the night.

**Accommodation**

- Hotel (1 night)

**Included Activities**

- Danang - Marble Mountain
- Danang - My Khe Beach

**Meals Included**

- Breakfast

**Day 9: Hoi An**

Your leader will take you on a walk around Hoi An's Old Town. The city was a major trading port from the 17th century onwards, and has various architectural influences from Europe, China and Vietnam. Today the city is being restored and looks exactly like it did over a century ago. The tour will take you to a historic house, the Japanese Covered Bridge, a Chinese assembly hall and a museum. The rest of the day is free for you to do some optional activities or soak up the ambience of the place. You may like to wander Dong Ba Market and the street stalls selling paintings, woodwork, ceramics, lanterns and much more. Hoi An is also famous for its talented tailors who can make beautiful items to order within a few hours.

**Accommodation**

- Hotel (1 night)

**Included Activities**

- Hoi An - Ancient town walk and entrance ticket

**Optional Activities**

- Hoi An - Street Food By Night Urban Adventure - USD28
- Hoi An - Hoi An Boat & Bike Urban Adventure - USD51

**Meals Included**

- Breakfast

**Day 10: Hanoi**

This morning, transfer to the airport and fly to Vietnam's charming capital of Hanoi. You'll be taken on a guided half-day tour of Hanoi, visiting major sites such as the Temple of Literature, One Pillar Pagoda and the former residence of Vietnam's most famous revolutionary, Ho Chi Minh. The tour will also include lunch at the KOTO cafe, an amazing project which provides vocational training for

underprivileged young people. You'll have some free time this afternoon. Hanoi is a strangely quiet city compared to its southern counterpart. Escape from the noise by visiting the various parks and lakes, or hire a bike and cycle around town for the best view of the city.

#### **Accommodation**

- Hotel (1 night)

#### **Included Activities**

- Hanoi - Koto Restaurant lunch
- Hanoi - Temple of Literature
- Hanoi - Ho Chi Minh's stilt house
- Hanoi - Old Quarter Walking Tour
- Hanoi - One Pillar Pagoda

#### **Optional Activities**

- Hanoi - Fine Arts Museum - VND30000
- Hanoi - Water puppet show - VND100000
- Hanoi - Hanoi Street Food By Night Urban Adventure - USD31

#### **Meals Included**

- Breakfast
- Lunch

### **Day 11: Halong Bay**

Drive for four and a half hours to the famous Halong Bay, one of Vietnam's most spectacular natural wonders. We recommend leaving your luggage at the hotel in Hanoi and packing a small overnight bag for the trip to Halong Bay. Once you arrive at the bay, you'll take a long and luxurious cruise through the area, exploring the beautiful green waters and amazing limestone caves. You may also have the opportunity to go swimming from Ti Top Island beach. You'll spend the night on the boat. The traditional junk-style boat has twin-share cabins with air-conditioning and private facilities. There's also a dining room and bar where you'll enjoy all of your meals, including a lavish seafood buffet for lunch.

#### **Accommodation**

- Overnight boat (1 night)

#### **Included Activities**

- Halong Bay - Overnight boat cruise

#### **Meals Included**

- Breakfast
- Lunch
- Dinner

### **Special Information**

It is recommended to pack a smaller overnight bag to take to Halong Bay for ease of boarding and disembarking. You can store your main luggage in Hanoi for tonight.

Kayaking and swimming is restricted to designated zones within the bay.

There are restrictions on the number of boats that are permitted to stay in the bay overnight, sometimes resulting in a shortage. To ensure all Intrepid travellers can enjoy the experience of a night on the water, occasionally you will stay on a larger boat (with approximately 12 cabins) and share your boat with another group. Or your group may be split across different vessels, in which case an Intrepid group leader will be present on each boat, and the route taken and inclusions on board will remain the same.

### **Day 12: Hanoi**

Take a three-and-a-half bus ride back to Hanoi. This afternoon take in a unique water-puppet performance. This evening is free for you to explore this delightful city. Why not relax at a cafe or stop for a bia hoi (freshly brewed draught beer) at one of the microbars in the Old Quarter?

#### **Accommodation**

- Hotel (1 night)

#### **Included Activities**

- Hanoi - Local water puppet performance

#### **Meals Included**

- Breakfast

### **Day 13: Hanoi**

Your trip comes to an end today. There are no activities planned and you are able to depart the accommodation at any time. Please check the 'Finishing Point Hotel' section for checkout times and luggage storage possibilities.

#### **Optional Activities**

- Hanoi Urban Adventure - Village Discovery by Bike - USD33
- Hanoi Urban Adventure - Citadels, Karsts & Cycle - USD88
- Hanoi - Hoa Lo 'Hanoi Hilton' Prison - VND30000

#### **Meals Included**

- Breakfast

### **Finishing point**

May de Ville City Centre Hotel  
24 Han Thuyen. Hai Ba Trung  
Ba Dinh Distict

Hanoi  
VIETNAM  
Phone: +844 22229988  
Fax: +844 42229956

## **Finishing point description**

Located on Han Thuyen Street near the Red River, the May De Ville Hotel is within walking distance to the Hanoi Opera House. The hotel features a fitness centre, a spa and restaurant. It offers free Wi-Fi and rooms with TV. Each room has free Wi-Fi, air conditioning, a flat-screen, tea/coffee making facilities, and private bathroom with a hairdryer.

## **Finishing point instructions**

A taxi from the hotel to the airport will cost approx. 15USD (310,000VND) and take approx 45 minutes.

A departure transfer to the airport is available if arranged at the time of booking. Please advise your flight arrival details at least 15 days prior to trip departure. If you plan to stay longer, this departure transfer can only be offered in conjunction with post-tour accommodation booked through Intrepid.

If you have booked a departure transfer, please ask your leader to confirm the time of departure. If you have any problems please call our hotline:

+84 903 117 770.

Check-out time from the hotel is 12 noon. If you are departing later, you can arrange luggage storage at the hotel.

## **Itinerary disclaimer**

Occasionally our itineraries are updated during the year to incorporate improvements stemming from past travellers' comments and our own research. The information given in this itinerary may be slightly different to that in the brochure. It's very important that you print and review a final copy of your Essential Trip Information a couple of days prior to travel, in case there have been changes that affect your plans. If you have any queries, please contact your travel agent or our staff. We are here to help you! Please note that while we operate successful trips in this region throughout the year, some changes may occur in our itineraries due to inclement weather and common seasonal changes to timetables and transport routes. This can happen with little notice so please be prepared for modifications to the route. The order and timing of included activities in each location may also vary from time to time.

### **OPTIONAL ACTIVITIES:**

A selection of optional activities are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only. Prices are approximate and are for entrance only and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability and it may not be possible to do all the activities listed in the time available at each destination. Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. This means that it is possible that you may find the same activity cheaper with another operator on the ground, however we cannot vouch for the safety or quality of that operator. Activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with booking these activities. The decision to partake in any activity not listed is at your own discretion and risk.

## Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us understand what we are doing well and what we could be doing better. It allows us to make improvements for future travellers.

<http://www.intrepidtravel.com/feedback/>

## Essential Trip Information

### Important notes

1. Passport Details: Please provide your full name exactly as per passport at the time of booking (including any middle names listed on your passport), for internal flights and train tickets. Ticketing fees may apply for amendments to details within 45 days of departure, and in some cases you will be required to cover the cost of issuing a new ticket.
2. An airport arrival transfer is included. Please provide your flight details at the time of booking.
3. A Single Supplement to have your own room is available on this trip and excludes nights 11 (overnight boat) where accommodation is twin share only.

### Passport and visas

As a general rule most countries expect that your passport has a minimum of 6 months validity remaining. Please ensure the name on your passport matches the name on your booking and airline tickets. Your passport details are required to complete your booking. Your consultant will contact you when this is required.

Take a copy of the main passport pages and other important documents with you, and leave another copy at home with family or friends.

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

#### VIETNAM VISA:

Most nationalities are required to obtain tourist visa in advance to travel to Vietnam. When obtaining your visa you should allow 3 weeks for processing with your nearest embassy or consulate, the cost is approximately US\$60 to US\$100. Please check with your embassy or consulate for further requirements.

Some nationalities are exempt from visas for a stay of a maximum of 15 days, including British, German, French, Spanish and Italian citizens travelling to Vietnam (for all purposes). This exemption period is currently effective until 30 June 2018, and is based upon meeting all conditions prescribed by Vietnamese laws. If you are planning on staying in Vietnam for longer than 15 days you will need to obtain a visa extension in advance (please contact your relevant Consulate or Embassy). Please also check requirements if you plan to re-enter Vietnam.

An eVisa is available for some nationalities including passport holders from France, Ireland, Italy, Germany, Spain, the United Kingdom and the United States of America, valid for a single entry of a

maximum of 30 days stay in Vietnam. For information on obtaining an eVisa visit the immigration website: <https://evisa.xuatnhapcanh.gov.vn/>

Evisas take up to 3 days to be processed. You will need a clear electronic copy of your passport data page and passport photo, and to make a non-refundable payment as outlined on the immigration website.

Keep the customs and immigration form you receive on arrival, as you need it to complete exit formalities on departure.

If your visa application asks for a point of contact, please write: Intrepid Vietnam 5th floor HiPT Building, 152 Thuy Khue Street, Thuy Khue, Tay Ho, Hanoi, Ph +84 4 3715 0996.

Most nationalities do not require a letter of invitation for Vietnam but if you do need one, please contact your sales agent for more information.

#### CAMBODIA:

Visas can be organised either in advance or on arrival for most nationalities. Check with your embassy or consulate and allow approx 3 weeks for processing. It is also possible to obtain your Cambodian visa on arrival at the airport or border crossing for approx. US\$30 (cost subject to change) - you will need a passport photo.

If a point of contact is requested, please write: Freedom Hotel, Road #6, Siem Reap, Cambodia.

E visas are now available for most nationalities through the official website [www.evisa.gov.kh](http://www.evisa.gov.kh)

E visa cost will be USD30 (visa fee) plus USD7 (processing fee)

IMPORTANT - please note the Cambodia Government has reported many fraudulent E visa websites that pretend to be official e visa websites. Intrepid recommends only using the official E visa website above or by contacting your Travel agent.

## Medical and health information

All Intrepid travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid Travel reserves the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations and anti-malarial requirements before departure. We recommend that you carry a first aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained at the locations on this trip. For legal reasons our leaders and guides are prohibited from administering any type of drugs including headache tablets and antibiotics. Please ensure that you are adequately prepared.

#### Zika Virus

Vietnam has reported transmission of the mosquito-borne Zika virus and we advise all travellers to protect themselves from mosquito bites. Given possible transmission of the disease to unborn babies, and taking a very cautious approach, pregnant women should consider postponing travel to Vietnam or talk to their doctor about possible implications.

Please see further information about the Zika virus (and our current cancellation/change policy) on our safety page of the Intrepid website at <http://www.intrepidtravel.com/contact-us/safety>

#### DENGUE FEVER:

Rare instances of dengue fever have been reported in this region. This virus is transmitted by

mosquitoes. There is no vaccination against it, but there are preventative measures that you can take such as wearing long clothing and always using repellent. Please note that this mosquito is most active during daylight hours however care should be taken at all times.

## **Food and dietary requirements**

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

## **Accommodation**

Hotel (11 nights), Overnight boat (1 night)

### **OCCASIONAL ALTERNATIVE ACCOMMODATION**

The style of accommodation indicated in the day-to-day itinerary is a guideline. On rare occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our usual accommodation. A similar standard of accommodation will be used in these instances.

### **TWIN SHARE / MULTI SHARE BASIS**

Accommodation on this trip is on a twin/multishare basis. Please note there may be times where facilities will be shared rather than ensuite and rare occasions when you share a room with passengers travelling on our different trips than your own.

### **CHECK-IN TIME**

Throughout the trip we request that our hotels prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination.

### **PRE/POST TRIP ACCOMMODATION**

If you've purchased pre-trip or post-trip accommodation (if available), you may be required to change rooms from your trip accommodation for these extra nights.

### **WINDOWLESS ROOMS:**

Some hotels in Vietnam and Cambodia have windowless rooms, or windows that don't necessarily have a view. This is often due to high population density in large cities, however local building standards also don't require rooms to have windows. We do request rooms with windows, however they aren't always available.

## **Transport**

Boat, Bus, Plane, Private Bus, Private vehicle

## **Money matters**

### **SPENDING MONEY:**

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like meals not



included, drinks, shopping, optional activities and laundry. It's always better to bring a little more than you think you'll need. Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

Please budget for additional meals and expenses while on your trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less.

USD 300.00

The official currency of Cambodia is the Riel (KHR).

Unofficially however, US currency (US\$) runs the country and is the currency you should bring, mostly in cash - notes should be 2006 series onwards. Clean bills in small denominations are most useful. Notes should be 2006 series onwards. Torn, dirty or old notes, as well as the \$2US note will be refused in most businesses. ATMs are available in Phnom Penh, Sihanoukville and Siem Reap and also dispense in both KHR and US\$.

The official currency of Vietnam is Dong (VND).

Some establishments will accept US currency (USD), but usually only for large purchases and in some restaurants and hotels that cater to tourists. It's not possible to exchange Vietnamese Dong outside the country, so convert or spend all your Dong before leaving.

#### CONTINGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

#### TIPPING

If you're happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations.

#### Optional Tipping Kitty:

On Day 1 your tour leader will discuss with you the idea of running a group tipping kitty, whereby everybody contributes an equal amount and then your tour leader pays the tips for drivers, local guides, and hotel staff (excludes restaurant tips). The leader will keep a running record of all monies spent which can be checked at any time, and any money remaining at the end of the tour returned to group members. This is often the easiest way to avoid the hassles of needing small change and knowing when and what is an appropriate amount to tip. Participation in this kitty at your own discretion, and you are welcome to manage your own tipping separately if you prefer. Please note the tipping kitty excludes tips for your tour leader.

Please note this is a combination trip made up of 2 sections. There will be the option of contributing to a group tipping kitty on both sections of this trip.

Day 1 Optional tipping kitty for this section: USD 12 per person

Day 6 Optional tipping kitty for this section: USD 12.50 per person

#### Your Tour Leader:

You may also consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline US\$2-US\$4 per person, per day can

be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

Please don't tip with coins, very small denomination notes, or dirty and ripped notes. This is regarded culturally as an insult

The receipt of commissions or kickbacks in exchange for recommending particular shops or services is ingrained in the culture of the tourism industry. Rather than turning a blind eye to this unavoidable issue in some areas, Intrepid has established a centralised fund whereby contributions from recommended suppliers are collected and distributed back into the business. Intrepid aim to provide the best value trips in the market, and this fund assists in keeping operating costs and trip prices low to you.

A priority in establishing this fund is that the experience of our traveller - you - is not compromised in any way. Please let us know via the feedback form completed after your trip if we are successfully meeting this objective.

## **Packing**

### **INTERNAL FLIGHT LUGGAGE ALLOWANCE:**

Checked luggage allowance is a maximum 20kg, with up to 7kg carry on luggage. Any excess luggage charges can be paid directly to the airline at check-in.

### **MAIN LUGGAGE:**

What you need to bring will vary according to when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances including up and down stairs and in busy train stations. Aim to keep your main luggage under 15kg. As well as your underwear, toothbrush and other items you always need to pack for travel, below are some items that you specifically need for this trip.

Small, wheeled suitcases that can also easily be picked up and carried are suitable, or if you prefer, a back pack is also a good option. Remember to bring suitable locks for your luggage.

### **ESSENTIALS:**

- Day pack: for carrying essentials when exploring destinations.
- Lightweight clothing: A mixture of covering lightweight clothing and some warm layers (depending on the season) are recommended. It is best to check the weather and seasonal information before travelling.

For visits to religious sites you will also need to wear clothing that covers shoulders and pants/skirts that go past the knee. Modest and covering clothing is also preferable when visiting areas outside major cities that are more conservative.

Laundry facilities may not be available in all destinations, so make sure you have a few cycles of clothes.

- Wind and waterproof jacket
- Comfortable shoes for walking and hiking: Closed-in shoes that are comfortable to walk for an entire day are recommended for city and countryside walks, and are required for cycling activities
- Sandals/flip flops
- Sun protection: hat, sunscreen, sunglasses
- Toiletries

### **RECOMMENDED:**

- Personal medical kit. A larger kit will be on hand with your leader, but we recommend you carry

items such as mild pain killers, electrolytes and adhesive bandages.

- Insect repellent
- Water bottle: We recommend a 1.5litre capacity. While drinking tap water is not recommended in Vietnam, some hotels will have filtered drinking water available.
- Camera with spare batteries/power bank: You will have access to power to recharge your electrical items most days, however these are a good backup.
- Electrical adapter plug
- Travel wipes/hand sanitizer
- Swimwear

#### OPTIONAL

- Torch/flashlight/headtorch
- Small towel
- Ear plugs & eye mask
- A good book, a journal and music player for longer journeys.
- Sleeping bag liner and pillowcase for overnight trains or homestays

#### VALUABLES

Please try to avoid bringing unnecessary valuables, and use your hotel safe if available. It's a good idea to purchase a money belt or pouch that is easily hidden. It's also recommended to bring a copy of all important documents e.g. air tickets, passport, vaccination certificate, etc. and keep the copies separate from the originals. While not valid, a photocopy makes it very much easier to obtain replacements if necessary.

If you need some further tips for packing, you can always check out our ultimate packing list.

<https://www.intrepidtravel.com/packing-list>

Cambodia authorities have issued an official code of conduct for visitors to Angkor Wat and other religious sites regarding dress code, visitors should not wear skirts or shorts above the knee or tops that reveal bare shoulders; visitors not following the dress code are liable to be refused admission to the sites. Please ensure you pack clothing that follow these guidelines.

## **Climate and seasonal information**

#### TET:

Tet is Vietnam's New Year festival which takes place in late January/early February based on the lunar calendar and is the most important celebration of the year. While this can be a fascinating time to be in Vietnam, you do need to be prepared for some businesses to be closed, tourist sites to be very busy and for transport to be packed as many Vietnamese are travelling around the country. Although we do our best to run trips during Tet as per the scheduled itinerary, it is likely that there will be some changes to transport, accommodation or order of destinations visited. Due to the high demand on tickets at this time, flights and overnight trains may on occasion need to be replaced with day buses. We will aim to communicate any known changes prior to your departure.

#### CAMBODIAN FESTIVALS & HOLIDAYS:

During public holidays and festival periods in Cambodia many businesses may close, transport may be extremely busy and travel times may increase. During these times please be patient and consider these moments as an opportunity to interact with the locals. Particularly worth noting are Khmer New Year (3 days in mid-April), Pchum Ben (3 days in early October) and Water Festival (3 days in late November).

#### WET SEASON:

During the rainy months (approx. June to October), our mode of transport can be changed at short

notice due to weather conditions.

## **Group Leader**

All Intrepid group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

## **Safety**

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/contact-us/safety>

### **FIRE PRECAUTIONS:**

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

### **SEAT BELTS:**

Please be aware that local laws governing transportation safety may differ from those in your home

country and not all the transport which we use is able to provide seat belts.

#### **PETTY THEFT AND PERSONAL SAFETY:**

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

#### **MOTORBIKE BAG SNATCHING:**

Be particularly aware of motorbike bag snatching, especially in the bigger cities.

#### **RENTING MOTORBIKES, QUAD BIKES AND JET SKIS**

There have been incidents of scams involving rental of motorbikes and jet skis in areas frequented by tourists and expatriate residents in some regions of Cambodia including the town of Sihanoukville. Due to safety concerns we do not recommend renting motorbikes, quad bikes or jet skis in Cambodia.

### **A couple of rules**

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land, but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for Intrepid travellers. Intrepid's philosophy of travel is one of respect towards everyone we encounter and in particular, the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Everyone has the right to feel safe and secure on their trip. We don't tolerate any form of violence (verbal or physical) or sexual harassment at Intrepid, either between passengers or involving our leaders, local operators or locals.

Sexual relationships (consensual or otherwise) between a leader and a passenger are unacceptable. If you ever feel another person is behaving inappropriately please inform us immediately by contacting the emergency contact number detailed in these trip notes.

### **Travelling on a group trip**

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

#### **SINGLE TRAVELLERS:**

Our group trips are designed for shared accommodation and don't involve a compulsory single supplement. Single travellers share with people of the same gender in accommodation ranging from

twin to multishare. Some of our itineraries have accommodation booked on a mixed gender share basis and where applicable this will be specified in our Trip Notes. On a selection of our trips, you have the option to pay a single supplement to ensure that you have your own accommodation (where available). Please note that this only applies to accommodation during the tour - pre-trip and post-trip accommodation will be booked on a single room basis.

## **Travel Insurance**

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

<http://www.intrepidtravel.com/insurance.php>

## **Responsible Travel**

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

### **ORPHANAGE TOURISM:**

In recent times orphanage tourism has become popular in Cambodia. Intrepid Travel doesn't support unscheduled or random visits to orphanages and children's institutions, as these are a child's home - a place that should be safe and respect their right to privacy and dignity. Undoubtedly the majority of travellers have their best interests at heart, but the reality is orphanage visits can negatively impact the children. This trip may include some pre-arranged visits to organisations that have been vetted by Intrepid Travel, and these will be facilitated by your group leader. For more information on how you can help protect children during your travels see:

[www.intrepidtravel.com/pdf/rt/ChildSafe\\_Traveller\\_Tips.pdf](http://www.intrepidtravel.com/pdf/rt/ChildSafe_Traveller_Tips.pdf) and [www.childsafe-international.org](http://www.childsafe-international.org)

## **The Intrepid Foundation**

Since Intrepid Travel commenced operating in 1989 we've been committed to giving something back to the communities we visit. One way has been through our support for local humanitarian, development and conservation projects. Many of our travellers want to contribute something too. Whilst it is often tempting to give hand-outs to those less fortunate, this has the potential to promote a culture of begging and dependency. Handouts are not a sustainable way for individuals or communities to live. That's why we established The Intrepid Foundation – to make it easier for travellers wishing to give back to communities in an effective and meaningful way.

The Intrepid Foundation is a not-for-profit fund offering a selection of excellent grassroots

organisations which you can contribute to. All donations to The Intrepid Foundation will be matched by Intrepid Travel dollar for dollar (up to AU\$1,000 per donor and a total of AU\$400,000 for all donors in each financial year, excluding emergency appeals). And every cent gets there as Intrepid Travel pays for all the administration costs. Donating is simple and secure. Please ask your leader for information on the projects we support through The Intrepid Foundation or go to our website:

<http://www.theintrepidfoundation.org/>

Organisations and projects currently supported by The Intrepid Foundation in Cambodia include:

\* The Angkor Centre for Conservation of Biodiversity (ACCB) is focused on delivering education and training to increase awareness of the need for conservation and environmental protection. It also provides rescue, rehabilitation and release services for wildlife, and conservation breeding of selected endangered species.

[www.theintrepidfoundation.org/projects/accb/](http://www.theintrepidfoundation.org/projects/accb/)

\* Green Gecko provides security, education, love and opportunities to Siem Reap street kids through their formative years and into their adult lives. It also supports the children's families and the broader community through long term health, education and training initiatives.

[www.theintrepidfoundation.org/projects/green-gecko-project/](http://www.theintrepidfoundation.org/projects/green-gecko-project/)

\* The Starfish Project helps those unable to access government and other large NGO assistance. Activities include medical care, housing projects, water and sanitation, woman and children in prison, as well as small business assistance. They also run a popular cafe/bakery, massage centre and handicraft shop.

[www.theintrepidfoundation.org/projects/starfish-foundation/](http://www.theintrepidfoundation.org/projects/starfish-foundation/)

\* All Ears Cambodia (AEC) provides a much needed medical service in a country torn by years of war, building capacity in the prevention and treatment of ear disease and deafness. Intrepid is collecting old hearing aids which are cleaned, reconditioned and fitted by professional audiology clinicians. If you are travelling to Cambodia please bring these along and pass them to your group leader who will arrange for them to be delivered to AEC.

[www.theintrepidfoundation.org/projects/all-ears-cambodia/](http://www.theintrepidfoundation.org/projects/all-ears-cambodia/)

\* The Kaliyan Mith Riverside Restaurant provides quality skills training and business and employment support to caregivers of marginalized children. Based out of Friends-International's existing support-services center, this new restaurant will aim to provide training to ten caregivers through an ongoing 3-6 month internship program.

[www.theintrepidfoundation.org/projects/kaliyan-mith-program/](http://www.theintrepidfoundation.org/projects/kaliyan-mith-program/)

For more information, or to make a donation please visit: [www.theintrepidfoundation.org/projects/?projectcountry=cambodia](http://www.theintrepidfoundation.org/projects/?projectcountry=cambodia)

Organisations and projects currently supported by The Intrepid Foundation in Vietnam include:

\* The Blue Dragon Children's Foundation works in northern and central Vietnam with the most vulnerable children: street kids, children with disabilities, children from rural families living in extreme poverty, and victims of human trafficking and slavery. Their primary aim is to rescue kids from danger, reunite them with their families when they can, and provide all the services needed for recovery and growth.

[www.theintrepidfoundation.org/projects/blue-dragon-childrens-foundation/](http://www.theintrepidfoundation.org/projects/blue-dragon-childrens-foundation/)

\* Children's Hope in Action (CHIA) provides vital health and disability programs and educational services to vulnerable families in Hoi An and surrounding rural areas. CHIA's holistic Special Education program facilitates the social, physical and intellectual development of children who have

motor disabilities and little, or no intellectual impairment.

[www.theintrepidfoundation.org/projects/childrens-hope-in-action/](http://www.theintrepidfoundation.org/projects/childrens-hope-in-action/)

\* The KOTO Saigon Training Centre provides training in life skills and hospitality to former street children. Trainees at the Saigon centre will go on to work at KOTO's restaurant in the city (to open in 2011). Travellers may also visit the KOTO restaurant in Hanoi, which also provides training opportunities for disadvantaged youth and great food.

[www.theintrepidfoundation.org/projects/koto/](http://www.theintrepidfoundation.org/projects/koto/)

For more information, or to make a donation please visit: [www.theintrepidfoundation.org/projects/?projectcountry=vietnam](http://www.theintrepidfoundation.org/projects/?projectcountry=vietnam)