

Cardamom Mountains Trails, Cambodia

An exciting adventure through the wild landscape of the Cardamom Mountains together with an exploration of the cultural highlights of Angkor Wat, Kampot and Phnom Penh.



Group departures

See overleaf for departure dates

Holiday overview

Style	Walk
Accommodation	Hotels, Guesthouse, Camping (two nights), fixed camp
Grade	Gentle / Moderate
Duration	16 days from London to London
Trekking / Walking days	Walks on: 7 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Cambodia
Land only	Joining in Phnom Penh, Cambodia



Private Departures & Tailor Made itineraries available

tel: +44 (0)1453 844400 fax: +44 (0)1453 844422 info@mountainkingdoms.com www.mountainkingdoms.com

Mountain Kingdoms Ltd, 20 Long Street, Wotton-under-Edge, Gloucestershire GL12 7BT UK
Managing Director: Steven Berry. Registered in England No. 2118433. VAT No. 496 6511 08

Departures

Group departures

2024 Dates:

Sat 06 Jan - Sun 21 Jan

Sat 02 Nov - Sun 17 Nov

2025 Dates:

Sat 04 Jan - Sun 19 Jan

Sat 01 Nov - Sun 16 Nov

Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday.

If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



Throughout the tour you will be accompanied by professionally-trained English-speaking tour guides, supplied by one of the best operators in Cambodia, who have a vast fund of knowledge of the country.

Your trip highlights

- Travel by foot, boat and bike to discover the flora, fauna and landscapes of the Cardamom Mountains
- Experience an adventurous two-night camping expedition to reach the top of Mrech Kongkep Mountain and enjoy the sunrise views
- Visit the architectural splendours of Angkor Wat and Angkor Thom
- Tour the key sights of Phnom Penh
- Stay in varied and interesting accommodation that best matches the fascinating places you will be visiting

At a glance itinerary

Days 1-3	Fly to Phnom Penh. Sightseeing tour.
Day 4	Drive to Steung Areng. Overnight at the Areng Community-Based Eco Tourist Project.
Days 5-6	Trek and mountain bike through the jungle to reach Mrech Kongkep Mountain via Chhay Tapang Waterfall.
Day 7	Sunrise on the mountain. Return to Areng. Transfer to Eco Resort.
Day 8	Drive to old French Colonial town of Kampot. Sunset boat trip.
Day 9	Walk to Phnom Chhnork. Drive to Kep and boat trip to Rabbit Island. Return to Kampot.
Day 10	Drive to Phnom Penh. Visit markets.
Day 11	Drive to Siem Reap with visit to Kompong Kleang village.
Days 12-14	Sunrise at Angkor Wat and in-depth exploration of Angkor Wat and surrounding temple complexes.
Days 15-16	Depart Siem Reap for London and arrive UK

Trip summary

Apart from the astonishing remnants of past civilisations in and around Siem Reap, the main asset of Cambodia must be its charming and hospitable people. You will experience both at close hand on this holiday which takes you walking and mountain biking through the Cardamom Rainforest as well as spending time visiting the main architectural sights of Angkor Wat and Angkor Thom.

From Cambodia's capital, Phnom Penh, you will head southwest to the Cardamom Mountains which cover about 12,000 square miles of southwest Cambodia. These little-visited mountains are formed from gentle peaks, lined with trees and lush rainforest vegetation. The maximum height of the range is only 1,800m/5,905ft, so there are no altitude issues to worry about. You stay at the Areng Community-Based Eco Tourist Project and then set out for two nights under canvas, following forest trails by foot and mountain bike to reach the summit of Mrech Kongkep Mountain. You'll enjoy a beautiful sunrise with far reaching views from the mountain top, before making the return journey to Areng. Don't worry if biking isn't for you, alternative transport is available. The area is renowned for its bio-diversity and you may see silver langurs, long-tailed macaques, greater hornbills and other forest creatures as well as some scenic waterfalls.

While you are in Cambodia you will also be able to enjoy the French colonial architecture of Phnom Penh, one of Asia's most laid-back capitals, which nestles on the banks of the Tonlé Sap River; you will be able to converse with saffron-robed monks going about their daily rituals. You will also visit Kampot - home of the famous Kampot pepper - and relax on the idyllic white sand beaches of Rabbit Island. On top of this, you will also see the lifestyles of the inhabitants of floating villages, play at being an explorer or 'Tomb Raider' by visiting 'lost' temples being ravaged by the surrounding jungle and finally you will be able to wonder at the majesty and mystery of the legendary Angkor Wat. Until you have seen it you cannot imagine how vast and impressive it is and there is no more memorable way to end your holiday in Cambodia.

Your trip itinerary

Day 1: Fly London to Phnom Penh

There are no direct flights from the UK to Cambodia, so you will fly via a hub such as Bangkok and then on to Phnom Penh.

Overnight: In flight

Day 2: Arrive Phnom Penh.

You arrive in Phnom Penh today and will be met by our representative and transferred to your hotel. Time permitting you will pay a late afternoon visit to Wat Phnom and experience the amazing confusion of Phnom Penh's streets. Traffic of all sorts moves in every direction, generally very slowly and quietly and most drivers display astonishing patience. Wat Phnom, which lies in the north of the city, is today a meeting place for many of the city's inhabitants and on top of the hill resides a lovely temple and stupa.

Overnight: La Rose Suites or Similar, Phnom Penh (Meals: D)

Day 3: Sightseeing in Phnom Penh.

Today you will enjoy a fully guided tour of Phnom Penh including, this morning, the National Museum of Arts. This museum holds many of the country's rarest art works. Much of the country's art was either destroyed by the Khmer Rouge, or sold by unscrupulous dealers over the Thai border, and these impressive exhibits offer only a glimpse of what once was. Then, before lunch, you will see the Royal Palace with its Silver Pagoda. The Royal Palace (home to Cambodia's current King - Norodom Sihamoni) is a striking example of Thai-influenced Cambodian architecture. The Silver Palace (so called because of the 5,000 silver tiles which make up its floor) again contains many rare relics of the country's history.



After lunch you will visit the Toul Sleng Museum and the Killing Fields of Choeung Ek. The Toul Sleng Museum (better known as the Genocide Museum) provided the base for the Khmer Rouge security force, prison and interrogation centre, S21. The building, formerly a primary school with the photographs of many of its victims displayed on the walls, now stands testament to the brutality and murderous actions of the Pol Pot regime. After the prisoners were interrogated here they were taken to Choeung Ek to be executed. Many of the country's intellectuals along with some Westerners were labelled 'enemies of the revolution' and killed in this complex. There now stands a stupa filled with human skulls as a memorial to the victims. The Killing Fields, situated just outside Phnom Penh now has a memorial Stupa and small museum dedicated to the memory of the 17,000 people killed in the extermination camp set up by the Khmer Rouge in the mid-1970s.

Overnight: La Rose Suites or Similar, Phnom Penh (Meals: BLD)

Day 4: Drive to Steung Areng - 5-6 hours.

Today you will leave the hustle and bustle of Phnom Penh and travel south towards the south coast. As you leave behind the suburbs of Phnom Penh, the scenery becomes more interesting and diverse, passing through the Pich Nil Pass where the road cuts through Bokor and Kirirom National Parks. You'll then swing west on National Highway 48 towards Koh Kong, going through the small port of Sre Ambel. The road soon passes through some beautiful stretches of Cambodian jungle, offering some expansive views over the Cardamom Mountains. You will stop for a lunch break before continuing on to the Steung Areng Community Based Eco-Tourism Project in the heart of the Cardamom Rainforest. This is your base for the night.

Overnight: Simple Guesthouse at community Based Eco-tourism Project (Meals: BLD)

Day 5: Mountain bike (20km) and walk (8km) to Chhay Tapang Waterfall.

After an early morning breakfast at your guethouse you saddle up and make your way by mountain bike towards the Chhay Tapang waterfall. The cycle ride is 20km and should take around an hour or so. Alternative transportation will be available for those who do not wish to cycle.

At Chomnar village, close to the Steung Areng River, you will disembark from your bikes and set off on foot. You will stop for a lunch break under the shade of the trees before you delve further into the forest to reach Chhay Tapang waterfall. At 150 meters tall the waterfall is the largest in the Areng area. Here you will have plenty of time to relax, take photos or even go for a dip! Your cook in the meantime will be preparing your dinner which you will enjoy by the falls before retiring to your tent for a good night's rest.

Overnight: Camp (Meals: BLD)

Day 6: Walk to Chomnar Village - 8km. Cycle to Chrok Ruessey Village - 13km. walk to Mrech Kongkep Mountain - 4km, 850m ascent.

After a peaceful night's sleep close to the waterfall you will have your breakfast before retracing your steps back to Chomnar Village. An early lunch will be had before saddling up again and riding to Chrok Ruessey. If you do not wish to cycle the 13km ride then alternative transport can again be provided.

Before reaching Chrok Ruessey you will leave your bike start and begin the uphill walk to the top of Mrech Kongkep Mountain - this will take around 2 hours. Mrech Kongkep Mountain is known as 'Areng's Paradise' it is a wonderful place to relax taking in the blanket of mist that covers the valley below in the early morning. You may also see hornbills and other birds. The viewpoint is popular with local people so you may find yourself sharing the summit tonight. Dinner will be had watching the sunset around the campfire - a fabulous way to end a great day.

Overnight: Camp (Meals: BLD)

Day 7: Walk and cycle back to Community Based Eco Tourism Project. Transfer to Areng Camping Eco Resort.

This morning you will have an early start to see the spectacular sunrise from your mountain-top campsite. You will then retrace your footsteps back to Chrok Ruessey. This should only take an hour or so as it's downhill all the way. From here it is a 7km cycle back to the CBET centre where you stop and enjoy some lunch. Afterwards you will be transferred to the Areng Camping Eco-resort for some relaxation and time at leisure

Overnight: Areng Camping Eco-Resort (Meals: BLD)

Day 8: Drive to Kampot - 6 hours. Sunset boat trip.

Leaving Areng you will be driven to the charming town of Kampot. It's a long drive but there are interesting things to see along the way and your guide will ensure you have comfort stops. When you arrive in Kampot you will check into your hotel and then be free to explore the old town.

Kampot is a sleepy old French town, slightly crumbling, on the banks of the river. Once a bustling port before Sihanoukville was built, it is now known for its pepper plantations and salt fields. Many buildings date from the French colonial period, including the Governor's Mansion.

In the late afternoon, there will be a sunset boat trip down-stream to the river mouth. Most fishermen live in wooden houses on stilts set along the river banks and life is lived outside, on or around, the river. The fishing fleet sets off in the afternoon for the evening catch and the combination of the river, sea and Bokor Mountain in the background makes for a spectacular sunset.

Overnight: Rikitikitavi Hotel, Kampot (Meals: BLD)



Day 9: Walk to Phnom Chnork - 3 hours. Afternoon boat trip to Rabbit Island. Return to Kampot.

It is a short drive to the start of the walk at the village of Kbal Romeas. The small community is strung out along the dirt road and consists mainly of small farms. There is a small, bustling market set below a limestone outcrop and you can see your destination of Phnom Chnork in the distance. The farmers grow rice and vegetables in neat plots and all own cows and pigs. There are numerous photo opportunities and the villagers are extremely friendly. After arriving at Wat Ang Sdok, you cross some paddy fields to reach the foot of a limestone outcrop. Steps have been built to reach the cavern which houses the 7th century brick temple dedicated to Shiva. There are fabulous views of the surrounding rice paddies and farmland from outside the cavern. You will be met by your vehicle and driven to the tiny seaside resort of Kep-Sur-Mer. Originally built by the French 100 years ago, it was a favourite spot for the Cambodian elite in the 1960's and the ruins of many pre-war villas dot the landscape. There is now some rebuilding, but it remains a slightly eerie place. The boat trip to Rabbit Island takes 20 minutes and after lunch on the beach there will be time to explore or simply swim in the warm sea. The island is home to about 20 fishing families and there is a small path around part of it. After a relaxing afternoon you will return to Kampot for the night.

Overnight: Rikitikitavi Hotel, Kampot (Meals: BLD)

Day 10: Drive to Phnom Penh - 3½ hours. Time at leisure.

Today you drive to Phnom Penh and after lunch in the hotel the afternoon is free. It is well worth visiting the Russian and Central markets. The Russian market is the best place for souvenir or clothes shopping, whilst the huge domed Central market is excellent for browsing, especially the food section.

Overnight: La Rose Suites or Similar, Phnom Penh (Meals: BLD)

Day 11: Drive to Siem Reap - 5 hours. Visit Kompong Khleang village on way.

The drive north to Siem Reap initially takes you across the Tonle Sap on the huge Chruoy Changvar Bridge - rebuilt after being destroyed during fighting in 1975. The drive is full of interest and on route you will visit a floating village. Kompong Khleang is the most beautiful of these villages, typically being built on stilts to accommodate the differing water levels as the mighty Mekong river floods and recedes. There will also be a chance to visit Spean Praptos, one of the spectacular Angkorian era bridges built by Jayavarman VII.

Overnight: Montra Nivesha Hotel or Similar, Siem Reap (Meals: BLD)

Day 12: Sunrise visit to Angkor Wat and visit Preah Khan. Afternoon at leisure.

This morning you will visit the legendary Angkor Wat for sunrise. It is a magical experience to enter the grounds of Angkor Wat in the dark, and gradually see the giant structure of the main temple emerging as the sun rises. It is a popular activity, but as most tourists return to their hotels for breakfast, you will eat a picnic breakfast next to the small lake and then be able to enjoy the temple in comparative peace and you will also be able to view the detailed bas-reliefs unhindered.



Angkor Wat was built in the first half of the 12th century by King Suryavarman II. There has been debate as to whether Angkor Wat was built as a temple, or a tomb, but it is now generally accepted that it was both; a temple of worship when the King was alive and a mausoleum after his death. It is surrounded by a wide moat and its architectural plan was designed to be symbolic. It was built to represent the universe with the five central towers symbolising the mythical Mount Meru, the outer wall the mountains on the edge of the world and the surrounding moat either the oceans beyond, or the universe. The first causeway is flanked by Naga - seven-headed snakes and the causeway represents the bridge between Earth and Heaven.

The temple consists of three rectangular or square platforms, each of which is progressively smaller and higher than the one below. The lower platform contains amazingly-detailed bas-reliefs, which depict battle scenes as well as scenes derived from Hindu epics such as the 'Churning of the Ocean of Milk'. At the heart of the temple is a tower, which rises 65m/213ft, surrounded by four other towers at each corner. It is estimated that the temple took 30-40 years to construct. It is believed that King Suryavarman II died before the temple's completion with some carving being unfinished. The name 'Suryavarman' also has symbolic meaning with Surya

meaning sun and Varman meaning power, so in effect meaning 'the power of the sun'. You will also visit Preah Khan. Preah Khan means 'Sacred Sword'. The temple was built by Jayavarman VII and was dedicated to his father. The afternoon is left free for you to relax, shop, or enjoy having a walk around the cosmopolitan town of Siem Reap.

Overnight: Montra Nivesha Hotel or Similar, Siem Reap (Meals: BLD)

Day 13: Morning visit to Ta Prohm, Banteay Kdei and Sras Srang. Afternoon walking tour of Angkor Thom.

Today's morning walk is a great way to experience the impressive temples of the small Circuit, including everyone's favourite, Ta Prohm. You start the walk at the old French dam and take a short walk through the forest to Ta Nei, Ta Prohm, but without the tourists as we like to think of it. After exploring this charming temple, you continue to walk through the forest to emerge on the imposing temple of Ta Keo. After enjoying the views from on high, you wind your way around the old dykes of the Eastern Baray to the romantic northern entrance to Ta Prohm, free of other visitors. The four faces of the Bodhisattva are smothered by a large tree. Taking your time to soak up the atmosphere in Ta Prohm, you emerge from the East Gate and enter Banteay Kdei through the West Gate. You leave Banteay Kdei from the South Gate and make your way to the royal bathing pond of Sras Srang where there is the opportunity to enjoy a well-earned drink.

Trekking through the jungle provides a fantastic way to experience the best of Angkor Thom and offers a real insight into the size and scale of this ancient city. You begin your walk at the impressive South Gate of the walled city of Angkor Thom. You walk on the immense ancient walls towards the southwest corner where there is a small temple. You also discover the irrigation and drainage system that enabled the waters of the Siem Reap River to flow through the city from the northeast to southwest. You continue walking around to the West Gate, where the causeway has collapsed leaving a muddle of stone bodies looking like victims of some terrible historic accident. From the West Gate you weave your way towards the principal temples, exploring the Baphuon, the Royal Palace complex and Phimean Akas before arriving at atmospheric Preah Palilay. You then emerge on the central square of Angkor Thom, winding your way along the Terrace of the Leper King and Terrace of Elephants on the way to the enigmatic Bayon.

Overnight: Montra Nivesha Hotel or Similar, Siem Reap (Meals: BLD)

Day 14: Visit Kbal Spean, Banteay Srei, and Beng Mealea.

After breakfast you drive north to visit Kbal Spean. 50kms north of Siem Reap and commonly known as 'the River of a Thousand Lingas', it is an area of riverbed carvings and lush jungle. After about an hour's walk up through the forest you reach the small river. It is well worth spending an hour, or more wandering up and down the streambed where you will see the rich colours of the brown and green lichens. All the gods and goddesses depicted here are Hindu - Brahma, Vishnu, Shiva, Lakshmi, and Krishna. Hermits once occupied the area's many caves and it is still a place of meditation with people coming here to achieve enlightenment. It is thought that the temple was built and the Lingas carved in and around 900AD. This site was only 'rediscovered' in 1969 and is a tranquil place with an attractive waterfall.



By the time you reach the elegant temple of Banteay Srei, about 10kms from Kbal Spean, the main early morning crowds should have left. Built by a Brahman in the 10th Century, the temple was dedicated to Shiva. The famous pink sandstone structure bears a series of beautiful sculptures, lintels, pediments and friezes. These it is said must have been carved by women as the detail is too fine for the hands of a man. This gives us the origin of the Khmer name, 'Fortress of the Women'. After lunch you drive through an area of small villages to the remote temple of Beng Melea. Built on the same plan as Angkor Wat, this massive temple was enclosed by a giant moat, part of which survives. The central tower of the temple has completely collapsed and the jungle has encroached on the remaining structures. Clambering around the giant blocks is a fantastic experience.

You will make a visit to Srah Srang, the "Royal Bathing Pool", for stunning sunset views.

Overnight: Montra Nivesha Hotel or Similar, Siem Reap (Meals: BLD)

Day 15: Fly to London.

After breakfast there will be a group transfer to the airport for your flight back to London.

Overnight: In flight (Meals: B)

Day 16: Arrive London.

Today you will arrive in the UK.

Our grading system

Cardamom Mountains Trails is graded as a Gentle/Moderate walking holiday, as described below.

Gentle

Trips within this grade typically mix sightseeing with easy-paced half and/or full day walks. On these trips, walks will be on relatively low altitude trails, for a duration of around 4-6 hours. On all of our Gentle graded trips, some ascent and descent should be anticipated, and there may occasionally be a longer walking day. Holidays within this grade generally use hotels and comfortable lodges although a few do have some nights camping.

These holidays are suitable for people who enjoy easy-paced walks in the British countryside or exploring on foot rather than in a vehicle.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ A local English-speaking leader
- ✓ Good standard hotel accommodation in main cities and best available hotels in outlying towns
- ✓ Simple guest house and fixed camp in Areng
- ✓ Two nights camping with all equipment and portage
- ✓ All accommodation on a full board, twin share basis
- ✓ All road transport by private vehicles
- ✓ Sightseeing where specified
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed, group airport transfers for international flights on arrival and departure
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ A free Mountain Kingdoms kit bag

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- × Travel insurance
- × Visa fees
- × Airport departure taxes, excepting UK Departure Tax
- × Optional trips
- × Tips

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

For our clients who are not given a free Mountain Kingdoms kit bag (these are required for certain treks), there is the choice of receiving either a free Water-to-Go bottle or a free Mountain Kingdoms fleece. If you are not eligible for a free bottle, you will still be able to buy a special Mountain Kingdoms Water-to-Go bottle from us at a discounted rate.

For further information about our campaign visit [For further information about our campaign visit https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign.](https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign)

Your accommodation

We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



La Rose Suites or Similar, Phnom Penh

This 5* boutique hotel is centrally located in Phnom Penh on a quiet street close to the Royal Palace and Independence Monument. Elegantly designed it boasts many first-rate facilities including beautifully landscaped tropical gardens, a saltwater pool and a fine restaurant serving Khmer inspired cuisine. Suites come complete with their own kitchen as well as a rainshower in the bathroom, a mini bar, tea and coffee making facilities and free Wi-Fi.



Simple Guesthouse at Community Based Eco-tourism Project

The guesthouse rooms are basic but they do have solar powered electricity, proper beds and an attached bathrom with a western toilet/ simple shower.



Camp

Camping is in two-man tents with sleeping mats, pillows and blankets included. Table and chairs are provided for mealtimes and a toilet tent will also be available.



Areng Camping Eco-resort

The fixed safari-style tents at the Areng Eco Resort come complete with full-sized comfortable beds, wooden floors, electric lighting and outdoor seating areas. Bathroom facilities are shared with other guests and are located just a few metres from the tented accommodation. The resort has its own dining facilities and a number of activities are available for guests.



Rikitikitavi Hotel, Kampot

The Rikitikitavi Hotel was once a governor's home but was converted in 2005 into a charming small hotel. Situated close to the river and near the small town of Kampot, the hotel has a bar, terrace and restaurant where a daily a la carte menu is served. The stylish rooms have good facilities and free Wi-Fi is available throughout the property.



Montra Nivesha Hotel or Similar, Siem Reap

Located overlooking the Siem Reap River, the Montra Nivesha Hotel is authentically Cambodian with beautiful art and collectables from around the region adorning the walls and a traditional menu of classical Khmer cuisine served in its restaurant. Rooms are also inspired by Khmer design and blend contemporary and traditional design elements in a most attractive manner. The hotel also has a swimming pool and spa making it ideal as a place to relax after a day exploring nearby Angkor Wat.

Meal arrangements

Full Board from dinner on arrival day to breakfast on departure day.

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

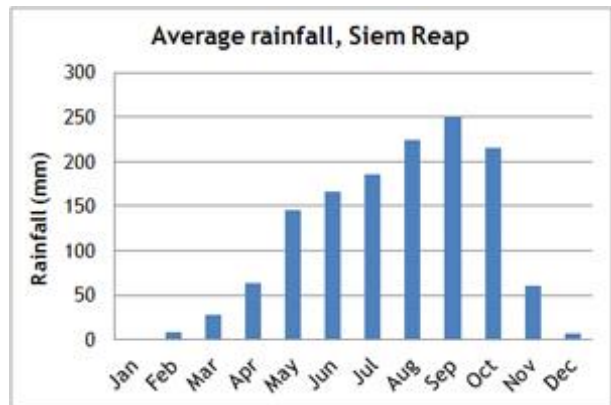
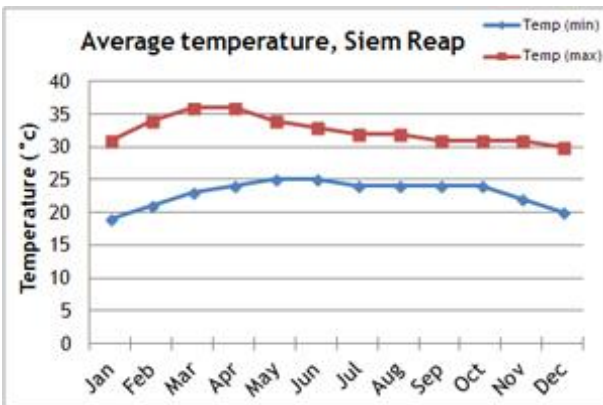
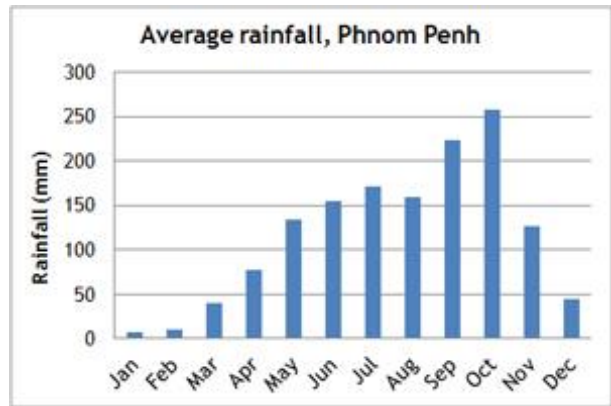
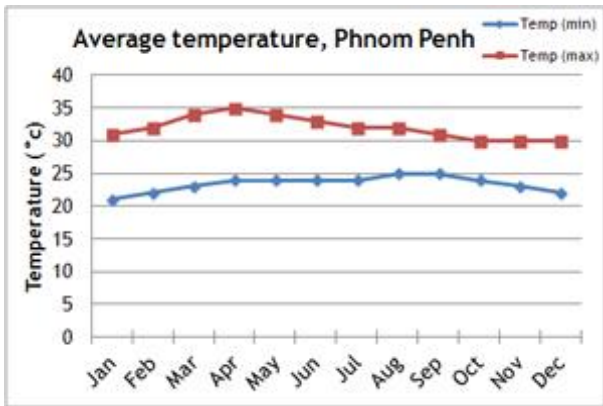
Further information

When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

The nature of adventure travel

Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Climate information



Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at www.mountainkingdoms.com.



There are many ways you can extend your holiday in Cambodia with Mountain Kingdoms: you could book extra nights at a hotel, relax at a beautiful beach resort, take a personal sightseeing tour or enjoy some other exciting activity. In fact whatever's available, we can help make it happen. We're happy to suggest ideas, provide quotes and make all the arrangements. We can also assist with flight and hotel upgrades.

Why book this holiday with Mountain Kingdoms?

- This holiday offers a unique tour of Cambodia taking you to the jungle interior of the Cardamom Mountains and to its remarkable cultural sights.
- We have included travel on foot, by boat and by mountain bike for an exciting, varied adventure.
- The two-night camping trip into the heart of the Cardamom Mountains is the best way to explore this wild landscape.
- We have have timed our visits to the sights in and around Angkor Wat to avoid the bulk of the tour buses, and we take you to the 'lost', jungle-ravaged temple of Beng Mealea - a precursor to Angkor Wat. No tour of Cambodia is complete without seeing this important site.
- We Include an in-depth tour of Phnom Penh and time at the charming resort of Kampot with its crumbling French architecture
- Your tour will be led by a professional, English-speaking guide who will be delighted to share their expert knowledge of the history, culture and nature of their home country.
- We have a maximum group size of 12, thereby offering you a genuine small group adventure in keeping with our commitment to responsible tourism.
- Our office team have extensive experience of travel throughout South East Asia and Seraphina Berry has completed this trip to the Cardamom Mountains. Please call or email Seraphina if you have any questions.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights team for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say



The whole Cambodia experience was exceptional and provided an intimate insight into the lives of its people, the wildlife, villages, landscape, history and culture as well as its shortcomings and problems. Mountain Kingdoms and their Cambodian partners are to be highly commended on producing such a beautifully balanced trip with so much packed into a short period of time without the group members feeling rushed or overwhelmed. The hotels were outstanding and the staff and guides gracious, helpful, patient and so very friendly as were other Cambodians we met. It was touching to be often thanked for visiting their country.

-Pat, Gloucestershire



This was a well organised and wonderfully varied trip. The conversations with local people about their country were part of what made it special for me as well as the many amazing sights. There were some added delights that were a complete surprise, like seeing fireflies on the river at Kampot, delicious food and delightful hotels.

-Ms M, Cumbria



Small groups of like-minded people. Excellent rapport with office staff in UK, feels personal. Very good balance between adventure and culture. Good variety in activities and accommodation. Concern for the environment, respect for the country. I don't feel like a tourist, more like a visitor.

-Mrs C, Cardiff

As with all previous trips, an excellent holiday. Well thought out and in my opinion, excellent value for money for what was provided. Also very welcome is the opportunity to get beyond the usual tourist sites, and the chance to get to know a country.

-Mr H, Middlesex



We much enjoyed our holiday in Cambodia and were delighted to meet so many happy, friendly people along the way. The temples were astounding, the Killing Fields were chilling, the country side was lovely and filled with so many interesting sights and photographic opportunities - overall Cambodia was a delight to visit, and our guides were wonderful.

-Mrs H, Northamptonshire



Three older ladies had an adventure: We overheard our first guide inform the second one that we looked a lot younger than we were - I wonder if he knew we were listening? This holiday was full of experiences and movement across the country between sights and environments: We seemed constantly to be on the move (often in boats of varying size) without feeling any rush and without any boredom in the travelling. The walks we did were never as strenuous as those we do regularly in Lakeland and so we were comfortable if a little warm. The trip included so many aspects of this country and its past - the recent history of the killing fields and ancient history of the old Capital at Siem Reap, the old and new in cities, forests, along rivers and on the coast. So much to see and appreciate. We expected to be wowed by the sights but we didn't expect to love the food and the people so much. We were so well looked after and yet every day was an adventure: Sunrise at Angkor Wat, sunset and fireflies in Kampot, chips and chilli for breakfast rowing down the river from Chi Phat, and coconuts on Rabbit Island beach. Did I mention the carvings in the river and on the temples? Wonderful Cambodia!

-Prof E B, Cumbria



Mountain Kingdoms - distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday - it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit www.tourismdeclares.com

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

Carbon Offsetting

Already doing:

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan tree planting project](#) in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

Will do:

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

Reducing Carbon Emissions

Already doing:

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

Will do:

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.

