

## Definitive Cultural Tour of Cambodia

Beyond the splendour of Angkor Wat lies a wealth of lesser-known natural and cultural treasures waiting to be uncovered.



### Group departures

See overleaf for departure dates

### Holiday overview

Style	Tour
Accommodation	Hotels, Eco Camp
Grade	Tour
Duration	18 days from London to London
Min/Max group size	4 / 8. Guaranteed to run for 4
Trip Leader	Local Leader Cambodia
Land only	Joining in Phnom Penh, Cambodia

Private Departures & Tailor Made itineraries available



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# Departures

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## Group departures

### 2024 Dates:

Sun 04 Feb - Wed 21 Feb

Thu 21 Nov - Sun 08 Dec

### 2025 Dates:

Sat 08 Feb - Tue 25 Feb

Sat 22 Nov - Tue 09 Dec

## Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 8. 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.

## 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.

## 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

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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

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- Visit the spectacular hilltop temple complex of Preah Vihear
- Explore the architectural wonders of Angkor Wat and Angkor Thom
- Search for endangered primates and rare birds in protected wildlife reserves
- Walk with rescued elephants at the Elephant Valley Project
- Take to the water to see the ‘floating’ stilt houses of Tonle Sap Lake
- Tour the many cultural and historic sights of Phnom Penh and enjoy a sunset river cruise
- Relax on the beach on pretty Koh Rong Island

## At a glance itinerary

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Days 1-2	Fly London to Phnom Penh
Day 3	Sightseeing tour of Phnom Penh and river cruise.
Days 4-5	Drive to Modulkiri and on to the Seima Protected Forest. Animal tracking.
Day 6	Walk with elephants at the Elephant Valley Project.
Days 7-8	Drive to Preah Vihear. Explore Preah Vihear Temple on foot. Drive to Siem Reap.
Day 9	Visit ‘River of a Thousand Lingas’ at Kbal Spean. Explore Banteay Srie.
Days 10-11	On foot exploration of Angkor Wat and Angkor Thom.
Days 12-13	Fly to Phnom Penh. Transfer to the Cardamom Tented Camp. Walks and jungle activities.
Days 14-15	Transfer to Sihanoukville and on to Koh Rong Island. At leisure.
Days 16-18	Transfer back to Phnom Penh. Fly to London.

## Trip summary

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We are delighted to offer this exciting new tour to Cambodia. As well as taking in some of the ‘must see’ sights our trip also takes you to lesser-known cultural gems and to some of the wilder corners of the country. Whilst the intricately carved temples of Angkor Wat rightly remain the country’s premier attraction, elsewhere there are forgotten temples, swathes of wildlife rich jungle and vibrant minority villages whose people still have enduring ties to the land.

Starting in Phnom Penh you tour the city’s gilded palaces and temples and take a sunset river cruise, before travelling to the northeast of the country, an area of hills and jungle including the Seima Protected Forest. Home to a resilient minority group, the Bunong people, Seima also shelters rare and endangered wildlife which ecotourism projects are working to protect from loggers and speculators. Here you will search for gibbons and other birds and mammals, and also enjoy a rewarding walk with a herd of rescued elephants.

Present day Cambodia is the successor state to the mighty Khmer Empire and you now drive north to visit the 11th century ruins of Preah Vihear. Considered to be the most spectacularly situated of all the remnants of the Khmer Empire, the temple complex is set high on a hilltop in the Dangrek Mountains, well away from the main tourist trail and you will explore this World Heritage Site on foot. You then head to Siem Reap where you will visit the riverbed carvings at Kbal Spean and the intricately carved temple of Banteay Srei, and then have two full days for an in-depth exploration of the magnificent temples of Angkor Wat and Angkor Thom.

Leaving the Khmer Empire behind a change of scenery takes you next to the Botum Sakor National Park. Here you stay in a top quality eco camp and immerse yourself in jungle activities whilst supporting the important conservation efforts of the wildlife alliance. Finally you will make your way to the palm-fringed, golden beaches of Koh Rong Island for a relaxing end to your superb tour.

The accommodation throughout has been carefully selected for its comfort, quality and location and offers a varied mix of boutique hotels, a stylish eco camp and an attractive beach resort.

# Your trip itinerary

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## Day 1: Fly London to Phnom Penh

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Today you will depart from London. As there are no direct flights to Phnom Penh from the UK you will fly overnight via a hub such as Bangkok.

**Overnight: In flight**

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## Day 2: Arrive Phnom Penh. Group transfer to hotel.

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On arrival in Phnom Penh, you will be met and transferred to your well-located hotel, close to the Independence Monument and a short walk from the royal palace and the riverside. After your long flight you might like to unwind with a walk in the lush tropical gardens, have a swim or perhaps venture out to take a stroll by the river.

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

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## Day 3: Sightseeing in Phnom Penh.

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Phnom Penh, the capital of Cambodia, was founded in the 15th century and is known for its beautiful, historical architecture. You begin your sightseeing at the stunning Royal Palace complex, home to the Cambodian royal family and a symbol of the nation. The palace, built in the 19th century, is a fine example of Khmer architecture with a slight French touch. It is set in beautiful gardens, landscaped with tropical plants and dotted with gleaming spires. You will visit the throne room, the Moonlight Pavilion and the Silver Pagoda, so called after the 5,000 silver tiles covering the floor. Here are found some of the country's most cherished treasures, including a life-size gold Buddha studded with diamonds and a delicate emerald Buddha made of crystal, which gives the temple its Khmer name of Wat Preah Keo (Temple of the Emerald Buddha).



After your visit to the palace you continue to the nearby National Museum. Housed in a terracotta structure of traditional design, it has a pretty courtyard garden and is home to the world's finest collection of sculpture from the Angkor period.

In the afternoon there is an optional tour to learn about the horrific crimes of the Khmer Rouge. Firstly you visit Tuol Sleng, formerly a school, which the Khmer Rouge turned into a prison. Today it is a museum which serves to remind visitors of the terrible atrocities that came to pass in Cambodia. Tuol Sleng is a profoundly moving experience and not everyone will want to visit. However, it is key to understanding the hell into which Cambodia descended and how far it has come in the years since. You then travel out of town to the Killing Fields of Choeung Ek. Prisoners from Tuol Sleng followed this same route to their fate. An old Chinese cemetery, Choeung Ek was turned into an extermination camp for political prisoners. The remains of 8,895 people were exhumed from mass graves and are kept in a memorial stupa here. Despite the horrors of the past, this is a peaceful place to visit and to reflect on the tragic events that engulfed Cambodia and its people. If you would prefer not to take this tour, you may relax at your hotel or explore in town instead.

In the late afternoon, you will board a local boat for a sunset and dinner cruise on the Tonle Sap River. The river famously reverses its direction each year, acting as natural flood barrier, the largest in the world, to the Mekong River. You will enjoy sunset views and see a side of Cambodia that seems far removed from life in Phnom Penh as you cruise past small floating villages and watch fishermen working with their boats. You return to your hotel after dark.

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

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## Day 4: Drive to Mondulkiri, 800m/2,624ft - 370 km, approximately 5 hours.

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Today you drive to Mondulkiri, a hilly province located 370 kilometres east of Phnom Penh. Firstly you drive north out of town across the Chruoy Changvar Bridge and then cross the mighty Mekong River into Prey Veng

Province. Later you go through the bustling junction town of Snuol and the border town of Kaoh Seima, before the road climbs into the hills and through some areas of pristine forest and jungle. After a journey of about five hours you emerge into a landscape of rolling hills and pine trees in the province Mondulakiri and continue to the regional capital, Sen Monorom.

Although it is the largest province in Cambodia, Mondulakiri is also the most sparsely populated. This upland landscape has a mix of grassy hills, pine forest and jade green rainforests. Wild animals, such as bears, leopards and especially elephants, are more numerous here than elsewhere, although sightings are usually limited to birds, monkeys and the occasional wild pig. Conservationists have established several superb ecotourism projects in the province, but are always having to battle against loggers, poachers, plantations and well-connected speculators. The area is home to various ethnic minorities including the hardy Bunong people and their much-valued elephants.

In the late afternoon, if time permits, you may visit the double-drop Bou Sraa waterfalls, and perhaps enjoy an afternoon swim there.

**Overnight: Mayura Hill Resort or Similar, Mondulakiri (Meals: BLD)**

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### **Day 5: Full day in the Seima Protected Forest. Gentle walks and game tracking.**

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Today you will visit the Seima Protected Forest, an area which covers 2,000 square kilometres and is home to 25 different species of carnivore, including tiger and seven other species of wild cat. This protected area is of international importance for the conservation of primates such as gibbons, black-shanked doucs, macaques and langurs, as well as Asian elephants, wild cattle and an enormous diversity of birdlife including the striking giant hornbill. Importantly, the Seima forest is also home to several communities who have depended on the forest economically, culturally and spiritually for many generations.



In Seima Forest, the tented Jahoo Gibbon Camp will be your base for the day's walking and exploration. Jahoo Gibbon Camp is a community-based ecotourism and conservation project. The community is composed mainly of Bunong indigenous people, who have traditionally lived in a close relationship with the forest, but who have limited access to means of income, education, and healthcare. Jahoo Gibbon Camp seeks to address this by providing a sustainable way for the community to earn an income through their forest resources.

You will need a very early start to drive to Jahoo Gibbon Camp in order to have the best opportunity to see the wildlife, particularly the endangered (and very pretty) yellow-cheeked crested gibbons. Experienced local guides will help you identify the wildlife and do their utmost to ensure that you get the most out of your visit. Breakfast and lunch will be provided at Jahoo Gibbon Camp.

**Overnight: Mayura Hill Resort or Similar, Mondulakiri (Meals: BLD)**

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### **Day 6: Half day at the Elephant Valley Project walking with an elephant herd - approximately 4-5 hours walking depending on the herd.**

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Today you will drive half an hour to the nearby Elephant Valley Project. This project, with the support of the Bunong villagers, rescues and rehabilitates captive elephants who have suffered injury and mistreatment.

You will have a unique 'Walking with the Herd' experience. You will be introduced to two herds of elephants and get to know more about their history, character, behaviour and body language while walking alongside them in their natural environment. This is a chance to observe these majestic animals at close quarters in a natural habitat that gives them total respect and as much freedom as possible.

Please note that the activities at Elephant Valley Project may vary depending on the season and weather, as the elephants are able to roam over a wide area - but whatever happens a unique experience is guaranteed. After lunch you will return to your hotel, with the rest of the day at leisure for you to relax and reminisce over the day's experience.

**Overnight: Mayura Hill Resort or Similar, Mondulakiri (Meals: BLD)**

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**Day 7: Drive to Preah Vihear - 7 hours.**

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After breakfast you will drive north towards the Laos and Thai borders. Firstly you travel along the new National Highway 7 towards Ratanakiri, where you will have lunch. You will then continue via Stung Treng a traditional fishing and farming region as well as a port and gateway to the nearby Lao border. Here you can learn about traditional silk production in northeast Cambodia as well as visiting the kindergarten where you will no doubt be greeted by lots of smiling, curious children. You then continue to your hotel at Preah Vihear through more lovely rural scenery.

**Overnight: Preah Vihear Boutique Hotel or Similar, Preah Vihear (Meals: BLD)**

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**Day 8: Explore Preah Vihear Temple. Drive to Siem Reap - 238km, 3-4 hours.**

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Today you will visit the temple of Preah Vihear - an ancient Hindu temple complex, built during the period of the Khmer Empire and considered to be one of the outstanding masterpieces of Khmer architecture. This site is particularly well preserved mainly due to its remote location. To reach Preah Vihear you take 4x4 vehicles up a snaking mountain road into the Dangrek Mountains, which mark the border between Cambodia and Thailand. The final section of the road clings to the face of a cliff which plunges precipitously away to the plains of Preah Vihear province, hundreds of metres below and the views are breath taking. This impressive complex is a World Heritage Site and you will explore the sprawling temple complex on foot.



Later you journey to Siem Reap where you check into your hotel. The rest of the day will be at leisure. You can relax by the pool or maybe treat yourself to a massage in the hotel spa. If you are feeling adventurous, you could jump in a tuk tuk and head into town to barter for the many souvenirs and clothing on offer.

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

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**Day 9: Drive & walk to Kbal Spean - 1 hour drive, 1 hour walk. Explore Banteay Srei. Evening circus performance.**

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After breakfast you will drive north to visit Kbal Spean. Commonly known as the 'River of a Thousand Lingas', Kbal Spean was only 'discovered' in 1969. It is an intricately carved riverbed, located deep in the foothills of the Cambodian jungle. The Khmers adorned the limestone river bed with a riot of carvings depicting Hindu mythological scenes and symbols, including thousands of lingams. There is an uphill walk to reach the river carvings, this takes about 50 minutes from the road and is an easy climb up through the jungle on a pretty path.

Later you head to Banteay Srei, Angkor's ultimate art gallery. This petite pink temple is considered the jewel in the crown of Angkor-era sculpture. The elaborate carvings here are the finest found in Cambodia - the name translates as 'Fortress of the Women', thanks to the intricate detail, considered too fine for the hands of a man.

On the way back to Siem Reap, you will visit the small Cambodia Landmine Museum to learn more about the scourge of landmines and the shadow they cast over rural communities in Cambodia. The museum promotes mine awareness and education and shows how land mines and bombs are being defused every day by a growing group of dedicated men and women, how help is being given to those disabled by explosions and also how schools are being set up to help educate and train the local young people.

In the evening you head out to the home of the innovative circus performers from Phare Ponleu Selpak. This contemporary circus includes acrobatics, dancing, juggling, live music and much more. As this is a modern circus there are no animals involved in the hour long show.

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

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**Day 10: Sunrise at Angkor Wat. Visit floating village on Tonle Sap Lake.**

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Rising at the crack of dawn, you journey out to the mother of all temples, Angkor Wat. The majority of Angkor Wat was built in the first half of the 12th century by King Jayavarman 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 Jayavarman II died before the temple's completion with some carving being unfinished.

After your visit to Angkor Wat, the rest of the morning is free for you to rest at your hotel or visit some other nearby temples.

You then drive to Tonle Sap lake, stopping en route to have lunch at Sala Roluos Khmer House, a beautiful traditional wooden house located close to the 9th century capital of Hariharalaya and the rustic Cambodian town of Roluos. After lunch you continue south to visit Kompong Pluk floating village. To reach the village you board a small wooden boat and cruise down a narrow waterway. In this medieval floating village, the houses stand atop stilts as much as seven metres above the water. Everything lives on the water, pigs, dogs, crocodiles and people, all jockeying for space in this incredible floating town. You explore the local wat, as well as some of the traditional Khmer houses on stilts. There is also the opportunity to stop a local floating café or restaurant amid the flooded forest. In the wet season, the houses appear to be floating, as water laps at the verandas, but in the dry season towering stilts are revealed, the houses almost like wooden skyscrapers and you can wander through the town's narrow streets.

Later, you return to your hotel by road and enjoy dinner at a local restaurant.

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

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### **Day 11: Early morning visit to Ta Prohm. Walking tour of Angkor Thom and Bayon. Evening dinner with traditional dance show.**

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It is an early start again today as you travel to Ta Prohm Temple. Now cloaked in shadows Ta Prohm was once a monastery and Buddhist temple dedicated to the mother of Jayavarman VII. There are many towers, corridors and piles of carved stones, now lying in ruins. It has become famous as one of the places used in the 'Tomb Raider' film, but despite its popularity it is one of the most atmospheric of all the monuments



Next you travel to Angkor Thom which you will explore on foot. This walk is 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 and walk on the immense ancient walls towards the southwest corner where there is a small temple, Prasat Chrung. 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 figures looking like victims of some terrible historic accident.

From the West Gate you weave your way towards the principal temples: the Baphuon, often nicknamed the world's largest jigsaw puzzle as it was dismantled before the civil war and the Khmer Rouge destroyed all the archaeological records; the Royal Palace complex, which was once home to the God-kings of Angkor; and Phimean Akas, a petite pyramid temple. Finally you arrive at atmospheric Preah Palilay, a Buddhist temple overshadowed by huge Capok trees.

You will then take a long break for lunch within the walls of Angkor Thom, enjoying some Cambodian food and perhaps a fresh coconut to boost your energy for the afternoon. Lunch will be at Sala Kdei, a beautiful traditional wooden house overlooking the royal bathing pool of Sra Srang.



After lunch, you explore the central square of Angkor Thom, starting at the Terrace of the Leper King. This intricately carved platform was the royal crematorium and the statue that was originally thought to be the leper king is now believed to be Yama, the god of death. You continue along the Terrace of Elephants, originally used as a viewing gallery for the king to preside over parades, performances and traditional sports. You may cross over the royal parade ground to take a look at the towers of Prasat Suor Prat, once believed to have been connected by rope bridges and used for dance and circus performances.

The climax is the enigmatic and enchanting temple of the Bayon. At the exact centre of Angkor Thom, this is an eccentric expression of the creative genius and inflated ego of Cambodia's most celebrated king. Its 54 towers are each topped off with the four faces of Avalokiteshvara (Buddha of Compassion), which bear more than a passing resemblance to the king himself. These colossal heads stare down from every side, exuding power and control with a hint of compassion, just the mix required to keep a hold on such a vast empire. Before clambering upwards, you puzzle over the mysteries of the bas-reliefs, with their intricate scenes of ancient battles against the Chams and their snapshot of daily life during the Angkor period.

The rest of the day will be at leisure and in the evening you will enjoy dinner with a dance performance that showcases the graceful form of traditional dance called Aspara.

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

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### **Day 12: Fly to Phnom Penh and drive to the eco camp in the Botum Sakor National Park.**

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After breakfast you will be transferred to the airport in good time for your flight to Phnom Penh. You will be met on arrival in Phnom Penh, and immediately leave the hustle and bustle of the city behind as you once again head back into the countryside.

Along the way you travel through the small port of Sre Ambel before passing beautiful stretches of Jungle and, weather permitting, enjoying some delightful views over the Cardamom Mountains. You stop for lunch at a local restaurant then continue to the Trapeang Rung Bridge. Here you will have a chance to freshen up before taking a trip along the Preak Tachan River to the eco camp at in the Botum Sakor National Park, an adventure in itself and a great chance to get some great photos.



After arriving into camp the rest of the day will be at leisure to take in the surroundings and immerse yourself in nature. Botum Sakor is Cambodia's largest national park and is situated on the Gulf of Thailand. It has a great diversity of habitat including grassland, forest, coastal plain and mangroves, and therefore has a rich diversity of wildlife including many endangered and endemic species. Research into the park is still in its infancy though, so there is still much to learn and discover about the species who call the park home.

**Overnight: Cardamom Tented Camp, Botum Sakor National Park (Meals: BLD)**

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### **Day 13: Forest walk.**

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After an early breakfast you will meet the Wildlife Alliance rangers whom the staff at the tented camp work closely with to maintain the area and its species. You will take a gentle walk along a network of abandoned poaching and logging trails in the dense forest. There may also be a chance to spot some macaques, gibbons or hornbill. This morning's walk will come to an end at the Ranger Station, where you will find many of the confiscated items that poachers have used on display.

You then have two options to return back to camp: you can walk back or alternatively you may kayak back to the camp along the meandering river.

**Overnight: Cardamom Tented Camp, Botum Sakor National Park (Meals: BLD)**

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**Day 14: Depart Cardamom tented camp and transfer to Koh Rong Island.**

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This morning if you are an early riser you can go on a self-guided walk along the forest trails. You will then bid a fond farewell to the camp and make your way to the coast and the popular resort of Sihanoukville. On arrival at the pier you will take a local speed boat to your accommodation on beautiful Koh Rong Island. Your resort is located on the beach giving you the chance to really relax and to watch some fantastic sunsets.

**Overnight: Anaya Koh Rong Hotel, Koh Rong Island (Meals: B)**

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**Day 15: At leisure.**

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Today is free for you to relax and enjoy the excellent facilities at your hotel, or to explore the island. Koh Rong is famed for its beautiful white sand beaches and warm, crystal clear waters, whilst the interior of the island is made up of dense jungle terrain. Your hotel offers a selection of activities and local tours if you are feeling a little adventurous. These can all be booked and paid for locally.

**Overnight: Anaya Koh Rong Hotel, Koh Rong Island (Meals: B)**

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**Day 16: Return to Phnom Penh - 6 hours.**

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This morning you will leave Koh Rong, taking the speed boat back to Sihanoukville then driving back to Phnom Penh for your final night in Cambodia.

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

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**Day 17: Transfer to airport and depart Cambodia.**

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

**Overnight: In flight (Meals: B)**

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**Day 18: Arrive London.**

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## Our grading system

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Definitive Cultural Tour of Cambodia is graded as a Tour, as described below.

### Tours

Tours may include any of the following activities: sightseeing, visiting local villages, exploring temples, game viewing, birdwatching, husky sledding, mountain flights, city tours and dramatic journeys by road, rail, or river. Occasionally there will be short, gentle walks so that you can properly explore the cultural sites you are visiting.

## What the price includes

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**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:

- ✓ An English-speaking leader
- ✓ 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
- ✓ Boutique or good standard hotel on a twin share basis
- ✓ 2 nights comfortable tented camp accommodation on a twin share basis
- ✓ All meals from dinner on day 2 to dinner on day 13. Breakfast only from day 14 onwards
- ✓ All road transport by private vehicles
- ✓ Sightseeing where specified
- ✓ All entrance fees as per the itinerary
- ✓ A free Mountain Kingdoms Water-to-Go bottle
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)

### 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
- ✗ 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.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased 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

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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.



### **Mayura Hill Resort or Similar, Mondulkiri**

The Mayura Hill Resort is a small boutique hotel located on the outskirts of Sen Monorom, surrounded by greenery. The rooms are pretty, light and airy with comfortable beds, hot showers and air conditioning and the hotel has gardens and a swimming pool.



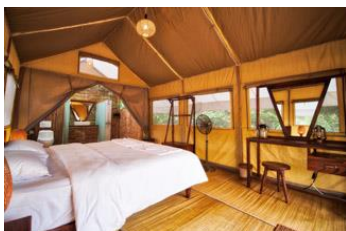
### **Preah Vihear Boutique Hotel or Similar, Preah Vihear**

This boutique hotel combines beautiful Cambodian architecture with elements of modern design. The hotel is a short 5-minute walk from Saem Market and has an outdoor pool and free WiFi. The stylish and bright rooms are equipped with shower, free toiletries, minibar and personal safe and enjoy views of the gardens and pool.



### **Montra Nivesha or Similar, Siem Reap**

Located overlooking the Siem Reap River, the Montra Nivesha 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.



### **Cardamom Tented Camp, Botum Sakor National Park**

This super comfortable eco-camp is part of a joint sustainable tourism initiative in Botum Sakor National Park. The riverside camp has nine safari style canvas tents that come complete with en suite shower rooms (with hot water and flush toilets), a generous-sized patio area, and large beds with high quality bedding. The camp has a stylish, communal dining area and bar where the Khmer chef serves local dishes made with home grown produce.



### **Anaya Koh Rong Hotel or Similar, Koh Rong Island**

This small, 4\* hotel is surrounded by lush jungle on three sides and crystal clear ocean fronted by white sand on the other. The hotel has 20 large, bright villas each with its own small terrace and en suite 'open air' shower room. The hotel has a swimming pool, garden and its own private beach. There is a restaurant serving a variety of international cuisines.

## Meal arrangements

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15 breakfasts, 11 lunches and 12 evening meals are included.

## Flight arrangements

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### 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

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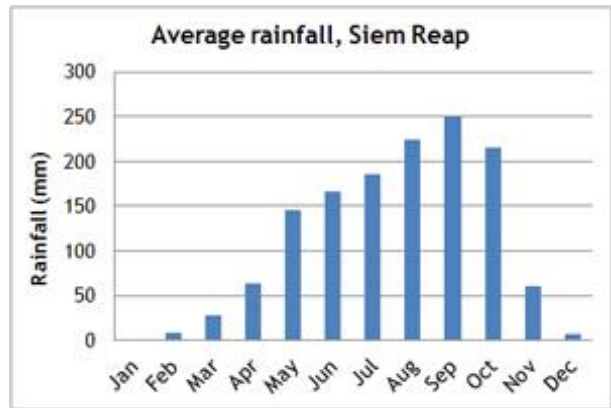
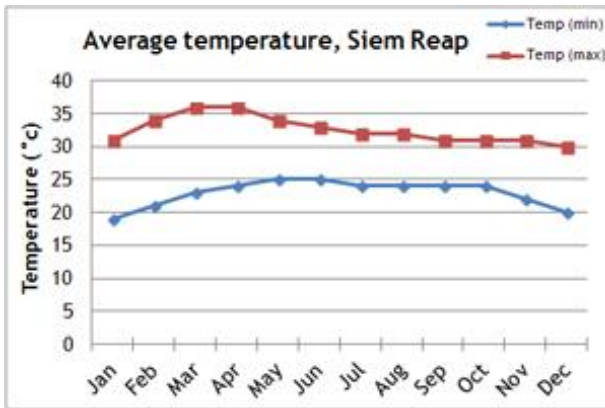
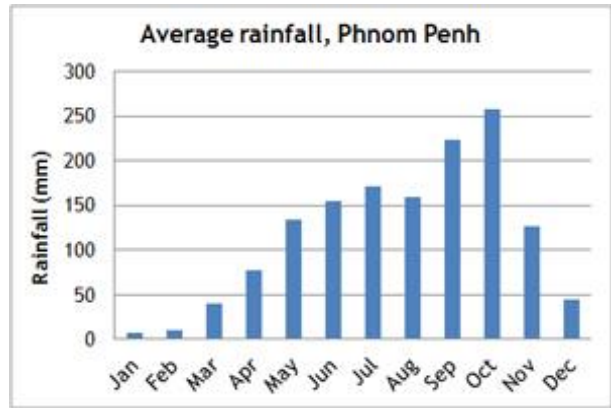
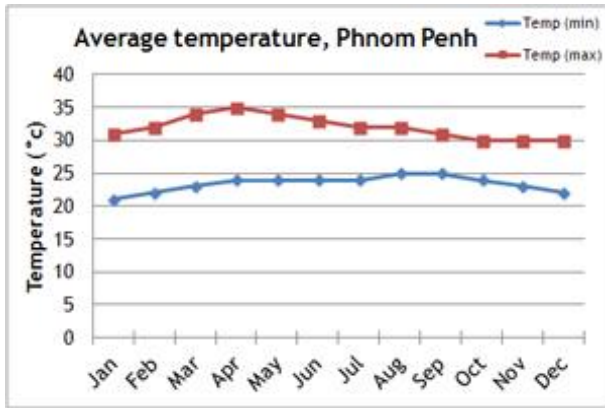
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## The nature of adventure travel

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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

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## 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](http://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, travel to one of the country's fascinating cities, 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?

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- This unique Mountain Kingdoms holiday combines in-depth exploration of Cambodia's must see sights with less-well known monuments, remote wilderness areas and some wonderful rare wildlife encounters.
- We include plenty of time to thoroughly explore the wider temples and ruins of Angkor Wat on foot.
- The holiday includes an exploration of the canals of Tonle Sap Lake by boat (water levels permitting) and a visit to a stilted village.
- You spend time in the Botum Sakor National Park, an area rich in wildlife and bio-diversity
- You will stay in attractive boutique accommodation and quality hotels throughout, with the exception of two nights in a super comfortable tented eco camp.
- 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.
- Linda Denniff researched this trip when she visited Cambodia in 2018, so if you want to talk to someone in the office with first-hand experience of the holiday, call Linda on 01453 844400.
- Our maximum group size is 8 for this trip. This provides for a genuine small group travel experience and helps reduce the negative aspects often associated with larger groups.
- 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](http://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

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*This was quite simply one of the very best trips I have ever been on and I have been on some excellent ones including with Mountain Kingdoms. The hotel quality surpassed expectations nearly everywhere. The trip was a superb blend of culture, ancient sites, wildlife and relaxation. The drivers and guides were not only knowledgeable and wonderfully helpful but kept dreaming up lovely little surprises for us! This is a superb trip that I would unhesitatingly recommend to anyone.*  
-Mr & Mrs M, Kent



*This is a really fascinating holiday due to the sights and the culture of the country plus the wonderful food and the lovely Cambodian people. On a trip with so many highlights my favourite moments were being so close to the elephants at the Elephant Valley Project and seeing the incredible temples at Angkor Wat.*  
- Linda Denniff, Operations Team, Mountain Kingdoms

# Mountain Kingdoms - distinctly different

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## **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](http://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](http://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.

