



## CAMBODIA - CAMBODIAN COASTAL EXPERIENCE 5N / 6D



### ITINERARY

Journey through Cambodia's scenic South Coast, exploring its ancient temples, charming fishing villages and relaxing on its quiet beaches. Highlights

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See the sights of Cambodia's capital Phnom Penh

Explore the mysterious, jungle-clad Ta Prohm, 6th century Angkor Borei and Phnom Da

Take a boat ride to lovely and idyllic Rabbit Island and relax on the beach

Learn to prepare traditional Khmer dishes at a cooking school in Kampong Som



#### Day 1: Phnom Penh

Spend the day sightseeing in Phnom Penh, a dynamic and fascinating city. Take a cyclo tour around the city along the scenic Tonle Sap River, accompanied with oral history of the area. Graceful tree-lined boulevards and riverfront promenades are reminders of a bygone era, yet today they teem with life and activity, as motorcycles weave in and out of traffic, and vendors hawk their wares. Gain insight into Cambodia's cultural heritage with a visit to the Royal Palace and the adjacent Silver Pagoda, also known as the Pagoda of the Emerald Buddha. Continue to the elegant National Museum, and take in its comprehensive collection of Khmer Art. Overnight in Phnom Penh.

**Day 2: Phnom Penh - Kep**

Journey southwest to Kep, en route visiting Tonle Bati, a lake south of Phnom Penh, with a beach and the impressive laterite temple of Ta Prohm. Visit Angkor Borei, a 6th century monument, built in laterite by King Rudravarman of Funan. His patron deity was Vishnu and many Hindu statues survive from this site. It is one of the few remaining sites with traces of the Kingdom of Funan (a kingdom influenced by India and thought to have spread as far as southern Burma and Indonesia). Head to nearby Phnom Da, a hill crowned with an ancient temple and five artificial caves with shrines.

Overnight in Kep.

**Day 3: Kep**

Take an excursion by boat to Rabbit Island (Koh Tonsay), a lovely and idyllic little island located about half an hour by boat from Kep, with several pleasant beaches and a small fishing community. The sea here is shallow and has a long slope, making Rabbit Island excellent for walking and swimming. Enjoy the afternoon at leisure.

Overnight in Kep.

**Day 4: Kep - Kampong Som**

In the morning, depart from Kep for Kampong Som, visiting the Sor Soea Caves and Phnom Chhnork along the way. The first cave that visitors see and one of the most important is Phnom Chhnork.

Limestone mountains dot the landscape, and many contain limestone caves, some adorned with exotic rock formations, and Hindu and Buddhist shrines. Visit Phnom Sasear, or "White Elephant Cave", so named due to limestone formations resembling white elephants. This cave is located next to a beautiful pagoda. Climb the stairs that rise from the side of the limestone outcropping for a wonderful view of the countryside.

Overnight in Kampong Som.

**Day 5: Kampong Som**

Enjoy a cooking class at a traditional Khmer cookery school. The course starts off with a fresh fruit salad, tea, coffee or a soft drink of choice. Following refreshments guests are introduced to all of the ingredients which are fresh from a local morning market. Learn how to prepare three different traditional Khmer dishes from an English speaking Khmer chef. Enjoy lunch with the food that has just been prepared. Afterwards, have the afternoon at leisure.

Overnight in Kampong Som.

**Day 6: Kampong Som**

Depart by vehicle from Kampong Som for Phnom Penh.