



# Wellness Journey in Cambodia

*9 Days / 8 Nights*

## TRIP HIGHLIGHTS

- \* Discovering ancient Angkor by Remork, taking less-traveled paths of Angkor, ride pass jungle ruins to some of the most famous sites.
- \* Experiencing the exclusivity of a Buddhist blessing ceremony, Learning and speak about local religion
- \* Relaxing with the uniqueness of gondola Sunset, Watch a spectacular sunset at Prasat Chroung temple with cocktails, wine, canapés
- \* Having the Khmer breakfast set up at a traditional wooden house located in one of the villages in the heart of the Angkor Archaeological
- \* Exploring Cambodian cuisine by cooking class, join a local family chef and learn the traditional techniques used to make Khmer dishes.
- \* Riding bicycle through the local countryside, catching eyes with a unique moments of the Cambodians' daily life, countryside
- \* Learning yoga techniques and meditation, practice of deep breathing and the stretching of your whole body parts
- \* Enjoying a ride in a water buffalo-drawn cart, a unique and eco-friendly way to explore and enjoy the local countryside.
- \* Visiting a pepper farm, guide through the pepper plantation, going through the fields as you learn about planting, growing, and harvesting both pepper and various native fruits, vegetables, and spices.

### **APSARA TOURS**

House #8, Street. 254, Chaktomuk, Khan Daun Penh, Phnom Penh, Cambodia

Tel: 855 23 212019 / 855 12 80 17 72

[sales5@apsaratours.com.kh](mailto:sales5@apsaratours.com.kh) / [www.apsaratours.com.kh](http://www.apsaratours.com.kh)

## Day 1: Siem Reap - Arrival

Arrival at Siem Reap international airport by flight. You will be welcomed by your local English-speaking guide then transfer to your hotel.

*Note: Official check-in time at 2:00pm. Early check-in in room is subject to available.*

A welcome drink will be provided upon check-in at your hotel.

After That, you will enjoy with **Khmer massage**, the ideal start to a Siem Reap wellness trip!

Dinner at leisure.

Overnight at hotel in Siem Reap.

## Day 2: Siem Reap

(B/L)

**Morning tour with Remork (Tuk Tuk).** Before dawn, we will bring you to the mystical site of Angkor Wat, quiet at this hour of the day, for a **unique sunrise**. You will then explore Angkor Wat temple; one of the wonders of the oriental world. Masterpieces of decorative details as well as of architectural style, its awe-inspiring ruins survive as testament to the spectacular achievements of Southeast Asia's greatest civilization. It is a replica of the universe according to the Hindu mythology.

It is composed by the Mount Meru, surrounded by the continents and the oceans. Its extraordinary bas-reliefs, describe some Khmer epics and myths.

**Khmer breakfast at a traditional wooden house** located in one of the villages in the heart of the Angkor Archaeological Complex.

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Continue to the ancient city of Angkor Thom, the last capital of the Great Khmer Empire. Angkor Thom is most notable for its perfectly square, eight-meter-high retaining wall and lavish entrance gates. Inside the centre of the complex is the 12th century **Bayon Temple**, well-known for its 54 towers carved with enigmatic faces, the **Terrace of the Elephants and Terrace of the Leper King**.

**Note:** During the visit of Baphuon temple – visitors should wear shirts or blouse covering shoulders and arms and long skirts or trousers covering legs (no miniskirt or short trousers).

Return to Siem Reap for an organic lunch at the **Niam Niam** restaurant

You will head to a local pagoda where you will have the opportunity to enjoy the unique experience of a private Buddhist blessing ceremony, wishing you good health, good luck and a safe journey – a very special experience to live!

You will have the possibility to meet and chat with a true Cambodian Buddhist Monk in order to speak about Buddhism religion around a hot tea in the serenity of a pagoda. The Buddhism practiced in Cambodia is currently a form of Theravada Buddhism. It's the main religion in Cambodia (95% of the population) and it's truly a part of the daily life of Khmer people.

Overnight at hotel in Siem Reap.

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After your breakfast, spend your morning to experience **Cambodian cuisine, cooking class at the countryside (There are several options to be selected at Phum Sla eco resort and Kork Tnort community)**. In the cooking class, you will learn how to prepare traditional and delicious Khmer dishes under the guidance of the chef.

Learn cooking Cambodian cuisine and culture with enthusiasm talented local chef team at the organic farm; participants will enjoy picking their own fresh ingredient from the soil ground on their Angkor Wat journey.  
Return to your hotel for some relaxation, avoiding the mid-day heat.

This afternoon, Start the full tour at the 12th century Preah Khan, before continuing to Ta Prohm temple. Overgrown by jungle trees and vines and partially crumbling to the ground, this 12th -13th century structure is one of the complex's most picturesque.

Conclude the morning visit at the beautiful Banteay Kdei, a former Buddhist monastery from the late 12th century. Each of its four entrances is decorated with garudas holding the four faces of Avalokiteshvara.

Return to the temple complex in the late afternoon to end the day with a relaxing cruise in a **gondola paddle boat** on the moat of Angkor Thom. Watch a spectacular sunset at **Prasat Chroung temple with cocktails, wine, canapés and soft drinks** available on the boat.

Dinner at leisure.

Overnight at hotel in Siem Reap.

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Breakfast at hotel. This morning, join **a sharing yoga class for 60 minutes to 1h15 among the following** options: Ashtanga - Vinyasa - Yoga Flow - Hatha Flow - Restorative Yoga. There are several options to be selected inside the temples area

1. Water splash nearby the Takeo temple, located in the small circus. Highly recommend for Yoga course.
2. At Prasat Chung name of the location, the four corners of the city walls of Angkor Thom. Prasat Chrung is untouristed and pretty charming. The most interesting of the four Prasat Chrung locations is at the southeastern corner of Angkor. It highly recommends for Yoga class starting from the dark sky to the shine sky.

Lunch will be served at **Chamkar Restaurant** which is a 100% vegetarian restaurant; the food is organic where possible, and all dishes are cooked to order.

Later in the afternoon, you will go for **a bicycle ride in the countryside**; cycling from your hotel to Phnom Krom hill. On the way, you will stop at the local NGO school of Sala Bai for a refreshing break.

Riding through the local countryside, you will be amazed by the scenery and will have the opportunity to catch with your eyes unique moments of the Cambodians' daily life!

Your ride will end at Phnom Krom, a nice little hill next to the Tonle Sap Lake. You will arrive at the perfect time to enjoy the sunset at the top of the hill.

Enjoy a fresh coconut fruit in a quiet atmosphere.

You will then be transferred back to your hotel by back-up vehicle.

Dinner at leisure.

Overnight at hotel in Siem Reap.

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**Day 5: Siem Reap –) Phnom Penh by flight**

**(B/L)**

After breakfast, transfer to airport for your departure flight to Phnom Penh. Upon arrival in Phnom Penh, transfer to the hotel for check in.

Afternoon, you will visit **Royal Place – Silver Pagoda**. It is a complex of buildings which serves as the royal residence of the king of Cambodia.

Then Enjoy **a cruise on the mighty Mekong and Tonle Sap rivers**: the perfect opportunity for a different perspective of the Cambodian capital. Appreciate scenic landscapes along the contrasting riversides of the Tonle Sap, where a modern skyline is rapidly developing, and the Mekong River, where a rural Cambodian lifestyle and landscape still remain.

Whether comfortably seated on the aft deck or standing on the foredeck, enjoy the breezy evening atmosphere with local beer and soft drinks. Enjoy the spectacular views of the city, reflecting the charm of Phnom Penh during the sunset hour.

After the cruise, return to the riverfront and continue to dinner or return to the hotel.

Overnight in Phnom Penh.

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This morning transfers in your car from Phnom Penh (to the seaside town of Kep (transfer 3h), Cambodia's prestigious beach resort of the 1960s that is slowly awakening to its former glory.

Along the way, we will then spice up our tour with a **visit to a pepper farm**. Upon arrival at La Plantation, enjoy an informative presentation to learn about different types of Kampot pepper, tasting the various forms grown on the farm. Then take a walk with a guide through the pepper plantation, visiting the fields as you learn about planting, growing, and harvesting both pepper and various native fruits, vegetables, and spices. The tour ends at the Sala Chan, our iconic wooden building that has been preserved from destruction.

You will learn how to taste our peppers and spices, and we will share some tips and recipes to make the best of La Plantation spices in your kitchen back home.

### **Having Lunch at pepper farm cooked by local family**

Take time to digest by enjoying a ride in a **water buffalo-drawn cart**, a unique and eco-friendly way to explore and enjoy the local countryside. This one-hour, twenty-minute tour will pass through a pastoral landscape to the shores of the Secret Lake to offer a glimpse into the local lifestyle and rural activities in the small farming villages around La Plantation.

Soon, we will continue to Kep town, Kep is best known for its sea foods, especially crab. We will take you to the Crab Market to see the bustling activity while locals bring in their fresh catch.

After that go ahead to your hotel check in and over night

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Early in the morning, **Starting the yoga techniques and meditation**, you will gain in suppleness and physical balance, thanks to the practice of deep breathing and the stretching of your whole body parts, as well as an approach and practice of the various concentration and meditation techniques, thus enabling you to a more conscientiousness of your body and soul:

**Last Afternoon, walking through the lush jungles** of Cambodia is one of the most remarkable experiences. **Kep National Park** provides one of the best accessible and most ambivalent options to do so. Covering 50 square kilometers in the center of Kep Province. It is classified as low land tropical forest and consists of three main Phnoms (Khmer for mountains)—Krasaing, KepToch, and Kep Thom. Offering beautiful views of the nearby sea and surrounding countryside, the park is a great place to go for a hike and enjoy this natural and currently undeveloped oasis.

Overnight at hotel.

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**Day 8: Kep**

**(B)**

Having Breakfast at your hotel, enjoy afterwards, a free day at leisure., enjoy your hotel's facilities or have a spa treatment town on your own arrangement (no guide, no vehicle at disposal).

Overnight at hotel.

**Day 9: Kep Overland to Phnom Penh – Departure Flight**

**(B)**

Breakfast at hotel.

Enjoy some time at leisure until your transfer back to Phnom Penh for Departure flight Phnom Penh International Airport.

*Note: Official check-out time at your hotel is 12:00 pm.*

**\*\*End of services\*\***

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