

Zen Out and Detox Lover

Program : 9 days / 8 nights Phnom Penh – Kampong Cham – Siem Reap.

Emeline 09/09/2019



DAY 01

ARRIVAL – PHNOM PENH

[-/-/D]

Upon your arrival at Phnom Penh Airport, our team will welcome you with jasmine flowers and assist you with your visa (Fast track). Then you will be greeted by your English speaking guide and transferred in a private vehicle to your hotel for check in.

You will discover your resort on the bank of the Mekong; with a large pool to enjoy your first day of holidays.

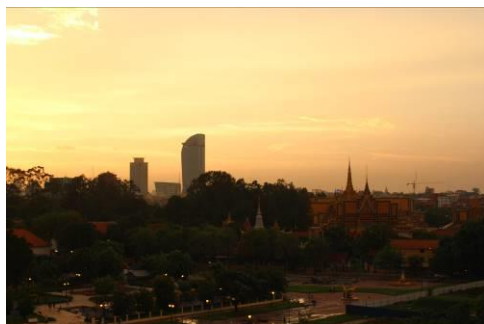


Free time at leisure to rest.

Lunch at your own expenses.

In the afternoon you could enjoy an aromatherapy massage at the spa of your hotel The Bale, the perfect place to be pampered and relax.

Dinner at your hotel, with the view of the Mekong.
Overnight at the hotel



DAY 02

PHNOM PENH

[B/L/D]

Start your day with an early yoga class in the garden of the resort, with the view of the Mekong. A perfect moment of relaxation.

Breakfast at your hotel.

Then, you will leave your hotel with a private vehicle, for your first steps in Phnom Penh discovering the "Secrets of Victoire".

You'll meet a nice French lady who lives in Cambodia since many years. She will propose you to discover the Capital with another eyes, and share with you all of her secrets.

Start your morning with a little bit of legend and history, learn how the city gets its name, and discover surprising sites inherited from the French Protectorat.

She will bring you also to Orussey Market, one of the most traditional markets in the heart of the capital, to discover all the Cambodian herbs used in traditional medicine. And if you would like you could enjoy a local lunch at the market.

After lunch, you will meet your English local guide. By car, you will discover the Royal Palace adorned of manicured gardens. Visit the Throne Hall and the Silver Pagoda where



are kept all the Treasures of the Crown: admire its floor paved with tiles in pure silver and the Emerald Buddha.

Then, you will discover the Maison Apsara and participate in a workshop with Lana and Gladys, specialized in natural cosmetics and essences. All their product are local and organic, mainly from the Cardamom mountain in the south. They will teach you how to make your tiger balm, one of the basics in the traditional medicine in South East Asia. (1,5hour)

Then you will reach the Riverside, and embark for a cruise on the Mekong to return to your hotel. Discover the city from a different view point, with its skyline and the Royal Palace. How modern times meets with Khmer tradition.

During this precious moment of relaxation, we propose you to enjoy a meditation course on the main deck.

Dinner at your hotel.
Overnight at the hotel.



DAY 03

PHNOM PENH – HANCHEY ECO RESORT

[B/L/D]

Breakfast at your hotel.

Overland transfer from Phnom Penh to the Hanchhey Eco Resort via Kampong Cham (297 Km around 3h by road), with your English local guide.

On the way, enjoy a short stop at the crossroad town (what is this?) to discover a local culinary “delicatessen” for those adventurous enough to venture into new tastes: the “Deep-fried Spiders”!

Before arrival in Kampong Cham, stop to visit the Pagoda Norkor Bachey. The temple was built in the middle of the 11th century, during the reign of Suryavarman II and King Ouphey, dedicated to Brahmanism. This temple has a special atmosphere with a small Pagoda built in the middle. You can meet the old people who live there, they will be happy to talk to you.



On the bank of the Mekong River you will arrive at your resort, Hancchey Eco Resort. A unique green resort on the banks of the Mékong, the new wellness center of Cambodia. You will enjoy the organic and fresh food, and all the detox lover activities, all the while with a wonderful view of the Mekong, It's an organic, and environment friendly hotel, and also a training hotel for the young generation of the province.

Lunch at the resort, with a panoramic view of the Mekong.

Free time at leisure during your afternoon. You can enjoy the pool, and relax with a book, or to go for a short walk in the village next to the resort.

And a 6pm you could enjoy the Yoga and meditation class under the sala with a wonderful view of the Mekong.

Dinner at the hotel.



DAY 04

HANCCHEY ECO RESORT

[B/L/D]

7am, early yoga class under the Lotus Sala to gently awake your body and mind
Breakfast at your hotel.

This morning, you will enjoy a bike tour on the small bamboo island to discover the local life. You will reach the ferry by car.

And then you'll start your biking tour to meet the locals, learn more about the daily life in Cambodia where the agriculture depends on the season.

By car back to the resort.

Lunch at your hotel.

Free time at leisure during your afternoon.

At 5pm you will go for a one hour cruise on the Mekong with a local fishing boat. You will enjoy a perfect sunset on the river.

Back at the resort, at 6pm you could join the yoga and meditation class.



Dinner at the hotel.

Overnight at the hotel Overnight at hotel.



DAY 5 : HANCHHEY ECO RESORT - SIEM REAP

[B/-/-]

Breakfast at the hotel.

Departure to visit Sambor Prei Kuk Temple, pre-Angkorian site consisting of 176 temples. They were built in the early 7th century, 600 years before Angkor Wat. In 2017, Sambor Prei Kuk was declared a UNESCO World Heritage Site. (Around 2 hours' drive)

After the visit, overland transfer to Siem Reap (150 Km/around 2h30)

Then, brief stop at the old "Naga Bridge" in the village of Kampong Kdei.

Arrival in Siem Reap and transfer to the hotel for check in.

The Navutu Dreams is the perfect resort in Siem Reap for Yoga, relaxation and Detox lovers.

Free time at your own leisure.

Meals at your own expenses

Overnight at hotel.



DAY 6 : SIEM REAP

[B/L/-]

Start your journey in Siem Reap by meditation in Banteay Thom. You will open your mind to all the spiritual influences of Angkor, and all the history of this mystique site. Banteay Thom is one of the secret temples, hidden to the tourists.

Back at your hotel for the breakfast.

This morning you will do your first steps at the Magical Angkor site; your English guide will welcome you at your hotel.

You will start your visit with the Angkor Wat temple. The Cambodia's ancient temple city is one of the wonders of the oriental world. The whole morning you will discover this amazing temple with a French archaeologist, specialist of Angkor.

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. Built as a replica of the universe according to the Hindu mythology, Angkor Wat reflects the Mount Meru, surrounded by the continents and the oceans. Its extraordinary bas-reliefs, describe some Khmer epics and myths.

Then, you will go to the pagoda to have the unique experience of a Buddhist "blessing". After a short chanting, the monk will bless you with lustral water. This ritual, very popular among the Khmers, aims to drive out evil spirits, such as illness or bad luck!

You will enjoy a delicious lunch in the serene atmosphere of a traditional Khmer house.

Then, you will visit the Banteay Srey temple (around 45 minutes). Banteay Srey is the fabled pink temple of women, so called because it is made of pink sandstone and considered a tribute to the beauty of women. It was built in 987, making it one of the oldest temples in the region, though it was not rediscovered until the 1900s.

On the way back, stop at a village for a demonstration of the palm juice harvest to make palm sugar (October to April, harvest season). Visit of a pagoda and relax in a Khmer house with fresh coconut juice.

At 6:30pm you could enjoy the Yoga class at your resort at their studio dedicated to the relaxation and the well-being.

Dinner at your own expenses
Overnight at the hotel



DAY 7 : SIEM REAP

[B/-/-]

Start your day by a private yoga session in a local Pagoda.

Back at your hotel for breakfast.

Then you start your discovery at the South Gate of Angkor Thom with its two rows of huge statues of demons and gods, depicting the churning of the ocean of milk, arranged on both sides of stone bridge, and Bayon temple, a forest of heads. Continue to visit Baphoun, the Terrace of Elephants, which used to be a base for the king's grand audience hall; and the Terrace of Leper King, supposed to be the place of the royal crematory. Finish with Ta Prohm, one of the most beautiful and famous temples in the area. As it has been (almost) untouched since it was discovered, it retains much of its mystery. For all would-be Mouhorts and Indiana Joneses, Ta Prohm is the perfect lost-temple-in-the-jungle: strangler figs trees and kapok trees entwine themselves around the ruins of Ta Prohm. Their roots burst apart even the thickest walls, yet their clinging embrace prevents the walls fall.

Back to your hotel for free time during the afternoon.



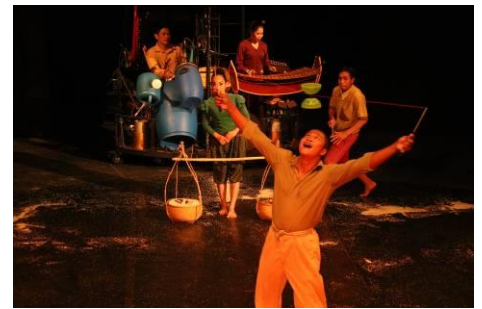
Lunch at your own expenses

This afternoon, you could enjoy one of the pool of your resort, or discover Siem Reap for some shopping. Your guide and your driver will be at your disposal.

At 6:30pm you could join the yoga class at your resort.

At 8pm, enjoy the “Cambodian circus” show in Siem Reap / Angkor by energetic and talented young professional artists from Phare! – Seat A
www.youtube.com/watch?v=ymDa11HjdOg

Dinner at your own expenses
Overnight at the hotel.



DAY 08 **SIEM REAP** **[B/-/D]**

In the morning at 7:30pm you could enjoy the yoga class at your resort.

Breakfast at your hotel.

This morning, you will reach the pier to embark on your private boat and discover Tonle Sap Lake with a visit of the Mechrey floating village. You will go through the floating houses with small private boats. The natural wonder of Tonle Sap offers an insight into the old tradition of lake life and the splendor of the countryside.

Back to your hotel

Lunch at your own expenses.

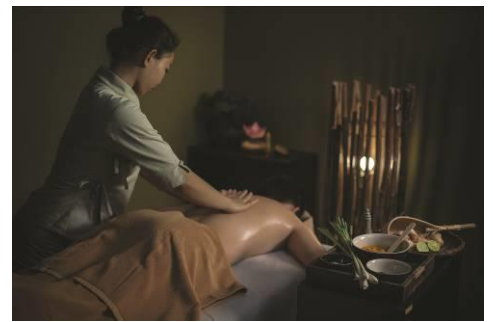
For your afternoon, we propose you to join one of the relaxing places in Siem Rep: Bodia Spa.

You will enjoy the Silk and Cocoon package during 2 hours, a gentle exfoliating treatment, based on Cambodian local products such as jasmine rice, tumeric, tamarind seed and jasmine oil. A perfect moment to relax.



For your last dinner you will discover a well-known Khmer Chef, Pola. He proposes a fusion cuisine of Khmer, Italian and French influences. Inside a nice traditional Khmer House he shares his vision of the Khmer cuisine. Mie Café will finish your journey with a wonderful dinner.

Overnight at the hotel.



DAY 09

SIEM REAP DEPARTURE

[B/-/-]

Breakfast at the resort.

Free day at leisure to relax at the hotel or using free time for your personal activities.

After that you will be transferred by car to Siem Reap airport, for your departure flight.

Lunch and dinner at your own expenses.

***** End of service*****





ACCOMMODATION:

City	Hotel	Room type	Web site
Phnom Penh	The Balé	River Front Suite	https://thebalephnompenh.com/
Kampong Cham	Hanchhey Eco Resort	Bungalow	
Siem Reap	Navutu Resort	Grand Suite	https://navutudreams.com