

Spa, wellness and meditation



Days: 14

Price: 3150 USD
International flight not included

Comfort: ★★★★★

Difficult: ★★★★★

📌 Peaceful trip 📌 Culture 📌
📌 Comfort & Luxury 📌 Yoga & Meditation
📌 temples

This tour will immerse you in the epicurean culture of the kingdom. Starting with a visit to the capital Phnom Penh, you will discover the **wonderful temples of Angkor** as well as those of **Sambor Prei Kuk** recently listed as UNESCO World Heritage. You will also enjoy an **aromatherapy** session (or other massage of your choice) and **meditation and yoga sessions** to soothe yourself in harmony with the Khmer decor, and discover these practices born since millennia on the Asian continent. To recover from your emotions, you will enjoy the superb beaches of the south of the country at the end of the route.

Day 1. Welcome to Phnom Penh



Airport Phnom Penh 📍
🚗 7km
Phnom Penh 📍

- Welcome by your driver upon your arrival at the airport. Transfer and installation at your hotel. Rest of the day free.

Rooms available from 2 p.m. If you arrive a little early and your room is n't ready yet, you can drop off your bags at reception before going for a walk in town or relaxing by the pool.

- No guide is included on this day

🏠 Accommodation

Palace Gate Hotel & Resort

Day 2. Phnom Penh, bustling capital



Phnom Penh 📍
6km
Phnom Penh 📍

- Take a tuk-tuk tour through a thriving, vibrant capital. Starting from Independence Monument, you will stroll along Riverside, along the Chaktomuk River to Wat phnom. This mound-like hill is home to a pagoda and is known as Wat Phnom Daun Penh, the Pagoda of Grandmother Penh's Hill. It is here that Madame Penh is said to have built a sanctuary in 1373 to protect four very rare bronze statues of the Buddha. The name of the Cambodian capital was subsequently inspired by it.

Then set off to discover the National Museum which houses one of the largest collections of Khmer art in the world made up of more than 14,000 pieces, around 2000 of which are on display to the public. You will end this visit not far from here, at the Royal Palace of Cambodia, the extraordinary home of King Norodom Sihamoni.

The Royal Palace is a sacred place, avoid short clothes, cover your shoulders and wear pants or a long skirt.

- The Lanka Pagoda symbolizes the close relationship between the resident Khmer monks and the Sri Lankan monks. The central activity of this visit is a meditation course in the presence of a resident monk. It's a great way to clear your mind and connect with your inner self.

Days and times of the sessions: Monday, Thursday and Saturday from 6 p.m. to 7 p.m.; Sunday from 8:30 a.m. to 9:30 a.m. (or even 10 a.m. if the session must be extended.)

- To conclude this day, a boat trip on the Tonlé Sap for an atypical view of Phnom Penh and a dinner on the water after sunset.

- English-speaking guide included on this day

☕ Breakfast	Breakfast at the Palace Gate Hotel
🍴 Dinner	Diner aboard
🏠 Accommodation	Palace Gate Hotel & Resort

Day 3. A countryside full of surprises



Phnom Penh 📍
🚗 200km - ⌚ 3h 30m
Sambor Prei Kuk 📍
🚗 150km - ⌚ 3h
Kampong Kleang 📍
🚗 50km - ⌚ 1h 15m
Siem Reap 📍

- Transfer by private vehicle (car or minivan) to Siem Reap, the city-province which hosts, among other things, the magnificent temples of Angkor. A must-see destination par excellence, the city also borders the no less famous Tonlé Sap lake and its floating villages.
- **Morning**, at the crossroads of national roads N6 and N7, be daring to take full advantage of a “gastronomic” stop in the town of Skun, famous for its spiders and grilled insects.
- Along the way, on the edge of Kampong Thom, let's discover the formidable pre-Angkorian temples of Sambor Prei Kuk. This archaeological site has been listed as a **UNESCO World Heritage Site since July 2017** and owes it to its status as an ancient capital before the advent of the Khmer empire which settled in Angkor a few centuries later. A primordial site at the crossroads of Buddhist, Hindu, animist and even Persian and Greek cultures from the 7th century AD, as we will be able to discover.

The visit to Sambor Prei Kuk is done on foot to cover the different temples. The walking distances are not very long but the sun near its zenith at this time can make the visit strenuous. If you're feeling overwhelmed, don't hesitate to ask your guide to cut it short.

Free lunch planned after the visits at a nearby local restaurant

- We then head towards the village of **Kampong Kleang** located on the lake Tonlé Sap about 1h30 by car from Siem Reap. We board a private boat to discover and visit the floating village.
- Once arrived at destination, we check in at the hotel; The rest of the day is free.

- English-speaking guide included on this day

☕ Breakfast	Breakfast at the Palace Gate Hotel
🏠 Accommodation	The Aviary Hotel

Day 4. The majestic Angkor temples



- Day visit in a **tuktuk** of the marvelous temples of **Angkor** located around and inside **the Angkor Thom**.

You will notably discover **Angkor Wat**, symbol of the apogee of the Khmer Empire under the Angkorian era. Inside Angkor Thom, discover **Bayon** and its many towers with gigantic faces, **Baphuon** and its gigantic 40m reclining Buddha statue, **Phimeanakas**, the **Terrasse des Elephants** and its wide variety of sculptures, but also the **Terrasse du Roi Leper**.

Siem Reap 📍
7km - ⌚ 20m
Angkor Wat 📍
7km - ⌚ 20m
Siem Reap 📍

Continue by **Ta Prohm** famous for its huge trees with sprawling aerial roots and conclude with a sunset from the heights of **Phnom Bakheng**.

Possibility of making the visits in the opposite direction to avoid the crowds. Just let your guide know at the start of the day.

Temples are sacred places, avoid short clothes, cover your shoulders and wear pants or a long skirt.

In order to preserve these fragile monuments, it is forbidden to touch the sculptures or to sit on elements of the temple.

In Cambodian culture, it is offensive to heckle inside a sacred place, calm and respect are key words.

It is not recommended to buy items or sweets from child sellers, this only encourages begging and the practice of skipping school, prefer a donation to an association if it is important to you.

If you wish to photograph the monks (called Bonzes), you must obtain their permission beforehand. In addition, you must not touch them, they have the right to touch you but not the opposite.

- English-speaking guide included on this day

🍽️ Breakfast

Breakfast at the Aviary

🏠 Accommodation

The Aviary Hotel

Day 5. The Roluos group & After Dark food tour



Siem Reap 📍
🚗 20km - ⌚ 40m
Roluos 📍
🚗 15km - ⌚ 35m
Siem Reap 📍

- In the **morning**, visit the Preah Kô, Bakong and Lolei temples constitutive of the **Roluos Group**. Erected at the end of the 9th century, these pre-angkorian Hindu temples were the first to be built to last. Marking the beginning of Khmer classical art, they were used as templates for almost 300 years.
- With your guide, take advantage of your visit to the **Aranh Sakor** pagoda a stone's throw from Siem Reap to participate in a sacred Buddhist ritual. Receive a purifying blessing under the sign of water that will bring you good luck.

This blessing is a Khmer practice that dates back millennia. It takes place inside the pagoda and begins with the harmonious chanting of the monks. A way to wish you good luck, bon voyage, and long life. A longer ritual follows, always marked by the chorus of the monks who this time apply holy water to your face at the same time.

At the end of the ritual, the monks adorn your wrist with a red bracelet, a sign that the blessing has been carried out.

Practical information :

Take a change of clothes and a towel to dry off after the water blessing.

Dress code: Dress appropriately by covering your knees and shoulders.

- After dark, we discover Siem Reap by night on a Vespa, criss-crossing town to a variety of stops for eating, drinking and experiencing local Khmer nightlife. This food tour will cover the unusual snacks sold by street vendors but we will also introduce you to the classic flavors of Cambodian cuisine and local barbecue. We will interact with locals as we explore a bustling fun fair with a mix of games and activities. This **Siem Reap After Dark Vespa tour** embraces the traditional and modern sides of town, resulting in a fun and varied experience that embodies the fun-loving nature of the wonderful people of Cambodia.

- English-speaking guide included on this day

☕ Breakfast	Breakfast at the Aviary
🍴 Dinner	Dinner included with the After Dark Vespa food tour
🏠 Accommodation	The Aviary Hotel

Day 6. Day of calm to connect body and mind



Siem Reap 📍

- A day of introduction to the practice of well-being **Navutu** including:
 - a **yoga class** in a small group
 - an individual yoga class
 - a **massage session** (your choice: Khmer, Thai or relaxing)
 - a **holistic treatment session** (your choice: Reiki, Pranayama, Shiatsu or Acupuncture)

At Navutu, you will have the opportunity to meet two yoga teachers, Manuela and Richard. They are both English speakers and approach this discipline in a different way. Yoga, which she first experienced 8 years ago, has helped Manuela fight the disease. It gave him inner balance. She wants to transmit today this feeling of connection between the body and the spirit.

Richard, for his part, is refining his mastery of yoga day by day. Although he completed his 200 hours of teacher training in 2015, he still remains a student and learns more and more day by day. Since he started this practice 14 years ago now, Richard sincerely believes that each day with a session is more rewarding and productive than the days without.

- No guide is included on this day

☕ Breakfast	Breakfast at the Aviary
🍴 Lunch	Organic lunch included
🏠 Accommodation	The Aviary Hotel

Day 7. Extension to Koh Rong



Siem Reap 📍

✈ - ⌚ 1h

Sihanoukville 📍

🚗 20km - ⌚ 1h

Koh Rong 📍

- Your driver drops you off at Siem Reap airport for your flight to Sihanoukville.
- After landing and collecting your luggage, a driver awaits you at the airport to take you to the pier of Sihanoukville, a southern seaside town with beautiful sandy beaches and gateway to the paradise islands of **Koh Rong** and **Koh Rong Samloem**.
- Boat transfer to Koh Rong from Sihanoukville pier.

- No guide is included on this day

☕ Breakfast	Breakfast at the Aviary
🏠 Accommodation	The Royal Sands Koh Rong

Day 8. Beach days



Koh Rong 📍

- Embark on a **half-day adventure** off the coast of Koh Rong Island to the floating village of Prek Svay! An authentic and well-preserved place, ideal for meeting the local population. The navigation also includes a moment of snorkeling and a lunch in the middle of nature.

The boat is not privatized.

- At nightfall, you board a boat from the island, heading offshore... You will sail for a few minutes before the captain decides to reach an isolated bay on the island. Dark and silent, it's the perfect place to admire the glow of luminescent plankton... Shake the water for an even more amazing result!

☕ Breakfast	Breakfast at the Royal Sands
🏠 Accommodation	The Royal Sands Koh Rong

Day 9. Beach days



Koh Rong 📍

- Free day at your convenience (without service included).

- No guide is included on this day

☕ Breakfast	Breakfast at the Royal Sands
🏠 Accommodation	The Royal Sands Koh Rong

Day 10. Back to Sihanoukville



Koh Rong 📍
 🚢 - ⌚ 1h
 Sihanoukville 📍
 🚗 125km - ⌚ 2h 20m
 Kep 📍

- Return trip by boat to Sihanoukville.
- A taxi is provided for your transfer by road to Kep, a charming seaside town famous for its crab market and its national park ideal for a beautiful stroll.

☕ Breakfast	Breakfast at the Royal Sands
🏠 Accommodation	Veranda Natural Resort

Day 11. Kampot and its world-famous pepper!



Kep 📍

- *The Kampot region is internationally recognized for its exceptional pepper. It is therefore impossible to go to Kampot without taking a trip to one of the many pepper plantations in the region!*

In the morning, we take the direction of **Secret Lake** which offers a magnificent panorama with a view of the mountains.

Then we visit the famous family pepper production farm, **La Plantation** with one of their French-speaking guides who will explain the origin and why of the reputation of this pepper. You will learn more about cultivation methods and how to cook this famous pepper.

☕ Breakfast	Breakfast at the Veranda Natural Resort
🍴 Lunch	Lunch at the plantation (Khmer Lunch formula)
🏠 Accommodation	Veranda Natural Resort

Day 12. Kep, its beaches, its blue crabs, the choice is yours!



Kep

- Free day at your convenience

☕ Breakfast	Breakfast at the Veranda Natural Resort
🏠 Accommodation	Veranda Natural Resort

Day 13. Return to Phnom Penh & aromatherapy treats



Kep
🚗 155km - ⌚ 2h 30m
Phnom Penh

- Transfer back to Phnom Penh without guide. Take the opportunity to make a last session of shopping, eat in one of the many Khmer or international restaurants (ask for any recommendations!) or visit the monuments you didn't have time to see before.
- In the evening, between **well-being and pleasure**, enjoy the treatments and massages provided by the expert hands of **Bodia Spa**, an establishment renowned for the quality of its services and the attention paid to the training of its staff.

Treatment included: Bodia Classic; Thanks to the recognized virtues of essential oils, our massage therapist increases the flow of energy throughout the body. This treatment improves blood circulation, muscle relaxation, and relieves tension by soothing both body and mind.

☕ Breakfast	Breakfast at the Veranda Natural Resort
🏠 Accommodation	Palace Gate Hotel & Resort

Day 14. Have a nice journey home !



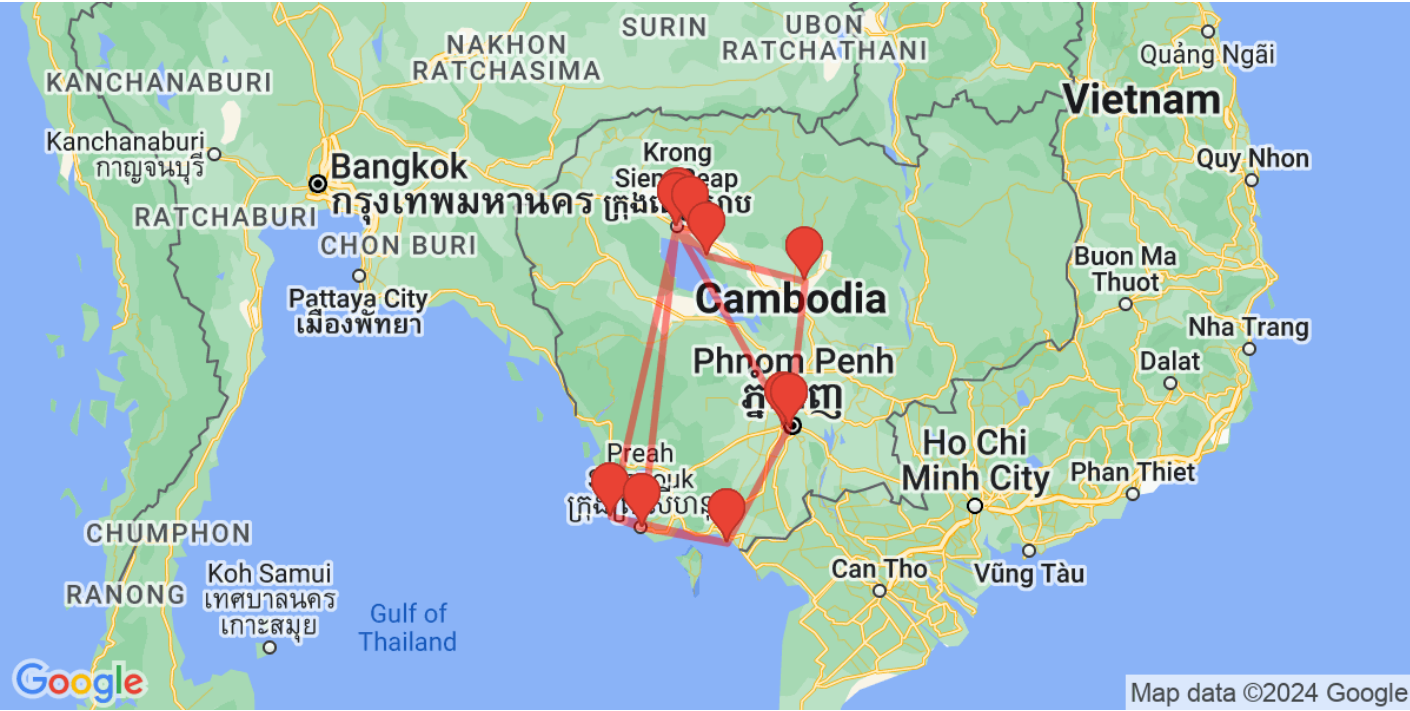
Phnom Penh
🚗 7km
Départ Phnom Penh

- Free program before your evening transfer to **Phnom Penh International Airport** (included; we will organize the transfer according to your flight schedule).

Note: you must leave your room before noon. If your flight is in the evening, you can leave your suitcases at the hotel reception for a last walk around town.

☕ Breakfast	Breakfast at the Palace Gate Hotel
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Itinerary map



Individual price per person

2-2	3-3	4-4	5-5	6-6
3950 USD	3800 USD	3700 USD	3500 USD	3150 USD

Included

- Transfers from and to the airport
- Urban transport (tuk tuk or car)
- Land travel indicated in the program
- 4 and 5 star hotels
- Breakfasts at the hotel
- Meals mentioned
- French-speaking guide for activities when indicated
- Entrance fees for activities
- Domestic flight Siem Reap - Sihanoukville

Not included

- International transport
- Passport & Visa Fees
- Repatriation insurance
- Travel insurance
- Extra drinks/alcohols
- Meals not mentioned
- Phone calls
- Any excursion not mentioned in the program
- Supplement for certain extraordinary meals (Christmas/New Year)