



**19**  
**DAYS**

Siem Reap  
Sambor Preikuk  
Kampong Thom  
Kratie  
Mondulhiri  
Phnom Penh  
Trapeang Rung

# CAMBODIA

## SLOW BROCHURE

## Rediscovering The Art of Slow Travel

Explore Cambodia's enchantment and experience a full spectrum of Cambodian culture, from the dynamic capital of Phnom Penh to the quiet, untouched rural countryside. Trekking through little passes and experience with the Elephant project, you may hear some elephant or its mahout's story and minorities in the destination.

A visit to Cambodia's World Heritage Temples of Angkor complex is understandably high on the list for many travelers. Angkor Wat is the ultimate eloquence of Khmer genius – a majestic temple stunning for its grand scale and incredible detail. Discover a little more about the history, meaning, and features of this renowned and iconic temple.

And end at Cardamom Tented Camp, the lodge strives to reduce the human footprint on the natural world and serve as a role model in promoting sustainable ecotourism practices within both the national park and Cambodia as a whole.

Cardamom Tented Camp is an exceptional place to immerse yourself in nature in a more luxurious way while being educated on the Batur Sakor National Park issues and conservation. Three nights is the absolute perfect amount of time to enjoy both the activities and some relaxation.





## Day 1

# Arrival Siem Reap

Welcome to Cambodia!

## Day 2



### Siem Reap – Biking Sunrise to Angkor Temples

Experience an unforgettable morning cycling the back trails among the ruins of the Angkor Kingdom. See Angkor temples in the soft light of the morning and ride the hidden trails to avoid the crowds.

## Day 3



### Siem Reap – Cooking Countryside & Banteay Srei Temple

Today you will learn a few of the signature dishes of a local Cambodian family and take a leisurely bike ride in the sroksrai Khmer (Cambodian countryside) as well as visit the amazing Angkorian temple complex of Banteay. Start cooking the dishes you'll enjoy together with the family during lunch. Cycle through rice fields and small villages. If you are interested you can stop and pay a visit to some of these traditional Khmer houses and pagodas or chat with the local people.





## Day 4

### **Siem Reap – Stilt House at Kampong Kleang & Phare Ponleu Selpak Circus**

Kompong Khleang is located on the northern lake-edge about 45 Km east of Siem Reap, surrounded by water in the wet season and on the floodplains of the lake in the dry season. We will start by visiting a local house where you will have an opportunity to help the family to cook and learn about Khmer cuisine.

This evening enjoy a show, Phare Ponleu Selpak Circus, its name means “Brightness of the Arts”. The purpose is to improve the development of local communities by providing education and professional artistic training. The circus performers are very talented, passionate and have traveled all of the world giving performances.

## Day 5 - 6

### **Siem Reap – Sambor Preikuk – Kratie**

Next stop is the Isanborei community –this project was set up by Khiri Reach in collaboration with GIZ with the purpose to generate more income for the local people and improve their standard of living. The conservation of nature, culture and the ancient temple ruins is included as well. You will cycle to 3 villages, each having a different focus: rural, handicrafts, and noodles. This is your chance to get closer to local people and learn about their daily life.

## Day 7 - 8

### Kratie – Bicycling Discovery of Kratie

We start this morning with your local English-speaking guide for cycling from Kratie passing many villages, rice fields and following the Mekong River. Then continue to Sambok mountain for a beautiful panoramic view of the Mekong River. On the way back from Sambok Mountain we will make a stop at Kampi to view the famous Irrawaddy freshwater dolphins. Take a local boat to the largest pool in the Mekong to have a glimpse of these spectacular and endangered animals.

## Day 9 Kratie – Mondulkiri

Get ready for traveling to Cambodia's most sparsely populated province: Mondulkiri, known for its forested hills and powerful waterfalls.

## Day 10 Mundulkiri – Elephant Valley Project

Today you will have a chance to enjoy a unique full day experience at the Elephant Valley Project. This is a project of the Elephant Livelihood Initiative Environment. You will be learning about the elephants, the local mahouts ("Banong indigenous people"), the forest and conservation. This is a highly unique experience and the first of its kind in Cambodia.

(\*) Note this is a join-in tour & not available on weekends





## Day 11

### Mundulkiri – Bou Sraa Waterfalls & Pnong Villages

After breakfast depart Sen Monorom and head east towards the double drop waterfall of Bou Sraa, one of the most famous in Cambodia. Stop along the way at a Pnong minority village to learn a little about their way of life. You may be invited to drink some rice wine, as Pnong villagers are extremely hospitable and welcoming of outsiders. Continue to Bou Sraa to explore the falls.

It is possible to access both drops and there are swimming opportunities for those who want to take the plunge. Enjoy a picnic lunch at the falls before continuing east to the village of Pichenda on the other side of the river.



## Day 12 - 13

### Mundulkiri – Phnom Penh Living History Foodie Tour & Killing Fields

Today you will have a great opportunity to explore in-depth and experience the living history of Phnom Penh. Start the day by jumping on tuk-tuk to visit Pshar Kandal, Phnom Penh's oldest market to enjoy some local delights such as Mi Char (fried noodle) Lort Char, Sachkor ang (BBQ beef) with papaya salad, Nom krok, small traditional snacks made from rice and coconut juice cooked in clay pots. Then heading toward Phnom Penh's old French quarter on foot – home to a selection of fine colonial era architecture. Here you will be able to see a number of Belle Epoque and Art Deco designs.

Moving onwards we will walk to Wat Phnom. Wat Phnom – in Khmer 'Mountain Pagoda' is a Buddhist temple located in the heart of the city. Built in 1373 it is the tallest religious structure in the capital. We will continue our

walk to Cambodia's largest market and a Phnom Penh landmark – Psah Thmey, meaning grand market. The four wings of this gigantic yellow dome are teeming with stalls that sell goods ranging from gold and silver, antique coins, men's and women's apparel, food, fabrics, souvenirs, seafood, and countless other products.

**Day 14**  **Phnom Penh –  
Biking The Island of Mekong**

Enjoy a morning bicycle ride on quiet back roads of the Silk Islands, near Phnom Penh, visiting local communities and farmland to witness village life in the Cambodian countryside.

**Day 15**  **Phnom Penh – Trapeang Rung  
Cardamom Tented Camp**

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## Day 16 - 17



### Trapeang Rung – Ranger Station – Preak Tachan, hiking and kayaking

Wildlife Alliance Rangers will meet us on patrol over a network of abandoned poaching and logging trails through the dense forest. Keep your eyes peeled for wildlife. The half-day hike will stop by the Ranger Station, where confiscated snares, traps and improvised hunting rifles are on display.

Kayak along Prek Tachan to camp tented if you have a chance you will see some monkeys or some birds during the kayaking.



## Day 18

### Cardamom Tented Camp – Phnom Penh

Enjoy the early morning sunrise with beautiful natural surroundings, feeling the fresh air and If you are an early riser, you can go on a self-guided hike on the trails around the camp as well.

## Day 19

### Phnom Penh – Departure

Have a safe trip home!



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