

# Laos & Cambodia Uncovered

**Trip style:** Small group holidays

**Destination:** 📍 Cambodia

**Trip code:** LAS15-WHW10

**Grades:** 1, 2, 3

**Carbon Footprint:** 🌳 4137kg CO2



## HOLIDAY OVERVIEW

Experience the best of Cambodia and Laos on this dual-destination holiday that takes in iconic sights and plenty of cultural treasures. Highlights include exploring the ancient temples of UNESCO-listed Angkor Wat, taking a boat trip on the winding waterways of the Mekong River, and visiting the historic Laotian city of Luang Prabang. You'll also enjoy guided walks in the forest-carpeted Kulen Mountains for the chance to see rural Cambodia at its finest.

## WHAT YOU'LL LOVE

- Hiking to the spectacular Kuang Si Falls on foot
- Discovering Phnom Kulen, one of Cambodia's most sacred sites
- Exploring Siem Reap, the gateway to Angkor
- Visiting the Angkor Wat & Angkor Thom temples
- Taking guided walks in the Kulen Mountains
- A more personalised experience thanks to small group sizes (maximum 15 people)

## WHAT'S INCLUDED

- Outbound flights from London Heathrow including baggage and transfers
- Return flights from Phnom Penh including baggage and transfers
- Guided walks and sightseeing with local leaders
- HF Holidays Tour Manager
- 15 nights' touring accommodation across Laos & Cambodia
- 15 breakfasts, 9 lunches & 8 dinners
- All sightseeing and entrance fees (as per itinerary)
- All in-destination transport and internal flights

## ITINERARY

## **Shinta Mani Resort, Siem Reap - Laos & Cambodia**

The Shinta Mani Resort is a newly renovated boutique property centrally located in the leafy French Quarter between The Royal Gardens and the Old Market Area just 15 minutes from Angkor Wat. The courtyard-style resort's 62 rooms enjoy direct access or first floor balcony views to the stunning swimming pool and flourishing tropical gardens.

## **Namkat Yorla Pa - Oudomxay, Laos & Cambodia**

The luxury resort's design draws heavily from the architectural and cultural influences of the historic Oudomxay region. Namkat Yorla Pa offers some of the world's most spacious accommodations, from our beautiful setting to our acclaimed restaurants and outstanding spa. We stay in superior rooms which are modernly furnished with 2 twin beds with private bathroom, with walk-in shower and private balcony.

## **Cardamom Tented Camp, Koh Kong - Laos & Cambodia**

The eco-camp is equipped with nine comfortable safari-style tents located inside Botum Sakor National Park that minimize the human footprint on nature and promote sustainable tourism. Each of the nine tents provides visitors with a fully-enclosed and mosquito-protected 32.6m<sup>2</sup> canvas tent. In-tent amenities include Twin, Double or Triple beds; standing fans; bamboo and rattan furniture; bathroom facilities with hot water, rain showers, and locally-sourced soaps and shampoos; and spacious patios with sun chairs. This camp, which opened in November 2017, sees a percentage of its revenues go directly to Wildlife Alliance and its conservation efforts in the park. Any additional profits are then reinvested locally. Wildlife Alliance is also supported by the Golden Triangle Asian Elephant Foundation, an initiative of The Minor Group.

## **Le Grand Pakbeng Resort - Pak Beng, Laos & Cambodia**

With an enviable location overlooking the Mekong River, Le Grand Pakbeng has everything you'd want from a luxury resort. All 45 villas and suites boast mountain or river vistas as far as the eye can see plus private terraces for admiring the scenery in peace. There's also an outdoor, rooftop panoramic pool complete with a bar, alongside a selection of restaurants serving local and international specialities. Its serene jungle outlook, teak wood décor, and local artwork add to this resort's charm.

## **Duong Chan Hotel - Phnom Penh, Laos & Cambodia**

This 4-star hotel is nestled in the heart of Phnom Penh's historic district within easy reach of all the main sights. Once you step through its front doors, the hotel's focus on relaxation will allow you to unwind in style. Decor-wise you'll find Khmer-inspired design throughout and guest rooms include air conditioning, tea and coffee-making facilities, and

bathrobes and slippers for heading to the outdoor pool and spa. Meals and drinks come courtesy of the Chantrea Restaurant & Skybar where you can admire excellent views over the city as you dine.

### **Safety information - SHARED WITH ALL WW**

Please inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders must consider both group and individual safety at all times. Whilst out with the group, we respectfully request that you: Please listen to any safety instructions and other directions from the leader. Keep group members in view, especially if weather or visibility is poor. Please stay where you are if you become separated from the group. The leader will retrace their steps to find you. Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List). In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

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### **Dietary requirements - SHARED WITH ALL WW**

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs. If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

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### **Vaccinations & health information for Laos & Cambodia**

Before booking, you should check with your doctor to see if any health precautions are needed. The following websites provide a wealth of information on travelling and health: <http://www.travelhealthpro.org.uk/> or [www.redplanet.travel/mdtravelhealth](http://www.redplanet.travel/mdtravelhealth). The following vaccinations are recommended, Hepatitis A, Polio, Tetanus, Typhoid. Some may also want to consider Cholera, Hepatitis B, Japanese Encephalitis, Rabies, Tuberculosis. Laos & Cambodia are both malaria zones, so please ensure you take measures to avoid being bitten by mosquitoes, and you will need to take anti-malarial tablets.

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### **Passport & Visa information for Laos and Cambodia**

**Passports** Your passport should be valid for a minimum period of 6 months from the date of entry into Laos. Visas are required for entry into Laos and Cambodia and can be done on arrival in both countries. Requirements vary depending on where your passport was issued. Visa conditions also change regularly. For the most up-to-date information, contact the nearest Lao Embassy or Consulate and the Royal Cambodian Embassy, or visit the Cambodia Ministry of Foreign Affairs & International Cooperation website. You should also check your residing country's website for up-to-date visa information. For entry into Laos, you can get a visa on arrival in Laos for around \$40, plus an admin fee of \$1. If you don't have a passport photo, you will be fined \$1. Alternatively, UK passport holders can get an e-visa through the Lao e-visa website: <https://laoevisa.gov.la/index>. You must apply at least 5 days in advance. At the Laos/Cambodia border, you may be required to fill out a departure form and, if leaving on a weekend, you may be required to pay a \$2 exit fee. For entry into Cambodia, you can get a visa on arrival which costs \$35 and you will need a visa photo. You must also fill in an arrivals form. Alternatively, UK travellers can get an e-visa through the e-visa Kingdom of Cambodia website: <https://www.evisa.gov.kh/>. This must be done at least 5 days in advance.

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## **Packing list - Overseas Guided Walking**

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)

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