

# theme: Flavors of the Khmer Cuisine - 11 days

*Individualized program for G Guest*

Cambodia - 2 participants - 11 days / 10 nights

Travelling from 01 May 2020 to 11 May 2020

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## INTRO

We take each individual traveler and every request seriously to create a trip which suits you best. Our key is the fact that we listen. We just want to take all of this on board and tailor your itinerary to exactly what you require, rather than just try to sell you an off the shelf tour.

Our years of experience are here for you. We understand that every person has different preferences and requirements. We are here to get together with you and decide what exactly suits you the best, whether it be a particular hotel, attraction, itinerary or group profile, we can create a magical, one of a kind tailor-made experience.

Based on your interests and wishes, we will work on making an initial itinerary for you. After this, we are happy to adjust whatever you want to, creating a final itinerary that is certain not to disappoint. We just want to work closely with you at every step, making sure that your needs are taken care of completely.

Here you will find an example tour in the theme: Flavors of the Khmer cuisine. Let us know if we can help you to create your own dream.

## Cambodia

Cambodia is a kingdom in Southeast Asia. It is 181,035 square kilometres (69,898 square miles) in area, bordered by Thailand to the northwest, Laos to the northeast, Vietnam to the east, and the Gulf of Thailand to the southwest. Cambodia has a population of over 15 million. The official religion is Theravada Buddhism, practiced by approximately 95 percent of the population. The country's minority groups include Vietnamese, Chinese, Chams, and 30 hill tribes. The capital and largest city is Phnom Penh, the political, economic, and cultural centre of Cambodia. The kingdom is a constitutional monarchy with Norodom Sihamoni, a monarch chosen by the Royal Throne Council, as head of state. The head of government is Hun Sen, who is currently the longest serving non-royal leader in South East Asia and has ruled Cambodia for over 30 years. Cambodia has become a popular

destination and the country is developing fast. The city of Siem Reap was about thirteen years ago a small place with dirt roads and one traffic light, nowadays is the most touristic city of the country and the historical heart of Cambodia. The temples of Angkor is about seven kilometers of the city center and there are a lot of facilities to entertain the tourists from all over the world. But Cambodia is not only Angkor Wat. This fascinating, friendly country has so much more to offer. Countryside tours, floating villages, white sand beaches, tropical islands, jungle trekking, the mighty Mekong river, bicycle tours, cooking class, waterfalls, hilltribes, and much more.



### Day by Day

- DAY 1: Friday, 01 May 2020 - Siem Reap airport > Siem Reap
- DAY 2: Saturday, 02 May 2020 - Siem Reap > Siem Reap
- DAY 3: Sunday, 03 May 2020 - Siem Reap > Siem Reap
- DAY 4: Monday, 04 May 2020 - Siem Reap > Siem Reap
- DAY 5: Tuesday, 05 May 2020 - Siem Reap > Battambang
- DAY 6: Wednesday, 06 May 2020 - Battambang > Battambang
- DAY 7: Thursday, 07 May 2020 - Battambang > Battambang
- DAY 8: Friday, 08 May 2020 - Battambang > Phnom Penh
- DAY 9: Saturday, 09 May 2020 - Phnom Penh > Phnom Penh

DAY 10: Sunday, 10 May 2020 - Phnom Penh > Phnom Penh

DAY 11: Monday, 11 May 2020 - Phnom Penh > Phnom Penh airport

**📅 DAY 1: Friday, 01 May 2020 - Siem Reap airport > Siem Reap**

Welcome in Cambodia

Welcome to Siem Reap! We pick you up at the airport and take you to your hotel. One of our staff will greet you there and give you information on Cambodia and your program for the coming days. After checking in, you can relax at your hotel or explore the city at your leisure.

In the evening, a private tuk-tuk tour with Taste for a Good Cause takes you to restaurants whose main goal is investing in their teams and the local communities. Dining at these venues, lets you contribute to the improvement of some Cambodian people's lives. First, you will go to the Footprint Cafe tucked away on a small side street off the river. This literary-inspired cafe donates 100% of the net profits back to the local community as educational grants. Start your evening with a locally inspired tasting platter of their signature dishes. Be sure to sample a cocktail made with Sombai, a unique artisan liqueur made in Siem Reap. HAVEN Social enterprise, on the other hand, helps underprivileged youths get on the career ladder. In September every year, HAVEN takes on a new group to train over the course of the year with on-the-job experience in the restaurant as well as English lessons, computer lessons and more. Accommodation, a monthly salary, school materials are all provided creating a safe haven for their trainees to grow and flourish. Enjoy your main course prepared and served by this year's HAVEN trainees in the beautiful surroundings of their garden restaurant. Marum, the final stop, is part of TREE, a global alliance of training restaurants. Marum aims to provide underprivileged youths with skills they need to become employable in Siem Reap's booming hospitality industry. Conclude your evening at Marum's lovely garden and be proud to know that your evening has been well spent dining for a good cause.

Accommodation:

Included meals:

🏠 A 4 star hotel

Ⓧ

Included today:

✓ Taste For A Good Cause: dinner + transfers

✓ Transfer airport to hotel



**📅 DAY 2: Saturday, 02 May 2020 - Siem Reap > Siem Reap**


Angkor and the New Mekong Cuisine

Visit the famous Angkor Wat temple complex by jeep, a historical witness of the Vietnam war. Your jeep takes you to the world heritage temple Angkor Wat, Bayon in Angkor Thom and the famous Ta Prom with its trees growing out of the ruins. The advantage of having your own jeep is that you can spend as much time as you wish at any of these sites. It also makes it possible for you to stop by to see other temples on the way. The unique way of visiting the temple complex by jeep makes you enjoy the jungle surroundings even more. Tonight, we have a table for you at Lum Orng Restaurant, Cambodia's first farm-to-table restaurant. Lum Orng is in a village on the edge of Siem Reap. Its owner-chef Sothea Seng experiments in a new

and inventive style of contemporary Cambodian food he calls the New Mekong Cuisine based on seasonal produce from his farms, local markets, and growers across the region. Chef Sothea reinvents traditional favourites, such as Prahok Ktis and Saraman Curry. He also takes inspiration beyond Cambodia's borders from former Khmer Empire territories of Southern Vietnam and the Mekong Delta, Southern Laos, and neighbouring Thailand, where traces of Cambodia's culinary heritage are still found.

Accommodation:

Included meals:

 A 4 star hotel

Included today:

✓ Vintage jeep with driver

✓ English speaking Angkor guide

✓ Entrance Fee Angkor




 **DAY 3: Sunday, 03 May 2020 - Siem Reap > Siem Reap**

Cooking class and Phare the circus

In the morning at a unique location a bit outside of Siem Reap, you will learn to make three different meals and take the recipes with you afterwards. You will receive information on substitute products to use if you want to try them at home. After all the hard work, it is time to eat! You will spend the rest of the afternoon at your leisure. At around 6pm, we pick you up for an early dinner at a local restaurant. After dinner, you will watch an exciting performance by Phare, the Cambodian circus that narrates Cambodian tales using modern circus arts and high energy music, touching on themes strong in Cambodian tradition, ethos and spirit. The performances mix theatre, music, dance, acrobatics, juggling, aerial acts, fire and contortion with an explosion of virtuosity and sensitivity. During the hour-long show, the performers share their emotions and excitement, blowing the audience away with their integrity and power. Definitely a must see in Siem Reap!

Accommodation:

Included meals:

 A 4 star hotel

Included today:

✓ Cooking class Kompheim village Half day (morning)

✓ Tickets Phare the circus

✓ TukTuk evening



**🏠 DAY 4: Monday, 04 May 2020 - Siem Reap > Siem Reap**

Embassy Restaurant Dining

Today you may spend the day however you like. There are a lot of activities around Siem Reap. You can visit more temples such as the refined Banteay Srei temple or Beng Melea, also called jungle temple. If you enjoyed riding in the jeep, you can repeat the activity by going to Phnom Koulen, a sacred mountain for the Cambodians, or you can have another tour in the area. Sports enthusiasts can go on bicycle tours, horse rides, or a workshop Kun Khmer-training. But a day of leisure at the swimming pool, or a relaxing massage after the previous day's activities, is certainly possible.

Your final evening in Siem Reap will be unforgettable. You will dine at the Embassy Restaurant located in King's Road Angkor Village. This gastronomic dining experience is unmatched in Siem Reap and promises to impress its every guest. The three-star multiple-course set menu crafted by the Executive Chef team called the Kimsan Twins, showcases modern Khmer cuisine and its flavours. Their menu is regularly changed on a monthly basis to make the guests discover more about Khmer gastronomy while at The Embassy. Matching wines are offered to produce an end result that is a meticulously crafted taste sensation. Embassy Restaurant is a Cambodian restaurant experience you will not forget!

Accommodation:

🏠 A 4 star hotel

Included meals:

ⓑ ⓓ

Included today:

✔️ TukTuk transfer to restaurant




Siem Reap - Battambang

From Siem Reap, you will travel to Battambang. During rainy season, you can choose to take the 5-8-hour river boat trip if the water level permits. Taking the boat, though, means you have to be up early and leave the hotel at 6am. Having to rise early will be rewarded with an invigorating boat experience that lets you observe life on the riverbanks. You will see people bathing, children fetching water and animals wading through this important source of life. If the water level is too low, the boat trip is unfortunately not possible. You can then travel by taxi which takes about 3 to 4 hours, and you can leave later in the morning. Naturally, the taxi is also available should you prefer not to travel by boat. You will be staying at a resort with a nice swimming pool and a rustic palm garden.

Accommodation:

Included meals:

 A 3 star hotel

ⓑ

Included today:

- ✓ TukTuk transfer to boat station
- ✓ TukTuk transfer from boat station to hotel

- ✓ Boat tickets Siem Reap - Battambang




Traditional cooking class

Before the cooking course begins, select three meals from the food menu. Smokin' Pot offers a great variety of traditional local dishes with options for vegetarians and vegans. At the local market, taste unique fruits and pick your own ingredients. Ingredients in hand, you take a short walking tour to learn about the lifestyle of the local people and how they grow their vegetables. The class provides you the knowledge and secrets of Khmer cuisine with the use of traditional equipment and techniques. At 3:15pm, you will travel by tuk-tuk towards Phnom Sompov Mountain. The mountain is about 140 meters high with 800 steps to reach the top. Instead of climbing up the steps, we ride a motorbike up to the first level to visit the temples, shrines, and killing caves used during the Khmer Rouge period. We will be able to look over all of Battambang and enjoy the vast and beautiful scenery. Our journey ends as we walk down the mountain steps before sunset to see the 'bat army' made up of thousands of bats flying out of their caves in the mountain side at dusk.

Accommodation:

Included meals:

 A 3 star hotel

ⓑ Ⓛ

Included today:

- ✓ Cooking Class
- ✓ Entrance Fee Phnom Sampeuv

- ✓ TukTuk
- ✓ English speaking guide Phnom Sampeuv



**🏠 DAY 7: Thursday, 07 May 2020 - Battambang > Battambang**

Ride on the bamboo train

We will start our tour at 8.30am with a ride on the famous bamboo train. The bamboo train is a 2.5m x 4m raft-like device that is made from bamboo for local villagers to transport their good. There is only one track used for both directions, so if another train is coming from the opposite direction, the drivers decide which train has the lighter load or fewer passengers and this has to unload and dismantle off the track to let the other train by. After this unique experience, we will explore the north of Battambang and drive towards Wat Ek Phnom, a temple built in the 11th century. We will stop at a village to watch how they produce local products such as fish paste, sticky rice, rice wine, rice papers, noodles and clay water pots used in the countryside to collect rainwater. You will also get a chance to learn more about the Khmer Rouge when we get to the Well of Shadows, a monument to honour the people killed during the war. Not far from the monument, we visit the hundreds of fruit bats hanging on trees and making their loud and ultrasonic sounds. You will be back at your resort around lunch time, and you can spend the afternoon at your leisure. Borrow bicycles at the resort and explore the countryside, visit the city centre, or go to the only vineyard in the country. You can climb the stairs at Wat Banan for an awesome view around the temple or take a boat trip on the lake of abundant lotus flowers. These are just a few options which the staff at the resort can help you arrange. We also recommend the snack tour offered by the resort where you will visit small local restaurants to learn more about Cambodian food preparation, and sample them of course.

Accommodation:

Included meals:

🏠 A 3 star hotel

ⓑ

Included today:

✓ Half day tour: bamboo train, english speaking guide, tuktuk




Battambang - Phnom Penh

You head south on Highway 5 towards Phnom Penh, the capital. During the trip, take in the simple yet beautiful vistas of daily life outside the main cities. You will make a stop in Kampong Chhang or 'The Port of Pottery' 90 kilometres from the capital, also a rich fishing and agricultural province. It is the ceramic trade that gave the province the name it is most famous for. Visit a pottery where the traditional skills to make these beautiful vases and pots have been handed down from generation to generation, before continuing on to the nation's bustling river capital of Phnom Penh.

Accommodation:

Included meals:

 A 3 star hotel



Included today:

 Private Car from Battambang to Phnom Penh




Half-Day Tour and An Evening of Delightful Gastronomy

In the morning, a tuk-tuk will take you to the genocide museum called, S21 Tuol Sleng. This place used to be a high school before it was used as the most notorious prison S21 of the Red Khmer-regime that lasted from 1975 until 1979. We continue our half-day tour by going away from the city to a place called Choeng Ek, better known as the Killing Fields, where thousands of people were tortured and buried in mass graves. You will be back in your hotel after lunch. In the evening, you will be picked up for a cocktail or beer while enjoying a beautiful view of the city. Then you will be taken to a local market to try some tropical fruits, interesting desserts and delicious meats. If you are feeling adventurous, you can also try some of the local insect delicacies! This food experience gives you an insight into Cambodia's often under-represented food scene, rich history and culture. For dinner, you will be served the traditional, appetising Khmer BBQ to enjoy with drinks.

Accommodation:

Included meals:

 A 3 star hotel


  

Included today:

 English speaking guide

 TukTuk to Killing Fields, Tuol Sleng museum

 Entrance Fee Kiling Fields, Tuol Sleng museum

 Evening tour: dinner, english speaking guide, transfers (join in to...)





## 🏠 DAY 10: Sunday, 10 May 2020 - Phnom Penh > Phnom Penh

Discover the Phnom Penh area on your own and dine in the dark

Explore the city and its surroundings at your own leisure. You can book a half-day long bicycle tour on the Mekong islands, visit the former capital Oudong by boat, observe behind the scenes at the Phnom Tamao Wildlife and Rescue Center, or get a ride in the backseat of a Vespa to less famous places in the city. The final food experience will be completely different from all your previous meals. Dine in the Dark is a fine dining restaurant with no lights in the dining area. This pitch-dark restaurant provides guests a chance to discover Khmer, international and vegetarian dishes without seeing them, thereby heightening all non-visual senses in an elegant fashion. All dishes offer a surprising selection of tastes and textures, revealing the dishes only after dinner. The restaurant also has a social purpose at the core of its business model as it employs a team of talented visually impaired staff, providing equal employment opportunities for them while raising awareness about their professional skills. Dine in the Dark offers the opportunity to indulge in a culinary guessing-game, the perfect place to experience a new world of sensations and discover social enterprises in a totally unique way.

### Accommodation:

🏠 A 3 star hotel

### Included meals:

ⓑ ⓓ

### Included today:

✓ TukTuk to restaurant



## 🏠 DAY 11: Monday, 11 May 2020 - Phnom Penh > Phnom Penh airport

Time to say goodbye...

The final journey of your trip in Cambodia will be a private transfer to the airport in Phnom Penh to catch your flight. We truly hope that you had a wonderful time in our beautiful country, and that you leave with happy memories that will last a lifetime. Cambodia has so much more to offer, and we would be delighted to welcome you back anytime for more of this fantastic country and its charming people. Have a safe trip and we hope to see you again soon!

Included meals:

(B)

Included today:

- ✓ Transfer from hotel to airport



## Additional info

Included in the price:

- Mentioned meals in the program.
- Named hotels in the program.
- Activities as described in the program
- 24/7 assistance

Not included in the price:

- Meals not mentioned
- International flights
- Cambodia visa. (\$ 30, - + 1 passport photo)
- Personal expenses, drinks
- Travel insurance
- Tips for guides / drivers