

# Mekong Prestige Cruise – 8 days

(Siem Reap - Kangpong Cham - Phnom Penh – Tan Chau – My Tho – Saigon)

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## Itinerary Overview

Day	Destination	Meals
Day 1	SIEM REAP – KAMPONG CHAM - EMBARKATION	L/D
Day 2	WAT HANCHEY – KAMPONG CHAM	B/L/D
Day 3	ANGKOR BAN – SILK ISLAND – PHNOM PENH	B/LD
Day 4	PHNOM PENH	B/L/D
Day 5	PHNOM PENH – NAVIGATION – BORDER CROSSING	B/L/D
Day 6	TAN CHAU	B/L/D
Day 7	SA DEC – CAI BE	B/L/D
Day 8	MY THO – DISEMBARKATION - SAIGON	B

**Note\*:** B: Breakfast / L: Lunch / D: Dinner

## Travel Map



## Detailed Itinerary

### Day 1 | ANGKOR BAN – SILK ISLAND – PHNOM PENH

In the morning, Transfer from Sokha Angkor Resort hotel in Siem Reap from where you will join the RV Mekong Prestige Cruise in coach (5h). A packed lunch will be offered during the trip. Stop at the Kampong Kdei Bridge dating from the Angkorian period, built during the reign of Jayavarman VII. Arrival on board in the middle of the afternoon. Welcome buffet and installation in the cabins. Beginning of navigation towards Wat Hanchey. Welcome dinner on board.

**Meals:** Lunch/Dinner

**Accommodation:** Mekong Prestige cruise

## Day 2 WAT HANCHEY – KAMPONG CHAM

Stop at Wat Hanchey in the morning and after breakfast, visit the pre-Angkorian temple located on top of a hill overlooking the Mekong. Dating back to the 8th century, its ancient brick structures characterize the architecture of the Chenla Empire, which preceded the glory of Angkor. Back on board for lunch.

Continued navigation and arrival at Kampong Cham during lunch. In the afternoon, departure by bus to discover the temple of Wat Nokor. This twelfth century Buddhist temple built on the ruins of an ancient temple, is unique in Cambodia.

**Meals:** Breakfast/Lunch/Dinner

**Accommodation:** Mekong Prestige cruise

## Day 3 ANGKOR BAN – SILK ISLAND – PHNOM PENH

Morning navigation on the Upper Mekong. Arrival at Angkor Ban in the morning. Overlooking the River Mekong, Angkor Ban offers a peaceful and majestic image of the river bathed in morning light in this still pristine area. Angkor Ban is one of the very few villages that has not been burned or destroyed during the Khmer Rouge period. It is a dive in intimate Cambodia, to the rhythm of its inhabitants. Visit of the village on stilts, discovery of traditional houses some of which are more than a century old. Back on board for further navigation to the Silk Island and visit of a silk weaving village. Navigation and late arrival in Phnom Penh

**Meals:** Breakfast/Lunch/Dinner

**Accommodation:** Mekong Prestige cruise

## Day 4 PHNOM PENH

The capital city of Cambodia still retains its old French colonial architecture in riverside streets. Morning bus tour including the Royal Palace & the Silver Pagoda. The National Museum is another highlight, with outstanding displays of Khmer crafts. Lunch on board.

An afternoon excursion is arranged to the former High School « S21 » (now the Tuol Sleng Museum), which was converted to a detention center under the Red Khmer's rule between 1975 and 1979. Leisure time and shopping at the "Central Market". Dinner on board Mekong Prestige cruise

**Meals:** Breakfast/Lunch/Dinner

**Accommodation:** Mekong Prestige cruise

## Day 5 PHNOM PENH – NAVIGATION – BORDER CROSSING

The ship departs towards the border with Vietnam in the morning. We cruise past the Mekong's timeless villages and river life with extensive fishing activities. Crossing of the border and completion of the required formalities.

**Meals:** Breakfast/Lunch/Dinner

**Accommodation:** Mekong Prestige cruise

## Day 6 TAN CHAU

Arrival at Tan Chau in the morning, a remote town on the main Mekong River. After breakfast, transfer on small boats to visit this charming locality. This small town is very representative of this part of Asia, divided between rurality and a lively economic activity.

**Meals:** Breakfast/Lunch/Dinner

**Accommodation:** Mekong Prestige cruise

## Day 7 SA DEC – CAI BE

Arrival at Sa Dec. The French writer Marguerite Duras spent parts of her childhood in Sa Dec, a sprawling busy town on the Mekong Delta. We see the house of Marguerite's Chinese Lover. The house is a small museum of « The Lover » in Sadec. Visit to a Caodaist Temple and a stroll through the colorful local market. Lunch on board. We cruise past Vinh Long Province, located in the middle of the Delta region, between the two tributaries of the Mekong. Arrival at Cai Be, tour on local boats to see the French Gothic Cathedral. Walk along the river bank and visit to a manufacturer of rice paper and coconut sweets. Dinner on board & traditional Music Show.

**Meals:** Breakfast/Lunch/Dinner

**Accommodation:** Mekong Prestige cruise

## Day 8 MY THO – DISEMBARKATION - SAIGON

Arrival at My Tho. Disembarkation after breakfast and bus transfer to Saigon city center. The transfer includes a stop at the Cholon Market and the visit to a lacquer factory. Drop off at Sofitel Plaza around 12.00pm. Checkin. Enjoy your free time to relax and explore Saigon.

**Meals:** Breakfast

**Accommodation:** n/a

## Inclusions & Exclusions

### **Inclusions:**

- Upstream transfers from the Sofitel Plaza hotel in Saigon to the ship in My Tho on day 1 and from the ship to Siem Reap Sokha Angkor Resort hotel on day 8
- Downstream transfers from Siem Reap Sokha Angkor Resort Hotel on day 1 to the ship and from My Tho to Sofitel Plaza Hotel in Saigon on day 8.
- Full board in the selected category of the R/V Mekong Prestige II
- All meals from Lunch on Day 1 until Breakfast on Day 8
- Drinks on board : Mineral Water, non-alcoholic beverages, local beers and local wine during meals
- On board tips/gratuities
- All excursions and entrance fees with English speaking guide as per included excursions in the itinerary
- The services of an English-speaking Cruise Director
- Port taxes

### **Exclusions:**

- Overseas flights
- Beverages other than those mentioned above
- Tipping/gratuities for land services
- Visa arrangements
- Insurance

## Important Information

### **River Conditions Warning**

The rivers you will sail on are subject to seasonal rises and falls of water level, in some places as much as 30 metres. Water levels can change dramatically overnight and a sudden rise can impede our progress upstream considerably and even prevent us from passing under certain bridges. A sudden fall can result in our being unable to get into certain places or go as far upstream as we would hope. Groundings on sandbars are not infrequent and are part of the excitement of any expedition. Published

itineraries are indicational only and subject to sudden change. In such events alternative itineraries will be provided and we do our best to ensure that if a stop is missed we make up for it with another stop.

Passengers are thus forewarned and expected to be flexible and patient. River cruising in Asia can be a dramatic and adventurous experience – not like cruising the controlled waterways of Europe or America. Note also that we operate in areas with little or no developed infrastructure and subject to the strictures of local officialdom. Be prepared for this and it is all more the fun!

For itineraries that include flights in the price of the ticket it should be noted that regional airlines can change departure times or cancel flights at very short notice. In such an event we endeavour to arrange alternative flights but note that this can result in delays often resulting in embarking or disembarking on a different day to that indicated in the itinerary. In such an event the company will cover the cost of hotel accommodation and main meals only, but will not be liable for any claims for compensation for missed days on board a ship, drinks or curtailment of the said itinerary.

## **Clothes**

We recommend wearing loose and comfortable clothing made of cotton or modern material that can readily cool off sweat and body heat. The type of shoes will depend on the excursion types so best to have both light, open toed shoes as well as good walking/hiking shoes with you. A sun hat is always a good idea to bring along.

Southern Vietnam and Cambodia are warm all year-round, but our other cruise destinations can get chilly during the winter months (Laos, Myanmar or northern Vietnam). Therefore, it is always recommended to bring a pullover or a warm jacket with you during this period.

Many of our cruises include visits to local temples or pagodas. When visiting these holy sites, make sure to wear appropriate clothing which covers your shoulders and knees.

## **Sea sickness**

Generally speaking, the rivers we are cruising on in Southeast Asia are very calm and there is hardly any motion on any of our ships. A bit of motion can occur during monsoon rains with stormy winds, but the amount of motion is much less than one would feel during bad weather on the open ocean.

Sea cruises as we offer in Halong Bay or Lan Ha Bay can sometimes encounter heavier waters and ship motion, although this happens very rarely and port authorities will most likely not allow sailing under any such circumstances anyway.

If you are new to cruising or prone to motion sickness, it does not hurt to bring along some motion sickness medication. Drinking a nice hot fresh ginger tea is a natural remedy and tasty alternative our staff is always happy to make for you.

## **Food and Beverage**

All food and beverage on board is completely safe to eat and enjoy, including the ice cubes you enjoy in your chilled drinks. We do not recommend drinking water straight from the tap anywhere, including onboard. We provide you with complimentary clean drinking water throughout your cruise.

You may want to be bit careful with local dishes as they can be spicier than you are used to from home. Approach new dishes slowly and carefully. If you have a sensitive stomach, then you may like to double check with our chef or onboard managers about specific dishes or meals.

On excursions, it may be a good idea to avoid local foods and snacks unless offered by our tour guides. Besides the above, in general we recommend the following motto for your pre- and post-cruise travelling in the Southeast Asian tropics: boil it, peel it, cook it, wash it or forget it!

## **Health risks**

The most effective protection from personal contamination is ensuring strict attention to personal hygiene and in particular, frequent and thorough hand washing with soap and water and refraining from hand-to-mouth contact. Colds and other viruses can spread quickly in an enclosed area such as a ship. Continue to practice common-sense hygiene and respiratory courtesy. Wash your hands often and cover your coughs and sneeze. It is recommended that passengers carry anti-bacterial hand sanitizer, which does not require rinsing with water. Use sanitizer frequently and throughout the day, particularly after shore excursions and prior to meals. If you have any questions regarding your health or safety, please do not hesitate to ask your cruise director.

Motion sickness can be a problem for some people when cruising, flying or travelling on coaches and trains and it is a good idea to take precautionary measures. Over-the-counter drugs for treating motion sickness can be purchased at pharmacies in most countries, though a side effect can be drowsiness. Alternatives such as ginger tablets and acupressure wristbands are also available and work well for some people.

## **Visa requirements for Cambodia**

Cambodia visas are easily obtained for most travelers on arrival. Note that passports must have a validity of at least 6 months after your last date of travel in Cambodia.

Because travel restrictions across Southeast Asia are constantly changing, we recommend checking with the Cambodia embassy/consulate in your home country for the latest information.

## **Visa requirements for Vietnam**

With the exception of visa exemptions, all travelers must arrange their visa prior to arrival in Vietnam. Passports must also have a validity of at least 6 months after your last date of travel in Vietnam.

Because travel restrictions across Southeast Asia are constantly changing, we recommend checking with the Vietnam embassy/consulate in your home country for the latest information.

## **Insurance**

We recommend at least purchasing travel health insurance which covers both in- & outpatient visits and medical repatriation. Buying additional trip cancellation and interruption coverage may also be beneficial in case you have to cancel your travel plans due to unforeseen circumstances.

## **Electrical adapters**

We always recommend bringing a travel adapter as a standard item in your travel kit. You can borrow an adapter on board, but these may be limited.

## **Electricity**

Indochina Countries use 220V, and a mixture of flat 2-pin, round 2-pin or 3 pin plugs. It is recommended to bring a universal plug adapter.

## **Tipping**

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$3-\$5 USD per person per day depending on the quality and length of the service.