

Phnom Penh – Siem Reap by Mekong Navigator Cruise

Itinerary Overview

UPSTREAM: PHNOM PENH – SIEM REAP

Day	Destination	Meals
Day 1	PHNOM PENH - EMBARKATION	L/D
Day 2	KOH CHEN – KAMPONG CHHNANG	B/L/D
Day 3	ANGKOR BAN – WAT HANCHEY – KAMPONG CHAM	B/L/D
Day 4	DISEMBARKATION	B

DOWNSTREAM: SIEM REAP – PHNOM PENH

Day	Destination	Meals
Day 1	SIEM REAP – KAMPONG CHAM - EMBARKATION	L/D
Day 2	WAT HANCHEY – ANGKOR BAN – PHNOM PENH	B/L/D
Day 3	PHNOM PENH	B/L/D
Day 4	PHNOM PENH - DISEMBARKATION	B

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

Detailed Itinerary

Upstream: Phnom Penh – Siem Reap

Day 1 PHNOM PENH - EMBARKATION

Meet the team at Phnom Penh Port for embarkation. Free to relax.

Pre-dinner cultural entertainment is provided on the Sun Deck as guests enjoy a performance by local children of Aspara, the Khmer national dance and other traditional folk dances.

Dinner on overnight on Mekong Navigator Cruise

Meals: Dinner

Accommodation: Mekong Navigator Cruise

Day 2 KOK CHEN – KAMPONG CHHNANG

Breakfast is taken on board before guests are greeted at the pier by their appointed Tuk Tuk driver for an enchanting tour of the best sites in Phnom Penh. Guests are expertly pedalled along the riverfront to the Royal Palace which is the official residence of the King of Cambodia. Comprising several buildings, the main palace is an important symbol of the Kingdom set in beautifully manicured gardens. Guests stroll through the grounds to see the Throne Hall and Moonlight Pavilion, the famous Silver Pagoda, home of Cambodia's Emerald Buddha and Maitreya Buddha encrusted with more than 9,000 diamonds.

The city tour continues by Tuk Tuk to the National Museum, Cambodia's largest museum of cultural history with one of the world's largest collections of Khmer art and ceramics as well as Angkorian artifacts, excavated at the Angkor Temple complex in Siem Reap and further afield in Cambodia. In the afternoon, guests are free to further explore Phnom Penh on a variety of optional excursions at a small cost. Alternatively, guests can opt to go shopping or sample the city's vibrant restaurants and bars.

Dinner on overnight on Mekong Navigator Cruise

Meals: Breakfast/Lunch/Dinner

Accommodation: Mekong Navigator Cruise

Day 3

ANGKOR BAN – WAT HANCHEY – KAMPONG CHAM

The morning begins with a visit to the rural and charming village of Angkor Ban, with its stilted houses and grazing Brahmin cows seeking the shade of a banana tree. Guests feel a sense of timelessness here, witnessing the rhythm of rural life. A visit is made to the home of a local family who discuss their lifestyle, then onto the local school to join children in their classroom and glimpse a typical school day. A leisurely stroll through the village back to the ship offers an opportunity to take photos of this place that time forgot. This walking route includes a brief stop at the local monastery before returning to the ship to sail further upstream to Wat Hanchey.

Guests begin the afternoon with a walk up the hill to Wat Hanchey a thriving religious complex of both Hindu and Buddhist temples with breath-taking panoramic views over the Mekong. There is the option to receive a traditional Buddhist Water Blessing from the monastery's resident monks. There are many outstanding stupas, temples, pagodas and statues worth exploring before descending all 303 steps when returning to the ship. For gentle walkers, there is a small coach provided for ascent and descent of the hill.

Before dinner guests gather on the Sun Deck for a farewell reception with all the crew followed by a Cambodian Farewell Dinner in Le Marche Dining Room. Dinner on overnight on Mekong Navigator Cruise

Meals: Breakfast/Lunch/Dinner

Accommodation: Mekong Navigator Cruise

Day 4

DISEMBARKATION

Following breakfast the crew bid farewell as guests are invited to disembark for transfer from Kampong Cham to Siem Reap with a lunch stop, arriving early afternoon at the hotel in Siem Reap, Cambodia.

Meals: Breakfast

Accommodation: n/a

Downstream: Siem Reap – Phnom Penh

Day 1

SIEM REAP – KAMPONG CHAM - EMBARKATION

In the afternoon, guests enjoy a scenic drive from Siem Reap to Kampong Cham, Cambodia with a stop for lunch en route, then embark the luxurious Mekong Navigator. As your downstream journey

commences towards Kampong Cham, experience our cordial hospitality at a welcome reception and introduction to our friendly and professional crew who will present a safety briefing. In the evening a Cambodian themed dinner served in Le Marche Dining Room offers a cultural and innovative introduction to native cuisine.

Dinner on overnight on Mekong Navigator Cruise

Meals: Lunch/Dinner

Accommodation: Mekong Navigator Cruise

Day 2 WAT HANCHEY – ANGKOR BAN – PHNOM PENH

Guests begin the morning with a walk up the hill to Wat Hanchey a thriving religious complex of both Hindu and Buddhist temples with breath-taking panoramic views over the Mekong. There is the option to receive a traditional Buddhist Water Blessing from the monastery's resident monks. There are many outstanding stupas, temples, pagodas and statues worth exploring before descending all 303 steps when returning to the ship. For gentle walkers, there is a small coach provided for ascent and descent of the hill.

In the afternoon there's a visit to the rural and charming village of Angkor Ban, with its stilted houses and grazing Brahmin cows seeking the shade of a banana tree. Guests feel a sense of timelessness here, witnessing the rhythm of rural life. A visit is made to the home of a local family who discuss their lifestyle, then onto the local school to join children in their classroom and glimpse a typical school day. A leisurely stroll through the village back to the ship offers an opportunity to take photos of this place that time forgot. This walking route includes a brief stop at the local monastery before returning to the ship.

Dinner on overnight on Mekong Navigator Cruise

Meals: Breakfast/Lunch/Dinner

Accommodation: Mekong Navigator Cruise

Day 3 PHNOM PENH

Guests will this morning learn more about the darkest days of Cambodian history and the harrowing loss and sadness that haunts its people. A 45-minute drive through countryside are the Choeung Ek killing fields where more than one million people were killed and buried in mass grave sites by the Khmer Rouge regime between 1975 and 1979. Walk through the fields, visit the small museum and

buddhist memorial stupa and learn more about the atrocities committed during the Pol Pot's regime.

Before returning to the ship there is a visit to the Tuol Sleng Genocide Museum (also known as S-21), a former school that was converted to the main prison and torture headquarters of the Khmer Rouge. Guests enjoy an unscheduled afternoon and have the option to take the coach accompanied by their local guide from the port to the central market to explore the city of Phnom Penh in the afternoon, from shopping, dining at one of the many wonderful restaurants, to sightseeing around the city independently.

Dinner on overnight on Mekong Navigator Cruise

Meals: Breakfast/Lunch/Dinner

Accommodation: Mekong Navigator Cruise

Day 4 PHNOM PENH - DISEMBARKATION

Breakfast is taken on board. Checkout and disembarkation. Trip ends!

Meals: Breakfast

Accommodation: n/a

Inclusions & Exclusions

Inclusions:

- 4 nights onboard the luxurious Mekong Navigator
- Full board including themed dinners, welcome and farewell reception.
- Complimentary house wine for lunch and dinner.
- Complimentary local coffee and fine tea selection, soft-drinks, local beer and local spirits
- Complimentary water bottle for excursions
- Complimentary wifi in-room and public areas
- Lotus Cruises exclusive's series of cultural performances, educational talks, food demonstration classes
- English speaking crew and English expert local guides
- All entrance fees, transportation as mentioned in the shore excursion program
- Deluxe Sampans with cold towel service, fresh fruit and tea/coffee service (where applicable)
- Individual VOX listening devices throughout cruise shore excursion program

- Shoe cleaning after excursion
- Welcome drink and cold towel service following excursions
- Transfers from Siem Reap to Kampong Cham or vs

Exclusions

- Transfers in Phnom Penh to/from the port.
- Overseas flights
- Beverages other than those mentioned above
- Tipping/gratuities for land services
- Visa arrangements
- Premium wine and spirits
- Spa treatments, on-board laundry and gift shop items
- Port tax

Note:

- PROGRAMS & SCHEDULES SUBJECT TO CHANGE BASING ON ACTUAL SITUATION DUE TO THE WATER LEVEL. WE WILL KEEP YOU UPDATED 2 WEEKS BEFORE DEPARTURE.
- For overnight registration, we will need passport information (Full name, sex, Nationality, passport number, date of birth) of passengers at least four weeks prior to cruise date.

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 acupuncture 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.