

## CRUISE & BIKE

### THE LOST CIVILIZATION

#### Saigon - Siem Reap (7 Nights)

DAY 1: HO CHI MINH CITY - MY THO - CAI BE

“GOOD MORNING SAIGON”



Bid farewell to the hustle and bustle of Saigon as we travel 70 kilometers south by land to My Tho to embark your boutique ship. We will be served a refreshing welcome drink as the Ship steadily glides along the Mekong. We will bathe in the fading sunset on the balcony followed by a briefing at the lounge. Later, a welcome dinner awaits us.

When approaching Cai Be, the Ship drops anchor to moor midstream where the river is several kilometers wide.

*Including dinner. Overnight in Cai Be.*

DAY 2: CAI BE - SA DEC - CHAU DOC

“VIETNAMESE INVENTIVENESS”



#### Biking Program:

Following your boating to explore Cai Be floating market, our bicycling adventure begins. We will cycle through the lush, fertile countryside, on a secondary road. Enjoy the cycling to explore the tranquil countryside of the typical Mekong Delta. The ride will lead you to the beautiful and lovely orchards appealing along the country lanes. En route visit a small factory producing handicrafts made of coconut. After the ride, we return to the boat for lunch and relax. We return to the cruise around 12.00h.

Cycled distance: Approx 22km

Difficulty: Easy

The day - in fact everyday - starts with an invigorating Tai Chi lesson on the sun deck, just as the sun begins its gentle glow. Coffee and tea awaits the early bird.

The day's tour starts with a visit to Cai Be's boisterous and colorful floating market on board a traditional sampan (a flat bottomed traditional Vietnamese wooden boat). During the languid ride, discover breathtaking landscapes along the river and quaff the rustic life on the Mekong Delta. The cruise will halt intermittently to allow us to observe how rice paste, rice cookies and coconut candies are made, along with the Longan fruit drying process. After touring the canals, we head to an ancient house surrounded by fruit orchards before heading to the ship for lunch.

In the afternoon, we cruise to Sa Dec. Upon arrival, we embark a traditional sampan to tour Binh Thanh Island and its manmade canals. Here, every villager is involved in the process of growing and processing water hyacinths into natural fibre floor mats and rattan baskets.

We then board the Ship for a tranquil evening cruise towards Chau Doc.

*Including breakfast, lunch and dinner.* The Ship will moor midstream overnight near Chau Doc.

### DAY 3: CHAU DOC (BORDER CROSSING) - PHNOM PENH

### "CIRCUS OF FISH"



#### Biking Program:

In the morning, our Vietnamese biking guide meets the group aboard. After the trip briefing, we enjoy a short guided cycling to discover Chau Doc. We first cycle to the foot of Sam Mountain. If you wish to go up to the peak of the mountain, we leave our bicycle behind and enjoy a motor taxi to the top of the mountain, where dozens of pagodas and temples such as Tay An Pagoda and Thoai Ngoc Hau temple are located. Visit Lady Chua Xu, which was founded in the 1820s, this pagoda stands facing Sam Mountain. From top of Sam Mountain we can catch the panoramic view over the Cambodian border, ride down the hill before we hit the flat terrain and keep riding to Cho Vam and Tan Chau before returning to the boat before lunch time.

Cycled distance: Approx 22km

Difficulty: Easy

Welcome to the fish sanctuary of Vietnam. Begin your day with a hearty breakfast at the Dining Hall or in the quiet sanctuary of your balcony. Brace yourself for a short excursion in Chau Doc, a pleasant town

near the Cambodian border with sizeable Chinese, Kinh and Khmer communities. We will also visit the colorful local market near an ancient temple. This is followed by a trip to the quay, where we will be feted to a boat excursion to the floating villages and rustic catfish farms.

We will certainly enjoy watching schools of fish being fed followed by a shore excursion to the local Cham Muslim community. Then, it is back to the Ship for a lunch.

By mid-afternoon, the cruise liner will make its way to the border for Phnom Penh, the capital city of Cambodia. It is an opportune time to relax on-board, sharpen your culinary skills with our hands-on cooking classes or tour the ship with our impeccable Cruise Director. Or, better yet, do all three. “The Highway Blues” beckon as we float into a state of mild bliss caused by the hypnotic murmur of the Ship’s engine. After hours of cruising, we will feel the rush of entering into a new country and to embrace new adventures.

*Including breakfast, lunch and dinner. Overnight midstream near Phnom Penh.*

#### DAY 4: PHNOM PENH

#### “PEARL OF THE EAST”



Phnom Penh was once the Paris of the East. Despite its rapid development, it has retained a lot of its rustic charm and elegance. After breakfast, we will be captivated by a comprehensive lecture on Cambodia’s modern history. This will be followed by a city tour of this dynamic, historical capital city of Cambodia which has managed to preserve huge slices of its French colonial allure. Sightseeing in the morning will include visiting the dazzling white and gold edifice of the Royal Palace and the Silver Pagoda, and witnessing exceptionally beautiful Khmer craft at the National Museum.

After lunch at a local restaurant, we will visit the Genocide Museum and the Killing Field in town. Be prepared to be heart wrenched by this stark reminder of the genocide that transpired during Cambodia’s Khmer Rouge regime.

We go back to the Ship after our museum visit. Take a rest on your cabin balcony or the lounge and get prepared for an exciting evening event. The evening starts with a variety of cocktails served on the sun deck. Take a seat and enjoy the following Apsara dance performance. Experience the brilliance and richness of this culture, the soothing sounds of traditional music, the calming scent of incense sticks and a barbeque on the sun deck. It is indeed a truly marvellous experience, dining in the open with the stars and the moon as our companions.

*Including breakfast, lunch and dinner. Overnight in Phnom Penh. In the middle of the night around 1.00h we depart already during a night cruise to Kampong Chhnang. This region is 100km away from Phnom Penh.*

#### Biking program:

After breakfast, we leave the cruise behind and enjoy our interesting morning on saddle. Today we explore this bustling city's major sights by bike including National Museums of Khmer Arts, Royal Palace, Silver Pagoda and Toul Sleng Museum. Return to boat for lunch and relax. Our Cambodian guide says goodbye to his clients.

Cycled distance: Approx 20km

Difficulty: Easy/Moderate

#### DAY 5: PHNOM PENH - KAMPONG CHHNANG - SILVERSMITH VILLAGE "WATER WORLD"



#### Biking program:

After breakfast, we get on a smaller boat and cruise to the port. Pick up the bikes and enjoy the leisure ride to discover the charming town of Kampong Chhnang. The ride takes us through the countryside and we will have the chance to stop and interact with friendly locals. Enjoy watching the local life along the way. We return to our cruise ship before 12.00h.

Cycled distance: Approx 23km

Difficulty: Easy/Moderate

Before the sun peeks over the horizon, the cruiser sets sail towards Kampong Chhnang (we leave Phnom Penh after midnight) and the Tonle River - an amazingly narrow river - which glides through leafy swaths of the Southeast Asian jungle. We are greeted by cacophonous children who waive enthusiastically early in the morning when they bring their livestock for a bath in the meandering Tonle River.

Then we approach Kampong Chhnang, Cambodia's "water world" where everything is on stilts balanced on water rich soil- it's an awesome sight whilst practicing Tai Chi on the deck.

Here we take a motorboat excursion to the landing, followed by a short bus trip to see the Khmer-styled pottery at the Aundaung Russey village. Then, it is back to the river for an adventurous motorboat excursion to the wetlands, floating houses and fish farms in the region.

We then return to the Ship for lunch whilst cruising the narrow and meandering Tonle River. We will cruise towards Prek K'dam where we will take a walk through the silversmith village of Koh Chen where the entire community of villagers is involved in making various silver items for sale.

Back on board, the Ship sails back towards Phnom Penh again and will moor for overnight midstream near Phnom Penh.

*Including breakfast, lunch and dinner.*

## DAY 6: KAMPONG CHAM

## “ALONG THE MEKONG”



### Biking Program :

Disembark at Chong Koh, pick up the bicycles and enjoy a 1,5 hours ride to explore the charming island, which is renowned for the thousands of silk weavers and the quality of the silk they produce. The island itself is a rural paradise, an oasis of tranquility. We ride through the picturesque countryside and rice paddies. Stop at a local family's home to observe their silk work still woven on old looms. Put our bikes on the ferry and cruise to the other side of the river and continue peddling along the river bank. We finish our ride at the pier.

Cycled distance: Approx 20km

Difficulty: Easy/Moderate

We will depart before the break of dawn from Phnom Penh with a stop at the little known Chong Koh silk weaving village.

We will then return to the ship and will cruise past the Mekong's tranquil villages, exhilarating river life and sun-hardened fishermen on their make shift boats.

We will tour the rural Angkor Ban village where time stood still. We are transported back a hundred years into an era unsullied by modernity. The houses here are truly rustic, made by hand and without any concrete. But most of all, we feel overwhelmed by the unbridled warmth of the villagers.

Travelers can take part in the daily activities of the villagers to experience village life first hand. Then, we are back to the Ship to cruise towards Kampong Cham.

*Including breakfast, lunch and dinner. Overnight in Kampong Cham.*

## DAY 7: WAT HANCHEY - KAMPONG CHAM

## “MONKS AND HILLTOPS”



We will wake up in the small hours of the morning, truly energized to embark on a land journey to the pre-Angkorian temple of Wat Hanchey. Travelers either take a motor-taxi or climb 291 steps to the top. Located at the top of a hill overlooking the river, it offers one of the most breath-taking views in Cambodia. Built in the 8th century, this ancient structure, together with a bigger and newer addition underscores the superb architecture of the Chenla Empire which predates the mighty Angkor temple complex. We even get to engage in light banter with some of the monks in the area. We will return to the Ship to witness a blessing ceremony performed by orange-clad local monks.

When the tide allows, we will enjoy a surprise sojourn in our zodiacs (inflatable boats) to the nearby bank to swim in the tea colored Mekong River, an experience that will, no doubt, dominate dinner conversations in the weeks to come.

We will then cruise towards Kampong Cham to visit Wat Nokor, a wat built within the ruins of an ancient temple which holds a timeless story. On the way back to the Ship, we will visit an orphanage. Along the way, we will have to maneuver a 2-kilometer rickety bamboo bridge. Our sense of balance lies in the balance!

Including breakfast, lunch and dinner. Overnight in Kampong Cham.

#### Biking program in Kampong Cham:

We disembark the cruise and we then embark our bicycles and enjoy riding uphill to visit Wat Nokor, a wat built within the ruins of an ancient temple which holds a timeless story. After the visit, we continue cycling to Kampong Cham town. We pass through the rural area and rice paddies. Along the way, we can meet local farmers and villagers working on the farm.

Upon arrival in town, cycle to a local market and enjoy a stroll to see how the local people are trading at the market. Ride across the bamboo bridge and return to our cruise.

#### DAY 8: KAMPONG CHAM - SIEM REAP

#### “ANGKOR AWAITS”



---

We will disembark the Ship after breakfast and boarding a coach at 8.30h for a transfer from Kampong Cham to the drop off point in Siem Reap. We get to munch on snacks and enjoy cold drinks along the journey. We then arrive in Siem Reap in the early afternoon.

*Including breakfast and lunch box.*

---

*Although it is our intention to operate the itinerary as detailed proposal, we will do our utmost to stick to the set itinerary, however we cannot be held responsible for any last minute changes that might occur. It may be necessary to make some changes as a result of climatic conditions, alterations to cruise schedules or other operational factors.*