

Khmer Heritage

*6-day tour visiting the present-day capital, Phnom Penh,
and ancient Siem Reap, gateway to Angkor Wat*



Day 1 - Arrive Phnom Penh

Morning arrival in **Phnom Penh**, where you will be met by your guide and transferred to your hotel.

In the afternoon, explore the capital's main attractions, including the **Royal Palace**, a curious mix of Eastern and Western design built in 1866 and still in use by the Cambodian royal family to this day; the **Silver Pagoda**, a spectacular temple complex modelled on the more famous Wat Phra Kaew in Thailand (and housing Cambodia's own Emerald Buddha); and **Wat Phnom**, the city's oldest shrine, dating back to 1373 (though it's been rebuilt many times since).

Early evening, enjoy a traditional Khmer massage at the Spa La Rose—the perfect way to rejuvenate after a long flight and a hard day's sightseeing!

Day 2 - Phnom Penh; Khmer Rouge sites and local dinner

Phnom Penh embodies the contrasting poles of Cambodia's history, from the glories of the 9th-12th century Khmer Empire to the tragedy of the country's 20th-century history. This morning you'll have the chance to learn about the latter on a visit to the notorious Khmer Rouge **Killing Fields** and the **Tuol Sleng Genocide Museum**. Both provide a brutal but important insight into this darkest period in Cambodia's long history.

Returning to Phnom Penh, you'll have the chance to visit the **Pour Un Sourire d'Enfant** programme, which works to support impoverished and homeless Cambodian children, providing them with

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accommodation, healthcare and education. Stop for lunch at the centre's restaurant, before returning to your hotel in the city centre.

To help you get a better feel for Cambodian culture and cuisine, this evening we'll arrange for you to enjoy a home-prepared dinner at the house of a local Cambodian family.



Day 3 - Siem Reap; Roluos Temples

After breakfast at your hotel, transfer to the airport and take the morning flight to **Siem Reap**, where you will be met on arrival and transferred to your hotel.

This afternoon, begin your exploration of the temples of Angkor. Focusing on the early Khmer period (9th to 10th century), you'll visit the temples of **Preah Ko**, **Lolei** and **Bakong**. Collectively known as the Roluos, these are among the earliest Khmer temples, and occupy the site of the first capital of the Angkor Empire, built by King Jayavarman in the 9th-century AD. They are not nearly as grand as the more famous 11th and 12th century temples, notably Angkor Wat, but they nevertheless provide a fascinating insight into early Khmer architecture, the development of which you'll be able to trace over the coming days with the help of your guide. The Roluos also receive far fewer visitors than the more famous sights, making them great for photographers keen to get undisturbed shots!

Return to your hotel in the early evening. Later this evening, you may like to head into the centre of Siem Reap on a tuk tuk for dinner and shopping—the town centre is a busy hub with restaurants, bars and a night market.

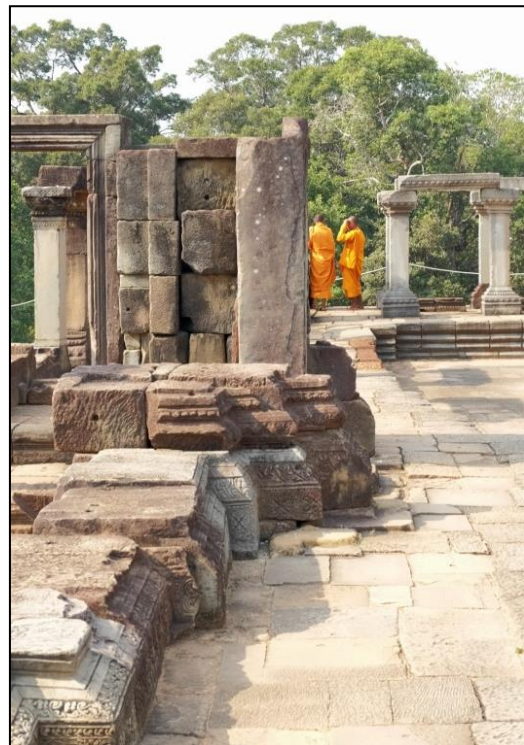
Day 4 - Siem Reap; Angkor Wat and Angkor Thom

Today you visit Siem Reap's most famous sights, the ancient city of **Angkor Thom** and the spectacular temple complex of **Angkor Wat**.

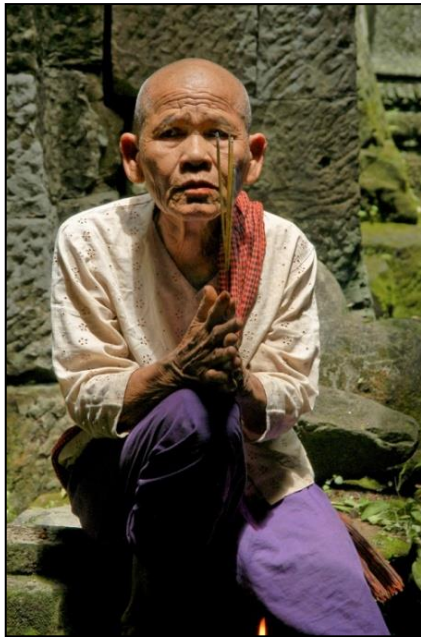
Angkor Thom, formerly the capital of the Angkor Empire, is a huge site, accessed via a grand gate, and encompassing several structures, including the Bayon, Phimeanakas, the Royal Palace and the Elephant Terrace. You'll likely recognise many of the sites from your travel literature and from postcards of Angkor, particularly the Bayon, with its famous face towers, almost as iconic as Angkor Wat itself.

You'll have the morning to explore Angkor Thom at leisure. For lunch, you may prefer to head into town or return to your hotel in order to escape the mid-day heat. Late afternoon, begin your tour of Angkor Wat.

The largest temple in the world, Angkor Wat is an architectural marvel. A huge but perfectly symmetrical complex enclosed within a moat and a succession of concentric galleries, its design was meant to mirror the Hindu universe. At its centre are five towers,



representing the five peaks of Mount Meru of Hindu mythology. Your guide will be able to explain to you in greater detail the dense symbolism that underpins Angkor Wat. In the evening, find a comfortable spot and watch the sun set over the monuments—a magical experience!



Day 5 - Siem Reap; Ta Prohm, Banteay Temples, and blessing ceremony

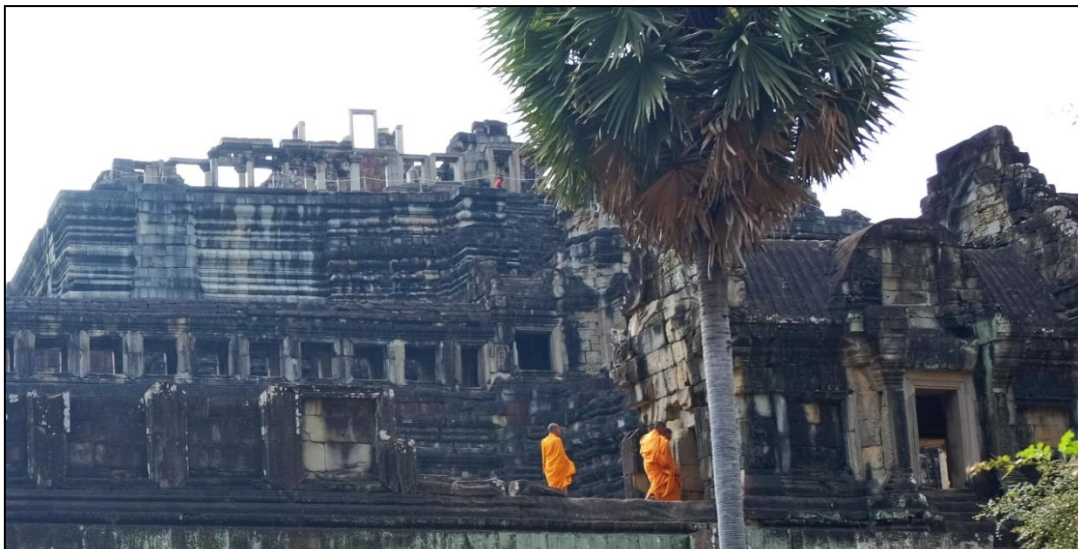
This morning you'll visit some of the most remote Angkorian temples, including **Banteay Samre** and **Banteay Srei**, dedicated to the goddess Shiva, and the famous 'jungle temple', or **Ta Prohm**.

Often described as the jewel of Khmer art, Banteay Srei is tiny compared to most of the Angkorian temples, but its design and intricate decoration (almost every surface is carved in minute detail) set it apart from its grander neighbours.

Ta Prohm is immediately recognisable. This iconic temple has been enveloped by the jungle, its partially collapsed structures having become intertwined with the forest trees, lending the gently decaying Ta Prohm a unique and romantic appeal.

This afternoon you'll have the opportunity to take part in a private blessing ceremony at a local monastery, where you'll be sprinkled with holy water in a ceremony designed to ward off evil spirits (we can't vouch for its efficacy!) Alternatively, if you're not in need of a spiritual cleansing, you may prefer to spend the afternoon shopping at Siem Reap's floating market or in visiting some of the temples not otherwise covered in your programme. Let your guide know your preferences.

In the late afternoon, enjoy a Khmer massage before returning to your hotel.



Day 6 - Depart Siem Reap

At leisure until check out at noon and transfer to the airport for your flight to Phnom Penh and connecting flight home. You may wish to spend the morning exploring Siem Reap's day market, or, if you're prepared for another early start, with a morning visit to one of the temples to watch the sunrise.



Price Guide:

The cost of this itinerary is from **£690 per person**, based on twin/double accommodation in 3-star hotels (4-star available from **£780pp**; 5-star from **947pp**). For more information, or if you would like to enquire about a tailor-made holiday combining part or all of the above itinerary, please [contact us](#).

Includes:

- Twin/double accommodation (B&B basis)
- All transfers as described, including internal flights and airline taxes
- Private transportation throughout
- All entrance fees
- Experienced regional guides

Excludes:

- International flights – please ask us for a quote
- Visas
- Personal travel insurance
- Personal expenses and tips
- Lunch and dinner to own account unless stated otherwise in itinerary