

## 6 days - Phnom Penh to Siem Reap

### High water period - Itinerary

#### Day 1 - Phnom Penh

Our staff offers a friendly welcome aboard in the earlier morning hours as you check-in into your luxurious "home" for the next few days.

Welcome to **Phnom Penh**, a city once renowned as the "Paris of the East." Despite its rapid development, it has retained much of its rustic charm and elegance. Phnom Penh is a remarkable city with a history and culture that spans centuries, still palpable at every street corner. Our full-day sightseeing tour begins right after breakfast, allowing us to explore the city's highlights. We'll start with a cyclo ride, meandering through the town and then visit historic places such as the palace and the silver pagoda. Our journey takes us to the "S21" prison, a poignant and dark chapter in Cambodia's history during the Khmer Rouge regime of the 1970s. Afterward, we'll pause for a delightful lunch in town before continuing to visit one of the country's most famous history museums, "Sosoro," and concluding the tour with a leisurely stroll through the city's French quarter, including the iconic and aptly named monument of Wat Phnom.

In the evening, we invite you to an engaging expert lecture in the lounge. To cap off this eventful day, we'll indulge in a delightful open-air barbecue and gala dinner accompanied by a classic Apsara dance performance. Afterward, feel free to explore the city at night, savouring Phnom Penh's vibrant nightlife or taking in the lively river promenade.

**Dining: Breakfast, Lunch, Dinner**

#### Day 2 - Phnom Penh – Angkor Ban – Kampong Cham (Mekong) – Prek Bangkok

We are leaving Phnom Penh early to make our way to Angkor Ban. The morning Tai Chi session sets the mood for the day as we begin our tour of Angkor Ban.

Default Morning Excursion: This place includes a monastery with a delightful local village behind it. You'll have the chance to meet monks during their morning class and engage in friendly conversations with the villagers. As we meander through the village, we'll get as close as possible to the local way of life, collecting wonderful memories of Cambodia's rustic lifestyle. This village is truly a gem to explore offering photographic and touching moments whilst interacting with the local community.

#### OPTIONAL MORNING EXCURSION:

**Culinary:** Today, the culinary themed excursion is offering a nice highlight. In addition to the visit of the Angkor Ban village (see default excursion) the group is going to visit the house of Mr B. who used to work years ago as a young chef aboard the ship Jayavarman. When he got married, he moved to his wife's home village. Together with his "mom-in-law" and the "chef" in the household (his wife), we prepare and cook a century old soup recipe called "Samlor Korko". The soup is kind of a fish soup made with many vegetables, spices, herbs, roasted rice, accompanied with a duck egg omelette.

**Cycling:** Today's journey with our cycling tour, starts with a tranquil monk meeting that sets the tone for the day. As you cycle through verdant seasonal vegetable fields, picturesque old local houses dot the landscape, offering glimpses into Cambodia's heritage. Witness skilled blacksmiths at work to understand the more about traditional craftsmanship. Conclude your adventure with a delightful pause, sipping on ice-cold local beer or indulging in the refreshing taste of freshly pressed sugar cane juice.

Distance: 10 km / Duration: approx. 120 min / Terrain: flat on concrete path

As we continue to sail upstream and prior to lunchtime, our crew showcases afterwards various traditional Khmer fashions worn by locals during special occasions.

**Default Afternoon Excursion:** We are in the vast Mekong River at the town of Kampong Cham which is an important trade and transportation hub but it still maintains scattered small hamlets around the outskirts where the community's rhythm blends with the skilled hands of artisans. For instance, in Cheung Krok, locals craft various handmade items, whether it's food, fashion, or other everyday goods. (The nearby Bamboo bridge, which is erected seasonally, serves as more than just a passageway; it's a gateway to the past)

#### OPTIONAL AFTERNOON EXCURSION:

**Culinary:** Not available

**Cycling :** Embark on an appealing cycling adventure from the quaint town of Kampong Cham to the idyllic island of Koh Pen and get a sensation of the enchanting rhythms of Khmer life as you pedal through vibrant vegetable fields and verdant tobacco plantations. Along the road we can see the daily routines of local farmers, artisans or Khmer bee master passionately raising honey bees to make a living. The journey along scenic paved and unpaved roads is another venture to know more about life in the Cambodia's natural countryside.

Distance: 16 km / Duration: approx. 120 min / Terrain: flat on concrete path

Once back onboard, the ship turns arounds sailing down the Mekong River again to reach our overnight mooring place Prek Bangkong later in the evening.

Dining: Breakfast, Lunch, Dinner

## **Day 3 - Prek Bangkong - Kampong Tralach - Kampong Laeng (Tonle)**

Early birds are welcome to join the daily Tai Chi on the open deck again.

Default Morning Excursion: At the confluence of the Tonle and Mekong Rivers lies the small village of Prek Bangkong, known for its silk weaving community. This village was also the former residence of the Royal family before they moved to the Royal Palace. However, the real stars in this area today are the silk weavers, artisans who craft silk from the very beginning. We will have the opportunity to closely observe and learn about this intricate silk production process. We conclude this excursion by visiting the heritage house of H.E. Sam-EI, once a famous architect for the royal family.

### **OPTIONAL MORNING EXCURSION:**

Cycling: Our cycling tour today takes us to the wonderful former royal palace of “Lavea Em” (1601-1618). Pedal at ease through picturesque landscapes, punctuated by captivating stops at historic pagodas, vibrant silk weaving workshops, and bustling local markets. Indulge in a delightful tea break at the residence of H.E. Sam-EI, adding a touch of elegance to your cycling adventure.

Distance: 14 km / Duration: approx. 120 min / Terrain: flat on concrete path

As we continue to sail upstream into the Tonle River and prior to lunchtime, our guide offers a presentation about the geography of the Mekong and the Tonle Rivers.

Default Afternoon Excursion: In the afternoon, we enjoy an exciting excursion to discover another part of rural Cambodian Kampong Tralach countryside. Our ox-pulled cart will transport us along the riverside and down winding back roads, flanked by picturesque rice paddies, until we arrive at a small village. Here, we will have the opportunity to learn about a local NGO school and library project. Alternatively, you can choose to visit the nearby ancient 300-year-old temple and Buddha shrine.

### **OPTIONAL AFTERNOON EXCURSION:**

Cycling: Experience another day in the heartland of Cambodia with our biking tour through the picturesque Tonle Region. Pedal through captivating landscapes, encountering treasures like the former royal palace of ‘Lungvek’ and the venerable Buddha Jade Temple (1560) and just

enjoy the timeless rhythms of local life as you witness skilled fishermen casting their nets in the tranquil waters of the Tonle.

Distance: 14 km / Duration: approx. 120 min / Terrain: flat on concrete path

Join a happy hour time at the bar whilst we sail into the sunset. We moor later near Kampong Laeang. After dinner, the nightly cinema has another classic film on display.

Dining: Breakfast, Lunch, Dinner

## **Day 4 - Kampong Laeang – Tonle Lake**

After lunch, it's time to disembark, bidding farewell to The Jhalavin the day in the vast Tonle region, one of Cambodia's most remarkable ecosystems. This morning, we explore Kampong Laeang, a charming riverside community across from the renowned pottery town of Kampong Chhnang. Upon arrival, we embark on tuk-tuks to venture into the heart of rural Cambodian life. During this excursion, we will meet local artisans, witness traditional pottery-making, and visit a serene pre-Angkorian temple. From a scenic vantage point, enjoy sweeping views of the floodplains and lush rice fields (seasonal).

Optional Morning Excursions:

Culinary Experience:

For those with a passion for local flavors, this culinary-themed excursion offers a hands-on experience preparing Nom Krok—a beloved Cambodian rice snack. Traditionally cooked on one side, the Khmer adapted the technique to create a golden, crispy ball of flavor. Beyond its delicious taste, Nom Krok holds cultural significance, often offered during spiritual ceremonies and enjoyed as a popular street food.

Cycling Adventure:

Disembarking onto the riverbanks, we set off on bicycles to uncover the hidden gems of rural Cambodia. This ride takes us through rice paddies and quaint villages where families produce pottery and palm sugar. The flat terrain and picturesque countryside make for a leisurely ride, offering an intimate glimpse into the daily rhythms of Khmer life.

Distance: 17 km | Duration: approx. 90 min | Terrain: flat on concrete path

Afternoon Onboard Leisure:

Back on board, The Jhalavi sails further across the expansive Tonle Lake. The afternoon is yours to enjoy, whether relaxing with onboard entertainment, unwinding on the sundeck, or indulging in a rejuvenating spa treatment. As the vessel glides through the tranquil waters, take in the endless horizon and the ever-changing landscapes of Cambodia.

As the evening sets in, enjoy a delightful dinner under the stars, reflecting on the day's discoveries. The journey continues, with more adventures awaiting on the horizon.

Dining: Breakfast, Lunch, Dinner

## **Day 5 - Tonle Lake - Siem Reap**

Morning Excursion: Sunrise Over Angkor's Majestic Temples

Rise early for an unforgettable experience as we set out to witness the breathtaking sunrise over Angkor Wat, Cambodia's most iconic temple. As the first light of day illuminates the intricate carvings and towering spires, immerse yourself in the serene atmosphere of this architectural masterpiece.

Following sunrise, we explore Angkor Wat in depth, marveling at its grand scale, intricately detailed bas-reliefs, and the deep symbolism woven into its design. The journey then leads us to Bayon Temple, renowned for its over 200 enigmatic stone faces that smile down upon visitors, creating an awe-inspiring presence.

Next, we venture into Ta Prohm, where colossal tree roots intertwine with ancient ruins, evoking a scene straight out of history. The tour continues to Angkor Thom, the once-great capital of the Khmer Empire. Enter through its impressive stone gates, passing monumental figures before exploring its fascinating temples and remnants of a lost civilization.

Afternoon Leisure & Onboard Farewell Celebration

After a morning steeped in history, return to The Jhalavi for an afternoon of relaxation. Enjoy the comforts of the ship—whether it's unwinding on the sundeck, indulging in a spa treatment, or simply savoring the peaceful surroundings.

As the sun sets, we gather for a special Farewell Dinner, marking the final night on board. Hosted on the sundeck under a canopy of stars, this elegant evening features a feast of local and international flavors, live music, and a warm celebration of the journey we have shared. Reflect on unforgettable moments, toast to new friendships, and embrace the magic of this extraordinary voyage.

Dining: Breakfast, Lunch, Dinner

## **Day 6 - Siem Reap**

## Final Morning Onboard & Departure

Wake up to a peaceful morning aboard The Jhalavi, now moored in Siem Reap. Begin the day with a relaxed breakfast while soaking in the last moments of this unforgettable journey. With a leisurely pace, guests can choose how to spend their morning—unwinding on the sundeck, indulging in a final spa treatment, or simply reflecting on the incredible experiences of the past days.

For a meaningful conclusion to the voyage, guests are invited to take part in a traditional Khmer Blessing Ceremony performed by local monks. This serene ritual, offering prayers for health and prosperity, is a beautiful way to mark the end of the journey with gratitude and cultural connection.

For those interested in a short final excursion, an optional visit to a local artisan workshop is available, providing a chance to see traditional Cambodian crafts being made and pick up a meaningful keepsake. Alternatively, guests can take a gentle stroll through a nearby market to experience Siem Reap's vibrant morning atmosphere.

As midday approaches, a delightful lunch is served onboard, featuring classic Khmer dishes. After lunch, it's time to disembark, bidding farewell to The Jhalavi and its crew before continuing onward—whether staying in Siem Reap for further exploration or heading to the next destination.

Dining: Breakfast

