

Trip Details

Best of Cambodia & South Vietnam

Experience the Best of Cambodia and South Vietnam with an 8-day adventure through bustling cities, quaint countryside towns, floating village markets, and jaw-inspiring mountain landscapes. Kick-start your adventure in the Vietnam's metropolitan city of Ho Chi Minh, then cruise along the mighty Mekong Delta to experience a simpler way of life. Embrace the organised chaos in Cambodia's capital. Explore the awe-inspiring architecture of ancient temples and palaces. Learn of treasured traditions including making silk and Khmer pottery. Experience pinch-yourself moments as you stand amongst the world's largest and most impressive religious complex – The Temples of Angkor Wat. Discover the authentic side of Vietnam and Cambodia that most people miss!

| | | | |
|----------------------|-----------------------|-------------------|--------------------|
| Duration | 8 Days | Group Size | 13-35 People |
| Destination | Cambodia | Age Req. | 18+ |
| Start/Ends in | Ho Chi Minh/Siem Reap | Trip Theme | Classic, Discovery |
| Hotels | 5 & 4 Star | Departs | All Year Round |

Why You Will Love This Tour

- * This 8-day trek hits all the highlights of Cambodia and South-Vietnam, from ancient temples to scenic river landscapes, buzzing cities and the lush countryside.
- * Stay in carefully-selected 4 & 5 star hotels with all breakfasts and 1 lunch included.
- * Follow your local guide on an included city tour to the highlights of Phnom Penh including the Royal Palace, Wat Phnom Temple and National Museum.
- * Get ready to pinch yourself as you stand amongst the world's largest temple complex – Angkor Wat. This UNESCO World Heritage-listed site is the prized heart and soul of Cambodia!
- * Spend a day cruising along the lush green wetlands and floating villages of the Mekong Delta! Keep an eye out for some tasty local dishes sold by the smiley locals!
- * Get to know local villagers across South-East Asia and learn their crafts, from chocolate farming to the art of silk making and pottery.
- * Witness the magic of Cambodia's talented performers at the Phare Circus and support the dreams of young students and graduate performers eager to earn a decent wage and better living standard.

Arrival Details

The group welcome meeting with you guide and other travellers is held around 18:30 at the hotel lobby on Day 1 of your tour, unless otherwise notified.

Meeting Point

Alagon Saigon Hotel & Spa

Address : 289 - 291 Ly Tu Trong Street, Ho Chi Minh City, 7000, Vietnam

Phone : +84 28 3828 2888 **Emergency Number:** +44 (0) 208 099 75 36

Making Your Own Way to the Starting Point

The quickest way to get from Tan Son Nhat Airport (SGN) to Alagon Saigon Hotel & Spa is to taxi which costs 6\$ -8\$ and takes 10 min.

Finishing Point

The finishing point for this tour is:

Siem Reap Somadevi Angkor Hotel

Address : Sivatha Blv, Mondol II Village, Sangkat Svay Dangkum, Siem Reap Town

Phone : +855 63 967 666

Emergency Number: +44 (0) 208 099 75 36

Highlights

- * **Cai Rang:** The biggest floating market in the Mekong Delta, Cai Rang is 6km from Can Tho. There's a bridge here that serves as a great vantage point for photography.
- * **Chau Doc:** Chau Doc is a city in An Giang, bordering Cambodia is a bustling center of trade and river transport, yet also a lazy, riverside burg and a throwback to another time.
- * **Cu Chi Tunnel:** The Chu Chi Tunnels are part of a massive war museum in Ho Chi Minh. They offer a sneak-peek at the underground life of Vietnamese soldiers back in 1948.
- * **Mekong Delta:** Network of distributaries in south Vietnam, between Ho Chi Minh City and Cambodia. The river itself starts in the Himalayas and reach to Cambodia.
- * **Notre Dame Cathedral:** Situated at the center of Ho Chi Minh City, Notre Dame Cathedral, aka Saigon Notre Dame Cathedral Basilica or Cathedral Basilica of the Lady of the Immaculate Conception.
- * **Phnom Banan:** The 11th century Angkorian ruin is the best preserved of the Khmer temples around Battambang. As you you will see the distinctive five towers pointing skyward.
- * **Phnom Udong:** Located in Psar Dek and Phnom Bat communes, Ponhea Leu district, about 41 kilometers north of Phnom Penh. The city drops behind while fishing villages and rice paddies.
- * **Siem Reap:** Siem Reap province is located in northwest Cambodia. It is the major tourist hub in Cambodia, as it is the closest city to the world famous temples of Angkor.
- * **Silver Pagoda:** Located on the South side of the architectural Royal Palace complex, the Silver Pagoda as well as Wat Preah Keo Morakat is the most beautiful and popular pagoda.
- * **South Gate of Angkor Thom:** The most famous city gate and a kind of emblem . Every visitor of Angkor will see it, as the only road from the Angkor Wat to the second-most popular destination.
- * **Terraca of The Elephants:** The Terrace of the Elephants is one of the most visited sites in the Angkor Park. It is a 2.5m tall, 300m long platform and used by King Jayavarman VII
- * **Tra Su Sanctuary:** This forest is home to an astounding number of wading birds. Much of the wetland is off-limits to visitors so that the birds' breeding grounds are not disturbed.
- * **War Remnants Museum:** This interesting and well-curated museum is a must-do for any visitor to Saigon given the impact of the American War, as it is known in Vietnam.
- * **Wat Phnom:** Wat Phnom is a Buddhist temple located in Phnom Penh. It was built in 1372, and stands 27 metres above the ground. It is the tallest religious structure in the city.

Itinerary

Please note that the itinerary may be subject to small changes depending on the conditions during the tour. Alternative accommodation of similar standards may be used depending on the group size and hotel availability.

Day 1 : Ho Chi Minh City

Welcome to South Vietnam! Kick off your epic adventure getting amongst the hustle of Vietnam's metropolitan city, Ho Chi Minh. Formerly known as Saigon, this city is a bubbling pot of energy, hidden gems and a cultural blend of old meets new! Join your guide and new tour mates in the hotel lobby for an informal meeting at 6.00pm. Then, hit the streets for an optional tour group dinner, enjoy a cold beer at Bui Vien or head to Ben Thanh Market for some night shopping.

- **Accommodation**

Alagon Saigon Hotel – 4 Star

- **Included Activities**

Welcome Meeting

- **Optional Activities**

Group Dinner

Day 2 : Ho Chi Minh, Mekong Delta, Can Tho

Rise and Shine, it's time to farewell Ho Chi Minh city and head towards the mighty Mekong River! Snag a window seat and soak in the views on a 2-hour drive to Cai Be. On the way, you'll stop in at South-Vietnam's first-ever chocolate factory and learn how to make the local sweet (and taste test, of course!). On arrival at Cai Be, hop on board the wooden boat and kick back as you cruise past lush green islands of the mighty Mekong. Enjoy lunch on board. Cruise past small river-side towns like Vinh Long and learn of the typical rural life on the Mekong. Your day cruising will end in Can Tho with free time to explore the buzzing town, lively waterfront, and quaint backstreets!

- **Accommodation**

West Hotel – 4 Star

- **Meals Included**

Breakfast, Lunch

- **Included Activities**

Chocolate Factory Visit

Mekong River Boat Ride

Day 3 : Can Tho, Chau Doc

No place gives a better insight into life on the river than the floating markets in Cai Rang. After filling up on breakfast at your hotel, take a boat ride 6km from Can Tho to visit the fascinating markets, where hundreds of wooden rowboats trade everything from rice and clothing to exotic fruits on the river. Wander around the markets by foot and visit the nearby Orchard Garden. Then, continue on to Chau Doc for a boat tour of the Tra Su Sanctuary – home to an array of tropical birds and splendid canals deep in the forest of the Mekong. Finish up your day in Chau Doc town and rest up before we cross the border for Cambodia bright and early tomorrow morning!

- **Accommodation**

Chau Doc Victoria Nui Sam Lodge

- **Meals Included**

Breakfast

- **Included Activities**

Cai Rang Floating Market

Tra Su Sanctuary Boat Ride

- **Entrance Fee**

Tra Su Sanctuary – 10 USD

Day 4 : Chau Doc, Phnom Penh City Tour

Goodbye Vietnam, Hello Cambodia! Set an early alarm for your 7.00am transfer via public speed boat to Cambodia's capital city, Phnom Penh. Rest up on the way and arrive in Phnom Penh by 1.00pm with plenty of time to explore the fascinating city on a guided city tour in the afternoon. First up, one of the most popular attractions in the city – the Royal Palace and Silver Pagoda complex! Built in 1866 by the Predecessors of King Norodom, the palace is amongst the most impressive Khmer-style designs in Cambodia. Then, visit the National Museum, the Independence Monument, and Wat Phnom Temple – where you'll score some epic views over the city!

- **Accommodation**

Phnom Penh Frangipani Royal Palace Hotel – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Phnom Penh City Tour

- **Entrance Fees**

Royal Palace Entry – 10 USD

National Museum – 10 USD

Wat Phnom – 1 USD

Day 5 : Phnom Penh, Battambang

Today we're off to Battambang, but first visit the Tuol Sleng Genocide Museum in Phnom Penh to learn about a tragic period. Delve further into history as we continue to the ancient Cambodian Capital of the Khmer Empire – Phnom Udong! Here you'll find two large hills with incredible views across the countryside. Atop the twin humps stands several impressive stupas that survived bombing from both the Americans and Khmer Rouge during Cambodia's recent wars. After soaking in the views, continue on to Kompong Chhnang for a stop at a local pottery village. This village is famous for producing traditional Khmer pottery, a craft passed down through generations for over 1,500 years! As night falls over South-East Asia, we'll head towards the Phnom Sampeau Mountains to witness thousands of nocturnal bats take flight through the caves. It's something quite spectacular to sit at the foot of Battambang's Phnom Sampeou caves as the sun sinks into the horizon and a stream of thousands of bats parade through the caves and zoom across the

- **Accommodation**

Battambang Classy Hotel – 4 Star

- **Meals Included**

Breakfast

- **Entrance Fees**

Tuol Sleng Museum – 5 USD

Phnom Udong – 3 USD

Phnom Sampeu Mountain – 5 USD

Day 6 : Battambang, Siem Reap

Ever ridden on a Bamboo Train before? All aboard as we take an 8km journey through the scenic countryside and rice fields of Battambang. This Bamboo Train was set up by villagers to facilitate the transportation of goods and people. It's basic but effective with a single bamboo platform, 4 wheels, and a small motor. Then, get your hiking shoes on and camera ready for a visit to the 11th-century Angkorian temple of Phnom Banan. The 350+ step climb is well worth it, with peaceful views across the countryside waiting at the top! Soak up these picture-perfect scenes. In the afternoon, we'll leave Battambang and drive towards Siem Reap. Stopping at Puok District to visit the National Silk Centre, a fascinating way to learn about Cambodian silk. Here we will spend some time learning about the process of creating silk, harvesting mulberry, and the life cycle of the silkworm. Tonight we recommend a full night's rest, before the long-awaited visit to the world-famous Angkor Wat temples tomorrow!

- **Accommodation**

Siem Reap Somadevi Angkor Hotel – 4 Star

- **Meals Included**

Breakfast

- **Entrance Fees**

Bamboo Train – 5 USD

Phnom Penh Banon Temple – 3 USD

Day 7 : Siem Reap, Angkor Wat

Prepare for one awe-inspiring day at the world's largest temple complex – Angkor Wat! First up you'll visit Angkor Thom's South Gate to see the intricate Bayon Temple. This temple is famous for its Elephant Terraces and 54 towers decorated with over 200 enormous smiling faces of Avalokiteshvara. Then, we'll return to the UNESCO World Heritage-listed temple of Angkor Wat to marvel at the prized heart and soul of Cambodia. Snap some beautiful pictures of the temple as it reflects across its impressive moat. Then, wander through the outer gallery walls as your local guide narrates stories from Hindu mythology. Tonight we'll head out in Siem Reap to witness some of Cambodia's most talented performers at the Phare Circus! This uniquely modern circus provides young students and graduate performers the opportunity to hone their skills and earn a decent wage doing what they love!

- **Accommodation**

Siem Reap Somadevi Angkor Hotel – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Angkor Thom & Angkor Wat Visit

- **Entrance Fees**

Angkor Wat – 37 USD for 1 day visit / 65 USD for 3 day visit

Phare Circus (Section B) – 25 USD

Day 8 : Siem Reap

Just like that, it's over! Our trip will end in Siem Reap after we say our goodbyes to strangers who quickly became friends. Enjoy a final breakfast together before hotel check-out at 11.00am.

- **Meals Included**

Breakfast

Inclusions & Exclusions

| | |
|------------------------|--|
| Accommodation: | 5 and 4 star hotels |
| Meals: | 8 breakfasts 1 lunch |
| Transportation: | A/C coach or mini-bus |
| Guide: | Services of experienced Travel Talk local guides licenced by the Ministry of Tourism |
| Sightseeing: | Cai Rang, Chau Doc, Cu Chi Tunnel, Mekong Delta, Notre Dame Cathedral, Phnom Banan, Phnom Udong, Siem Reap, Silver Pagoda, South Gate of Angkor Thom, Terraca of The Elephants, Tra Su Sanctuary, War Remnants Museum, Wat Phnom |

What is NOT included in the tour price?

- Any flights not mentioned above
- Travel insurance
- Meals not stated above
- Items of a personal nature
- Tips & gestures
- Entrance fees to the sights and museums
- Optional activities
- Other services not stated in the itinerary

Hotels & Accommodation

Please note that the hotels are subject to change depending on the group size and availability. Hotels of similar standards will be used where available in case of a change.

ALAGON HOTEL- SAIGON- 4 STAR

Enjoying a prime location in the heart of the vibrant Ho Chi Minh City's District 1, Alagon Hotel&Spa features modern rooms and rooftop pool.

VICTORIA NUI SAM LODGE – CHAU DOC – Superior Lodge

Located in Sam Mountain near Ba Chua Su Temple, Victoria Nui Sam Lodge is a perfect starting point from which to explore Chau Doc. The mountain lodge has an outdoor swimming pool.

WEST HOTEL – CHA THO – 4 Star

Located in Can Tho, West Hotel offers elegant and stylish accommodations with spectacular pool views. The hotel is just 100 yards from Ninh Kieu Pier and 350 yards from Can Tho Museum.

FRANGIPANI ROYAL PALACE – PHNOM PENH – 4 Star

The Frangipani Royal Hotel is situated in the heart of Phnom Penh, features a rooftop saltwater pool, along the edge of the city's art district and just a short walk from the lively riverfront.

CLASSY HOTEL – BATTAMBANG – 4 Star

Set across the river from Downtown, this relaxed hotel features an outdoor swimming pool, an in-house restaurant, and sensational views over the Sangker River.

SOMADEVI ANGKOR HOTEL – SIEM REAP – 5 Star

With the abundance of tropical plants lining its centre and its location in the heart of Siem Reap, Somadevi Angkor Hotel reflects an oasis-like feel. The hotel offers an excellent on-site café.

Entrance Fees

| | | | |
|-------------------|--------|--------------------------|--------|
| Tra Su Sanctuary | 10 USD | Phnom Sampeu Mountain | 5 USD |
| Royal Palace | 10 USD | Bamboo Train | 5 USD |
| National Museum | 10 USD | Phnom Penh Banon Temple | 3 USD |
| Tuol Sleng Museum | 5 USD | Angkor Wat | 37 USD |
| Phnom Udong | 3 USD | Phare Circus (Section B) | 25 USD |

Essential Information: Cambodia

Passport & Visas

Visas to enter Cambodia are compulsory for most tourists including travellers from Australia, New Zealand, Canada, the United States and the United Kingdom. An eVisa is available to most nationalities which is valid for three months from the date of issue and allows tourists to visit for a total of 30 consecutive days. Travel Talk strongly recommends travellers obtain a tourist visa, where applicable, before arriving in Cambodia. For information on how to obtain a Cambodian tourist visa please visit <https://www.evisa.gov.kh>

Passport validity entry requirements: Travellers entering Cambodia must also carry a passport or travel document with minimum 6 months of validity remaining.

This information is provided as a guidance, we strongly advise that you check with the consulate or embassy as this information can change at any time and with little notice. It is your responsibility to make sure that all the required travel documents are ready when travelling.

Travel Advice

We are closely monitoring the latest travel updates to Cambodia and follow the advice of the UK Foreign Office (FCDO). For the latest travel advice from the UK Foreign, Commonwealth & Development Office, <https://www.gov.uk/foreign-travel-advice/cambodia>

We recommend all travellers to check their Government National Travel Advisory prior to their departure:

| | | |
|-------------|---|---|
| Australia | - | https://www.smartraveller.gov.au/ |
| Canada | - | https://travel.gc.ca/ |
| New Zealand | - | https://www.safetravel.govt.nz/ |
| USA | - | https://travel.state.gov/ |

Travel Insurance

All passengers travelling with Travel Talk are required to have personal travel insurance before participating in any of our tours. Your guide will collect your travel insurance details on the first day of your trip. It is your responsibility to make sure you have an adequate and suitable travel insurance for you in place, you may read more at <https://www.traveltalktours.com/travel-insurance>

Health & Safety

The health and safety of our passengers, staff and communities visited is of utmost priority. As we monitor and comply with the official advice from the UK Foreign Office, as well as World Health Organization and government authorities regularly, we have implemented several policies and precautions on our tours for your wellbeing. You may find our Safe Travels Protocols at <https://www.traveltalktours.com/safe-travels>



Travel Talk Adventures has received the Safe Travels stamp by the World Travel and Tourism Council (WTTTC), which allows travellers to recognise companies around the world that have adopted health and hygiene global standardised protocols – so consumers can experience ‘Safe Travels’.

Please make sure to regularly check your Government's travel advice before travelling and be well-informed of any requirements. Your tour guide will also notify you of the regulations and protocols to follow throughout your trip with us.

Please note that if any traveller is unable to complete the itinerary or possess a potential risk to themselves and/or the rest of the group, we reserve the right to remove them from all or part of a trip.

Please consult with your doctor for the latest medical travel information and any vaccinations you may need. We recommend that you bring any personal medical requirements and medications with you as these may be difficult to obtain while on tour.

Weather

Cambodia is known for its tropical monsoon climate with two distinct seasons: the rainy season from May to early November and the dry season from late November to April. During the rainy season, Cambodia experiences 75% of its annual rainfall with warm temperatures and lush, green countryside waiting to be explored! The dry season from November to April appears more popular amongst visiting travellers, with clearer skies and sunshine. Temperatures in Cambodia remain warm and consistent across the year making it a perfect place to travel any month. However, if travelling throughout the North during the winter months (December to March), be sure to pack extra layers as temperatures can become cold during the evenings.

| Months | Phnom Penh | | Siem Reap | |
|-----------|------------|----|-----------|----|
| | C° | F | C° | F |
| January | 26 | 79 | 26 | 79 |
| February | 27 | 81 | 27 | 81 |
| March | 29 | 83 | 29 | 83 |
| April | 31 | 87 | 31 | 87 |
| May | 30 | 86 | 30 | 86 |
| June | 29 | 83 | 29 | 83 |
| July | 28 | 82 | 28 | 82 |
| August | 29 | 84 | 29 | 84 |
| September | 28 | 82 | 28 | 82 |
| October | 27 | 81 | 27 | 81 |
| November | 27 | 80 | 27 | 80 |
| December | 26 | 79 | 26 | 79 |

Distances

Please find below the distances between the sights visited in Cambodia and the approximate flight and driving times. We will always strive to take a short break every few hours when driving to enable passengers to stretch their legs, purchase snacks and use wash facilities during long drives

- Ho Chi Minh to Can Tho: 170km, 3 hr 30 min
- Can Tho to Phnom Penh: 220 km, 5 hr 20 min
- Phnom Penh to Battambang: 280 km, 6 hr 10 min
- Battambang to Siem Reap: 160 km, 3 hr 15 min
- Siem Reap to Angkor Wat: 6 km, 15 min

Money Matters

The official currency of Cambodia is the Khmer Riel (KHR) and 1 USD converts to approximately 4,000KHR. Credit and debit cards are accepted at ATMs across Cambodia. There is no need to dispense large quantities of KHR prior to arrival in Cambodia. Most travellers never require more than 20USD worth of Cambodian riel on them at any one time. USD cash is also widely accepted across Cambodia; however change is often given in KHR. Many businesses will not accept notes larger than 20USD, so we recommend carrying small denominations of both KHR and USD. Credit and Debit cards can also be used to pay for accommodation or more expensive services in Cambodia's major cities, however cash remains king. We recommend you do not exchange bulk sums of money at the airport, as the exchange rates are usually more favourable in the major cities. Your tour leader will be happy to help if you need any assistance.

Please remember that everyone has different spending habits, some prefer to spend more on souvenirs, some on experiences and others on a night out! Make sure to budget your trip to your spending habits for shopping, drinking, and tipping.

Tipping is not customary in Cambodia but is very much appreciated and an appropriate way to recognise great service while travelling. Rounding your bill to the nearest 1 USD or 1,000 KHR is a small gesture that is greatly appreciated across the country. You may also consider tipping your leader and driver for outstanding service at the end of your trip. The amount is entirely a personal preference.

Eating & Drinking

Cambodian cuisine is modest and comforting with a unique twist. Rice and freshwater fish are staples and a traditional Cambodian meal almost always includes a samlor (traditional soup).

Inexpensive food markets, street vendors and casual restaurants line almost every corner of Cambodia's major cities and small towns - making it extremely easy to find these popular meals and more.

Kuy Teav: This popular street food dish is a noodle soup made from pork or beef bones and rice vermicelli. The flavoursome broth is topped with fried shallots, garlic, bean sprouts, and aromatic herbs.

Beef Loc Lac: Another signature dish in Cambodia, beef loc lac is stir-fried strips of beef served atop a bed of lettuce, sliced tomatoes, cucumber, and rings of raw onions. The dish is often topped with a fried egg with a dipping sauce of lime juice and pepper.

Green Mango Salad: Cambodian salads are renowned for being crunchy and zesty. The Green Mango salad features fresh chilli, fish sauce, sliced green mango, sliced tomatoes and shallots, pickled cucumber, onion, peppers and fresh basil or mint.

Tarantula: Believe it or not, snacking on a spide is another Cambodian delicacy that locals relish! Deep-fried and then salted, the tarantula is served at local markets after being caught by hand in the jungle. If you are feeling game, you can purchase a tarantula at the local markets from Siem Reap to Phnom Penh.

Lap Khmer: Thin slices of beef marinated in lime juice with lots of shallots, garlic, fish sauce, basil, mint and bell peppers. Travellers be warned, this dish has plenty of kick!

Kampot Pepper Crabs: Along the coastline of Cambodia, delicious pepper crabs caught fresh from the sea and cooked in roadside restaurants are extremely popular. The dish is hot, delicious and very savoury.

Khmer Red Curry: Often made from chicken, beef, or fish this curry dish is made with potatoes, coconut milk, lemongrass and a special Cambodian ingredient known as Kroeung.

Sweetened with condensed milk, the beloved ice coffee is a must-try drink in Cambodia costing only 1USD a cup. With tap water not being safe to consume in Cambodia, beer is the choice of beverage among locals!

While we only recommend drinking alcohol in moderation, there is no denying that the local drop is extremely cheap! Angkor Beer is the most well-known beer in Cambodia with prices varying from 1-2 USD per glass. Palm wine is also quite popular in more rural regions and travellers should be warned that it can be extraordinarily strong.

Internet Access

Many cafes, hotels and restaurants in cities of Cambodia provide free Wi-Fi, but the connection may be spotty or slow. If you wish to use your own 3G/4G Data, be sure to enable data roaming on your mobile. Purchasing a Cambodian SIM card for the duration of your tour may be a cost-effective alternative. Make sure that your phone is unlocked before you leave home so a local SIM will be compatible. Your local guide will be able to provide advice on where to purchase data SIMs in Cambodia.

Essentials to Bring

- * Face mask/cover and hand sanitiser enough for your personal use throughout the trip – See more at <https://www.traveltalktours.com/safe-travels>
- * Travel Documents: Passport, Visa (if required), flight or transport ticket (and photocopies)
- * Travel Talk Tour Voucher (printed or digital)
- * Travel Insurance Policy (and photocopy)
- * Personal medical kit and medicine
- * Money (cash, credit card, travellers' cheques)
- * Power Adapter
- * Reusable water bottle
- * Ear plugs and eye mask
- * Sun protection – hat, sunglasses, sunscreen
- * Comfortable, closed walking shoes
- * Wind/water proof jacket
- * Warm clothes, hat, and gloves for cold weather
- * Sandals, swimwear, shorts for warm weather

Culture, Religion, Traditions

More than 90% of the people who live in Cambodia are ethnic Khmers, making the country the most ethnically homogeneous in South-East Asia. The Khmer culture is based on tradition, honouring ancestors, respecting elders and living a life of humility, honesty and kindness. The local people are recognised globally for being gentle, humble, and hospitable. Cambodians have developed a unique Khmer belief from the syncretism of indigenous beliefs and the Indian religions of Buddhism and Hinduism. Buddhism is the most popular religion for the nation, with 95% of the population following Theravada Buddhism. Monks are highly regarded and respected in society and religious festivals and ceremonies are considered of utmost importance. Superstition almost runs parallel to religion, with the belief of spirits and superpowers

Etiquette and How to Dress

When travelling abroad it is important to be aware of the cultural etiquette of the destinations you will be visiting. If planning to visit religious or UNESCO World Heritage Listed sites in Cambodia, it is essential to remember shorts and skirts above the knee as well as shirts that show bare shoulders are not allowed. Visitors must dress modestly with long shorts or a long skirt and cover their shoulders and chest. Monks are

respected in Cambodia and if you wish to take a photograph of a Monk, it is respectful to ask their permission first. Women should not stand or sit too close to Monks, as Monks are forbidden from touching a woman, even for a handshake. Khmer people in more rural regions also may not appreciate hand holding or public displays of affection. While Cambodian people are warm, friendly, and patient – following these simple rules on etiquette will ensure your experience in Cambodia is met with authentic and pleasant experiences with all the locals.

Solo Travellers

We have many solo travellers joining our tours. Solo travellers will be roomed with another traveller of the same gender. If you would like a private solo room, please contact us.

Rules to Follow

We are committed to ensuring a safe and enjoyable experience for everyone. We do not tolerate any form of violence (physical or verbal), bullying or harassment involving customers, partners, Travel Talk staff or locals. Sexual relationships between a tour leader and a passenger are forbidden.

We will not tolerate any illegal activity, including but not limited to: use and possession of illegal drugs, trespassing, and disrupting public order. If you consume alcohol, please ensure that you drink responsibly and follow the local laws and regulations.

You must follow the advice of your tour leader and local officials regarding health and safety measures. We operate all tours under Safe Travels protocols for the wellbeing of our passengers, staff and communities visited. Please ensure that you have read the <https://www.traveltalktours.com/safe-travels/> and are fully prepared for your trip.

If someone is acting inappropriately regarding these matters, please notify your tour leader immediately or contact us on the emergency contact number provided below.

Your tour leader has the right to remove from the group anyone not abiding by these rules, with no right of compensation or refund. See more at <https://www.traveltalktours.com/booking-terms/>

Please remember that our travellers come from different parts of the world and will have various needs and preferences. Be understanding and patient with your fellow travellers, and always strive to be on time.

Responsible Travel

We believe that travel is a force for good and show our support through various initiatives and charity organizations, as well as keeping the principals of responsible and sustainable travel at the core of our ethos. These values are engrained in our business culture and the design of our trips just the same. Together with you, we strive to make a positive impact on local people and economies, respecting the local culture, environment, social fabric and customs; encouraging respectful and meaningful cross-cultural exchange.

Read more at <https://www.traveltalktours.com/responsible-travel/>