

Captivating Cambodia:

14 Days in the Golden Kingdom

Phnom Penh | Kampot | Rabbit Island | Mondulkiri | Siem Reap

Day 1: Depart for Cambodia

Head to your flight to the airport in Phnom Penh (PNH). Bring some snacks and entertainment for the long flight!

Day 2: Arrive Phnom Penh

Arrive in Phnom Penh, the bustling capital city, home to more than 2.5 million people. From 1975-1979 the city fell eerily silent-- the Khmer Rouge kicked everyone out as they transitioned the country to a brutal Communist system. Now, life has been restored to the capital and it's difficult to imagine a time when tuktuks didn't line the busy streets.

We'll meet you at the airport, and drive about an hour to our Boutique Hotel near Independence Monument. This afternoon will mostly consist of getting acclimated and wandering Olympic Stadium at sunset, before our first local dinner along the riverfront.

Day 3: Explore Phnom Penh

Today we'll enjoy a breakfast and coffee at our hotel, shaking off the jetlag and venturing out for our first day of history and introduction to this vibrant culture. In the morning, we'll visit S-21, a former high school-turned-prison under Pol Pot in 1975. In the 3 years, 8 months, and 20 days of the Khmer Rouge Regime, more than 20 million people entered the prison, and only 7 survived. Along with artists, intellectuals, and foreigners, the regime quickly became paranoid and began killing farmers and unskilled laborers in a bid to rid the system of corruption. Today, S-21 is preserved as a museum and monument to the 3 million lives lost during that time. The final piece in the journey through S-21 is the Last Killing Field, Choeng Ek. Though a sobering visit, the history held here is crucially important to understanding the Cambodia of today.



After lunch we'll change our focus, moving from the past into the present, into the lives of thriving young Cambodians. We'll visit the impressive Royal Palace, and learn about Cambodia's transition from a Monarchy into a Democracy.

Day 4: Travel to Kampot and Kep



Kampot and Kep are two beachside towns off the southern coast, famous for seafood (especially crab!) and black peppercorns. After arriving, we'll eat lunch and then explore the salt fields, pepper farms, and beach close to our bungalow resort. Watch locals catching crabs and enjoy the beautiful colors of sunset as we eat dinner by the ocean.

Day 5: Rabbit Island

The next day we'll explore the local waterfall in Kampot, and then take a boat to the quaint and quiet Rabbit Island for a one night island getaway. Snorkel, swim, sunbathe, or relax!

We'll eat at our island accommodation and explore.

Day 6: Back to Phnom Penh

This morning we'll enjoy island breakfast, then head back to the mainland via boat and take our van back to Phnom Penh. We'll have a relaxed free evening in Phnom Penh, as we rest for one night before heading to Elephant country, Mondul Kiri.



Day 7: Mondul Kiri



Jungles once covered the majority of the country. We'll spend the next few days wandering the jungles, trekking, and interacting with rehabilitated working elephants. Tonight we'll stay in a Nature Lodge set in the lush green outside the town of Sen Monorom. Early rest tonight after a long drive, and elephants start in the morning!

Day 8-9: Mondul Kiri Project

Today, we'll get picked up by the Mondul Kiri Project, an ethical elephant sanctuary which rehabilitates former working elephants. Logging was huge in Cambodia through the 90s, and elephants were the primary heavy lifters through the overgrown jungles. We'll get up close and personal with nature in a jungle overnight stay tonight-- all the better to interact with the elephants and get to know the natural beauty of Cambodia.



Day 10: Siem Reap bound!

We'll head back down through the mountains and jungle to the North towards the cultural capital of the country. It's a long day of driving, but we'll have some pretty views and viewpoints along the way.

Day 11: Siem Reap Exploration



Spend your free morning with some relaxation by the pool before taking in the charming town with our custom handcraft tour. We'll visit artists in their homes and you'll have the option to test your hand at making your own art. After lunch, we'll visit the War Museum for a guided tour, and see the APOPO landmine-detecting rats. Dinner tonight will be our own private cooking class, led by a

5-star chef who mixes traditional Cambodian cuisine with a french twist. Enjoy a free evening exploring Pub Street and the Night Market.

Day 12: Prek Toal Floating Village

We'll depart early for our private boat to Prek Toal Village, a floating village on the Tonle Sap. Visit with family friends who live on the lake, see the floating school, temple, markets, and an NGO called Osmose. Eat lunch in the floating village, then head back to town. We'll pick up our Temple Pass tonight, and enjoy dinner before taking in the famous Cambodian Circus!



Day 13: Angkor Wat Temple Tour



We'll make it up for sunrise at Angkor Wat, a once-in-a-lifetime experience!! We can refresh with a breakfast before heading back out to visit Vitmean Akha, Ta Prohm, Neak Bpoan, Ta Nei, North Gate, and other of the beautiful temples of Angkor. We'll head back to the hotel after lunch for a little R&R. Enjoy a massage, pool time, or shopping--whatever your heart desires! Dinner tonight will be our last dinner together in-country.

Day 14: Back to Phnom Penh, and Home!

We'll have a final brunch, and head to the temple for a traditional water blessing. Say you goodbyes to Cambodia, and safe flight home.

Thank you so much for joining with us! Cambodia welcomes you back anytime.

To reserve your spot, please email insighttoursCambodia@gmail.com, call +1.314.580.0700, or find us on Instagram and Facebook: [@GetInsightTours](https://www.instagram.com/GetInsightTours)

Trip Details:

Accommodations: 12 nights of exceptional accommodation.

-3 nights in TeaHouse hotel in Phnom Penh, 1 night in Botanica Guesthouse Kampot, 1 night on Rabbit Island, 2 nights in Nature Lodge Mondulkiri, 1 night with the Mondulkiri Project, 4 nights in V&A Villa, Siem Reap.

Food & Beverage:

All meals in-country are included (13 breakfasts, 13 lunches, and 13 dinners).

-include one drink at each meal

-water included

**We are able to accommodate any food allergy or dietary restriction. Contact us in advance.

Trip Highlights:

Escorted by the founders of Insight Tours: Sothy, Sarak, and Haley.

Guided tours of S-21 and Choeng Ek, with the opportunity to meet with survivors of the Khmer Rouge.

Beach time, and fresh seafood dinner on the coast.

Work with the Elephant Sanctuary, washing and feeding elephants in the jungle.

Angkor Wat Sunrise, and custom private tour of UNESCO world heritage site, experiencing the temples without the tourist crowds.

Insight-designed custom handcraft tour with local artists.

Custom cooking class created by Insight in cooperation with 5-star Chef Bora.

Visit to Prek Toal Floating Village, and family visit with locals.

Cambodian Circus!

Traditional Massage.

Traditional water blessing.

Included Extras!

-Extensive packing list

-Country backgrounder information and suggested pre-departure reading list

-Cultural dos and don'ts

-Information on applying for a Visa on Arrival (US Passport), and customs information

Trip Price:

\$ 5000 -- per person, double occupancy

\$ 1250 -- solo traveler supplement

Price includes: Internal flights, all transportation, housing accommodation, meals, entry tickets or other activity fees, private excursions, and guide assistance. Our guides are Wilderness First Responders or trained in first-aid. All our drivers are safe and insured, and there are seatbelts in all our vans.

Price does not include: international round-trip airfare, travel insurance or personal health insurance, baggage overweight fees, tips for guides and drivers, some beverages, personal expenses.

To reserve your spot, please email insighttoursCambodia@gmail.com, call **+1.314.580.0700**, or find us on Instagram and Facebook: **@GetInsightTours**