



## Spa Calendar

### 2010

Jan 16-27

May 1-12

Sep 4-15

Feb 13-24

Jun 5-16

Oct 2-13

Mar 13-24

Jul 3-14

Nov 6-17

Apr 3-14

Aug 7-18

Dec 4-15

**Phnom Penh, Kratie, Kampong Thom, Battambang, Siem Reap**  
**11 Days / 12 Nights**

### Cambodia Grand Journey

This is a journey where you'll experience Kampuchean history, see stunning views of ancient ruins as well as scenery of lush rainforest bustling with exotic wildlife. You'll be guided to popular sites around the country and lead to the remote areas of Cambodia, so you can experience what Cambodia has to offer.

#### Spa Travel Inclusions:

Return airport - hotel transfer in Cambodia

2 Nights accommodation staying at The Quay, Phnom Penh - panoramic suite

2 Nights accommodation staying at Santepheap Hotel, Kratie - standard room

1 Nights accommodation staying at Sambor Village, Kampong Thom - deluxe room

2 Nights accommodation staying at La Villa, Battambang - superior room

4 Nights accommodation staying at La Residence d'Angkor, Siem Reap - deluxe riverside room

Daily breakfast

Transfers by private A/C vehicles.

Meals as indicated in itinerary - Breakfast, Lunch, Dinner

English Speaking Guide.

All entrance fees as indicated in itinerary + 3 day Angkor Pass.

Spa package at La Résidence on Day 8: Supreme Formula (2.5 hours)

Including:

- Foot Cleansing Celebration (30min)
- Choose your own session of Sauna or Steam (20min)
- Followed by your choice of Herbal Bath or Salt Bath (25min)
- Choose your own Body Treatment from the below (60min)
- Relax by Kong Kea spa indoor swimming pool(15min)

Spa Travel Wallet & Documentation

#### Number of guests with costing per person:

2                 \$\$  
 3 - 6            \$\$  
 7 - 10           \$

\$ indicates approximate costing in Australian Dollars and is based on twin / double share. Package is subject to seasonal or currency price increases. Extended and additional person costings are available on application. All packages are non-refundable, subject to availability and conditions apply. Valid 31 March 2011

#### Price Guide:

\$1,000 - 2,000    \$\$2,001 - 3,000    \$\$\$3,001 - 4,000    \$\$\$\$4,001 - 5,000    \$\$\$\$\$5,001+

## Itinerary:

### Day 1: Arrival in Phnom Penh



After arriving in Phnom Penh, your guide will meet you and transfer to your hotel.

In the afternoon, set out on a trip by local cyclo to visit the city's highlights. You will see the Royal Place built in 1866 by King Norodom and its Silver Pagoda, which is made up of 5,000 silver tiles. Also visit the National Museum which is home to a superb collection of Khmer art, including many fine Angkorian period pieces.

This evening, enjoy a cruise along the Tonlé Sap and Mekong rivers.

Overnight at The Quay in Phnom Penh.

### Day 2: Phnom Penh – Kampong Cham - Kratie

Leave Phnom Penh for Kompong Cham (120 km), a former French trading post on the Mekong. After a tour of town center, continue to Wat Nokor, an 11th century sandstone Buddhist shrine. Continue to Kratie Province. Transfer to the hotel.

Overnight at Santepheap Hotel in Kratie.

Breakfast

### Day 3: Kratie

Breakfast at hotel, stroll through town and take an excursion to Phnom Sambok (9km) and Kampi (12km) north of town to try to catch a glimpse of the endangered Irawaddy dolphins on a boat trip.

Overnight at Santepheap Hotel in Kratie.

Breakfast

### Day 4: Kratie – Kampong Thom

After breakfast, leave Kratie for Kampong Thom Province. On the way, stop at Phnom Santuk Mountain and climb the 980 steps to the top to visit the pagoda and admire the sunset over the countryside.

Overnight at Sambor Village in Kampong Thom.

Breakfast

### Day 5: Kampong Thom – Phnom Penh

After breakfast drive to Sambor Prei Kuk, 30 kms north, a pre-angkorian complex of temples built in the Chenla Period between 616 – 635 AD and enjoy a walk around the impressive ruins. After lunch prepared by the local village, return to Phnom Penh.

Overnight at The Quay in Phnom Penh.

Lunch



### Day 6: Phnom Penh - Battambang

After breakfast, transfer by road to Battambang province. On arrival, transfer directly to the hotel. In the afternoon, continue to Wat Ek Phnom, an 11th century temple north of Battambang.

Overnight at La Villa in Battambang.

Breakfast

### Day 7: Battambang

In the morning, make an excursion to Phnom Sampoeu to visit the Memorial for Khmer Rouge victims in a cave, before continuing to the Pagoda on top of the hill call Phnom Banan. In the afternoon, ride the famous bamboo train.

Overnight at La Villa in Battambang.

Breakfast

### **Day 8: Battambang – Siem Reap**

After breakfast, transfer by road to Siem Reap with a short stop at Silk Farm along the way. On arrival, transfer to the hotel.

*In the afternoon you will have time to enjoy a Spa treatment at your hotel.*

Overnight at La Résidence d'Angkor in Siem Reap.

Breakfast

### **Day 9: Siem Reap**

After breakfast, continue a morning tour of the temples includes the South Gate of Angkor Thom, the famous Bayon, Baphoun, the Terrace of Elephants and Terrace of the Leper King. In the afternoon, visit to the magnificent 12th century Angkor Wat.

Overnight at La Résidence d'Angkor in Siem Reap.

Breakfast

### **Day 10: Siem Reap (Koh Ker and Beng Mealea)**

After breakfast, take an excursion to Banteay Srey "Women Citadel" is among the oldest of the Angkor monuments, being built in the 10th century. Like many of the great Hindu temples; Banteay Srey was dedicated to Vishnu. In the afternoon continue to Srah Srang, Banteay Kdei, Chau Say Tevoda, Thommanon and the fabulous Ta Prohm Temple, embraced by the roots of enormous fig trees and gigantic creepers.

Overnight at La Résidence d'Angkor in Siem Reap.

Breakfast

### **Day 11: Siem Reap**

After breakfast, leave Siem Reap town for a full day excursion to Koh Ker, an Angkorian site in northern Cambodia. 100 km northeast of Angkor itself, it was briefly the capital of the Khmer empire between 928 and 944 under king Jayavarman IV and his son Hasavarman II. Continue to Beng Mealea: a spectacular jungle temple around 60 Kms drive before arriving back to Siem Reap. It is one of the "new" highlights of Cambodia; having only been cleared of mines at the end of 2003.

Overnight at La Résidence d'Angkor in Siem Reap.

Breakfast

### **Day 12: Siem Reap departure**

After breakfast, enjoy some time at leisure before a transfer to Siem Reap Airport for the onward departure flight.

Breakfast.



### **Not Included:**

- Alcoholic drinks & drinks at mealtime + Optional visits + Personal expenses (Telephone, laundry...).
- Visa on Arrival for Cambodia (USD20). Please bring 1 passport photo.
- Personal travel insurance (must include helicopter evacuation for Cambodia).
- Tips for guide, driver, boat crew & hotels' porters.
- Meals not indicated in the itinerary.
- All air tickets with airport and departure taxes (Cambodia USD25).
- Other services not clearly indicated in the package inclusion above.
- Travel insurance.

### **For all your reservation needs:**

Phone: 1300 13 11 16

Email: [Spa Travel Reservations](#)

[COMO Shambhala Facts](#)

All travel arrangements are non-refundable, subject to availability, conditions and cancellation fees apply. All prices are quoted in Australian dollars and are subject to change. Other prices for different room types, duration of stay or number of persons is all available on application. Spa Travel or Travel With A Difference is no way responsible for any unforeseen operations of airlines, hotelier, tour operator or retreat facilitator. Whether travelling within Australia or overseas travel insurance is highly recommended, contact us or visit [www.SpaTravel.com.au](http://www.SpaTravel.com.au) and click into resources to access QBE travel insurance on line. Credit card payments may incur a transaction fee 1% visa, mastercard and 3% Amex. Travelling overseas visit [www.smartraveller.gov.au](http://www.smartraveller.gov.au) for country security information or to register you being abroad. If travelling to countries that may expose you to major illnesses or disease visit your preferred travel medical practitioner well in advance. Are you visiting a country that requires a visa? Lic No. 32425

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