



Spa Calendar

2010

Jun 12-17
Oct 9-14

Jul 24-29
Nov 13-18

Aug 14-19
Dec 4-9

Sep 11-16

Siem Reap & Battambang, Cambodia
5 Nights / 6 Days

Cambodia Charitable Tour

Explore Siem Reap and beyond, this is your chance to make a positive impact whilst on holiday. Visiting Siem Reap and Battambang, this tour balances touring activities with visits to locally-run charities. Not only will you visit awe-inspiring temples, you will also discover the beauty of rural Cambodia and relax with a spa treatment.

Spa Travel Inclusions:

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

1 Nights accommodation staying at La Villa, Battambang – superior room

Daily breakfast

English-speaking guide throughout the trip

Tours and transfers as mentioned by private air-conditioned vehicles

Entrance fees for mentioned visits (3 days Angkor pass)

Spa package at La Résidence: 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)

Tuk Tuk ride for half day during the visit at small circuit in Angkor

Public regular speedboat from Siem Reap to Battambang

Transfer by overland from Battambang to Siem Reap

Spa Travel Wallet & Documentation

Cost per person: \$

\$ 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: Siem Reap Arrival

Arrive at Siem Reap airport, welcome by our guide and transfer to check-in at hotel.

Relax and unwind with a treatment at your hotel's luxurious Spa.



This afternoon, visit the biggest religious temple in the world; the magnificent Angkor Wat Temple. Built by Suryavarman II, in early 12th century Angkor Wat is constructed following the model of the temple mountain symbolizing the Mount Merou, home of the gods. Inside the temple the walls are covered by carvings and bas-reliefs depicting the Hindu mythology and the wars Suryavarman II made during his reign. As well Angkor Wat is well known for the 2000 Apsaras dancers decorating the temple.

Overnight at La Résidence d'Angkor in Siem Reap.

Day 2: Siem Reap

Breakfast at hotel.

Visit the Great City of Angkor Thom, which was the last capital of the Great Khmer Empire under the reign of Jayavarman VII. This city draws a perfect square. You will arrive via the South Gate, an impressive stone gate carved with Elephants and four giant faces. On each side is a row of 54 gods or demons holding the sacred Naga snake. From here you continue and enter the city and arrive at the Bayon Temple. This temple lies exactly in the center of the city. The particularity of this monument is the 54 towers representing the 54 provinces of the then Great Khmer Empire. Each tower has 4 faces. Continue to visit the terrace of the Elephants and the Terrace of the Leper King.

In the afternoon, visit the Banteay Srey and Banteay Samre. Banteay Srey is made of pink sandstone and is one of the smallest temple you can visit but one of the most beautiful as well. Built in 967 AD by a guru to Jayavarman V, it showcases the most exquisite, deep and complex carvings in all Khmer architecture. On the way back to Siem Reap you will visit the Banteay Samre. Situated on the eastern edge of the Angkor complex, this temple is very similar to Angkor Wat.

On the way back to Siem Reap, stop at the Landmine Museum which promotes mine awareness and education. Mr. Aki Ra, the museum founder, was a child soldier during the Khmer Rouge regime and is working today as a de-miner. The museum serves also as a rescue centre for a number of landmine amputee children that Aki Ra has brought off Phnom Penh's streets or from impoverished rural communities.

Overnight at La Résidence d'Angkor in Siem Reap.

Day 3: Siem Reap

Breakfast at hotel.

In the morning, enjoy the visit to the temples of the Grand Circuit, beginning with the Preah Khan Temple. This temple was built approximately during the same period as Ta Prohm, and originally served both as a religious university and a temple. Continue to Neak Pean, unique because it is not a temple but a sanctuary placed in the center of an artificial lake and connected to 4 surrounding ponds exactly at Cardinals points. Your final visit will be to the small temple of Ta Som, a Buddhist temple built under Jayavarman VII.



Around noon, break up your day with lunch at Sala Bai back in Siem Reap, a school training young Cambodians from poor family backgrounds in the principles of hospitality in order to give them a future. The guests will have plenty of opportunities to talk to the students as they will go on a tour of the school after the meal.

In the afternoon, day tour to the temples of the Small Circuit by local tuk tuk. The most famous among these is Ta Prohm temple, built in the mid 12th to early 13th centuries. Ta Prohm is unique in that it has been left largely as it was found: overgrown by jungle trees and vines, with many parts of the temple crumbling to the ground. This makes Ta Prohm one of the most picturesque and memorable of the Angkor temples. Your visit will also include Banteay Kdei, a Buddhist monastery from the late 12th Century, and Srah Srang, also known as the "pool of ablutions". End of the afternoon, enjoy sunset view at Eastern Mebon temple.

Overnight at La Résidence d'Angkor in Siem Reap.

Day 4: Siem Reap - Battambang

Breakfast at hotel.

After breakfast, you will transfer to embark the public speedboat to Battambang with our guide. Enjoy the journey boat trip and you will pass floating houses and impressive flooded forests, portraying life on the water. (NOTE: The boat ride is not recommended between February and May as the water levels are very low during the dry season and transfer times may increase.)

Arrive in Battambang and transfer to check in at hotel. In the afternoon, visit Ek Phnom, an 11th century temple north of Battambang.

This evening, visit Phare Ponleu Selpak, a charity organization helping disadvantaged young Khmer. Here, you can spend some time at the arts centre with the young artists. If you have an artistic skill that you want to teach, you will be able to hold a workshop. Finally, enjoy an original circus show created by the kids that has brought it to international attention.

Overnight at La Villa in Battambang.

Day 5: Battambang – Siem Reap

Breakfast at hotel.

Transfer to the Bamboo Train station. The Bamboo Train has been set up by the villagers in order to facilitate the transportation of goods and persons. The “train” in itself is very basic: one bamboo platform on 4-wheels is activated by a small motor. Sitting on the platform (we will provide some cushions for your comfort) you will travel the 8 km to the next station through beautiful landscape and rice paddies (depending on season of visit). On arrival, visit the village and discover the daily life in the Cambodian countryside.



Then visit the city centre with its beautiful houses, some of which date back from the colonial time.

From here, visit Meahto Phum Ko'mah (Homeland in English), a non-profit NGO operating with orphans and vulnerable children that live on the streets or have been trafficked and is working hard to reintegrate them into the society by giving them a safe family environment as well as access to education and vocational training as well as health treatment. One of the projects of Homeland is a fair trade handicraft center that aims to raise the families' income, especially for those where women are affected by HIV/AIDS. You will be able to visit the weaving center and the Homeland Children's' Centre. Continue to have lunch at the center's Fresh Eats Café, where skill training takes part.

Afternoon, transfer back to Siem Reap by road (around 3 hours). Arrive in Siem Reap and transfer to check in at hotel.

Overnight at La Résidence d'Angkor in Siem Reap.

Day 6: Siem Reap - departure

Breakfast at hotel.

Enjoy the day at your leisure relaxing or rejuvenate with another spa treatment.

Transfer to the airport for departure flight to another destination.

Note:

Cost for charity visit is separate and payable direct, approximately USD88 to be added to the cost. Boat transfer not recommended during February to May.

Not included:

- Meals other than mentioned (all lunches and dinners).
- Camera/video entrance fees.
- Visa for Cambodia (Visa issued on arrival, USD20/pax, please bring 1 passport photo).
- Flights not mentioned in inclusions (please see airfares table).
- International airport departure tax from Siem Reap (USD 25/pax).
- Spa treatments on Day 6.
- Laundry, telephone calls and expenditure of a personal nature.
- Any services other than mentioned
- 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 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 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

PO Box 1008, Barwon Heads 3227, Victoria, Australia

T: +61-3-5254 1411

F: +61-3-5254 1489

E: info@SpaTravel.com.au