



Spa Calendar

2010

Jan 15-20

May 7-11

Sep 3-8

Feb 5-10

Jun 4-9

Oct 1-6

Mar 5-10

Jul 2-7

Nov 5-10

Apr 2-7

Aug 6-11

Dec 3-8

Phnom Penh & Siem Reap, Cambodia 5 Nights / 6 Days

Culture & Cuisine

This Culture & Cuisine tour is the perfect journey for where you'll learn about the country's history, tradition and cooking. Dine in some of the best restaurants Cambodia has to offer, well as a Cambodian puppet show and dance. Float over Angkor Wat on a helium balloon and visit museums portraying Cambodian history. Discover local ingredients and preparation techniques with a Cambodian cooking class.

Spa Travel Inclusions:

Return airport - hotel transfers

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

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

Daily breakfast

Transfer by private A/C vehicles.

Lunches + Dinners as indicated in itinerary (B = Breakfast, L = Lunch, D = Dinner).

English Speaking Guide.

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

Khmer Architecture Tour.

Boat trips indicated in itinerary.

Spa treatment on Day 1.

Spa package at La Résidence on Day 5: 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)

Shadow puppet theatre and classical dance or Apsara dance performance on Day 2.

Cooking class at Alliance Café.

Visit to Angkor National Museum

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: Arrival Phnom Penh

Upon arrival at Phnom Penh International Airport, you will be greeted by your guide and transferred to your hotel in the heart of the city. Phnom Penh was once considered as one of the most beautiful cities in the Orient, and despite its recent turbulent history, it still retains a colonial charm, as much of its original architecture remains. Cambodia's capital is a bustling city, majestically located at the confluence of the mighty rivers of the Mekong and Tonlé Sap. Wide tree-lined boulevards and many colonial-era buildings reflect the glorious days and add to the charm of the city, where Asian traditions meet Western customs in a fascinating way.



Relax and unwind after flight as you will get pampered with a welcoming traditional Khmer massage at O'Spa.

This evening, indulge yourself in a delicious Khmer Welcome Dinner at Topaz Restaurant, one of Phnom Penh's best restaurants.

Overnight at The Quay Hotel, Phnom Penh.
Dinner.

Day 2: Phnom Penh

After breakfast at the hotel, depart on a Khmer Architecture walking tour that will take you on a fascinating discovery of Cambodian architecture from the late 1950s and 1960s, a both culturally and politically vibrant time. During that era, an en vogue 'New Khmer Architecture' was emerging uniquely focused on integrating an international style while still being aware of local tradition, materials and climate. It is now beginning to be recognized as an important artistic milestone in 20th century Cambodian culture. (NOTE: This tour is only available on Saturdays or Sundays.)



Enjoy lunch at the excellent Khmer Surin Restaurant where you will get the chance to taste delicious, fresh Khmer cuisine. This afternoon, you will visit the most remarkable sights Phnom Penh has to offer in a Cyclo, an original Phnom Penh means of transportation and a very fun way to explore this lively city. First, head to the National Museum, which was built in traditional Khmer style. It houses the world's foremost collection of ancient Khmer artistic, archaeological, and religious artefacts from the 4th to the 13th centuries. Over 5,000 pieces are on display, constituting the repository of the Kingdom's cultural wealth. In addition, the roof space is home to a large bat colony!

Continue to the Royal Palace. This palace dates back to 1866 and was the last palace built during the French colonial period. The same complex houses the Silver Pagoda, named for the over 5000 heavy silver tiles that cover its floors. Its original name is Wat Prakeo, meaning Temple of the Emerald Buddha. In this temple you will view a collection of Buddhas in gold, silver, crystal, and bronze.

After a short break at the hotel, you will be treated to a delicious Khmer dinner at Romdeng, a lovely charity restaurant where former street children are taught the principles of hospitality. The restaurant is located in a restored colonial building with an atmospheric garden right in the city centre.

Spend this evening at the Sovanna Phoum Theatre & Art Gallery for a Shadow puppet theatre and classical dance performance. (NOTE: This is only held on Fridays and Saturdays. On the other days you will visit the Royal Arts School for a traditional Apsara dance performance.)

Overnight at The Quay Hotel, Phnom Penh.
Breakfast, lunch & dinner

Day 3: Phnom Penh - Siem Reap

Mid-morning, you will be transferred to the Airport for your flight across Cambodia to Siem Reap, the gateway to the majestic temples of Angkor and charming little city. Your guide will meet you and accompany you while you check into your hotel. Settle in and refresh before heading for lunch at the excellent Café Indochine. This restaurant is housed in a remarkable traditional wooden house in Siem Reap and serves a great menu of Khmer and international cuisine.



After lunch, depart by Tuk Tuk on a very special sightseeing tour of the famous Angkor Wat. Built during the reign of King Suryavarman II in the early 12th century, Angkor Wat is constructed following the model of the temple mountain symbolizing the Mount Meru, home of the gods. The divine residence of Vishnu, the King himself was to reside here after his death. Inside the temple, the walls are covered with stone carvings and bas-reliefs depicting Hindu mythology and the wars Suryavarman II fought during his reign. Moreover, Angkor Wat is well known for the more than 2,000 Apsara dancers decorating the temple. Construction is thought to have taken around thirty years of intensive labor. Today, Angkor Wat is figured on Cambodia's national flag as the temple symbolizes the soul of the Khmer people. Highlight the day with watching the sun set over Angkor Wat.

This evening for dinner, sample New Asian Cuisine at the L'Escale des Arts et des Sens Restaurant.

Overnight at La Résidence d'Angkor, Siem Reap.
Breakfast, lunch & dinner.

Day 4: Siem Reap

Discover the secrets of authentic Khmer cuisine in a half-day cooking class at Alliance Café. The tour starts with a guided trip to the market where you will learn everything about Cambodian vegetables, herbs, spices and other ingredients of which you will later be shown how to prepare these delicious dishes. Khmer cuisine is quite similar to the Thai cuisine but less spicy, influenced by Indian, Vietnamese and Chinese food. At lunchtime, you can indulge yourself in your self-prepared meals. (NOTE: Minimum number of participants is 4 people. If there are less participants, we will arrange the cooking class at Ecole Paul Dubrulle for you.)



This afternoon, explore the temples of the Small Circuit by 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".

Continue your tour at the ancient city of Angkor Thom, the last capital of the Great Khmer Empire under the reign of Jayavarman VII. This city is surrounded by an 8 m high wall, with each side of the city being 4 km long, drawing a perfect square. Now you are ready for a very special encounter: Get up close with an Elephant as you will ride on its back around the Bayon Temple – a truly unforgettable moment.

End your visit to Angkor Thom at the ancient South Gate, an impressive stone gate carved with Elephants and four giant faces. On each side of the entrance path, a row of 54 gods or demons is holding the sacred Naga snake. From here, continue to Bayon Temple in the exact center of the city. The particularity of this monument is the 54 towers with four faces representing the 54 provinces of the then Great Khmer Empire. The Terrace of the Elephants and the Terrace of the Leper King are also must-visits as they are both known for their intricate bas-reliefs.

This evening will be at leisure for you to discover further culinary secrets of Siem Reap.

Overnight at La Résidence d'Angkor, Siem Reap.

Breakfast & Lunch

Day 5: Siem Reap

After breakfast, you will embark on an interesting boat trip on the Tonlé Sap Lake, where you will have the opportunity to learn about life on the lake. Tonle Sap is South East Asia's largest freshwater lake with its size varying greatly depending on the season. During the dry season it is roughly 2,500 km², swelling to about 4 times its size in during the wet season: 10,000 km²! Board a local boat and visit Kampong Phluck, a village where we'll see houses on stilts that are submerged when Tonlé Sap Lake extends. On the way, you will pass floating houses and impressive flooded forests, portraying life on the water. Lunch will be served at the charming Madame Butterfly Restaurant in Siem Reap.



Enjoy this afternoon at leisure to relax or to indulge into a treatment at your hotel's Spa.

As this is your last day in Cambodia, a 7-course authentic Khmer Farewell dinner will be served at the renowned Meric Restaurant of your hotel.

Overnight at La Résidence d'Angkor, Siem Reap.

Breakfast, lunch & dinner.

Day 6: Siem Reap Departure

After breakfast, the morning will be at leisure and you will have time to stroll around the markets or simply relax at your hotel until the transfer to the Airport for your individual departure.

Breakfast.

Note:

Flight from Phnom Penh to Siem Reap to be added.

Not included:

- Alcoholic drinks & drinks at mealtime + Optional visits + Personal expenses (Telephone, laundry etc.).
- Visa on Arrival for Cambodia (USD 20)
- 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 USD 25).
- 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](mailto:SpaTravelReservations@spatravel.com.au)

[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

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