



WALKING VIETNAM & CAMBODIA 2013

CRUISING THE MEKONG



WALKING VIETNAM & CAMBODIA

January 11-23, 2013 * 13 Days * \$3975

Tour Pace: 1+

Walk Challenge: 1+

DAY 1: JAN 11: ARRIVE HO CHI MINH CITY (SAIGON), VIETNAM

Welcome to Vietnam! A WAI representative will meet you at the Ho Chi Minh City Tan Son Nhat International Airport as you exit customs and arrange transportation to our hotel in downtown Ho Chi Minh City. Since travelers are arriving from across the Pacific throughout the day and into the evening, no formal activities are planned for today.

DAY 2: JAN 12: ACTIVITIES FROM HO CHI MINH CITY (BLD)

Walk #1: Old Saigon Walk – 8 km (5 miles), rated 2

Walking Saigon offers an intriguing kaleidoscope of traditional Vietnamese markets; the Notre Dame Cathedral – holdover from the French occupation; the War Remnants Museum, uncomfortable reminder of the painful period we know as the Vietnam War; and a blend of the hustle and bustle of 4 million motorbikes amidst a fast-paced, hard-working culture.

DAY 3: JAN 13: SAILING: HO CHI MINH CITY (BLD)



This morning, we depart for the strange and fascinating Cu Chi Tunnels. Built during the Vietnam War to protect from bombing raids, the tunnels extend underground for over 212 km and range in depth from 3 to 12 meters! They feature the remnants of a living city: schools, community kitchens, sleeping quarters, and hospitals,

as well as military production facilities. In the afternoon, we visit the Presidential Palace (Reunification Palace), then board our floating hotel, the RV *Toum Tiou II*. After embarkation and welcome by the crew, we enjoy our first dinner aboard as our ship sets sail from Saigon for the mighty Mekong River.

DAY 4: JAN 14: SAILING: MY THO–THOI SON ISLAND, VIETNAM (BLD)

Walk #2a: My Tho/Thoi Son Island Walk – 7 km (4.5 miles), rated 1+

We cross the Cho Gao canal this morning, a buzzing body of water alive with all manner of shipping on all types of watercraft! A walk in My Tho (“Fragrant

Herb”) explores a busy waterfront and takes us past markets selling all manner of goods. At Thoi Son Island, small boats transfer us to the island; here, our local guide leads us through the island, where we enjoy rural life, tropical foliage, and the ever-present smiles of the people.

DAY 5: JAN 15: SAILING: CAI BE - SA DEC, VIETNAM (BLD)

Walk #2b: Sa Dec Canal Walk – 3 km (2 miles), rated 1

This morning we board local sampans for a ride through the fascinating Cai Be floating markets where local farmers sell and trade their wares. Our small boats continue through narrow fingers of the Mekong waterway to Vinh Long, while life unfolds all around us on the river. After lunch aboard ship, the Mekong town of Sa Dec provides another chance to explore areas foreigners never see. Our walk venue is a small canal lined by homes, tiny bonsai farms, schools, and markets. Scenes of life in small town Vietnam are timeless and delightful.

DAY 6: JAN 16: SAILING: CHAU DOC – BORDER CROSSING – PHNOM PENH, CAMBODIA (BLD)

Our morning visit to Chau Doc begins with a visit to a floating village and a community of the local Cham, a Muslim minority group. Then, relax aboard ship while our vessel goes through the (sometimes lengthy) border procedures allowing us into Cambodian waters. Embarking once more, we’ll enjoy magnificent views as we continue sailing to bustling Phnom Penh, capital of Cambodia.



DAY 7: JAN 17: ACTIVITIES IN PHNOM PENH (BLD)

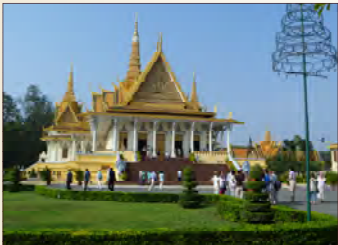
Walk #3: Phnom Penh Capital Walk – 8 km (5 miles), rated 1+

After breakfast, our walk through Phnom Penh introduces us to a city of Buddhist temples, remnants of French colonial architecture, and intriguing street activity indicative of Cambodia’s struggle to establish a new post-Khmer Rouge identity. Our walk finishes with a tour of the National Museum, repository of Cambodia’s past glories. Following lunch aboard ship, a sobering visit to Toul Sleng Genocide Museum (S21) detention, torture and execution center reminds us of the brutal Khmer Rouge years, and the seemingly endless Cambodian civil war that followed. A fun visit to the local markets precedes a tuk-tuk (motorcycle taxi) ride through the bustling streets of Phnom Penh. This evening, an enchanting Apsara Folklore Dance is performed for you by equally enchanting children from a local orphanage.

DAY 8: JAN 18: SAILING: PHNOM PENH – KAMPONG TRALACH, CAMBODIA (BLD)

Walk #4: Kampong Tralach Walk – 6 km (3.5 miles), rated 1

Our second morning in Phnom Penh begins with a tour of the impressive Royal Palace, with its richly ornamented Silver Pagoda. We return to the ship in time for lunch while we set sail up the Tonle Sap River for Kampong Tralach, enjoying more timeless scenes of life along the river, which seems the source of life both here and in Vietnam. The highlight here is a walk from the tiny riverside community through the countryside to a local Buddhist temple, Pagoda Wat Kampong. One stark contrast between Vietnam and Cambodia is the increase in the presence of religion in Cambodia, specifically Buddhism.



DAY 9: JAN 19: SAILING: KAMPONG CHHNANG – TONLE SAP LAKE, CAMBODIA (BLD)

At Kampong Chhnang, the river narrows and we can better view the rich tapestry of rural life. Following an excursion to a neighborhood that specializes in harvesting palm sugar and producing local pottery, we return to the ship for lunch. This afternoon, we experience the floating village of Chnok Tru, a unique town completely situated on water, including the local floating school and church. This evening we enjoy our final night aboard the *RV Toum Tiou II* at the Captain's Farewell Dinner.

DAY 10: JAN 20:– TONLE SAP LAKE – DISEMBARKATION – SIEM REAP CAMBODIA (BLD)

Early this morning, we set sail across Tonle Sap Lake, the largest lake in Southwest Asia and traditionally one of the richest fishing grounds in Asia. After a 4 to 5-hour crossing, we bid our crew goodbye today as we disembark and transfer to our hotel in Siem Reap, gateway to the Angkor Temples. Afternoon activities include a stop at the National Silk Center to observe the making of silk from start to finish, and a sunset stop at Angkor Wat, crown jewel of the amazing collection of Angkor temples we'll see more of tomorrow.

DAY 11: JAN 21: ACTIVITIES FROM SIEM REAP (BL)

Walk #5a: Angkor Temples Walk – 5 km (3 miles), rated 1+ /2



The temples of Angkor number over 1000, and served what archeologists now consider to be the world's largest pre-industrial city, a metropolis possibly 1000 square kilometers in area with a population up to one million people. We spend the next two mornings exploring a number of these temples on a WAI walk of epic proportions. Today's walk starts with spectacular Angkor Wat. We walk through the ruins striving to understand, with the help of our local guide, intricate bas-relief carvings that seem to cover almost every stone surface. Next, we drive to Preah Kahn and Ta Prohm Temples, an unforgettably evocative blend of the architectural prowess of humanity and the smothering jungle that wraps its roots in all directions! Following lunch back in Siem Reap, the afternoon and evening are free to explore the town and rest.

DAY 12: JAN 22: ACTIVITIES FROM SIEM REAP (BD)

Walk #5b: Angkor Temples Walk – 5 km (3 miles), rated 1+ /2



We return this morning to Angkor Thom, fortified city of the Angkor Empire. Our walk takes us through the Terrace of the Leper King, Elephant Terrace, the Temple of Baphoun, and the amazing Bayan Temple with its astounding collection of bas-relief carvings. We finish the walk on a delightful trail along the jungle-covered city walls, looking down onto the glass-like surface of the moat. Back in Siem Reap, lunch at the Foreign Correspondents Club is followed by a free afternoon.

Join us again this evening to reminisce about the unforgettable experiences we've shared during our Farewell Dinner.

DAY 13: JAN 23: RETURN HOME FROM SIEM REAP (B)

Our explorations of this fascinating part of Southeast Asia come to an end today! After a final breakfast, and farewells to new walking friends, we will check out of our hotel and transfer to the airport for our homebound flights.

CAMBODIA “VOLUNTOURISM” PROJECT EXTENSION

WAI offers a unique opportunity to participate in an experience that has the potential to be among your most meaningful ever.

After finishing our mind-expanding, sensory-overloading, river-cruising Adventure in Vietnam and Cambodia at the Angkor Temples in Siem Reap, Cambodia, you have an opportunity to stay in Cambodia a few more days and lend a hand to the excellent work of the Family Care Foundation.

Here is our schedule:

DAY 1: JAN 23:

Instead of flying home today, our deeper cultural connection with Cambodia begins with a public bus ride (air-conditioned) from Siem Reap to Phnom Penh through completely different Cambodian countryside than we saw from the river. We arrive in Phnom Penh before dinner and will enjoy a 4-night stay in our 2/3 star tourist hotel.

DAYS 2-4: JAN 24-26:

After breakfast, we meet our friends at the Family Care Foundation and drive,

then sail to the island of Koh Rumdual, formerly called Koh Kor. Koh Rumdual is situated on the Bassac River and was a former “killing field” during the Pol Pot regime. There we interact with children, teaching them English and working on art projects arranged ahead of time. We will likely also help repair simple huts owned by the families on the island. Work performed could change as the needs change. One thing is certain, however – we will likely be the ones most affected by the work.

DAY 5: JAN 27:

Transfer to the airport from our hotel. We leave Cambodia having experienced perhaps the most meaningful part of any Adventure yet.



WALKING VIETNAM & CAMBODIA 20B: CRUISING THE MEKONG DELTA

January 11-23, 2013 | 13 Days | \$3975**

Including:

- All land travel as outlined
- Airport to hotel group transfers on first and last day*
- 7-night deluxe cruise aboard the R/V Toum Tiou II in your choice of an outside-facing cabin
- 2 nights first class hotel in Ho Chi Minh City, Vietnam
- 3 nights first class hotel in Siem Reap, Cambodia
- 32 meals: All breakfasts, 10 lunches, and 10 dinners as listed (BLD)
- Free unlimited waters, sodas, coffee, and tea onboard ship
- 5 IVV-sanctioned walks
- Fees for walking credit
- WAI guide service throughout
- Cultural and historical expertise of our cruise manager and local guides throughout
- All tipping for local guides and coach drivers
- A limited number of single cabins are available for a supplement – call for details.
- Entrance fees/admission to:
 - All shore excursions and sightseeing including transportation by boat or bus
 - War Remnants Museum – Ho Chi Minh City
 - Cu Chi Tunnels – Ho Chi Minh City
 - Reunification Palace – Ho Chi Minh City
 - Visit to Thoi Son Island in local boats – My Tho
 - Local boat ride from Cai Be to Vinh Long
 - Visit to Cham community – Chau Doc
 - National Museum – Phnom Penh
 - Toul Sleng Genocide Museum – Phnom Penh
 - Children's Apsara Folklore Dance – Phnom Penh
 - Royal Palace – Phnom Penh
 - Pagoda Wat Kampong – Kampong Tralach
 - Siem Reap city tour & silk farm
 - Sunset visit to Angkor Wat – Siem Reap
 - Two morning walks through the Angkor Temples – Siem Reap
 - More fun stops than we can list!

****Cabin Details:** Trip price reflects booking in a twin cabin in category B (Main Deck). A limited number of category B cabins are available on a first-come, first-serve basis! Discounts are available for those wishing to room in category C (\$100 off the tour price) and upgrades are available to category A (Upper Deck) for \$300 per person.

CAMBODIA VOLUNTOURISM PROJECT EXTENSION

January 23-27, 2013 | 5 Days | \$450

Including:

- All land transportation
- Bus from Siem Reap to Phnom Penh
- Airport to hotel group transfers on last day*
- 4 nights in a 2/3 star tourist hotel
- All breakfasts, lunches, and dinners are provided
- A limited number of single rooms are available for a supplement of \$150
- NOT INCLUDED: gratuities and any other personal expenses or optional activities

*Details of transfers provided are listed in Adventure Advice memo sent upon receipt of tour registration.

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