



Cambodia

Exclusive trip for friends of mine-ex

12th November to 21st November 2023

Cambodia, the Khmer Empire, looks back on an exciting history and is considered one of the most fascinating countries on earth. Blessed with rich culture and long tradition, Cambodia is on its way to be explored and discovered by tourists as well. The people are friendly and interested in sharing their history with travellers and opening up.

The temple city of Angkor is the largest and most famous sacred structure and a masterpiece of world architecture. The Khmer world of gods carved in stone is complemented by numerous other sights: the bustling capital Phnom Penh with its wide, tree-lined boulevards, enchanting Buddhist temples, the imposing Mekong River, tropical beaches like something out of a picture book and an internationally appreciated cuisine form an all-round unforgettable Cambodia trip. The kingdom is home to around 15 million people - the feeling of being welcomed into the home of your friends will come over you as soon as you open up to this country and its people and are hungry for new things.

ASIA WITH TOURASIA

Experience Asia with tourasia. Because we know what to expect, we can always vouch for the quality of our partners in Asia. We inform you objectively and comprehensively about every destination, every hotel and every tour. The success of every successful group tour depends on the careful selection of services, the reliable organisation and ultimately also on the hotels and programmes in Asia. tourasia is one of the first Swiss tour operators with TourCert CSR certification for sustainable travel. We are committed to environmentally and socially responsible tourism in Asia and are also winners of various quality and performance awards. In recent years, we have received the prestigious Swiss Travel Award in the category "Best Tour Operator for Asia" several times in a row. On the one hand, these awards are an obligation and on the other hand they spur us on. As a specialised tour operator for Asia with our own organisation and local offices, we can guarantee you a particularly personal service.



ITINERARY

Date *Day* *Program*

12. November 2023 Su **Zürich – Bangkok* – Phnom Penh**
Early afternoon flight with Thai Airways to Phnom Penh
Estimated flight times:

Zürich – Bangkok 13.15 -06.10 (Flight time: 10H55)

Bangkok – Phnom Penh 07.35 – 08.50 (Flight time: 01H15)

*Arrival next morning

13. November 2023 Mo **Phnom Penh (D)**

Private transfer to the La Rose Suites Hotel.

A joint meeting with the ICRC will take place shortly after noon.
Location: In a hall at the hotel.

In the afternoon you will learn how to cook traditional Khmer dishes. Start the afternoon with a visit to a local market where you can witness the hustle and bustle and get a taste of a typical Cambodian market. You will have time to walk around, take photos and watch the vendors selling their wares. You will learn about the local fruits, vegetables and herbs and get the freshest ingredients for the day's classes. Upon returning to our kitchen, the experienced chef will introduce you to time-tested Khmer cooking techniques.

Unlock the ancient secrets of Khmer cuisine through this authentic culinary experience. After the demonstration, you will discover new flavours and concoctions with the help of our chef as you learn to prepare traditional dishes to enjoy for dinner. You get to keep the recipes so you can recreate the Cambodian culinary experience in the comfort of your own home and impress your friends and family.



2 Nights in Phnom Penh at Hotel La Rose Suites 

<i>Date</i>	<i>Day</i>	<i>Program</i>
14. November 2023	Tu	Toul Sleng Museum – Killing Field – Royal Palace & Silver Pagoda – Sunset Dinner (B, L, D)

A visit to the Toul Sleng Genocide Museum and Cheung Ek is a must for anyone coming to Cambodia for the first time. During the Pol Pot regime, Toul Sleng, a former high school, was turned into a prison camp known as S21. After interrogation and often torture, prisoners were taken to the "Killing Fields". Killing Field was a Chinese cemetery before it became the most famous Khmer Rouge killing field. A memorial stupa has been built, displaying over 5,000 human skulls, bones and victims' clothing.

In the afternoon, visit the Royal Palace, one of Phnom Penh's most magnificent architectural achievements. Shimmering in gold, the Royal Palace was built in 1866 by His Majesty Preah Bat Norodom, on the site of the Old City. The site was specifically chosen by a commission of royal ministers and astrologers because of its great geographical significance to the king, who was considered a direct descendant of the gods and whose mission was to live and rule on earth under the influence of heaven.

You will conclude this eventful day with dinner during a cruise on the Mekong.



15. November 2023	We	Phnom Penh – Oudong Mountain – Smiling Gecko Farm (B, L, D)
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Today you will visit the abandoned royal capital of Oudong, the "City of Kings Past". Oudong was the capital of the Khmer Empire from the 17th century until 1866, when it was moved to Phnom Penh. Several temples and religious buildings line the ridge, and stupas containing the remains of several great Khmer kings, such as King Monivong and King Ang Duong, can be found here. The summit of Phnom Oudong offers spectacular views of the surrounding countryside and is a popular picnic spot for Phnom Penh residents.

In the afternoon, visit the Smiling Gecko Cambodia Project Tour. This tour is led by an English-speaking guide and lasts about 2 hours. You will receive detailed explanations about the history of Smiling Gecko and get a deeper

insight into the different projects. The tour includes, among other things, a visit to the farm, the carpentry workshop and the education campus..



1 Night at Farmhouse Resort & Spa

16. November 2023 Th

Smiling Gecko Farm – Battambang (B, L, D)

Early in the morning you will drive to a garment factory. You will watch casual workers being transported on open trucks from the countryside to the textile factories on the outskirts of Phnom Penh. This daily spectacle is a sad reminder of what lies behind the cheap products we buy in Asia. This tour is led by an English-speaking guide.

Stop in Kampong Chhnang to visit the pottery village and in Pursat to see the stone carving workshop before reaching Battambang.

We have lunch at a local restaurant. We then set off for Phnom Sampeau. The panoramic view from the summit over the countryside is breathtaking. There is a pagoda and three natural caves on a 100 metre high mountain: Pkasla, Lakhaon and Aksopheak. Pkasla Cave is full of uprooted stones and is considered important because the people of Phnom Sampeou celebrate here after a wedding. If the weather cooperates, you can enjoy the sunset over the rice fields from the top of Phnom Sampeau.

2 Nights at Hotel OH Battambang

17. November 2023 Fr

Arround Batambang (B, L, D)

This day is organised by « mine-ex ». The vehicle and driver are at your disposal.

Maybe there is enough time to visit Phare Ponleu Selpak. This centre supports about 30 orphans, of whom more than 400 are taught in the fields of visual arts, music, circus, drama and dance.



18. November 2023 Sa

Battambang – Apopo Center - Landmine Museum – Siem Reap (B)

This morning, depart from Battambang directly to Apopo Center before heading to your hotel in Siem Reap. APOPO along with local partner the Cambodian Mine Action Centre (CMAC) is conducting humanitarian landmine clearance projects in Oddar Meanchey and Siem Reap Provinces targeting the most mine-affected villages in order to return mine-free land back to communities where it makes the biggest impact.

Lunch in local restaurant.

This afternoon, we visit Landmine Museum and see thousands of decommissioned landmines and other explosive ordnance of war. Learn the history of the conflict, how landmines came to be in Cambodia, and what is being done to remove them. And learn how you can help to rid the world of these hideous remnants of wars past and present.

Dinner with dance show at local restaurant.



4 Nights at Hotel Royal Angkor Resort & Spa

19. November 2023 Su

Siem Reap – Prek Toal – Siem Reap (B, L, D)

Early in the morning we drive you to the harbour. The boat will take you through the flooded forest and the large lake to the floating village of Prek Toal. On the way, your guide will explain the unique hydrological system, the lake's ecosystem and its flora and fauna.

Upon arrival at the floating village, you will transfer to another boat to visit the bird sanctuary under the guidance of a local ranger.

At noon you will enjoy a special lunch prepared by professionally trained chefs of a floating restaurant.

In the afternoon, visit the water hyacinth craft workshop. Then, aboard a traditional Khmer rowing boat, discover how the local community adapts to its floating and ever-changing environment. Afterwards, visit the crocodile farms, fish farms, floating school and floating gardens.

20. November 2023 Mo **Siem Reap (B, L, D)**

Tour 1 – Angkor Wat

Your english speaking guide will show you the monumental splendour of Angkor Thom - the last capital of the great Khmer Empire. You will visit the sprawling Elephant Terrace, the Terrace of the Leper King and the enchanting Bayon. This 12th-century masterpiece lies at the centre of the city of Angkor Thom and is an archaeological marvel of symmetry and grandeur. The outer walls of the gallery are covered with extensive bas-reliefs, but the main attraction are the towers, each with 3 or 4 gently smiling faces, more than 200. PJ de Beerski wrote of them, "Divinity in majesty and grandeur, mystery in expression".

After lunch, visit Angkor Wat, arguably the largest religious structure in the world with a stone volume equal to that of the Pyramid of Cheops in Egypt. Unlike all other Khmer temples, it faces west and was inspired by 12th century Hinduism. Its symmetrical towers are modelled on the modern Cambodian flag. Angkor Wat was designed by Suryavarman II and took an estimated 30 years to build. It is generally believed to have been a funerary temple for the king. It was continuously inhabited by Buddhist monks and is well preserved. Intricate bas-reliefs surround Angkor Wat on four sides. Each of them tells a story, but the most famous is the Sea of Milk on the east wing; the guide will explain the mystical history.

Tour 2 – Banteay Srei und Institut für traditionelle Khmer Textilien

With your english speaking guide, visit Ta Prohm, a temple built in the 12th century that has been left largely in its natural state since its "rediscovery" by French explorers. Surrounded by jungle, the labyrinth of stone passageways is overgrown by the roots and branches of huge banyan trees that wrap around the stone like tentacles and giant claws. Continue on to Preah Khan, the "Holy Sword", a sprawling monastery complex that covers 56 hectares and was built by the Khmer king Jayavarman VII as a monastery and teaching complex. It is one of a group of temple complexes situated on a small "baray". Preah Khan is a World Monuments Fund project, a careful renovation that has preserved the mysterious charms and grand original structure.

Afterwards, visit Banteay Srei, the "Citadel of Women" - a small, charming temple, one of the jewels of this remarkable city. Built of red sandstone in the 16th century and dedicated to the Hindu god Shiva, the carved male and female figures in the niches are exquisitely executed in style and proportion. This is the most Indian of all the temples at Angkor, and the words of H.W. Ponder are "a fairytale palace in the heart of a vast and

mysterious forest". Continue to visit the Institute of Khmer Traditional Textiles.

17.00H Get together by "friends of mine ex", the Foundation Board and the ICRC in a meeting room of the hotel. Followed by an aperitif outside followed by a buffet with local dishes.

21. November 2023 Tu

Siem Reap – Bangkok – Zürich (B)

Today you have the day at your leisure.



At the end of the afternoon, private transfer to the international airport of Siem Reap.

Return journey with Thai Airways via Bangkok to Zürich.

Estimated flight times:

Siem Reap – Bangkok 19.35– 20.55 (Flight time: 1h20)

Bangkok* – Zürich 00.35 – 06.55 (Flight time: 12h20)

*Departure next morning

22. November 2023 We

Arrival Zürich - Kloten

(B=Breakfast, L=Lunch, D=Dinner)

Package price per person in CHF	From 15 persons
In double room	CHF 4'370.-
Surcharge single room	CHF 510.-
Optional supplement per person in CHF	
Upgrade Business Class on flights Zürich – Bangkok – Zürich	CHF 3'490.-

tourasia services:

- Itinerary as described, from/to Zurich
- Flights Zurich - Bangkok - Phnom Penh / Siem Reap - Bangkok - Zurich with Thai Airways in Economy Class (Business Class for an additional charge), incl. taxes and charges
- English speaking tour guide
- Accommodation in the listed middle and first class hotels, including breakfast, service and taxes
- Meals as per description (B=breakfast, L=lunch, D=dinner)
- All transfers and excursions as per programme in best available air-conditioned vehicles incl. drinking water
- All entrance fees
- tourasia local representation on site

Not included:

- Voluntary annual travel insurance "Secure Trip Classic" from CHF 139.- per person
- Meals not mentioned
- Drinks during meals
- Tips

Minimum number of participants: 15 people

Climate

You can travel in Cambodia all year round. The climate is tropical with warm temperatures and high humidity. The best months to travel are during the dry season from November to February. In March and April it is very hot and dry. During the rainy season from May to October, temperatures are hot and humid and heavy tropical rain showers alternate with sunny hours.

Entry requirements Cambodia

Citizens CH/FL/D/A/I/F:

Passport valid for at least 6 months beyond date of departure. Visa required, which is issued on entry at the main border crossings and airports. Cost US\$ 30 cash (valid for 1 month); you will need a passport photo. There is also the possibility to apply for an e-visa at www.evisa.gov.kh. Please note their terms and conditions on the website.

Subject to change, as of October 2022

Travel insurance

We strongly recommend that you take out cancellation and extra return travel costs insurance. Within the framework of our collective agreement with ALLIANZ, we can offer you the annual insurance package "Secure Trip Classic" from CHF 139.- (single person), CHF 229.- (family insurance). The insurance must be taken out immediately in accordance with the contract. For further information and details of benefits, please see GTC | tourasia - The personal way to travel.

We would be very pleased to organise the trip for you. We assure you a reliable processing of your order and the best support in Asia.

We look forward to hearing from you!

Kind regards
tourasia



Patrick Binz