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VIETNAM AND CAMBODIA: ALONG THE MEKONG RIVER

Comprehensive, in-depth Vietnam & Cambodia exploration Exploring Vietnam and Cambodia along the Mekong River offers access to traditional villages as well as bustling cities, for a panoramic and immersive experience of these two very different countries. You'll spend seven nights aboard the 48-guest Jahan, an extraordinary new riverboat that offers a level of luxury previously unavailable on the Mekong. Meet proud, welcoming people in lands whose history has touched us all Our expedition is crafted to offer a rare and personal look into the ways of life along the Mekong River and the histories of the people of these two very different countries. Discover a blend of tradition and innovation in these rapidly changing countries-now is a wonderful time to explore them. Explore soul-stirring sites of antiquity The expansive and visionary 12th-century Cambodian temple of Angkor Wat is sure to be a highlight of your expedition. With its five crowned towers, excellent bas-reliefs, scores of statues and monks going about their daily routines, it's the crown jewel of a vast complex of temples and monuments in the region. You'll spend two days exploring the Angkor area, seeing some of the most sublime works ever created. Visit pagodas in Vietnam and impressive temples in Cambodia. Travel in excellent company Explore under the sure guidance of an expedition leader, historian, and naturalist. Get more from local guides who join us aboard ship and in Angkor, Phnom Penh, and Saigon. Learn a bit about navigation while sharing the bridge with our captain. Your team's knowledge and passion for Vietnam and Cambodia is the key to your once-in-a-lifetime experience. A powerful, eclectic experience A journey through Cambodia and Vietnam makes for a hugely interesting and

varied experience. These beautiful countries with centuries of history and culture, which experienced so much war and dislocation, are now developing swiftly - their welcoming people working hard to secure a better future. Among the greatest sites of antiquity in the world Walk in the sublime temples at Angkor, a World Heritage Site built by the Khmer people over a 400-year period that ended in the 13th century. With one never-to-be-forgotten monument, vista and carving after another, and with magnificent Angkor Wat the centerpiece, the Angkor area stands out as a place that absolutely must be experienced. Explore Saigon and Phnom Penh At the Cambodian capital of Phnom Penh you'll bear witness to the devastating effects of the rule of the Khmer Rouge, and also experience the dynamic, positive spirit of these people as they rapidly rebuild their lives and country. We'll also stay in the great Vietnamese city of Saigon (officially called Ho Chi Minh City), a burgeoning metropolis with an interesting colonial legacy. Voyage aboard Jahan, a richly-appointed river ship The new 48-guest river ship Jahan affords us access to places that would otherwise be difficult to reach. Her cabins are spacious, each with a private balcony, and she offers a standard of accommodation and service that has until now been unknown in this part of

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the world.

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DAY 1 – Siem Reap, Cambodia

Arrive in Siem Reap, the gateway to Angkor, in the evening. We spend the next three nights at outstanding La Résidence d'Angkor, built along the Siem Reap River in traditional Khmer style, with spacious rooms with teak furniture and bamboo screens.

DAY 2 - Angkor / Siem Reap

In the morning we venture out for an introduction to the area at the fine small temple of Banteay Srei, known for its exceptional carvings. After lunch, we stop at Les Artisans d'Angkor, where we see how local artisans preserve age-old Khmer arts. Then we

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visit the evocative temple Ta Prohm. The jungle has been allowed to continue growing here, framing the structures with the twisted roots and branches of ceiba and fig trees, giving you an idea of what archaeologists encountered when they began their work in the area. This evening we gather for welcome drinks and dinner at our hotel. (B,L,D)

DAY 3 – Angkor Wat / Siem Reap

We begin early in order to get to Angkor Wat in time for sunrise. This visionary 12th-century temple, the world's largest religious monument, represents the apogee of Khmer art and architecture. Crowned by five towers, with elaborate bas-reliefs and a profusion of statues that dramatically depict complex religious tales, along with some 2,000 carved apsaras (beautiful female spirits), Angkor Wat is enthralling. We return to our hotel for a late breakfast. In the afternoon we take tuk-tuks (motorized taxis) to the great remains of Angkor Thom, seeing the Bayon Temple, known for its dozens of serene stone faces of King Jayavarman VII, and the Terrace of the Elephants. Tonight we have dinner at a fine local restaurant. (B,D)

DAY 4 – Kamong Cham/Embark Jahan

This morning we drive eastward, with a box lunch, to the Mekong River. We embark Jahan, our home for the next seven nights, at the town of Kampong Cham. In the late afternoon we begin sailing along the Mekong, with welcome drinks and dinner aboard our ship. (B,L,D)

DAY 5 – Wat Hanchey/ Angkor Ban

Wat Hanchey, which we visit in the morning, is a large temple complex atop a hill overlooking an exceptionally pretty stretch of the Mekong, offering outstanding views. There is a lot to see here: an 8th-century temple from the pre-Angkor Chenla period,

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an Angkor-era temple, some fine contemporary temples, and a school. Or we may visit the Mekong island of Koh Dach, which has a lively and active monastery and also an extensive community of silk weavers, where we may watch artisans at work. In the afternoon we visit the community of Angkor Ban, with many old-style houses that are built on stilts—some of them very tall. There's a chance to walk through town and meet the friendly local residents. There is a fine pagoda along the riverside, and views of the fields across the river that runs into the Mekong. (B,L,D)

DAY 6 – Kampong Chhang/Kampong Tralach

This morning, we visit Kampong Tralach, on the banks of the Tonle Sap River. Kampong Tralach is a small village that relies on subsistence fishing and working the rice paddies. We'll take local oxcarts through the rice paddies, seeing the age-old rhythms of life in the Cambodian countryside. Later we cruise up the fascinating Tonle Sap River. In the afternoon we visit the town of Kampong Chhnang. We drive a short way to a village where pottery is still made for sale to local residents by traditional methods. We'll see how the pots are made and learn about the uses of the palm tree, complete with a taste of palm sugar if you're so inclined. Then local boats will take us along the Tonle Sap for a glimpse into a unique way of life: seeing the floating houses and shops that line the riverbanks here. (B,L,D)

DAY 7 – Phnom Penh

Today will be a full, rewarding day exploring the Cambodian capital of Phnom Penh, situated at the confluence of the Mekong, Bassac and Tonle Sap Rivers. We begin with a cyclo (bicycle taxi) ride to the magnificent Royal Palace and Silver Pagoda, home and place of worship to Cambodia's kings. The architecture, displays and furnishings are remarkable. We

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continue to the excellent National Museum, which has sculpture and many other artifacts from Khmer temples and other aspects of Cambodia's history. After lunch at a local restaurant, visit the Tuol Sleng Genocide Museum, a former prison where exhibits show the determination of Cambodians that this should never happen again. If you're so inclined, venture to the countryside to the Choeung Ek "killing fields," where thousands of Cambodians were murdered and buried in mass graves. Back aboard ship, an evening "Apsara" dance performance shows how well the arts have been able to reestablish themselves. (B,L,D)

DAY 8 - Sailing the Mekong

As we sail along the Mekong, there's a chance to see life along the river, with traditional ships, barges and freighters plying the waterway. There will be a chance to enjoy Jahan's many amenities, to hear talks by our staff and for our chefs to show you how to prepare some of Cambodia and Vietnam's signature dishes. We cross the border into Vietnam, where we will spend the rest of our journey. (B,L,D)

DAY 9 - Tan Chau or Chau Doc, Vietnam

Friendly Tan Chau has one of Vietnam's most interesting markets, with an astonishing variety of tropical fruits, vegetables and other goods. We continue to a small floating market on the river and a floating fish farm, where we see fish being fed through trap doors in the floating platforms. Alternatively, we may visit the village of Chau Doc, also with an outstanding market and fish farms. In the afternoon, we continue sailing the Mekong. (B,L,D)

DAY 10 - Sadec/Cai Be

From the hamlet of Sadec, we'll take a local boat along a channel off the main river, with much activity to be seen along

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the way. We'll visit a small community where the villagers grow, process and fashion water hyacinths into floor mats and rattan baskets—a real slice of life in the Mekong Delta. At the town of Cai Be, we see the floating market, where people in boats sell their wares. Each boat has an object attached to a pole that shows what is being sold. We then visit a rice "factory," where varieties of rice-based candies are made. Rice husks are reused as fuel for the cooking process, and ash is sold to famers for use as fertilizer. On board Jahan, we have a gala farewell dinner. (B,L,D)

DAY 11 - My Tho/Saigon

We disembark Jahan in the morning in My Tho, and visit the great Vinh Trang pagoda, originally built in 1850. We then transfer to Saigon (Ho Chi Minh City), Vietnam's greatest commercial center, where we'll have panoramic views from a tower in the heart of town. We'll see the grand exteriors of the 1911 Opera House, the former city hall dating from 1908 and the Notre Dame Cathedral, a red-brick edifice with twin spires; and visit the General Post Office, designed by Gustave Eiffel. Then check in to the Park Hyatt Siagon or InterContinental Asiana Saigon, located in the heart of the city. In the late afternoon, we meet with a local expert on Vietnam's modern history. This evening, we gather at an excellent local restaurant for dinner. (B,L,D)

DAY 12 - Saigon/Depart

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In the morning we see some of Saigon's historic landmarks, which include a rich selection of fine colonial buildings. We continue to the Reunification Palace, headquarters of the South Vietnamese Government during the Vietnam War. The breaching of the gates by North Vietnamese tanks symbolically marked the war's end. If you wish, end at the War Remnants Museum, which

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gives a strong view of the war through the eyes of the Vietnamese. The afternoon is free, or if you wish you can visit, with our compliments, the Cu Chi tunnels, part of a huge network of tunnels used by the Viet Cong during the war. Rooms are reserved until departure, and in the evening we transfer to the airport for flights home. (B)

Please Note:

All day-by-day breakdowns are a sampling of the places we intend to visit, conditions permitting.



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YOUR SHIP: JAHAN

YOUR SHIP: Jahan VESSEL TYPE: LENGTH: PASSENGER CAPACITY: BUILT/REFURBISHED:

The Jahan offers some of the finest accommodations on the Mekong River. Little else can begin to compare with her for outstanding staterooms, decor, service and food. Public Areas : The ship is fully air-conditioned. Outdoor areas include the Pool Deck, with both covered and open-air spaces, a Jacuzzi and a bar. The Lounge, located on the Upper Deck, has a library, full service bar and facilities for films, slide shows and presentations. Guests are welcome on the "Open Bridge" to meet the Captain and Officers and learn about navigation. Meals : Served in single seatings with unassigned tables, for an informal atmosphere and easy mingling. The menu is international, with a focus on the outstanding Vietnamese and Cambodian cuisines. Cabins : All face outside, and all have glass doors and private balconies for enjoying the scenery along the Mekong River and its tributaries. There is a mix of twin-bedded and queen-size bedded cabins. Each has private facilities and hair dryer, individual climate control, music entertainment system and a mini bar. A choice of pillows is provided on request. Special Features: There is a Spa, offering a choice of massage treatments, and a gymnasium with exercise equipment. The Boutique has a fine selection of local artwork

and textiles. Morning Tai Chi classes are offered on the Terrace Deck. DVD and iPod players are available on request. The deck plan for the Vietnam and Cambodia-Mekong River cruise varies from



what you see.

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INSIDE YOUR SHIP



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