

Classic Cambodia

Country(ies): Cambodia

Tour type: Private

Transport: A/C minibus

Group size: Min: 1 | Max: 0

Days: 8 days

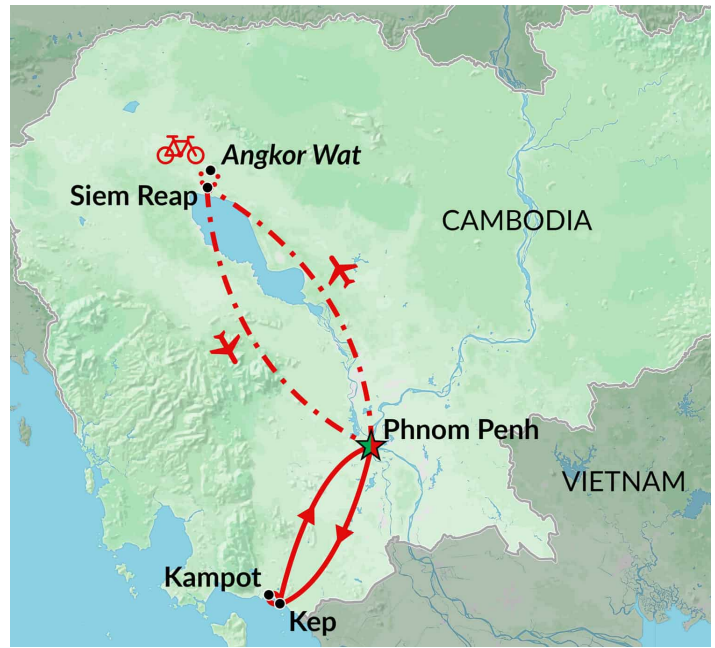
Start Location: Phnom Penh, Cambodia

End Location: Phnom Penh, Cambodia

Meals: Breakfasts - 12, Lunches - 0, Dinners - 0

Highlights:

Killing fields and genocide museum in Phnom Penh, bicycle tour around the UNESCO World Heritage site of Angkor, Tonle Sap & fishing village tour, Mekong River boat cruise, scenic fishing town of Kep



Itinerary

Day 1: Arrive Phnom Penh

Arrive Phnom Penh. Meet and greet at airport and transfer to your hotel.

OVERNIGHT: Phnom Penh hotel

MEALS: None

EXTRAS: Single room supplement (CATMCC) Extra day in Phnom Penh - pre-tour

Day 2: Phnom Penh city tour

Today we visit the Royal Palace compound build in 1866 by the Predecessors of King Norodom. This palace is one of impressive, colourful, Khmer-style. Close to the Royal Palace is Silver Pagoda (The Emerald Buddha temple), where you will see many Buddha Statues displayed that are decorated and made of diamond, emerald, gold and silver. You will then proceed to the Independence Monument which was constructed in 1954 after the Cambodian's took their country back from the French, before continuing to the National Museum, a distinctive red building with beautiful Khmer architecture was built in 1917 and contains more than 5000 art objects made of sandstone, bronze, silver, copper and wood. Next we visit Tuol Sleng prison (Genocide Museum) the Khmer Rouge regime's biggest secret also known as S-21 which stands for "Security Office 21" and was Angkor's premier security institution, specifically designed for the interrogation and extermination of anti Angkor elements. We pass through the River Front park and continue to the sacred sites of Wat Phnom before walking along the Mekong River bank to see the lovely Phnom Penh city at night.

OVERNIGHT: Phnom Penh hotel

MEALS: Breakfast

EXTRAS:

Day 3: Flight to Siem Reap & afternoon city tour

Transfer to the airport for morning flight to Siem Reap. Upon arrival transfer to hotel accommodation. Afterward we visit the Angkor National Museum where you will use state of art multimedia technology to take you back in time to the ancient Khmer civilization. The museum exhibits artefacts that are set into 8 galleries in the chorological order with the exclusive gallery of 1000 Buddha statues showing how the Buddhist religion is spiritually linked to the ancient Khmer civilization.

We continue to visit the fabulous Ta Prohm, embraced by the roots of enormous fig trees and gigantic creepers, as well as Prasat Kravan - With its unique brick sculptures, Srah Srang - "The Royal Baths" was once used for ritual bathing, Banteay Kdei - surrounded by four concentric walls Thommanon and Chaosay Tevorda temple.

OVERNIGHT: Siem Reap hotel

MEALS: Breakfast

EXTRAS:

Day 4: Cycling tour to the main temples

Today we will cycle (approx 45mins) to the cities world heritage area. On the way we will cycle through the jungle and pass local villages & shops.

You will visit the ancient capital of Angkor Thom (12th century), see the South Gate, Bayon Temple - unique for its 54 towers decorated with over 200 smiling faces of Avolokitesvara, Baphuon temple lying just to the north of Bayon a pyramidal representation of mythical Mont Meru, the Royal Enclosure, Phimeanakas, the Elephant Terrace and the Terrace of the Leper King.

The afternoon tour starts with a visit to the famous temple: Angkor Wat. Angkor Wat is a World Heritage Site since 1992, famous for its beauty and splendour. Angkor Wat features the longest continuous bas-relief in the world, which runs along the outer gallery walls and narrates stories from Hindu mythology. Visit Bakheng Temple and enjoy a romantic sun set view from Bakheng hill.

OVERNIGHT: Siem Reap hotel

MEALS: Breakfast

EXTRAS:

Day 5: Morning Angkor tour

After breakfast we continue our Siem Reap sightseeing with a visit to Banteay Srei: nearly everyone's favourite site. The special charm of this temple lies in its compact size, remarkable state of preservation, and the excellence of its decorative carving; Banteay Samre: Its rose-colored sandstone walls are decorated with carvings and bas-reliefs, which are among the most accomplished Angkor has to offer; visit Eastern Mebon used to be in the middle the waters of the large Oriental Baray that is presently filled with rice-fields; Neak Poan was supposed to be a symbol of the Universe; Preah Khan built in 1191 according to the tradition on a spot where the king fought a crucial battle against the Cham.

OVERNIGHT: Siem Reap hotel

MEALS: Breakfast

EXTRAS:

Day 6: Morning Angkor tour

Morning tour to Roulos Group, Preah Ko, Bakon, Lolei and Prasat Prei Monti. The afternoon is free for you to explore more or relax at your hotel.

OVERNIGHT: Siem Reap hotel

MEALS: Breakfast

EXTRAS:

Day 7: Morning Tonle Sap, then flight to Phnom Penh

Morning visit Tonle Sap and a local village including fishing boat trip. Afternoon transfer to Siem Reap airport for flight to Phnom Penh.

OVERNIGHT: Phnom Penh hotel

MEALS: Breakfast

EXTRAS:

Day 8: Boat trip & afternoon visit to Choeng Ek

In the morning, we take a boat along the Mekong River to visit Koh Dach, also known as 'Silk Island'. We can see the weaving techniques first-hand and experience the realities of village life. The silk they weave is sold to buyers from Phnom Penh and beyond, so buying direct from the weavers here is much cheaper.

Continue to visit Choeng Ek museum, between 1975 and 1978 about 17,000 men, women, children and infants detained and tortured at S-21 prison were transported to the extermination camp of Choeng Ek.

This afternoon we will go shopping at Toul Tompong Market (called Russian Market), so-named because of the prevalence of items from the Eastern Bloc in past times, the Russian Market today is a treasure trove for tourists.

OVERNIGHT: Phnom Penh hotel

MEALS: Breakfast

EXTRAS:

Day 9: Morning drive from Phnom Penh to Kep

Morning departure for the beach-side town of Kep. Kep is very interesting, beautiful and quiet fishing town, however the beach is not the best available. If you are more interested in a really good beach or a more busy town, alternative accommodation is available.

OVERNIGHT: Kep hotel

MEALS: Breakfast

EXTRAS:

Day 10: Morning tour of Kampot & free afternoon

Morning tour of Kampot. Free afternoon.

OVERNIGHT: Kep hotel

MEALS: Breakfast

EXTRAS:

Day 11: Free day in Kep

This is a free day in Kep to relax and do some sunbathing or go on an optional boat trip to Rabbit Island.

OVERNIGHT: Kep hotel

MEALS: Breakfast

EXTRAS:

Day 12: Return to Phnom Penh

Free morning in Kep before afternoon transfer back to Phnom Penh.

OVERNIGHT: Phnom Penh hotel

MEALS: Breakfast

EXTRAS:

Day 13: Transfer to the airport for departure

Depending on your flight time you'll have some free time today, to do a little more exploring or last minute shopping, before we transfer you to Phnom Penh airport for your flight home.

OVERNIGHT: N/A

MEALS: Breakfast

EXTRAS: Extra day in Phnom Penh - post-tour

Included:

- All Accommodation
- All meals indicated in your itinerary
- Airport transfers at the start and end of your trip
- Site entrance fees for all tours detailed in your itinerary
- Qualified tour guide to accompany you on all sightseeing
- Private vehicles for all road journeys indicated
- Comprehensive pre-departure material

Excluded:

- International flights (can be arranged on request)
- Cambodia Tourist Visa
- Departure taxes
- Tips
- Meals, drinks & snacks not mentioned in the itinerary
- Any other items not mentioned in the itinerary

Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements - full details are given on the tour reservation form or on request.

No Options

1. Accommodation

We use good quality 4 and 5-star level hotels and guest houses on this tour. Accommodation is based on twin, triple or double en-suite rooms. Please visit the accommodation tab of this tour for examples of the hotels normally used on this tour. If you have any specific accommodation requests please let us know and we'll be happy to provide you with a customised quotation.

2. Transport

Our trips feature a mix of different transport options. We want you to feel like you're really experiencing the country you're travelling through, but at the same time we want you to finish journeys refreshed enough to enjoy the next stage of the tour. With this in mind we use public transport where we think it offers a good local experience – this may include local buses and local ferries/boats. We also use private transportation including jeeps, rickshaws or pickup trucks, and mini buses for sightseeing tours where required.

3. Transfers

The tour includes a 24-hour arrival and departure airport-hotel transfers service in Phnom Penh airport and all other transfers.

4. Group Size/Tour Leaders/Guides

As we don't offer guaranteed group departures on this tour we can run the itinerary for however many people you happen to be travelling with, starting from 1 upwards. The prices given for this tour are based on a minimum of 2 passengers travelling, so if you have a different number of passengers in your group please contact us for a customised quotation.

In Cambodia we provide fully trained, local English-speaking guides for all of the sightseeing tours. A small groups we'll generally use different guides in each cities and as such this is the way the tour has been priced. If you'd prefer to have an escort guide then we'll be happy to quote based on this. At Encounters Travel we only use local guides and reps. We feel this gives you the best experience of the country and the sites you are seeing. Please check our website for more details and profiles of some of our most famous guides.

5. Entrance Fees

The tour price includes entrance fees to all the tourist sites mentioned in the itinerary. You will need to cover the cost of entrance to any other extra sites that you may wish to visit.

6. Tipping

Tipping is not part of Cambodia culture but has become customary but not compulsory in the tourist and service industry. Tipping is always optional, and any amounts paid should reflect excellent service. You may therefore wish to tip your guide and driver at the end of the tour. You should not feel obliged to tip any particular amount, and should consider your personal budget. We are often asked to provide a guide however, and can suggest that approx. USD 5-10 per person per day would be appropriate for your guide(s).

7. Dates & Prices

This tour is designed as a sample tailor-made tour itinerary. As such we do not offer set group departure dates that you can join. Rather, the tour is available for you to do privately starting on any date of the year. Guideline seasonal prices are given below, based on 2 people travelling. If you would like to adjust the tour itinerary, or there will be more or less people travelling, please contact us and we will customise a price for you. For many people planning a trip to Cambodia, the weather will be a determining factor in choosing when to travel. Though Cambodia can be visited at any time of year it is best to avoid April with its extreme temperatures in the 40's and May, June when the south western monsoon brings rain and high humidity. The best time to visit and enjoy Cambodia's famous temples, Wat's and pagoda's are during the cooler months of December and January when humidity is low and there is little rainfall. Please be aware that though these areas are more exposed to the elements and the cooler temperatures of this time of year are a blessing they are also the busier tourist months of the year and main sights can be crowded. You may wish to coordinate your trip with one of the annual festivals, such as Bon Om Tuk, a three-day Water Festival, in October or November, marking the changing of the flow of the Tonle Sap River and is also seen as thanksgiving to the Mekong River for providing the country with fertile land and abundant fish or Khmer New Year which usually falls on April 13th or 14th. Please speak with our reservations team who will be happy to help you in selecting an appropriate time for your tour.

8. International Flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don't include your international flights in the main tour price. We are however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we'll give you a selection of airlines, times and fares to choose from.

Your airport arrival & departure transfers are included on the first and last days of the tour.

Most of our Cambodia tours start and finish in either Phnom Penh airport (PNH) or Siem Reap airport (REP).

If you are booking a tour that combines Cambodia with Vietnam we may not include connecting flights between the two countries in the tour price (see the inclusions/exclusions or extension option sections for details). This flight can often be built into your main international flight ticket, or we may be able to book this flight for you separately if you prefer - please contact us and we will advise you on available airlines, times and prices.

We do also sometimes advertise flight inclusive packages from selected airports. Where these are shown on our website, prices are correct at the time of quoting, but are subject to continued availability of the fare used. Prices will be reconfirmed at the time of booking, and we will also provide the flight times and airline details before tickets are issued.

Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable unless the flight is cancelled for reasons such as Covid-19, in which case the airlines are more flexible. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

Flight CO2 Emissions:

Traveling by air is an amazing way to explore the world, but flights also contribute to carbon dioxide (CO2) emissions that impact the environment. By considering the airline's CO2 emissions when you choose your flight, you can help minimize your travel footprint.

When selecting your international flights and airline, we do therefore recommend that you try and also take into account the flight CO2 emissions. Some airlines and flight search websites (eg. Google Flights, Skyscanner) do publish this information, so you can compare between your flight options and make an informed decision. Thankfully, many airlines are working towards sustainability efforts, and choosing a greener option allows you to contribute to positive change while still enjoying your incredible adventure.

9. What to take

Luggage: Suitcases, rucksacks or fabric holdalls are all fine to bring with you to Cambodia, though if your itinerary has many stops and different travel included within it, we recommend packing light and not bring any large cases. You should also bring a small daypack/bag to take out during the day. Your main luggage will normally be left in the hotel during your sightseeing trips - you will not need to carry it far, and there are nearly always hotel porters to assist.

Luggage limits: There is no luggage limit for this tour. However, most airlines restrict you to between 20kg and 25kg for your hold luggage and between 5kg and 10kg for hand luggage. Please check with your airline before travelling to the airport.

Climate and Clothing: The best time to visit and enjoy Cambodia's famous temples, Wat's and pagoda's are during the cooler months of December and January when humidity is low and there is little rainfall. Please be aware that though these areas are more exposed to the elements and the cooler temperatures of this time of year are a blessing they are also the busier tourist months of the year and main sights can be crowded. Though Cambodia can be visited at any time of year it is best to avoid April with its extreme temperatures in the 40's and May, June when the south western monsoon brings rain and high humidity. You may wish to coordinate your trip with one of the annual festivals, such as Bon Om Tuk, a three-day Water Festival, in October or November, marking the changing of the flow of the Tonle Sap River and is also seen as thanksgiving to the Mekong River for providing the country with fertile land and abundant fish or Khmer New Year which usually falls on April 13th or 14th. Take light clothes with something warmer for the winter nights if you are travelling to the north. Some light raingear would be useful in the wet season.

Other items: We recommend you also bring:

- Cool footwear (sandals are ideal). If you are interested in exploring the reefs, a pair of reef shoes is recommended to avoid injuries. If you are trekking, then bring comfortable and sturdy walking shoes or light walking boots.
- Swimming costumes - rash-guards/t-shirts are recommended for snorkelling to avoid sunburn.
- Sunscreens, after sun lotions and personal hygiene products - Please adhere to 100ml restrictions for anything you wish to carry on hand-luggage on flights.
- Prescription medications (if required) - please bring supporting documents.
- Power adapter for phones, laptops etc
- Sunglasses and hats
- Basic first aid kit and toiletries
- Money belt
- Small torch
- Dive certification card and log book if you intend to participate in SCUBA diving.
- Sleeping bag if your tour includes any hill-tribe or village trekking

10. Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please [contact us](#) if you would like any more information or have any questions before making a booking.

11. Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.

We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance

policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see [our website](#) or [booking conditions](#) for more information.

12. Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.

The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.
- Communicate: Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- Conserve energy: Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- Don't litter: No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- Choose environmentally friendly products: By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- Respect local customs and traditions: As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

13. Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

www.facebook.com/encounterstravel

<https://x.com/encounterstravl> (yes, without the 'e')

14. Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? [World Nomads Travel Insurance](#) offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

IMPORTANT: We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this at the start of the tour.

Covid-19

Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.

15. Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current [official government travel advice](#) for your destination. We are registered partners with the UK Foreign Office's ['Travel Aware' campaign](#) which provides further useful and invaluable information.



16. Reduce Plastic Waste with Water-to-Go Filter bottles

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

How Water-to-Go Technology works:

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

The three technologies used in a Water-to-Go filter are:

- Mechanical filtration – A tiny pore size, so small contaminants can't fit through.
- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.
- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon's efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

Water-to-Go filter bottles deliver safe, healthy water worldwide

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

17. Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please [contact us](#).

18. Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. In addition, additional courses or boosters normally recommended for the countries in this region are:

Thailand: Additional vaccinations: Hepatitis A, Tetanus. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Vietnam: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from an infected area.

Cambodia: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Laos: Additional vaccinations: Diphtheria, Poliomyelitis, Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from an infected area.

The above information can change at short notice. For up to date health information & vaccination requirements we recommend that you contact your medical practitioner or a travel clinic.

Malaria: Vaccinations are not available against Malaria, which is a disease transmitted by mosquitoes that can be very serious and sometimes fatal. You should avoid mosquito bites by covering up bare skin with clothing such as long sleeves and long trousers and applying insect repellents to exposed skin. When necessary, sleep under a mosquito net. Mosquitoes are most active during and after sunset. You should consult with your GP/medical practitioner/travel clinic about the most appropriate malaria prophylactic medication to take for the regions you are visiting.

Yellow Fever: This disease is spread by infected mosquitoes that bite during the day. A Yellow Fever Certificate of vaccination may be required as a condition of entry depending on which country you are arriving from, or that you have travelled or transitted through recently (including connecting flights with stopovers of over 12 hours). You can view this US CDC information about where the virus is present and follow the links to further information detailing which countries need you to have a Yellow Fever vaccination as part of their entry requirements. Please ensure you have this certificate with you and to hand if necessary.

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disabilities that you may have.

19. Voltage

Sockets are two round or flat pronged and 220 volts (Type A, B, C). Universal adaptors are available in most airport shops if you don't have one already. Standard European adapters will work fine, though sometimes they may feel a little loose in the sockets. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are normally available on request from the hotel reception if not in your room already. If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

20. Time

The time in Thailand, Vietnam, Cambodia and Laos is GMT plus 7 hours. Daylight saving adjustments are not observed.

21. Money - Cambodia

The Cambodia currency is the 'Riel' (KHR). US\$ are widely accepted in the country and more or less work as a second currency. Because of its location so close to Thailand, you will find that Thai baht is also accepted in most places. Bear in mind that if paying in US\$ or Thai baht, your change will be given back in riels.

It's also possible to change Thai baht or US\$ with local private moneychangers, at some shops and markets or as usual, any banks that you may come across. These banks will also change most other currencies such as Sterling, Euros etc. The banks tend to open from 7.30am to 2.30pm.

If you have travellers cheques in major currencies then the banks will accept these although it is likely that a commission will be charged.

In Phnom Penh and Siem Reap, banks and even some travel agents will allow you to draw cash against most major credit cards but you can expect a surcharge of around 3-4%. These days, more and more shops, restaurants and hotels in the major tourist destinations will accept payment with credit cards. Until recently, Cambodia had no ATM's whatsoever but this is changing fast and it's now possible to withdraw money from ATM's located in Phnom Penh and Siem Reap. Most credit cards and some debit cards are accepted but its best not to rely on this as a way of accessing your funds while in the country.

22. Passports and Visas - Cambodia

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities.

Many nationalities (including British, EU, USA, Canada, Australia, New Zealand amongst many others) can obtain a 30-day tourist visa on arrival in Phnom Penh or Siem Reap Airport (and some land borders). At the time of publishing the visa fee is \$30.00. You'll need to make sure you have a passport sized photograph for the visa. If you are arriving via Phnom Penh or Siem Reap Airports then you can obtain an e-visa prior to arrival at - www.evisa.gov.kh/ (these are not accepted at land borders).

As visa regulations often change we recommend that you check this information with your nearest consulate. Obtaining the correct visa is the responsibility of the traveller.

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Note: Please [download an up-to-date copy](#) of these tour notes shortly before you travel as itineraries and information does change from time to time.
