

Phnom Penh – Siem Reap by Jahan Cruise/Jayavarman Cruise

Note*: The Jahan and Jayavarman cruises do the same itinerary.

Itinerary Overview

UPSTREAM: PHNOM PENH – SIEM REAP

Day	Destination	Meals
Day 1	PHNOM PENH	L/D
Day 2	PHNOM PENH – KAMPONG CHAM	B/L/D
Day 3	KAMPONG CHAM – KAMPONG CHHNANG	B/L/D
Day 4	KAMPONG CHHNANG – TONLE LAKE	B/L/D
Day 5	TONLE LAKE – SIEM REAP	B

DOWNSTREAM: SIEM REAP – PHNOM PENH

Day	Destination	Meals
Day 1	SIEM REAP – TONLE LAKE – TONLE RIVER	L/D
Day 2	KAMPONG CHHNANG – KAMPONG TRALACH – KAMPONG CHAM	B/L/D
Day 3	KAMPONG CHAM – PHNOM PENH	B/L/D
Day 4	PHNOM PENH	B/L/D
Day 5	PHNOM PENH	B

Note*: B: Breakfast / L: Lunch / D: Dinner

Travel Map



Detailed Itinerary

Upstream: Phnom Penh – Siem Reap

Day 1 PHNOM PENH

Our staff offers a friendly welcome aboard and offers you some refreshments as you settle into your luxurious "home" for the next few days.

We have a lunch at a well-renowned restaurant in town and experience the elegant air Phnom Penh's top addresses are known for. Our exploration of Phnom Penh continues with the cultural highlights of the city's heritage. The golden edifice of the Royal Palace with its Silver Pagoda and the exceptional

Khmer crafts at the National Museum top the list of the city's must-sees. The day trip ends with a "cyclo" ride along the bustling streets of downtown Phnom Penh and back to the ship.

In the early evening, the lounge is set up for an eye- and ear-catching lecture about modern Cambodian history, held by our friend and local expert, Mr Jean-Michel, professor from the Royal University of Phnom Penh. Receiving first-hand knowledge from our lecturer who has studied the subject extensively and in-person is a highlight of this cruise.

Take some rest or join fellow passengers at the bar for refreshing drinks. Today's evening is a special one: let us invite you to a wonderful open air gala featuring a barbecue dinner feast. The dinner is accompanied by a classic Apsara dance performance along with other folklore dances.

As the evening unwinds, enjoy your supper with a good glass of wine and marvel at the skyline of Phnom Penh and the calming flow of the Tonle River.

Meals: Lunch/Dinner

Accommodation: Jahan Cruise/Jayavarman Cruise

Day 2 PHNOM PENH – KAMPONG CHAM

Jahan Cruise/Jayavarman Cruise sails towards the Angkor Ban village on the Mekong River. The village is famous for its unspoiled community and beautiful, traditional houses. It feels like being transported back a hundred years, into an era unaffected by modernity where villagers are characterized by their unbridled warmth.

While the cruise sail upstream, lunch is served and afterwards our staff is keen to show you a variety of traditional Khmer fashion the local people still wear on special occasions. Conversely, the ubiquitous Cambodian scarf, the Krama, is a garment worn by people of all ages and walks of life. This multi-functional attire is worn not just around the neck, but also as a bandanna, facemask, belt, swimwear, and even as a hammock to carry children.

We cruise further up the Mekong to visit a local school and learn more about the education of the young Cambodian generation. Children from the Organization for Basic Training (OBT) are provided a free, supplemental education in English, maths, and the arts, and they are always excited to show their skills in music and dance.

We continue our land journey to the enchanting pre-Angkorian temple of Wat Hanchey (7th century). Formerly built to honor the Hindu god, Hirahara, the complex is now a Buddhist temple, a testament to the country's past and present religious beliefs. This small complex sits on a hilltop with breath-taking views over the Mekong. Many young, novice monks live on the compound of Wat Hanchey, and we have the chance to observe a bit of their daily lives: eating simple meals, praying, studying, or hanging out and making conversation while in their saffron-coloured robes.

Another temple on the way is the tranquil monastery of Wat Nokor. Although not massive in comparison to the vast complexes of Angkor Wat, Wat Nokor is the largest of its kind in Kampong Cham Province and is distinctive from other temples with its black sandstone walls. Here, we might have the chance to engage in light banter with some of the sociable monks living in the area. Back on board, you are free to relax until dinner is served. The Jahan Cruise/Jayavarman Cruise moors mid-river near Kampong Cham.

Meals: Breakfast/Lunch/Dinner

Accommodation: Jahan Cruise/Jayavarman Cruise

Day 3

KAMPONG CHAM – KAMPONG CHHNANG

In the early morning, Jahan Cruise/Jayavarman Cruise continues sailing downstream on the Mekong. The vessel stops at the Island of Koh Oknha Tey, which lies in the middle of the Mekong and owes its fame to manufacturing high-class silk products. We go sightseeing along the island's roads a bit via tuk tuk before arriving at the village's workshops and witnessing the curious process of making silk, starting from a tiny silkworm larva to cocoon, then dyeing, spinning and weaving the fibres into high-quality Cambodian silk.

Before lunch, our expert guide holds a presentation about the geography of the Mekong River and Tonle Lake along with the unique attributes of the area. Afterwards, a monks' blessing ceremony delivers spirits and wishes for health and prosperity for all.

The Jahan ship continues its journey, passing by the confluence of the Mekong and Tonle Rivers. Gliding through leafy swaths of this jungle-like landscape we reach Kampong Tralach, where laughing children wave enthusiastically at our arrival.

We are in the middle of Cambodia's countryside where – surprise – traditional ox carts are still a common means of transportation. Our ox-powered vehicle takes us on a journey along the riverside and through back roads lined with rice-paddy fields until we arrive at a tiny village. Tonight, the Jahan Cruise/Jayavarman Cruise finds its anchor spot in the Tonle River near Kampong Chhnang, allowing you to observe river life close-by until dinner is served.

Meals: Breakfast/Lunch/Dinner

Accommodation: Jahan Cruise/Jayavarman Cruise

Day 4 KAMPONG CHHNANG – TONLE LAKE

After a sumptuous breakfast, we are now at Kampong Chhnang, Cambodia's "water world", where everything is balanced on sticks in water-rich soil. We take a local boat to the shore and hop on a mini bus to reach a quite unique, nearby rural village. As we explore the village on foot our guide reveals the village's specialties – Khmer style pottery and the process of making of palm sugar from the Cambodian "skor t'not" palm tree.

We drive back to the shore where our local boat starts an exploration of nearby floating villages and the surrounding wetlands. Although we are in the heartland of Cambodia, the residents of these floating villages are actually of Vietnamese descent who were expelled by the Khmer Rouge and soon returned after the ruling party was overthrown in 1979. No longer having land to settle on, they have since lived "on the water".

Back on board lunch is served as your floating sanctuary cruises gently along the narrow Tonle River, towards the Great Tonle Sap Lake. The river then opens to a vast "sea", the biggest freshwater lake in Asia.

Our crew invites you to a farewell event and to enjoy some cheerful moments before dinner, including music and Cambodian dancing together with the team. Savour your final dinner aboard and relive the week's adventures in your mind's eye with a glass of wine at the open bar.

Meals: Breakfast/Lunch/Dinner

Accommodation: Jahan Cruise/Jayavarman Cruise

Day 5 TONLE LAKE – SIEM REAP

Enjoy your last breakfast on board our floating sanctuary. The Tonle Sap (The Great Lake) is the flowing heart of Cambodia, giving love and life to millions of people. This rich ecosystem and UNESCO-designated Biosphere Reserve has more fish than any other lake in the world and is home to an incredible variety of birds, including rare and endangered feathered life.

Here, Jahan Cruise/Jayavarman Cruise comes to an end this morning. We prepare to disembark the ship and take a local boat to the shore, passing a vast floating community. We arrive at the Siem Reap pier and bring you to the drop off point in the city centre.

Meals: Breakfast

Accommodation: n/a

Downstream: Siem Reap – Phnom Penh

Day 1 SIEM REAP – TONLE LAKE – TONLE RIVER

We greet our guests in the morning at our welcome lounge in Siem Reap. Kick back with a second coffee this morning before we depart on a short bus ride to the pier. A local boat brings you to the vessel and your luxurious “home” for the next several days. When moving into your staterooms, your first inclination may be to step on your balcony to watch the ship set sail on its fascinating lake crossing.

As you have lunch, the Jahan gently glides over Tonle Lake. You can feel fortunate about this occasion, as generally this shallow lake can only be crossed during high water season, which is approximately from August to mid-November.

Let your soul float and your eyes wander while the boat makes its way across. It is often stated that “nautical air” makes you hungry, so you are cordially invited to our afternoon tea. Get to know other travelers while enjoying some tasty treats. The rest of this cruising afternoon is fully yours to relax on your private balcony or be pampered by our therapists at the Apsara Spa.

Before dinner, our expert guide holds a presentation about the geography of the Mekong River and Tonle Lake along with the unique attributes of the area. If you are in the mood for some evening entertainment, there is a cinema in the lounge showcasing classic movies and interesting documentaries on a nightly basis.

Meals: Lunch/Dinner

Accommodation: Jahan Cruise/Jayavarman Cruise

Day 2 KAMPONG CHHNANG – KAMPONG TRALACH – KAMPONG CHAM

We drive back to the shore where our local boat starts an exploration of nearby floating villages and the surrounding wetlands. Although we are still in the heartland of Cambodia, the residents of these floating villages are actually of Vietnamese descent who were expelled by the Khmer Rouge and soon returned after the ruling party was overthrown in 1979. No longer having land to settle on, they have since lived “on the water”.

Back on board and with lunch ready in the restaurant, the Jahan Cruise/Jayavarman Cruise continues cruising languidly along the Tonle River towards Kampong Tralach. This part of the Tonle River is quite interesting to watch from the terrace as the river at certain points is very, very narrow. A monks’ blessing ceremony delivers spirits and wishes for health and prosperity for all of us whilst the boat glides through leafy swaths of this jungle-like landscape. We reach Kampong Tralach, where laughing children wave enthusiastically at our arrival.

We are in the middle of Cambodia’s countryside where – surprise – traditional ox carts are still a common means of transportation. Our ox-powered vehicle takes us on a journey along the riverside

and through back roads lined with rice-paddy fields until we arrive at a tiny village. Beginning a few short years ago, local children have had the opportunity to receive an education here. The “Green School” is a local project supported by Heritage Line in this remote area to support the underprivileged youth. The students, who are dressed in green shirts, are always happy to meet us every week as the principal gives an introduction and updates us on the current situation of the school. After this outing, Jahan Cruise/Jayavarman Cruise sails downstream, passing the confluence of the Tonle and Mekong Rivers and making our way to the vessel’s overnight spot.

Meals: Breakfast/Lunch/Dinner

Accommodation: Jahan Cruise/Jayavarman Cruise

Day 3 KAMPONG CHAM – PHNOM PENH

Wake up early to witness the spectacular scenery at the break of dawn. To make the experience complete, join our daily morning Tai Chi class. Afterwards, a rich breakfast buffet awaits, or if you prefer, we can serve breakfast directly to your room.

We now are at Kampong Chhnang, Cambodia’s “water world”, where everything is balanced on sticks in water-rich soil. It is perhaps the most fascinating cruising spot in Cambodia. We take a local boat to the shore and hop on a mini bus to reach a quite unique, nearby rural village. As we explore the village on foot our guide reveals the village’s specialties – Khmer style pottery and the process of making of palm sugar from the Cambodian “skor t’not” palm tree.

After a sumptuous breakfast, we learn more about the education of the young Cambodian generation. Children from the small village of Chiro come on board, always excited to show their skills in music and dance. With smiles on our faces, we prepare to leave the ship for the enchanting pre-Angkorian temple of Wat Hanchey (7th century). Formerly built to honor the Hindu god, Hirahara, the complex is now a Buddhist temple, a testament to the country’s past and present religious’ beliefs. This small complex sits on a hilltop with breath-taking views over the Mekong. Many young, novice monks live on the compound of Wat Hanchey, and we have the chance to observe a bit of their daily lives: eating simple meals, praying, studying, or hanging out and making conversation while in their saffron-coloured robes. While Jahan Cruise/Jayavarman Cruise sails downstream, lunch is served and afterwards our staff is keen to show you a variety of traditional Khmer fashion the local people still wear on special occasions. Conversely, the ubiquitous Cambodian scarf, the Krama, is a garment worn by people of all ages and walks of life. This multi-functional attire is worn not just around the neck, but also as a bandanna, facemask, belt, swimwear, and even as a hammock to carry children.

Meanwhile we arrive at the island of Koh Oknha Tey. This spot in the middle of the Mekong owes its fame to manufacturing high-class silk products. We go sightseeing along the island’s roads a bit via tuk tuk before arriving at the village’s workshops and witnessing the curious process of making silk, starting from a tiny silkworm larva to cocoon, then dyeing, spinning and weaving the fibres into high-

quality Cambodian silk.

After some additional cruising time, the Jahan Cruise/Jayavarman Cruise arrives and docks at the pier of Phnom Penh. Feel free to go out and explore by yourself after dinner. Stroll along the river promenade and watch the locals chit-chatting, selling odds and ends or have a drink in one of the numerous bars.

Meals: Breakfast/Lunch/Dinner

Accommodation: Jahan Cruise/Jayavarman Cruise

Day 4 PHNOM PENH

Welcome to Phnom Penh – the city once named Paris of the East. We start with a full sight-seeing tour right after breakfast. By bus, we visit the Killing Fields outside the city and afterwards the centrally located prison “S21”. Both historic sites display the sad and cruel chapter of the country’s history when the Khmer Rouge ruled Cambodia with terror and oppression. Those places have not changed much since this horrific time back in the early seventies and it can be quite heart-breaking. Alternatively, you may explore the city on your own in the morning before re-joining the group.

We have a lunch at a well-renowned restaurant in town and experience the elegant air Phnom Penh’s top addresses are known for. Our exploration of Phnom Penh continues with the cultural highlights of the city’s heritage. The golden edifice of the Royal Palace with its Silver Pagoda and the exceptional Khmer crafts at the National Museum top the list of the city’s must-sees. The day trip ends with a “cyclo” ride along the bustling streets of downtown Phnom Penh and back to the ship.

Take some rest or join fellow passengers at the bar for refreshing drinks. Today’s evening is a special one: let us invite you to a wonderful open air gala featuring a barbecue dinner feast. The dinner is accompanied by a classic Apsara dance performance along with other folklore dances. As the evening unwinds, enjoy your supper with a good glass of wine and marvel at the skyline of Phnom Penh and the calming flow of the Tonle River.

Meals: Breakfast/Lunch/Dinner

Accommodation: Jahan Cruise/Jayavarman Cruise

Day 5 PHNOM PENH

Enjoy your last breakfast aboard your floating home before disembarking the ship. We hope you

enjoyed this fascinating river cruise, just as our crew does every single time. Moreover, take the enchanting memories and friendships along with you and share the stories of this amazing river – the Mighty Mekong.

Meals: Breakfast

Accommodation: n/a

Inclusions & Exclusions

Inclusions:

- All cruises include group shore-excursions
- Entrance fees
- Transportation
- Tour guide services on board(English speaking)
- Taxes, fuel, river pilots, transfers in Saigon and Siem Reap from/to the meeting point to/from embarkation/disembarkation point or vice versa.
- Food includes full board (Breakfast, lunch, dinner – buffet or set menu style). Mineral water and coffee/tea (from jug) is included all day.
- Jahan Signature: Complimentary mini bar (daily replenished with selected items), balcony breakfast), 1 bottle of sparkling wine, welcome fruit basket.

Exclusions:

- Phnom Penh port tax per passenger of 65 USD.
- Transfers in Phnom Penh to/from the port.
- Crew gratuities (5 USD per passenger/day are recommended).
- Cambodian Visa (available on Upstream cruise only/37 USD).
- Fuel surcharges if any (see terms and conditions).
- Peak season surcharge for all cruises falling on New Year's Eve and/or Christmas

Note:

- The **Jahan Cruise/Jayavarman Cruise** departs weekly on every Saturday from Saigon or Siem Reap. For short routes, please contact us.
- PROGRAMS & SCHEDULES SUBJECT TO CHANGE DUE TO THE WATER LEVEL. WE WILL KEEP YOU UPDATED 2 WEEKS BEFORE DEPARTURE
- For overnight registration, we will need passport information (Full name, sex, Nationality, passport number, date of birth) of passengers at least four weeks prior to cruise date.
- **Gratuities:** It's suggested that if satisfied with the services, a gratuity will be collected on the last day aboard. Suggestion is USD5 per passenger per day. Gratuities shall be settled together with the shipboard account at the end of a cruise.

Important Information

River Conditions Warning

The rivers you will sail on are subject to seasonal rises and falls of water level, in some places as much as 30 metres. Water levels can change dramatically overnight and a sudden rise can impede our progress upstream considerably and even prevent us from passing under certain bridges. A sudden fall can result in our being unable to get into certain places or go as far upstream as we would hope. Groundings on sandbars are not infrequent and are part of the excitement of any expedition. Published itineraries are indicational only and subject to sudden change. In such events alternative itineraries will be provided and we do our best to ensure that if a stop is missed we make up for it with another stop.

Passengers are thus forewarned and expected to be flexible and patient. River cruising in Asia can be a dramatic and adventurous experience – not like cruising the controlled waterways of Europe or America. Note also that we operate in areas with little or no developed infrastructure and subject to the strictures of local officialdom. Be prepared for this and it is all more the fun!

For itineraries that include flights in the price of the ticket it should be noted that regional airlines can change departure times or cancel flights at very short notice. In such an event we endeavour to arrange alternative flights but note that this can result in delays often resulting in embarking or disembarking on a different day to that indicated in the itinerary. In such an event the company will cover the cost of hotel accommodation and main meals only, but will not be liable for any claims for compensation for missed days on board a ship, drinks or curtailment of the said itinerary.

Clothes

We recommend wearing loose and comfortable clothing made of cotton or modern material that can readily cool off sweat and body heat. The type of shoes will depend on the excursion types so best to have both light, open toed shoes as well as good walking/hiking shoes with you. A sun hat is always a good idea to bring along.

Southern Vietnam and Cambodia are warm all year-round, but our other cruise destinations can get chilly during the winter months (Laos, Myanmar or northern Vietnam). Therefore, it is always recommended to bring a pullover or a warm jacket with you during this period.

Many of our cruises include visits to local temples or pagodas. When visiting these holy sites, make sure to wear appropriate clothing which covers your shoulders and knees.

Sea sickness

Generally speaking, the rivers we are cruising on in Southeast Asia are very calm and there is hardly any motion on any of our ships. A bit of motion can occur during monsoon rains with stormy winds, but the amount of motion is much less than one would feel during bad weather on the open ocean.

Sea cruises as we offer in Halong Bay or Lan Ha Bay can sometimes encounter heavier waters and ship motion, although this happens very rarely and port authorities will most likely not allow sailing under any such circumstances anyway.

If you are new to cruising or prone to motion sickness, it does not hurt to bring along some motion sickness medication. Drinking a nice hot fresh ginger tea is a natural remedy and tasty alternative our staff is always happy to make for you.

Food and Beverage

All food and beverage on board is completely safe to eat and enjoy, including the ice cubes you enjoy in your chilled drinks. We do not recommend drinking water straight from the tap anywhere, including onboard. We provide you with complimentary clean drinking water throughout your cruise.

You may want to be bit careful with local dishes as they can be spicier than you are used to from home. Approach new dishes slowly and carefully. If you have a sensitive stomach, then you may like to double check with our chef or onboard managers about specific dishes or meals.

On excursions, it may be a good idea to avoid local foods and snacks unless offered by our tour guides. Besides the above, in general we recommend the following motto for your pre- and post-cruise travelling in the Southeast Asian tropics: boil it, peel it, cook it, wash it or forget it!

Health risks

The most effective protection from personal contamination is ensuring strict attention to personal hygiene and in particular, frequent and thorough hand washing with soap and water and refraining from hand-to-mouth contact. Colds and other viruses can spread quickly in an enclosed area such as a ship. Continue to practice common-sense hygiene and respiratory courtesy. Wash your hands often and cover your coughs and sneeze. It is recommended that passengers carry anti-bacterial hand sanitizer, which does not require rinsing with water. Use sanitizer frequently and throughout the day, particularly after shore excursions and prior to meals. If you have any questions regarding your health or safety, please do not hesitate to ask your cruise director.

Motion sickness can be a problem for some people when cruising, flying or travelling on coaches and trains and it is a good idea to take precautionary measures. Over-the-counter drugs for treating motion sickness can be purchased at pharmacies in most countries, though a side effect can be drowsiness. Alternatives such as ginger tablets and acupuncture wristbands are also available and work well for some people.

Visa requirements for Cambodia

Cambodia visas are easily obtained for most travelers on arrival. Note that passports must have a validity of at least 6 months after your last date of travel in Cambodia.

Because travel restrictions across Southeast Asia are constantly changing, we recommend checking with the Cambodia embassy/consulate in your home country for the latest information.

Visa requirements for Vietnam

With the exception of visa exemptions, all travelers must arrange their visa prior to arrival in Vietnam. Passports must also have a validity of at least 6 months after your last date of travel in Vietnam.

Because travel restrictions across Southeast Asia are constantly changing, we recommend checking with the Vietnam embassy/consulate in your home country for the latest information.

Insurance

We recommend at least purchasing travel health insurance which covers both in- & outpatient visits and medical repatriation. Buying additional trip cancellation and interruption coverage may also be beneficial in case you have to cancel your travel plans due to unforeseen circumstances.

Electrical adapters

We always recommend bringing a travel adapter as a standard item in your travel kit. You can borrow an adapter on board, but these may be limited.

Electricity

Indochina Countries use 220V, and a mixture of flat 2-pin, round 2-pin or 3 pin plugs. It is recommended to bring a universal plug adapter.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$3-\$5 USD per person per day depending on the quality and length of the service.