

THAILAND, LAOS, VIETNAM & CAMBODIA**34 days**

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Day 1 Arrival

Arrive in Bangkok, Thailand.

Overnight in Bangkok.

Included Meal(s): Dinner, if required.

Day 2 Bangkok: City Tour

This morning we will visit the Grand Palace situated on the Chao Phraya River. Started in 1782, the complex is a collection of buildings covering over 1.5 sq km (0.9 sq mile). Within the grounds we visit Wat Phra Kaeo, known for the venerated Emerald Buddha. Sitting on a golden altar, it is carved from green jade and is only 75 cm (30 inches) high! Since its discovery in the 15th Century, the Emerald Buddha has known many homes, including Lampang, Chiang Rai and two locations in Laos, Luang Prabang and Vientiane.

We will start our afternoon with a visit to Wat Pho also known as the Temple of the Reclining Buddha. The temple is the largest in Bangkok and it is 200 years old. On its grounds, we will see the tremendous 46m (150 foot) long, 15 m (49 foot) high gold-plated reclining Buddha. The sole of his feet have detailed work of mother-of-pearl. Wat Pho also has more than 1,000 bronze images from Ayutthaya and Sukhothai rescued by Rama I's brother.

We will continue our day by crossing the "khlong" (river) by boat in order to visit Wat Arun, or the Temple of the Dawn. It was built in the early 19th Century and its tower is the highest in Thailand measuring 81m (265 feet). The tower, or "prang," is covered with pieces of Chinese porcelain and its beauty is appreciated from a distance. The temple gained its name from the Indian god of dawn, Aruna. Here there are superb statues of the Buddha at the most important stages of his life: at birth (north), in meditation (east), preaching his first sermon (south) and entering Nirvana (west).

Overnight in Bangkok.

Included Meal(s): Breakfast and Dinner

Day 3 Bangkok - Pitsanolk - Sukhothai - Chiang Mai

Today we fly to Pitsanolk, the birthplace of King Naresuan the Great of Ayutthaya (reign: AD 1590-1605), and his brother Prince Ekathosarat. Pitsanolk has long been an important center for political and strategic reasons, and a major center of recruitment when Ayutthaya waged war with Burma. It was the capital of Thailand for 25 years during the 1448-1488 reign of Ayutthayaos King Boromtrailokanat.

On arrival, we are met by our bus and begin our sightseeing, including the monastery of Wat Phra Si Rattana Mahathat, commonly called by the inhabitants as "Wat Yai." This is the most important monastery of Pitsanolk, located at the foot of Naresuan Bridge on the city side of the river. The monastery was built in the reign of Phra Maha Thamma Racha I (Phraya Lithai) In AD 1357. It houses the Phra Buddha Chinnarat regarded as the most beautiful Buddha image in Thailand.

We continue to Sukhothai where we visit the Ramkhamhueng National Museum, an excellent introduction to the historic city, including much in the Sukhothai style. From here we proceed to Wat Mahat, dominated by a 14th Century lotus-bud tower and encircled by a moat. Some of the best architectural ornamentation is found in the main tower. We also visit the remains of the Royal Palace.

We continue to Chiang Mai, arriving late afternoon.

Overnight in Chiang Mai.

Included Meal(s): Breakfast and Dinner

Day 4 Chiang Mai: City Tour

Today we have a tour of Chiang Mai and the surrounding area.

Chiang Mai has over 300 temples, and its old quarter set within a 2 sq km moat, has retained many of its traditional wooden houses. At the main sanctuary of the Buddhist temple is a tower constructed in 1345 to house the ashes of King Kam Fu and the beautiful Viharn Lai Kam. This wooden structure is a marvelous example of Lanna architecture. Inside the temple there sits one of Thailand's three Phra Singh (or Sihing images). The setting of the image is enhanced by a colourful mural that is action-packed with scenes showing piggyback fights, merchants, fishermen and children playing.

While in Chiang Mai we'll visit the Arts and Cultural Centre.

Overnight in Chiang Mai.

Included Meal(s): Breakfast and Dinner

Day 5 Chiang Mai - Mae Sa Valley - Chiang Mai

We have a morning visit to the orchid farm. The road we travel today passes through the narrow valley of the Mae Sa River that tumbles down numerous cascades. The natural beauty of the area and closeness to the city has attracted orchid farms, elephants camps and resorts with impressive gardens.

As the national animal of Thailand, the elephant has a special place in Thai lore. Elephants were once numerous, ranging over extensive forest habitats that covered much of Northern Thailand till the middle of this century. In former times, the animals were the equivalent of a battle tank, an off-road vehicle and a ten-wheel truck. The symbol of kingship since ancient times, a white elephant required such elaborate care that a gift of one from a king was enough to bring ruin to an over-ambitious courtier; hence the English expression a "white elephant".

Ironically, ordinary elephants have become "white elephants" to poor mahouts who are no longer able to find work for their animals logging in the hills and have to abandon them. The abandoned beasts are unable to find sufficient open land and have been destroying crops. As a result they are hunted and shot. The conservation centre was set up to redress the situation; we will see a demonstration whereby mahouts have the animals show their skills and learn about some of the many traditional roles the elephant has played in Thailand since the days of old Siam.

Overnight in Chiang Mai.

Included Meal(s): Breakfast and Dinner

Day 6 Chiang Mai - Chiang Rai: Hill Tribe Village

This morning we travel from Chiang Mai to Chiang Rai, founded in 1262 by King Mengrai. He decided that the site, in a basin between mountains, would be ideal for the new capital of the Lanna Kingdom. However, the capital was transferred to Chiang Mai only 34 years later and Chiang Rai declined in importance. Today it is known as the "Gateway to the Golden Triangle." With its varied ethnic groups and beautiful surrounding scenery, Chiang Rai, the capital of Thailand's northernmost province, feels far removed from Bangkok or even Chiang Mai. Evidence of the town's historic importance can be seen in monuments such as Wat Phra Kaeo even though modern development is becoming increasingly prominent.

We visit Wat Phra Kaeo, the city's most revered temple. According to legend, lightning struck and cracked the chedi in 1436, revealing a plaster cast statue encasing the Emerald Buddha (actually made of jadeite). Today, Thailand's most holy Buddha image is housed in Bangkok; a replica, presented in 1991, is now kept here. The wat dates from the 13th century and is also notable for its fine bot, decorated with elaborate woodcarving, and the Phra Chao Lang Thong, one of the largest surviving bronze statues from the early Lanna period.

This afternoon we will take a boat trip on the Maekok River and visit a local Hill Tribe village. The rugged, forested limestone hills of northern Thailand are home to a melange of some of the most interesting indigenous peoples in the world. The Lao, Karen, Hmong (or Meo), Mien, Lahu, Akha and Lisu minorities are a fascinating example of a vibrant pre-industrial way of life. They originated in Tibet and south China and live on the migration route that the Thai people themselves traveled 1,000 years ago. At some point during our visit to Chiang Rai, we will pay a visit to the Hill Tribe Education Center where we can see typical clothing worn by each tribe. We will also be able to see different folk implements and other anthropological exhibits.

Overnight in Chiang Rai.

Included Meal(s): Breakfast and Dinner

Day 7 Chiang Rai - Golden Triangle - Chiang Rai

We have a full day trip to the famous Golden Triangle where the borders of Laos, Burma, and Thailand come together. We travel to Mae Sai, Thailand's northernmost town near the Burma border; you can watch Thai and Burmese locals walking across the bridge separating the two countries. There are excellent opportunities to buy Burmese handicrafts at reasonable prices. From Mae Sai we drive to the heart of the Golden Triangle where the Ruak and Mekong rivers meet. You can stand on a hilltop and enjoy views over Burma, Laos, Thailand and the mighty Mekong. We visit Chiang Saen where evidence of the original 13th century city can still be seen on the banks of the river, a tranquil spot with charming old temples and finely carved figures.

Later we return to Chiang Rai.

Overnight in Chiang Rai.

Included Meal(s): Breakfast and Dinner

Day 8 Chiang Rai - Bangkok

Today we fly from Chiang Rai to Bangkok.

Overnight in Bangkok.

Included Meal(s): Breakfast and Dinner

Day 9 Luang Prabang: Town Touring

In the 14th century, this city was established as the royal capital by Fa Ngoum, the first monarch of Lan Xang, the "Land of a Million Elephants" (a charming and evocative nickname from times gone by. Latest figures indicate that Laos's population of wild elephants is in the range of 781- 1,202). By this time, the city had already been the seat of local kingdoms for 600 years. According to legend, the site of the town was chosen by two resident hermits and was originally known as Xieng Thong --"Copper Tree City".

We have an orientation of this charming town, with its one main street lined with colonial era buildings housing shops and cafes. We have a chance to explore the town on foot and to climb to the top of Phu Si Hill. Looking directly downwards you can see that the former royal palace has a cruciform ground plan.

Overnight in Luang Prabang.

Included Meal(s): Breakfast and Dinner

Day 10 Luang Prabang Area

An early departure today takes to the Mekong River for a boat journey to visit the Pak Ou Caves. The boat is long and quite large, covered, with comfortable seat cushions, life jackets and a WC.

The Pak Ou Caves are two clefts in the side of a mountain stuffed with thousands of old Buddha images. The site has long been sacred for the Lao, even prior to Buddhism, when they worshipped spirits. The lower cave has over 4,000 images, ranging from 3 inches to 9 feet tall, stuck into nooks and crannies. The upper cave's Buddha images are placed far back into the cliff, so it's handy to have a flashlight. A real highlight of a trip to the caves is the breathtaking view of the mountains, villages, and fishermen during the 2-hour boat ride.

We return to Luang Prabang and visit the Royal Palace, a museum containing a collection of 15th-17th century Buddha statues including the significant Golden Buddha. The last member of the Lao royalty to live here was Sisavang Vong's son, Crown Prince Sisavang Vatthana. The private chapel is one of the most interesting wings of the palace. Here you will see the priceless gold Phra Bang Buddha in Abhayamudra (dispelling fear). It is made from 90% pure gold and is said to weigh 50 kg (110 lb).

We finish with a tour of the 16th-century Wat Xieng Thong with its richly decorated wooden interior. Wat Mai is another old temple of classic Luang Prabang design with gracefully curved roofs. We see many 400 year old wooden Buddha statues at Wat Wisunalat.

Overnight in Luang Prabang.

Included Meal(s): Breakfast and Dinner

Day 11 Luang Prabang - Xieng Khouang (Plain of Jars) - Phonsavan

Today we travel by road to Xieng Khouang and the Plain of Jars.

Overnight in Phonsavan.

Included Meal(s): Breakfast and Dinner

Day 12 The Plain of Jars

In the 18th and at the beginning of the 19th century, Xieng Khouang was the center of a kingdom of the Hmong (Meo). In 1832, it was conquered by the Vietnamese, annexing the entire region. The town of Xieng Khouang was totally destroyed during the Vietnam War. Even though it has been rebuilt in 1975, the name Xieng Khouang is now primarily used in reference to the province of the same name.

The highlight of our visit here is the "Plain of Jars." Scattered over the plain are hundreds of enormous limestone jars, each about 1 to 2.5 metres high, with a diameter of about 1 meter. There is still no explanation as to how the clay jars found their way onto the plain, nor what purpose they served. Archaeologists have come up with the wildest theories, among them a claim declaring them brewery cauldrons. More likely, the jars are enormous urns. Many jars were destroyed or damaged during the Vietnam War, when American planes bombed positions of the communist Pathet Lao.

Overnight in Phonsavan.

Included Meal(s): Breakfast and Dinner

Day 13 Phonsavan - Vang Vieng

Today we travel by road to Vang Vieng, a small village nestled in a scenic bend in the Nam Song River and surrounded by breathtaking limestone scenery. This is rapidly becoming Laos's premier destination for eco-tourism. The outcrops have inspired many Lao legends and stories in Lao literature and are known as "Phou Suan Mon Nang Eua", meaning "Silk Tree Garden Mountains of the Princess". The area also contains an extensive network of caves some of which are outlets for underground streams.

The latter part of our drive is truly spectacular -- limestone cliffs and sheer drops. About 20 kms before Vang Vieng, we'll stop at a bridge with a lovely view of karsts. There's also an attractive wat immediately before the bridge.

Overnight in Vang Vieng.

Included Meal(s): Breakfast and Dinner

Day 14 Vang Vieng - Viangchan

Today we travel by road to Viangchan (Vientiane), the capital of Laos. Time-permitting we may be able to see a bit of Viangchan today upon arrival.

Overnight in Viangchan.

Included Meal(s): Breakfast and Dinner

Day 15 Viangchan, Laos - Hanoi, Vietnam

Today we fly from Viangchan to Hanoi. Flight time-permitting, we may have some time to see more of Viangchan before our flight.

Hanoi is a lovely city with lakes, fine boulevards and flourishing parks, as well as having a public centre that is an architectural museum piece. Hanoi is situated on the right bank of the Red River (Song Hong) which is spanned by two bridges, the old Long Bien Bridge and the new Chuong Duong bridge.

In the centre of downtown Hanoi is Hoan Kiem Lake (also called the Lake of the Restored Sword or the Small Lake.) Emperor Le Thai To (1428-1433), following a momentous victory against an army of invading Ming Chinese, was sailing on the lake when a golden turtle snapped at (and broke off) the tip of his sword, so signifying that its work was done. There is a modest tower (the Tortoise Tower) commemorating the event on an islet in the southern part of the lake. In fact, the lake does contain large turtles; one captured in 1968 was reputed to have weighed 250 kg (552 pounds). The park that surrounds the lake is used by the residents of the city every morning for jogging and tai chi (Chinese shadow boxing) and is regarded by locals as one of the city's beauty spots. When the French arrived in Hanoi at the end of the 19th century, the lake was an unhealthy lagoon surrounded by so many huts that it was impossible to see the shore.

Overnight in Hanoi.

Included Meal(s): Breakfast and Dinner

Day 16 Hanoi: City Exploration

Today we enjoy a full day of sightseeing in Hanoi, and as we visit the historic highlights you will witness a capital city packed with tree-lined boulevards, lakes and parks, belle époque villas and beautiful temples.

We will start at the Mausoleum of Ho Chi Minh, a site of pilgrimage and the final resting place of the most iconic and popular leader of Vietnam. The building was constructed from materials gathered from all over Vietnam and is modelled closely on Lenin's Mausoleum. (*From time to time the building is closed to visitors; possibly an outside viewing only).

We continue on to the Ho Chi Minh stilt house. For most of his tenure as President of North Vietnam, Ho Chi Minh lived in this modest stilt house behind the grandiose Presidential Palace. Its construction and decor illustrates the importance of simplicity and modesty to this Vietnamese revolutionary. The building is elegantly crafted with lacquered and polished wood, following the model of a traditional communal house on stilts.

We will also admire the elegance of the One Pillar Pagoda, one of Vietnam's most iconic temples. Originally built in 1049, the temple is lotus-shaped and is situated in the middle of a water-lily pond.

Our visit to the Ethnology Museum (one of Vietnam's finest) provides us with an insight to the lives of the peoples found primarily in the high country. Dedicated to the 54 ethnic minorities of Vietnam the museum is packed full of information detailing traditional Vietnamese ways of life. Next is the Temple of Literature, the site of the first national university dating back to 1076 and one of Hanoi's best-preserved ancient sites.

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Today we finish with the Hoa Lo Prison Museum, known to American prisoners of war as the Hanoi Hilton. This museum was a prison used by the French colonists in Vietnam for political prisoners and later by North Vietnam for prisoners of war during the American/Vietnam War.

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Overnight in Hanoi.

Included Meal(s): Breakfast and Dinner

Day 17 Hanoi - Red River Delta & Tam Coc

This morning we will drive to Ninh Binh Province through the rural Red River Delta region. This part of Vietnam is often referred to as "Halong Bay on Land". Song Hong, the Red River, is northern Vietnam's largest river. The river rises in China's Yunnan province and flows 1175 km southeast through deep, narrow gorges to enter Vietnam and discharge into the Gulf of Tonkin via a great delta. The silt it carries is rich in iron oxide, making its water red and giving it its name.

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After lunch we will enjoy a short drive to Yen Mac. Here we will meet with a local family and learn about the local village activities such as gardening, rice cultivation and production, and local handicraft work. People of the Red River Delta villages are self-sufficient and they grow an abundance of vegetables and fruit in private gardens, overflowing with a variety of crops such as tomatoes, eggplant, spinach, herbs, papaya, longan and jackfruit. We will walk along the narrow village streets to see the local pagoda and the communal house; the relaxed atmosphere here lends well to interaction with local villagers.

□

We then drive to Hoa Lu, the ancient capital during the Dinh and Le dynasties. We'll visit the local temples and then drive across the Trang An Eco-tourism complex in order to reach the Hang Mua Cave. Here we can climb up the 450 steps to reach the summit for a panoramic view of the surrounding area.

Overnight in Tam Coc.

Included Meal(s): Breakfast, Lunch and Dinner

Day 18 Tam Coc - Lan Ha Bay Overnight Cruise

In the morning embark on a journey to Lan Ha Bay (an extension of Ha Long Bay); all the while absorbing the incredible beauty of The Red River Delta and colourful rice fields throughout the journey. Lying south and east of Cat Ba Town, Lan Ha Bay is made up of approximately 300 or so karst islands and limestone outcrops. Due to being a fair distance from Halong City, fewer tourist boats venture here, meaning Lan Ha Bay has a more isolated appeal.

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We will receive a warm welcome as we arrive at the Dinh Vu port around noon. Here we will board our overnight boat. A mouth-watering lunch will be served as we cruise to Lan Ha Bay.

During our afternoon cruising we will witness the phenomenal and awe-inspiring scenery around Lan Ha Bay. We will explore hidden lagoons and floating villages, and you will have the chance to swim or kayak at the foot of the verdant giant stones. We later drop anchor in an isolated area for the evening and enjoy the peaceful ambience of the bay. Under clear skies, the upper deck offers a great vista from which you can admire the beauty of the Lan Ha sunset.

Overnight on board.

Included Meal(s): Breakfast, Lunch and Dinner

Day 19 Lan Ha Bay - Hanoi

Before enjoying breakfast, those who wish to can participate in a Tai Chi class on deck under the rise of the Southeast Asian sun. This morning we will explore an impressive cave engulfed with thousands of stalactites and stalagmites. We slowly cruise back through the majestic karst peaks heading back to the pier.

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Around noon we will disembark at Dinh Vu port and drive back to Hanoi. We will arrive in the mid-afternoon and will transfer to our hotel. Later this afternoon we will enjoy a walking tour of Hanoi's Old Quarter, also known as the 'Quarter of 36 Streets'.

This evening we will enjoy a (+/- one hour) water puppet show. This fantastic art form is unique to Vietnam and originates in the Red River Delta area.

□
Overnight in Hanoi.

Included Meal(s): Breakfast and Dinner

Day 20 Hanoi - Da Nang - Hoi An

Today we fly to Da Nang and continue by road to Hoi An. Da Nang is situated on a peninsula at the point where the Han River flows into the South China Sea. Our route takes us through the nearby Marble Mountains; a cluster of five limestone peaks with marble outcrops known for their beauty and their caves. At the foot of Marble Mountain one finds an important religious site for the Chams as well as many artisans crafting fine marble objects.

Our destination today is perhaps one of the most charming and atmospheric towns in Vietnam - Hoi An. The ancient town of Hoi An is an exceptionally well-preserved example of a South-East Asian trading port dating from the 15th to the 19th century. The town centre here is small enough to get around easily on foot. On arrival, flight times permitting, we'll have an informal orientation tour of this charming town.

□
Overnight in Hoi An.

Included Meal(s): Breakfast and Dinner

Day 21 Hoi An: Walking Tour & Boat Trip

Today we will venture out on foot and discover many of the highlights of this UNESCO protected town - including the old-town architecture, Buddhist shrines, French colonial houses, art galleries and old canals. This was once a prominent Vietnamese trading port for porcelain, pepper, silk and cinnamon, and the city offers a true mix of Vietnamese, Japanese, Chinese, and French architectural feats.

The oldest parts of town are teeming with beautifully-restored houses, shops, and temples, offering sightseeing opportunities you won't find in other cities in Vietnam. One of Vietnam's most iconic attractions, Hoi An's Japanese covered bridge dates back to the 18th century and is a beautiful historical piece of Japanese architecture. On its north side there is a pagoda, Japanese in style, which serves as protection for sailors. The Tran Family Temple has survived for 15 generations, and here we will see the fusion between both the Chinese and Japanese styles.

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During our time here today we will visit the Chinese Assembly Hall, the Central Market and we will enjoy a boat trip on the Thu Bon River. This river is still essential to the region more than 500 years after it was first navigated, and it remains essential to local food production and transport.

□
Overnight in Hoi An.

Included Meal(s): Breakfast and Dinner

Day 22 From Hoi An: My Son Cham Dynasty Complex

This morning we will visit the UNESCO World Heritage Site of My Son ("mee-sohn"), a large complex of religious relics that comprises more than 70 architectural works from the obscure Cham Dynasty (2nd-15th century). The Chams were "Indianised" during commercial trading relations and adopted Hinduism (which can clearly be seen in the Temple designs). My Son served as an intellectual and religious centre and is a 'must visit' as one of Vietnam's most extensive and most important Cham Sites. The forested and lush setting, and general peacefulness of this little visited site make this an excellent excursion.

We later return to Hoi An in time for a late lunch and the balance of the day is free for you to explore at leisure. The Hoi An riverside was a

prominent stop amongst foreign traders between the 16th and 18th centuries due to its location on the banks of Thu Bon River, and today this part of the old town is still the most popular gathering spot day and night.

Overnight in Hoi An.

Included Meal(s): Breakfast and Dinner

Day 23 Hoi An - Da Nang - Hue

Today we travel to Hue. Our route to Hue takes us via Da Nang where we visit the Cham Museum - housing the largest display of Cham art anywhere in the world. Many of the exhibits are considered masterpieces of their field, and at present the museum houses over 250 stone and terracotta sculptural works.

Shortly after our departure from Da Nang we will pass through the Truong Son Mountains, the former border between North Vietnam and South Vietnam. Hai Van Pass, or literally "Pass of the Ocean Clouds," offers spectacular scenery as it weaves through breathtaking mountains overlooking a stunning coastline.

The riverfront town of Hue was the capital of the old Nguyen Dynasty, and traditionally one of Vietnam's cultural, religious and educational centers. Here there are splendid tombs of the emperors, several stunning pagodas and the citadel that houses the forbidden Purple City, situated on the banks of the Perfume River.

During our time in Hue we will enjoy a "cyclo" ride through the old city and market. These three-wheel bicycle taxis first appeared in Vietnam during the French colonial period.

Overnight in Hue.

Included Meal(s): Breakfast and Dinner

Day 24 Hue: Area Tour/Citadel Visit

There is no better way to start the day than with a motorized boat journey down the Perfume River to visit the delightful Thien Mu Pagoda, considered to be the finest pagoda in Hue. It was built in 1601 after an old woman appeared to Nguyen Hoang, the governor of Hue, and said that the site had supernatural significance.

This part of Vietnam has a long and illustrious history as it used to be one of the main royal capitals of the country. This afternoon we tour the Hue Citadel, a fortress surrounded by a moat that has a six-mile perimeter. At the Forbidden Purple City we can see the remains of the former home of the emperors. The Imperial City is built on the same principles as the Forbidden City in Beijing. It is enclosed by thick outer walls (Kinh Thanh), along with moats, canals and towers. There are ten gates, which pierce the four walls of the citadel, although many are in poor condition. The city has not only been damaged by war, but also by natural disasters such as floods, which inundated the city in the mid-nineteenth century to a depth of several feet. The complex has undergone partial restoration with the aid of UNESCO.

This evening we will enjoy a special, private dinner in a beautiful, restored royal home in Hue. The home is now owned by descendants of the Hue royal family.

Overnight in Hue.

Included Meal(s): Breakfast and Dinner

Day 25 Hue - Ho Chi Minh City

Today we fly from Hue to Ho Chi Minh City (Saigon), the captivating city of culture and commerce. This cosmopolitan metropolis vibrates with energy and innovation. The old blends with the new in Ho Chi Minh City, defining it as one of the most diverse locations on the winding course of the great Mekong River.

This afternoon we visit some of the city's highlights, including the Reunification Palace, formerly the site of Norodom Palace, the residence of the French governor-general of Indochina. A visit here provides a fascinating glimpse into the turbulent times of the Vietnam War as well as a look at the architectural influences which inspired some of Vietnam's revered architecture – from French and English, to Japanese and Chinese.

We then proceed to Cholon, or Chinatown, an area inhabited by Vietnamese of Chinese origin and one of the most vibrant parts of the city today.

Overnight in Ho Chi Minh City.

Included Meal(s): Breakfast and Dinner

Day 26 Ho Chi Minh City: Cu Chi Tunnels & War Remnants Museum

This morning we travel outside of Saigon to the Cu Chi Tunnels - easily one of the most recognizable symbols of the Vietnam War. The tunnels were dug with simple tools and bare hands during the French occupation in the 1940s, and further expanded during the Vietnam War in the 1960s to provide refuge and a defensive advantage over the American soldiers. Despite all the bombings in their town, the Cu Chi people were able to continue their lives beneath the soil, where they slept, ate, planned attacks, healed their sick, and taught their young. The site has over 120km of underground tunnels, with trapdoors, living areas, kitchens, storage facilities, armoury, hospitals, and command centres. Today there are sections of the tunnels which visitors can crawl through (not recommended for the claustrophobic).

From here we will continue back to the city and head to the War Remnants Museum - the most comprehensive wartime documentation centre in Vietnam. The exhibits and descriptions here may be one-sided, with many exhibits containing a heavy dose of anti-American propaganda, but they do graphically portray the horrors of the war.

Overnight in Ho Chi Minh City.

Included Meal(s): Breakfast and Dinner

Day 27 Ho Chi Minh City - Cao Dai Temple - Mekong Delta

Our destination today is the Mekong Delta, where the Mekong River approaches and empties into the sea through a network of tributaries.*

On our way to the Mekong Delta, we will stop at one of the many Cao Dai temples. This hybrid religion took root in southern Vietnam during the 1920's after Ngo Van Chieu, a civil servant, was visited by 'Cao Dai' or the 'Supreme Being'. The Cao Dai later told Ngo in a seance that he was to be symbolized by a giant eye. Being a humanist religion, it quickly gained support of a large following of dispossessed peasants. Today there is thought to be about 2,000,000 adherents and 1,000 Cao Dai temples.

A four-hour drive south takes us to the fertile delta of the meandering Mekong River, the southernmost region of Vietnam. Often referred to as the rice bowl of Vietnam, producing three crops of rice per year, the fertile Mekong Delta is also famous for its tropical fruits and flowers. The Delta area is the end of a 4500 km / 2,812 mi journey the Mekong River makes after travelling through six countries. Traditional transportation in the Delta is by boat, via a vast network of canals and channels. Boating along these canals and visiting the floating markets is a fascinating experience.

* Please pack an overnight for the trip to the Mekong Delta. Large baggage will be securely stored in Ho Chi Minh City.

Overnight in hotel in Cantho region (Mekong Delta).

Included Meal(s): Breakfast and Dinner

Day 28 Mekong Delta - Ho Chi Minh City / Colonial Quarter

Early this morning we will have a covered boat ride on the Delta - an ideal way to explore the attractions of the magic waterways of the Mekong region. Here we can have a candid glimpse into the lives of the local people selling, buying, and exchanging goods from their boats.

Due to its mostly flat terrain and few forested areas, almost two-thirds of the region's land can be used for agriculture. The Mekong Delta is also Vietnam's most important fishing region.

After our morning exploration we connect again with our bus for our drive back to Ho Chi Minh City. This afternoon we will complete any city sightseeing that was not accomplished earlier. At some point during our tour we will visit the city's charming Colonial Quarter. Here we find the Notre Dame Cathedral and adjacent Post Office. Both of these buildings were constructed by the French in the 1880s and display architectural characteristics typical of that time period. The Cathedral, situated in the aptly-named Paris Square, is among the largest Catholic vestiges in Vietnam, and is still frequented by many locals despite much of the country now practising the Buddhist faith.

Overnight in Ho Chi Minh City.

Included Meal(s): Breakfast and Dinner

Day 29 Ho Chi Minh City, Vietnam - Phnom Penh, Cambodia

Today we fly from HCM City to Phnom Penh, the capital and largest city in Cambodia.

Engineered by the French, Phnom Penh was once filled with beautiful tree-lined streets and colonial mansions. Today many of the old buildings exist, although they are in a severe state of disrepair.

Depending on the time of our arrival, we may accomplish some of the sightseeing as described tomorrow, today upon arrival.

Overnight in Phnom Penh.

Included Meal(s): Breakfast and Dinner

Day 30 Phnom Penh: Tuol Sleng Prison & City Tour

Today we tour Phnom Penh and its surroundings.

We begin with a visit to the infamous Tuol Sleng Prison, now a museum illustrating the atrocities committed by Pol Pot during the 1970s, and the nearby Choeung Ek, aka the "Killing Fields." The buildings at Tuol Sleng are preserved as they were left when the Khmer Rouge were driven out in 1979. The regime kept extensive records, including thousands of photographs. Several rooms of the museum are now lined, floor to ceiling, with black and white photographs of some of the estimated 20,000 prisoners who passed through the prison.

Back in town, we visit the National Museum, which houses one of the world's largest collections of Khmer art, including sculpture, ceramics, bronzes, and ethnographic objects. The museum's collection includes over 14,000 items, from prehistoric times to periods before, during, and after the Khmer Empire, which at its height stretched from Thailand, across present-day Cambodia, to southern Vietnam. The Museum buildings, inspired by Khmer temple architecture, were constructed between 1917 and 1924.

We then walk the short distance to the Royal Palace and Silver Pagoda. We also stop in at Wat Phnom, a magnificent temple overlooking the town, said to be the spot whereupon the city was originally founded.

Overnight in Phnom Penh.

Included Meal(s): Breakfast and Dinner

Day 31 Phnom Penh - Siem Reap & Angkor Wat

Today we fly to Siem Reap, gateway for Angkor Wat/Angkor Thom.

Later we wander the magnificent grounds of the splendidly preserved 12th Century temple of Angkor Wat.* Considered the best example of ancient Khmer architecture, it is the largest and most impressive of all Cambodian monuments and generally regarded as one of the finest religious structures in the world. We will also be visiting the South Gate of Angkor Thom, Bayon Temple, Baphuon, the Elephant Terrace and

the Terrace of the Leper King.

* NOTE: The order of Siem Reap sightseeing may vary at the discretion of your Tour Leader.

Overnight in Siem Reap.

Included Meal(s): Breakfast and Dinner

Day 32 Siem Reap: Angkor Thom

Today is dedicated to seeing the remaining highlights of the Petit Circuit -- Angkor Thom (Bayon), with its haunting images of the God-like Avalokitesvara and its magnificent murals, and Sras Srang (Pool of Ablutions), Ta Keo (the first Khmer temple built entirely of sandstone), and Ta Prohm, in its natural overgrown setting.

We will also see much of the Grand Circuit, including the great temple of Preah Khan and the brick sanctuaries of Pre Rup. It is not hard to imagine how this vast complex, covering several square kilometers, with carefully engineered canals and reservoirs to control flood waters and survive droughts, was once (by some estimates), the largest city in the world, housing as many as one million inhabitants.

Overnight in Siem Reap.

Included Meal(s): Breakfast and Dinner

Day 33 Siem Reap: Banteay Srei

Today we visit some temples a little farther afield, including the exquisitely carved Banteay Srei.

Banteay Srei is something of an anomaly. It wasn't built by a king, but rather a spiritual teacher, Yajnavaraha, the Brahman of King Jayavarman V, in AD 967. At that time it was called Tribhuvana Mahesvara, and stood in a town called Isvarapura. The name Banteay Srei means the "Citadel of Women", and is one of the first temples to be restored by the French.

Overnight in Siem Reap.

Included Meal(s): Breakfast and Dinner

Day 34 Departure

Departure from Siem Reap.

BON VOYAGE!

Included Meal(s): Breakfast