

Cambodia Trek

Angkor Wat & Kulen Mountain trekking adventure

9 DAY TRIP

April 10 - April 19, 2023



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**Junior
Achievement
Isle of Man**

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Junior Achievement - Cambodia Challenge

Angkor Wat & Kulen Mountain Trek

Modern Cambodia is still finding its feet after the Pol Pot era and decades of civil war, but peace has come to this beautiful land, and this incredible country offers some of Asia's ultimate adventures. Contemporary Cambodia is the successor state of the mighty Khmer Empire, which at the height of their power during the Angkor period (9th to 14th centuries) dominated Indochina, from Vietnam to Burma, expressing their divine confidence in the monumental temple mountains, monasteries and palaces of Angkor.

Our Angkor Wat Trek offers a unique and challenging way to experience this exciting country, from the bustling charm of French colonial Siem Reap and village life on the flood-plain of the mighty Tonle Sap Lake to the rain forests and unseen treasures of the sacred Phnom Kulen Mountain. We will pass through villages and have the opportunity to meet gracious, resilient local people and learn more about this timeless tropical landscape. In the evenings we will camp on the grounds of working Buddhist pagodas or local schools.

Our trek finishes in one of the wonders of the ancient world - the Temples of Angkor and the heart and soul of the Cambodian nation. Scattered over 400 square kilometres, there are 100's of sacred temples, the biggest being Angkor Wat, the world's largest religious building and one of the most inspired and spectacular monuments ever built. We typically trek for 5-7 hours each day, mainly on flat terrain, with one big climb of around 500m on day 5. Whilst the terrain is moderate, the heat and humidity can make this a tough trek.



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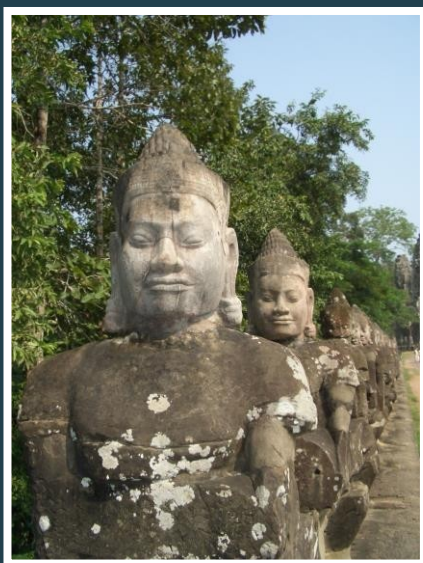
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Detailed itinerary

Day 1: Depart London Depart London for Singapore.

Day 2: Singapore - Siem Reap

Connect to onward flight to Siem Reap in Cambodia. Upon arrival mid morning we have a short transfer to our hotel. We will have some free time in the afternoon to enjoy this charming town, with its shaded boulevards on the banks of the Siem Reap River, markets, shops and cafes. In the evening we will have a full briefing about the challenge ahead, followed by dinner at Madam Butterfly restaurant, set in a typical wooden Khmer house.



Day 3: Free Day - Tonle Sap Lake

Free time today and optional boat trip on Tonle Sap Lake. A wonderful and relaxing experience cruising past the local fisherman and floating houses. Afternoon back in Siem Reap to rest and prepare for the trek.

Day 4: Siem Reap to Chao Srei Vibol Pagoda to Wat Preash Bat Bun Tham Approx. 20km, 5-6 hours trekking

After breakfast, we take a short transfer out of town and begin our trek. Heading out south-east across dazzling green rice paddies and farmland, we pass through several small villages. Cambodia is one of the friendliest countries in South-East Asia and we will get plenty of smiles and waves as we pass! We're never far from a temple or pagoda, and we make time to stop at a couple for a closer look. After a lunch break in one of the villages, we continue our trek through rice fields and green pastures, now heading north to the pagoda, from there we have a short transfer to our overnight camp at Wat Preash Bat Buntham.

Day 5: Wat Preash Bat Bun Tham to Beng Mealea to Svay Leu Approx. 20km, 7-8 hours trekking

After a delicious breakfast at camp, we start our day's trek heading our across paddy fields where we are treated to fabulous views of Phnom Kulen in the distance. Following cow tracks we find our way to Beoung Mealea and the fascinating ruins of this little visited temple. After our visit we have a short transfer to our campsite at Svay Leu Pagoda. There is often a lively local market near the pagoda which we should have time to explore – a real insight into the way of life in this remote area. .



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Detailed itinerary

Day 6: Svay Leu to Kulen Mountain **Approx. 26km, 7-8 hours trekking**

After an energising breakfast we set off on a challenging haul to the top of Kulen Mountain (487m), Cambodia's sacred mountain. Deeply revered, the local people make pilgrimages to the pagodas and ruins on the mountain top. The mountain forms a high plateau, from where there are fabulous views across the forests and fields below. We head west across the mountain, taking undulating tracks through the forests and villages. We stop for lunch in Anlong Thom, a small village of stilted thatched houses. Our trek continues to the 'Big Buddha', which overlooks the central plain; a short distance on is a very picturesque waterfall. We camp overnight near the falls and we will have time to bathe in the 'River of 1000 Lingas' and admire the elaborate carvings in the riverbed itself.

Day 7: Kulen Mountain to Tbang Pogo-da **Approx. 18km, 6-7 hours trekking**

We leave our campsite on an old trail, now little-used since the recent construction of a road.

We may meet a few local people who still use the path for hunting, cutting lianas and to work on the farms higher in the hills. Our trek continues south-east on a small jungle type trail down the mountain. Back on the flat plains, we continue our trek on sandy, sometimes muddy tracks. There is little shade as we pass a few villages, local schools and an abundance of pagodas. We will be hot and tired by the time we reach our evening's campsite, our final goal nearly within reach.

Day 8: Tbang to Angkor Thom to Angkor Wat. **Approx. 7km, 2-3 hours trekking**

We enjoy a final breakfast together in camp before setting off on the final trek to Angkor Wat. The first section of our trek is on a tarmac road before we return to cow cart tracks leading towards the Angkor complex. We reach the first of our Angkor temples at Prasat Ta Som, then transfer to Angkor Wat. We pass many temples and ruins as we near our goal – the magnificent 12th Century Angkor Wat. It is worth climbing the remarkably steep and narrow steps of the central spire for the unparalleled view over the whole temple.

After lunch at Angkor Café overlooking Angkor Wat the afternoon is free to explore the temple complex including the spectacular walled city of Angkor Thom and the famous Bayon, or you may prefer to shop in the markets of Siem Reap.

In the evening we celebrate our huge achievement with a celebration dinner with Khmer cuisine at Viroth's, a stylish restaurant set in a quiet garden.

Day 9: Siem Reap to London Depart for flight back to London via Singapore.

Day 10: London Arrive London early morning.

This is complex itinerary is subject to change.

Junior Achievement works with Ultimate Challenges to organise our treks.

The Challenge company has been established more than 25 years and is ATOL, ABTA, IATA protected.

They offer specialist expertise and only the best guides and trek leaders are used.

Junior Achievement has used their services to organise previous treks.

You can be safe in the knowledge that you are in the hands of professionals.



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Cost

Price will include:

- Return international flights from London to Siem Reap
- Airport tax and duties (not exceeding £250)
- Airport transfers upon arrival and local transfers
- Full board (except 1x lunch and 1x dinner)
- Celebratory dinner at the end of the trip
- Tonle Sap Lake visit with lunch
- Camping equipment when required
- Professional qualified local guides
- A UK doctor and trek Leader will accompany the trek
- Shared accommodation in hotels at the start and finish and camping on trek
- Entrance fees for mentioned visits in the itinerary

£300 registration fee (non refundable) + £2,350 for the cost of the trek and a commitment to raise a minimum of £500 for Junior Achievement.

What is not included

- Airport taxes and fuel surcharges if they exceed £250
- Single supplement
- Tips
- Personal expenses
- Lunch day 2 & dinner day 3
- Visas (if applicable)
- Personal travel insurance
- Optional tours and activities
- Travel to and from the Isle of Man

