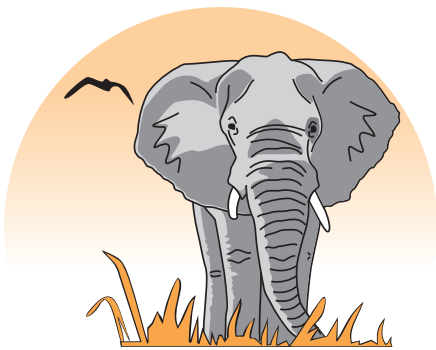


VIETNAM - CAMBODIA



**INCREDIBLE
JOURNEYS**
TRAVEL INC.

VIETNAM - CAMBODIA

Sample Itinerary

Day 01 April 02

Depart Calgary late Friday evening for your connection flight in Vancouver. You will be catching Air Canada out of Calgary and transferring to Cathay Pacific Airways in Vancouver.

Days 02 to 03 April 03-04

Your Cathay flight departs very early in the morning from Vancouver and due to your crossing the International Date Line, you will arrive into Hong Kong in the morning of April 04. You have a quick connection to your next Cathay flight for the short flight to Saigon. Upon arrival in Saigon you will be met at the airport and transferred to your hotel. After a quick lunch, there will be time for a ½ day tour of the central city area including Reunification Palace, Notre Dame Cathedral, Central Post Office and the War Crimes Museum. That evening you will have dinner and have the opportunity to walk through the always busy Bien Than Market.

Day 04 April 05

This morning will be a fun activity as you split into groups and take part in a Vietnamese cooking class. Your skills better be good as you will be eating what you prepare.

After lunch you will journey outside the city limits and into the district of Cu Chi to visit the infamous Cu Chi tunnels. During the war for independence, Viet Cong guerillas built the labyrinth of narrow tunnels virtually underneath U.S. bases, using them to hide during bombing raids and to stage surprise attacks. That evening you will enjoy a traditional puppet show at the Cultural House.

Day 05 April 06

You depart Saigon for the Cai Be district in the Mekong Delta. Once there you board a boat to visit the floating market and practice the age old art of bartering. You will be supplied with sweets, sugar, milk, etc., which can be used to barter for different kinds of local fruits and other produce. From the market, you continue on by boat to visit an ancient Delta house and family run business producing rice paper.

After lunch you will boat to a local fishing village to witness the fish netting activities and even try them yourselves. You will eventually arrive at Binh Hoa Phuoc Island later that day where you will be spending the night in the village on the island.

Day 06 April 07

After breakfast and a final visit with the families that hosted the group, you will board the boat to Vinh Long. Once there you have the chance to visit a ceramic tile factory before departing by vehicle for Can Tho. That afternoon you will travel as the locals do by taking bicycles along the narrow riverside lanes. Your route will take you along orchard gardens, over narrow bridges and past rice paddies. Away from the daily traffic and chaos of the major roads, you have the chance to capture photos of the real Mekong countryside. (Bike helmets are provided).

Late this afternoon you will be dividing into groups and leading English classes for the children and adults of the village.

Day 07 April 08

Today you will experience another floating market at Cai Rang. This market is filled with small boats darting through the water buying and selling their wares. Cruise through small canals and stop at a fruit orchard to sample some of the exotic fruits of the Delta. Afterwards take a Xe Loi (a pedicab drawn by a bicycle) to visit the Binh Thuy old house, the local market and temple.

This afternoon you again will be divided back into your groups for the English classes

Day 08 *April 09*

That morning you depart the village area and head to Chau Doc. The day will be spent visiting the lady Chua Xu Temple, a favourite pilgrimage site for locals. You will also visit the tomb of the town's founder, Thoai Ngoc Hau. Then it will be time for some exercise as you take the 2 km hike to the summit of Sam Mountain and enjoy the panoramic view and sunset.

Day 09 *April 10*

You will depart Chau Doc very early in the morning for the 4 hour cruise up the Mekong to Phnom Penh. Enjoy the immensity of the Mekong River and view the daily lives of the locals living along (and on) the river.

After lunch in Phnom Penh you will be taken for a ½ day city tour including the Silver Pagoda and Royal Palace. At the end of the day, you will get have the opportunity to visit an internet café to touch base with home before dining at one of the restaurants and calling it a day.

Day 10 *April 11*

After breakfast you will head off on a full day that includes the National Museum but most importantly the sobering Toul Sleng Museum and Killing Fields. This exposure of such a dramatic time in Cambodian history will be brought to light with the added impact of being guided by a survivor of the time. At the end of the day you will again have the opportunity to visit a local market and dine at the food court in the Sorya Shopping Centre.

Day 11 *April 12*

Today you depart for the incredible Angkor Wat. After the quick flight to Siem Reap you will begin exploration of the ancient city of Angkor by entering Angkor Thom via the south gate. You will continue by horse back to the ruins of Bayon, Baphoun, Phimeankas, the Royal Palace, Elephant Terraces and the Leper King Terrace. After lunch you continue to see the Angkor Wat with its fabulous architecture and bas-reliefs. The day ends as you view the sunset from the mountain temple of Phnom Pakheng. The group will split into two so that ½ the group will head up to the temple by elephant and the other ½ will hike up. Then the groups will swap places for the trip back down.

Day 12 *April 13*

You will depart the hotel early in the morning for a hot air balloon ride to catch the sunrise over the ruins. You will have a boxed breakfast at the site before heading off to visit Les Artisans d'Angkor Cantiers Ecole. After that you will visit the 11th century Temple of Shiva Bantreay Srei and the Banteay Samre Temple. On the way back you will stop at the three tiered temple hill of Pre Rup. From there you will see the impressive Ta Prohm Temple which is dramatically enveloped by the jungle.

That afternoon you will visit the lake of Tonle Sap. There you will travel by boat to a local village where the homes are all built on stilts over the lake and you get to see how the people lead Their daily lives over the water.

Back in Siem Reap that evening, you will enjoy a traditional dinner and dance show to complete The day.



Days 13 to 15 April 14-16

Your real trip begins today as you spend the next 3 days doing charitable work in the nearby villages. Your work will involve construction on the local school and working with the kids in the orphanage. You will be involved with 2 projects and hopefully will be able to complete both in the time available.

PROJECT 1: Will be spending time at SOPY Primary School. The work will comprise the construction of a playground for the 256 kids of the school. The work will involve paving the area around the playground, thatching the roof of the roundabout, filling the area with sand and painting and replacing the existing equipment after the sand is put in.)

PROJECT 2: Will be spending time at the SOID (Supporting the Orphan and Indigent People of Cambodia for Development) Organization. Here you will be building a bicycle shelter for the 130 children here. You will be divided into teams for mixing cement, hauling bricks and water and putting it all in place.

(In all cases we will have local skilled trades people helping the students).

On the evening of April 16, you will say goodbye to the friends you made and enjoy your final dinner in Siem Reap before packing your bags for the long trip home.

Day 15 April 17

After an early breakfast you will transfer to the airport for the journey home. Your route will take you back through Phnom Penh, Hong Kong and Vancouver before arriving back in Calgary later that day.



Includes:

- Airfare from Calgary including all taxes
- All accommodation and meals
- All activities, entrance fees as described
- English speaking guide throughout the trip
- Project costs and materials
- Vietnamese and Cambodian visas as required
- All local transportation
- Unlimited medical insurance
- Departure tax

Does not include:

- Cancellation insurance (optional cost at \$118.00)
- Items of a personal nature