

## Livewell Ventures Group Vietnam & Cambodia

### DAY 1 25 SEP'08 HANOI ARRIVAL

Arrive Hanoi on flight xx at xx:xx. Your guide and private car will meet you and transfer you to your hotel for check-in.

Attend a traditional water puppet show, a uniquely northern Vietnamese art form especially designed for depicting scenes from rural life and episodes of national history

Overnight in Hanoi.

### DAY 2 26 SEP HANOI - OVERNIGHT TRAIN

(B, L, D)

This morning meet your guide at your hotel and depart on your tour after breakfast. Your first stop will be Ho Chi Minh's Mausoleum (closed Mondays and Fridays), as well as his private residence from 1954 until 1969. The wooden ethnic minority style house, which was built on stilts, is surrounded by lovely peaceful gardens. In the same complex you will see the One Pillar Pagoda, founded by King Ly Thai To in 1049. This structure has become an important symbol for the people of Hanoi.

Your tour continues to the National Fine Arts Museum, located in colonial France's former Ministry of Information, which has an eclectic mix of contemporary Vietnamese art, religious pieces, lacquer-ware and sculptures. Your next stop will be the Temple Of Literature, Vietnam's first university. Constructed in 1070, the gardens and well-preserved architecture offer a relaxing glimpse into Vietnam's past.

Enjoy lunch at a local restaurant before continuing on to the Buddhist Tran Quoc Pagoda on West Lake (one of the oldest in Vietnam) and Quan Thanh Temple (Taoist, dating from the Ly Dynasty). The next stop of the day will be the Museum of Ethnology where you observe Vietnam's diverse culture through the Museum's unique presentation of artifacts and dress used in daily life. Enjoy a walking through Hanoi's Old Quarter, also known as "36 streets". This bustling area of narrow streets and alleys is home to literally thousands of small businesses and shopkeepers. It's a great place to explore with plenty of photo opportunities all around you.

Welcome dinner at Wild Rice restaurant then transfer to station for overnight train to Lao Cai.

Overnight on Train. *(NO hotel late check out in Hanoi)*

### DAY 3 27 SEP LAO CAI - SAPA

(B, L, D)

Arrive Lao Cai and have breakfast at a local restaurant before driving to the market (**Tuesday/ Saturday/ Sunday**) located in the mountainous area. Explore the authentic open airmarket of the local hill tribe people. On the way back, stop to visit the old Palace of H'Mong King then straight to Sapa for your overnight stay.

Picnic lunch included before continuing to Sapa. Dinner at hotel.

Overnight in Sapa.

### DAY 4 28 SEP SAPA

(B, L)

You will commence your journey from Sapa by car to Lao Chai village, a Black Hmong ethnic minority village. You will then be able to walk from Lao Chai to Tavan village where the Giay ethnic minority hill tribe lives. Here you will be able to rest and enjoy a delicious lunch prepared by your guide in a local house.

After lunch the walk continues through a bamboo forest to Giang Ta Chai, a Red Dao ethnic minority village. After taking a rest nearby a waterfall to refresh, you start climbing uphill to a road where the car is ready for your journey back to Sapa.

Overnight in Sapa.

**DAY 5 29 SEP SAPA - LAO CAI - OVERNIGHT TRAIN**

**(B)**

Free at leisure to enjoy the beautiful landscape of the Sapa region.

Late afternoon transfer to Lao Cai for overnight train back to Hanoi.

Overnight on Train.

**DAY 6 30 SEP HANOI - HALONG**

**(B, L, D)**

Arrive Hanoi early in the morning, have breakfast at local restaurant then transfer to Halong Bay taking you on a journey through the rich farmlands of the Red River Delta. You observe everyday life of Vietnamese Villages as you see villagers work the local rice fields, take live pigs to market on bicycles or motorbikes, and plough the fields with their large water buffaloes. Arrive in Halong and board the Emeraude, a wonderful replica of one of the classic steamships of the colonial era of French Indochina. A welcome drink is served on the sundeck. With 37 luxurious air-conditioned cabins, a restaurant, two bars and a sundeck, this is the ultimate Halong Bay experience. Lunch is served on board at 1:00pm. While cruising on the emerald green waters of the bay try a traditional Vietnamese foot massage or high tea which is served on the sundeck in the late afternoon. Enjoy watching the sun set, as cocktails are offered on the sundeck at 6:30pm followed by a scrumptious buffet dinner between 8:00pm and 11:00pm.

Overnight in on board.

**DAY 7 01 OCT HALONG - HANOI**

**(B)**

Early morning offers a Tai Chi class on the sundeck between 6:00am and 7:00am. If Tai Chi doesn't interest you, enjoy a fresh cup of coffee or tea as you view the awakening of Halong Bay's boat people. A wholesome breakfast is served before cruising back to Halong City. Arrive back at Emeraude's exclusive private pier at 9:30am for disembarkation where your guide waits to take you back to Hanoi. Arrive back in Hanoi around 12:30pm. Rest of the day is at leisure.

Overnight in Hanoi.

**DAY 8 02 OCT HANOI - HUE**

**(B)**

Early morning transfer to the airport for flight to Hue. Vietnam Airlines flight: VN245 at 1150-1300. On arrival transfer to hotel.

Depart your hotel for you're the tour of Hue, the former imperial capital of Vietnam. A boat trip along the romantically named Perfume River carries you through a tranquil setting of gardens and lakes where Hue's best-known religious sites, the Thien Mu Pagoda and the mausoleum of former Emperor Minh Mang are located. You continue your tour to the Imperial Citadel where the Nguyen Dynasty ruled between 1802 and 1945.

Overnight in Hue.

**DAY 9 03 OCT HUE**

**(B, L, D)**

Your cooking class today begins at 10:30am at the Le Gouverneur Lobby Bar of Hues fabulous La Residence Hotel & Spa. We will ride a cyclo to the colourful Ben Ngu Market where we will stroll through various stalls, accompanied by our chef, learning about Vietnamese cooking ingredients, vegetables, spices and herbs. We will then return along the scenic Perfume River to La Residence where we are greeted with a refreshing drink before beginning our cooking class under the direct supervision of Vietnamese Chef of La Residence's internationally famed Le Parfum Restaurant. After cooking an entire meal consisting of three courses we will retreat to Le Parfum savoring the dishes we have prepared in true Vietnamese style. Recipes and a Certificate of Completion are included at the end of your meal.

Afternoon is free at leisure.

Evening private dinner cruise on the Perfume River.

Overnight in Hue.

**DAY 10 04 OCT HUE - HOI AN (B, D)**

Drive south to Danang through the inspiring 4900 ft high Hai Van Pass, Vietnam's geographical and psychological boundary between north and south. The peak of the pass lies perpetually shrouded in clouds. Continue to the absolutely charming and relaxed town of Hoi An. Believed to have been settled no less than 2,200 years ago, Hoi An was a thriving seaport and a base for seafaring nations seeking new sources of wealth throughout Southeast Asia. Even ancient Arab trading documents mention Hoi An as a stop along their trade routes.

Arrive Hoi An and transfer to your hotel. Remainder of day is at leisure.

Dinner at hotel.

Overnight in Hoi An.

**DAY 11 05 OCT HOI AN (B)**

Morning: Your half day tour takes you through Hoi An, once a major Asian trading port in the seventeenth and eighteenth centuries. Hoi An's architecture and relaxed lifestyle have changed little over the years. Take a leisurely walking tour of the ancient town center and visit the sites of former merchants' homes, a 400 year-old Japanese Covered Bridge, and a Chinese Communal Hall. Before you return to your hotel enjoy browsing and shopping in the one of the most colourful local marketplaces in all of SE Asia.

Afternoon: Free at leisure for shopping and exploring this charming town, a protected UNESCO site. Hoi An is noted for its hand sewn tailored clothing and beautiful white sand beaches; an ideal day at leisure to simply enjoy the environment, relax by the pool, or people watch to your heart's content.

Overnight in Hoi An.

**DAY 12 06 OCT HOI AN - MY SON - HOI AN (B)**

Transfer from your hotel in Danang or Hoi An for a half day trip to the capital and religious centre of the former Champa Kingdom. My Son, 40km southwest of Hoi An, sits in a lush green valley with dozens of red brick towers and sanctuaries dating from the seventh through the thirteenth centuries. Your guide will take you through the museum and the holiest of sites before returning to your hotel.

Afternoon: Free at leisure for shopping and exploring this charming town, a protected UNESCO site. Hoi An is noted for its hand sewn tailored clothing and beautiful white sand beaches; an ideal day at leisure to simply enjoy the environment, relax by the pool, or people watch to your heart's content.

Overnight in Hoi An.

**DAY 13 07 OCT HOI AN - DANANG - SAIGON (B)**

Transfer to the airport for flight to Saigon. Vietnam Airlines flight: VN321 at 0800-0910. On arrival transfer to hotel for luggage deposit.

Your half day city tour of vibrant Saigon includes the Reunification Hall, formerly known as the Presidential Palace. It was towards this modern building that North Vietnamese resistance fighters tanks (Viet Cong) rolled on the morning of April 30, 1975 as Saigon fell. This fascinating building is filled with history still fresh in the minds of many. Continue your tour to the War

Museum before driving by the Old Post Office, the Notre Dame Cathedral, and the Jade Emperor Pagoda. A one hour cyclo ride through Chinatown (Cholon) completes your day of touring.

Overnight in Saigon.

**DAY 14 08 OCT SAIGON - CU CHI TUNNELS - SAIGON (B)**

Morning: Today's half day tour takes you to visit the world famous Cu Chi Tunnels. The incredible underground tunnel network was constructed by Vietnamese resistance fighters (Viet Cong) during their long struggle for independence.

Afternoon at leisure.

Overnight in Saigon.

**DAY 15 09 OCT SAIGON - CAN THO (B, L, D)**

An early morning departure from your hotel takes you to Cai Be, deep in the heart of the Mekong Delta. Embark on your private deluxe junk boat, the Cai Be Princess, and cruise to the colourful Cai Be floating market. Your tour continues with a visit to local home factory which produces rice paste, rice pop corn and coconut candies. Continue cruising to the evergreen islands, located in the Mekong River, through large networks of meandering rivers which are crisscrossed with countless canals. Enjoy an included relaxing lunch in a local restaurant before boarding the Cai Be Princess again and slowly cruise to Vinh Long as you take in the beautiful landscapes and observe typical rural life on the Mekong Delta enroute to Can Tho.

Remainder of day is at leisure to explore the town of Can Tho on your own, or perhaps relax at your hotel with a swim or massage.

Dinner at hotel.

Overnight in Can Tho.

**DAY 16 10 OCT CAN THO - CHAU DOC (B, L, D)**

Morning boat cruise to visit the Cai Rang floating market which is a wonderful spectacle with thousands of small boats barging and jostling for position as their owners attempt to sell their goods. Cruise through small canals and stop at a fruit orchard to taste some of the succulent fruits of the Mekong Delta then continue driving to visit the Binh Thuy old house and local market. After lunch drive to Chau Doc. Arrive Chau Doc drive to visit Xu Lady and Thoai Ngoc Hau Temple before returning to town and checking into your hotel.

Dinner at your hotel.

Overnight in Chau Doc.

**DAY 17 11 OCT CHAU DOC - PHNOM PENH (B)**

This morning you board a boat at your hotel on the Mekong River to Phnom Penh, Cambodia. You will clear Cambodian immigrations enroute before reaching Phnom Penh, was once considered one of the most beautiful cities in the Orient. Despite its recent turbulent history, it retains its colonial charm from days gone-by.

Arrive Phnom Penh early this afternoon. You will be met by your guide and transferred to your hotel for check-in, then start your city tour on cyclo to the Royal Palace complex. This palace dates from 1866 and was the last one built during the French colonial period. The same complex houses the Silver Pagoda, named for the over 5000 silver tiles that cover its floors. Its original name is Wat Prakeo, meaning Temple of the Emerald Buddha. In this temple you will view a collection of Buddhas in gold, silver, crystal, and bronze. Continue on to the National Museum, built in 1917. Housed there are over 5000 statues, lingas and others artifacts arranged according to pre- Angkor and post -Angkor periods of Cambodia history.

Overnight in Phnom Penh.

**DAY 18 12 OCT 2008 PHNOM PENH - SIEM REAP**

**(B, L)**

After breakfast your guide will meet you at your hotel and assist with your transfer to the airport for your morning flight to Siem Reap.

Siem Reap is the capital city of Siem Reap Province. This small town is the gateway to the Angkor Archeological Park, which is over 40 km<sup>2</sup> and is home to more than 100 temples dating from the 9<sup>th</sup> to the 13<sup>th</sup> centuries.

Arrival Siem Reap on flight xx at xx:xx. You will be met by your guide and transferred by tuk tuk to your hotel for check-in, then start your temple visit on **tuk tuk** to Roluos group which includes the temple of Bakong, the main temple of the Roluos group, it predates the big temples like Angkor Wat and the Bayon as it was built around 881. Before the era of Angkor Thom the capital of the empire was around Roluos. You will also visit Preah Ko, the temple erected by Indravarman I in the late 9th century. The six brick towers (prasats), aligned in two rows and decorated with carved sandstone and plaster relief, face eastwards: the central tower of the front row is larger than the others. There are inscriptions in Sanskrit on the doorposts of each temple. The temples of Preah Ko were dedicated by Indravarman I to his deified ancestors on 29 January 880. The front towers relate to male ancestors or gods, the rear towers to female ancestors or goddesses. Lions guard the steps up to the temple platform. Continue your visit to the nearby orphanage center where children are learning and making puppets (shadow puppet) out of leather.

Picnic lunch at Wat Roluos Pagoda.

This afternoon you will visit the biggest religious temple in the world; the magnificent Angkor Wat Temple, built by Suryavarman II in early 12<sup>th</sup> century. Inside the temple the walls are covered by carvings and bas-reliefs depicting Hindu mythology and the wars Suryavarman II made during his reign. Angkor Wat is also well known for the 2000 Aspara dancers decorating the temple. Enjoy sunset over Angkor Wat before returning to your hotel.

Overnight in Siem Reap.

**DAY 19 13 OCT 2008 SIEM REAP**

**(B, L)**

After breakfast you are picked up from your hotel to explore the temples of the Small Circuit. The most famous among these is Ta Prohm temple, built in the mid 12<sup>th</sup> to early 13<sup>th</sup> centuries. Ta Prohm is unique in that it has been left largely as it was found: overgrown by jungle trees and vines, with many parts of the temple crumbling to the ground. This makes Ta Prohm one of the most picturesque and memorable of the Angkor temples. Your visit will also include Banteay Kdei, a Buddhist monastery from the late 12<sup>th</sup> Century, and Srah Srang, also known as the "pool of ablutions". End your tour at the twin towers of Chau Say Tevoda and Thommanon. Return to your hotel for lunch and relax.

This afternoon tour to the City of Angkor Thom which houses some of Angkor's most famous monuments. You will first take a 10-15 minute elephant ride from the South Gate to Bayon temple. The South is an impressive stone gate carved with elephants and 4 giant sandstone faces. Each side has a row of 54 gods or demons holding the sacred Naga snake. From here you enter the city and arrive at the Bayon Temple which lies exactly in the center of the city. The monument is famous for the 54 towers representing the 54 provinces of the then Great Khmer Empire. Each tower has 4 faces. Continue on foot to the Baphuon, the Terrace of the Elephants and the Terrace of the Leper King. Return to your hotel after viewing sunset at Phnom Bakheng.

Overnight in Siem Reap.

**DAY 20 14 OCT SIEM REAP****(B, L)**

This morning, drive to the rural outskirts of Siem Reap, about 35km from town, where you will visit Banteay Srei, also known as the Citadel of women. This temple is considered to be the birthplace of Khmer classical style architecture. It is a small temple but its pink sandstone carvings are impressive. You will also visit Banteay Samre, a 12<sup>th</sup> century temple built by Suryavarman II and decorated with scenes inspired by the Ramayana. Lunch is served at local restaurant.

This afternoon is spent visiting your beneficiary village at Roluos.

Overnight in Siem Reap.

**Optional meals at FCC Angkor**

- Pre-dinner cocktails & Sunset Canapé: USD 15/pax
- Set menu dinner: USD 25/pax
- Private Puppet shadow show: USD 20/pax (show only, based on group size 20-26 pax)

**DAY 21 15 OCT SIEM REAP DEPARTURE****(B)**

Your guide will meet you at your hotel and assist with your transfer to the airport for your flight xx, departing at xx:xx.

-----END OF SERVICES-----

**INCLUSIVE:**

Rates provided on request.

- Vietnam visa procedure fee if requested
- Hotel accommodation with daily breakfast
- Land transportation by private air-conditioned vehicles
- Airport portorage.
- National English speaking guide in Vietnam
- English speaking guides in Cambodia
- All admission fee at attractions as mentioned in the itinerary
- All meals as mentioned in the itinerary (B: Breakfast, L: lunch, D: Dinner)
- Water & towels daily on busses.
- Boat trips as mentioned in the itinerary
- Flights Hanoi - Hue// Danang - Saigon & Vietnam domestic airport tax
- Flight Phnom Penh - Siem Reap
- Victoria Train Hanoi - Lao Cai - Hanoi (Superior ticket)
- Speedboat Chau Doc - Phnom Penh
- International flight tickets reconfirmation.
- 1 FOC for group leader on half twin

**EXCLUSIVE:**

- Vietnam entry visa stamping fee (USD25/ Person)
- International airport departure taxes in Vietnam (USD14/ Person)
- Flights NOT mentioned in the inclusive above
- Any other meals not mentioned above & Any kind of drinks
- Personal expenses (laundry, telephone, drinks)
- Gratuities to guides / drivers / hotel porters
- Travel insurance. We strongly recommend purchase a travel insurance covering medical evacuation before your trip.
  - Camera/video entrance fees Cambodia
  - Visa for Cambodia (Visa issued on arrival, USD20/pax, please bring 1 passport photo)

- International airport departure tax Siem Reap (USD 25/pax)
- All other services which are not mentioned in INCLUDING

## HOTEL CONTACTS

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<p><b>TOPAS ECO LODGE</b>  20 Cau May - Sapa  Tel: (84 20) 872404  Fax: (84 20) 872405  E-mail: info@topas-eco-lodge.com</p>	<p><b>THE EMERAUDE</b>  Tuan Chau Island - Halong  Tel: (84 4) 9340888  Fax: (84 4) 9340899  E-mail: info@emeraude-cruises.com</p>
<p><b>LA RESIDENCE HOTEL &amp; SPA</b>  5 Le Loi Street - Hue  Tel: (84 54) 837475  Fax: (84 54) 837476  E-mail: resa@laresidence-hue.com</p>	<p><b>VICTORIA HOI AN RESORT</b>  Cam An Beach - Hoi An  Tel: (84 510) 927040  Fax: (84 510) 927041  E-mail: victoriaha@dng.vnn.vn</p>
<p><b>MAJESTIC HOTEL</b>  1 Dong Khoi Street - District 1 - Saigon  Tel: (84 8) 8295514  Fax: (84 8) 8295510  E-mail: hotelmajestic@sgtourist.com.vn</p>	<p><b>VICTORIA CAN THO HOTEL</b>  Cai Khe Ward - Can Tho  Tel: (84 71) 810111  Fax: (84 71) 829259  E-mail: victoriact@hcm.vnn.vn</p>
<p><b>VICTORIA CHAU DOC HOTEL</b>  32 Le Loi Street - Chau Doc  Tel: (84 76) 865010  Fax: (84 76) 865020  E-mail: chaudoc@victoriahotels-asia.com</p>	<p><b>VICTORIA ANGKOR HOTEL - CHARM</b>  Central Park, Siem Reap, Kingdom of Cambodia.  Tel: (855 63) 760 428  Fax: (855 63) 760 350</p>
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