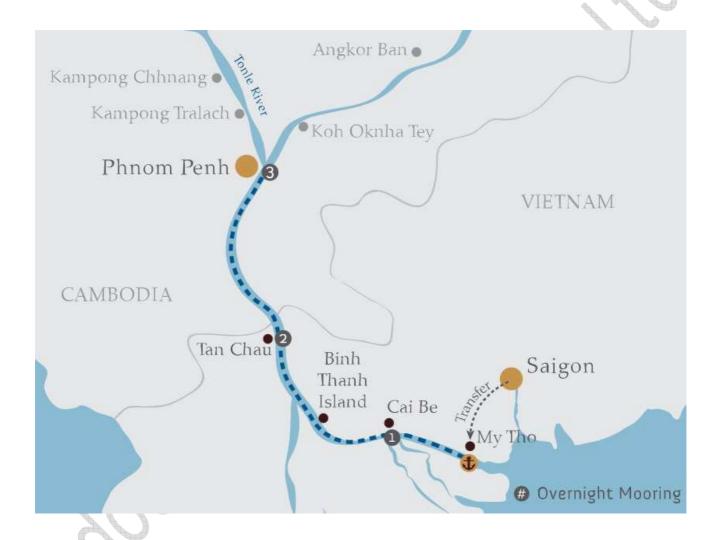
Indochina Treks Travel Co.,Ltd

Tel: +84 24 66821230; Fax:+84 24 33769113 Website: www.indochinatreks.com Email: info@indochinatreks.com

4 days: Saigon - Phnom Penh or vv

(Jahan/Jayavarman Cruise)

Travel Map



Full itinerary

Upstream Saigon – Phnom Penh

Day 1: Saigon - My Tho - Cai Be

You are greeted in the morning at welcome lounge in

DownstreamPhnom Penh – Saigon

Day 1: Phnom Penh - Border crossing - Tan Chau Saigon. Kick back with a second coffee as our staff collects your details for boarding Heritage Line Jahan Cruise. We bid farewell to the hustle and bustle of Saigon and travel 70 kilometres south over land towards My Tho to embark on Jahan Cruise. After checking into your luxurious floating "home" for the next several days, your first inclination may be to step on your balcony to watch the ship set sail on its fascinating Mekong River voyage.

A lunch buffet is served in the restaurant while the vessel steadily glides upstream. Let your soul float and your eyes wander while the boat makes its way upstream. It is often stated that "nautical air" makes you hungry, so you are cordially invited to our afternoon tea in the open-air bar as twilight bathes the Mekong Delta in a golden haze. Get to know your fellow travelers while enjoying some tasty treats. The rest of this cruising day is fully yours to relax on your private balcony or be pampered by our therapists at the Apsara Spa.

While you savour your delightful dinner, the Jahan Cruise reaches Cai Be. This historic town was established in the 19th century by Vietnam's last ruling family, the Nguyen dynasty, on the Mekong River where three provinces meet: Tien Giang, Vinh Long, and Ben Tre. Cai Be would later become the surrounding region's predominant water-based trading hub, as we will see in tomorrow's visit to the floating market. The cruise anchors mid-stream near Cai Be and moor there overnight. 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: Cai Be - Sa Dec - Tan Chau

We arrive at Cai Be, a charming market town which is famous for its Catholic French church and the manufacturing of traditional crafts and food products. The once enormous floating market of Cai Be gets smaller year by year since trading on the water is continually shifting towards modern markets. However, you can still see boat-to-boat

Welcome on board with Jahan for your Mekong River adventure. After you have checked in, we invite you to a highlight of this cruise before we lift the anchor. 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. He has studied the subject extensively and is more than happy to share his first-hand knowledge and surprising insights. The lecture takes about one hour before we set sail southbound towards the Vietnamese border.

The rest of the morning and the whole afternoon is at your own disposal. From now on here, you can turn into cruise mode and hopefully experiences the relaxing influence of the cadence this mighty river emanates. The afternoon is perfect for massages, relaxation on a terrace deck sunbed or private balcony kick-backs. Conjure up a spell to merge with the river and float into a state of mild bliss.

You also may like to visit the bridge, as the captain always has a little story to share about "his" river. Or, if you are curious to learn more about Khmer gastronomy, join a culinary workshop to sharpen your knowledge about local cuisine.

As you sip drinks and nibble on treats during afternoon tea, we approach the border and finally arrive in Vietnam. From here it is just a short distance to Tan Chau, a pleasant, slow-paced border town with a sizeable Chinese, Kinh and Khmer community. We moor near the city with views on the riverbanks.

Meals: Breakfast/Lunch/Dinner

Accommodation: Jahan Cruise / Jayavarman Cruise

Day 2: Tan Chau - My An Hung - Sa Dec

Once arrived on-shore, we hop on "xelois" to see Tan Chau's vibrant town-life. A "xeloi" is a local vehicle which is still used as a taxi in this area. Your personal xeloi driver slowly navigates through the streets to observe all the workshops, houses and shops while feeling the laid-back vibe of this place. We stop at the colorful, local market near one of the town's temples.

trading of local goods, such as fruits and agricultural products and imagine what this must have looked like on a larger scale. We learn from our guide about the long-lasting trading culture and how each boat has a special marker to let buyers know what goods they are selling.

By local boat, we sail along the green canal network and watch the farmers working in the fields. A visit ashore of a workshop shows us the manufacturing of rice paste, rice paper, rice cookies and rice wine. Cai Be's surrounding areas are covered by palm trees, which is why the region is also famous for the production of coconut candy. While the vessel continues sailing upstream, you can enjoy time to yourself or head to the bar to and enjoy a true Vietnamese coffee as you watch the life on the riverbanks float by.

In the afternoon, the Jahan reaches the area of Sa Dec and arrives at one of the larger islands in the vast stream of the Mekong, Binh Thanh Island. Several communities have settled here and make their living by growing water hyacinths. We exclusively visit one of these untouched areas. By wandering through the village, we get a deep understanding of native life. One of the local artisans, for example, demonstrates the entire process of traditional mat making. You can try weaving yourself. We also meet a local elderly couple who share their story of living on this island. They are always happy to chit-chat with our guests.

Back on board, you may take a dip in the pool on the sun deck. In the evening, our expert guide offers a presentation on life on the Mekong Delta as the ship continues sailing to Tan Chau, a pleasant, slow-paced border town near the Cambodian border with a sizeable Chinese, Kinh and Khmer community. Jahan Cruise moors near the city with views on the riverbanks.

Meals: Breakfast/Lunch/Dinner

Accommodation: Jahan Cruise / Javavarman Cruise

Day 3: Tan Chau - border crossing - Phnom Penh

We arrive at Cai Be, a charming market town which

This is a great opportunity to interact with the vendors of this friendly town and try your hand at bargaining with them.

To see what Tan Chau is famous for, we board local boats and head to a floating fish farm. You are about to get an exclusive look into the world's largest inland aquaculture industry. Each of the floating structures has netting hanging down into the water to enclose the fish, which are raised and fed on a daily basis. The region's specialties are tilapia and the Basa catfish, or Pangasius, which is unique to the Mekong River basin and rapidly gaining popularity on the international seafood market.

Back on board Jahan Cruise and before lunch is served, you may take a dip in the pool. After the meal, our expert guides offer a presentation about life in the Mekong Delta as the ship continues to My An Hung near Sa Dec province.

My An Hung Village is a wonderful example of a real local village in the Mekong Delta. Time stands still here and we receive wonderful insights into the private household of a local family and visit the seasonal vegetable fields to see what they are currently cultivating. We are invited to their house for a Vietnamese tea tasting.

The sun sets and the light now bathes everything in a golden hue. The surrounding natural beauty is a perfect backdrop for a riverbank gathering with cocktails and dancing with the crew in this remote, secluded location.

Meals: Breakfast/Lunch/Dinner

Accommodation: Jahan Cruise / Jayavarman Cruise

Day 3: Thanh Binh island - Cai Be - My Tho

This morning the vessel arrives at one of the larger islands in the vast stream of the Mekong, Binh Thanh Island. Several communities have settled here and make their living by growing water hyacinths.

We exclusively visit one of these untouched areas. By wandering through the village, we get a deep understanding of native life. One of the local artisans, for example, demonstrates the entire process of traditional mat making. You can try weaving yourself.

is famous for its Catholic French church and the manufacturing of traditional crafts and food products. The once enormous floating market of Cai Be gets smaller year by year since trading on the water is continually shifting towards modern markets. However, you can still see boat-to-boat trading of local goods, such as fruits and agricultural products and imagine what this must have looked like on a larger scale. We learn from our guide about the long-lasting trading culture and how each boat has a special marker to let buyers know what goods they are selling.

Wake up early to witness the spectacular scenery at the break of dawn and join our daily morning Tai Chi class. Afterwards, a rich breakfast buffet awaits.

Welcome to the fish sanctuary of Vietnam.

Once on shore, we see Tan Chau's vibrant town-life as we hop on "xelois. Your personal xeloi driver slowly navigates through the streets to observe all the workshops, houses and shops while feeling the laid-back vibe of this place. We stop at the colorful, local market near one of the town's temples.

To see what Tan Chau is famous for, we board local boats and head to a floating fish farm. You are about to get an exclusive look into the world's largest inland aquaculture industry. Each of the floating structures has netting hanging down into the water to enclose the fish, which are raised and fed on a daily basis. The region's specialties are tilapia and the Basa catfish, or Pangasius, which is unique to the Mekong River basin and rapidly gaining popularity on the international seafood market.

Back on board Jahan Cruise, we sail towards the Vietnamese-Cambodian border. Get ready for a fascinating and leisurely cruise through the deep Cambodian countryside towards Phnom Penh.

The whole afternoon is at your own disposal. It is perfect for massages, relaxation on a terrace deck sunbed or private balcony kick-backs. Conjure up a spell to merge with the river and float into a state of mild bliss.

You also may like to visit the bridge as the captain always has a little story to share about "his" river. Or, if you are curious to learn more about Khmer We also meet a local elderly couple who share their story of living on this island. They are always happy to chit-chat with our guests.

Back on the Jahan Cruise lunch is served and we sail towards Cai Be. Cai Be is a charming town which is famous for its Catholic French church and the manufacturing of traditional crafts and food products. The once enormous floating market of Cai Be gets smaller year by year since trading on the water is continually shifting towards modern markets. However, you can still see boat-to-boat trading of local goods, such as fruits and agricultural products and imagine what this must have looked like on a larger scale. We learn from our guide about the long-lasting trading culture and how each boat has a special marker to let buyers know what goods they are selling.

By local boat, we sail along the green canal network and watch the farmers working in the fields. A visit ashore of a workshop shows us the manufacturing of rice paste, rice paper, rice cookies and rice wine. Cai Be's surrounding areas are covered by palm trees, which is why the region is also famous for the production of coconut candy.

Back on Jahan Cruise, 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 4: My Tho - Saigon

Enjoy your last breakfast aboard your floating home. We disembark the Jahan Cruise after breakfast and take a bus transfer from My Tho to Saigon. It is only around 70 kilometres on the highway, and you arrive in Saigon by mid-morning.

Meals: Breakfast **Accommodation:** n/a

gastronomy, join a culinary workshop to sharpen your knowledge about local cuisine.

After some additional cruising time back aboard, the Jahan 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. Despite its rapid development, it has retained a lot of its rustic charm and elegance. It is an amazing town with centuries of incredible history and culture which can still be felt at many street corners.

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

Accommodation; daily (group) shore-excursions & entrance fees; sightseeing and transfers during the cruise; transfers from/to Heritage Line's meeting point to/from the ship (please read details in the embarkation guide); English speaking tour guiding on-and offshore; entertainment/activities during the cruise as mentioned in the program; meals as mentioned in the program; welcome drink, brewed coffee, tea and mineral water; complimentary beverage package; passenger liability insurance; internet on the ship (subject to cellular network signal); complimentary usage of ship facilities (exclusive of spa treatments); river pilots; fuel;

Exclusions

Crew and guide gratuities; port tax; visa fees; private transfers; personal expenses; other beverages than those stated under inclusions; medical services; spa treatments; port and anchorage fees; all other services or items not listed under inclusions.

Cancellation policy

Cancellations for all or any part of the trip will not be effective until received in writing. Should you have to cancel, the following terms will apply:

• 180 days or more: 20% of the cruise price

• 91 to 179 days: 50% of the cruise price

• 90 to 61 days: 75% of the cruise price

• 60 to 31 days: 85% of the cruise price

• 30 days or less / no-show: 100% of the cruise price