

Saigon – Phnom Penh by Jahan Cruise/Jayavarman Cruise Mekong

Note*: The Jahan and Jayavarman cruises do the same itinerary.

Itinerary Overview

UPSTREAM: SAIGON – PHNOM PENH

Day	Destination	Meals
Day 1	SAI GON – MY THO – CAI BE	L/D
Day 2	CAI BE – SA DEC – TAN CHAU	B/L/D
Day 3	TAN CHAU – BORDER CROSSING - PHNOM PENH	B/L/D
Day 4	PHNOM PENH	B

DOWNSTREAM: PHNOM PENH – SAIGON

Day	Destination	Meals
Day 1	PHNOM PENH – BORDER CROSSING – TAN CHAU	L/D
Day 2	TAN CHAU – MY AN HUNG – SA DEC	B/L/D
Day 3	THANH BINH ISLAND – CAI BE – MY THO	B/L/D
Day 4	MY THO - SAIGON	B

Note*: B: Breakfast / L: Lunch / D: Dinner

Travel Map



Detailed Itinerary

Upstream: Saigon – Phnom Penh

Day 1 SAIGON – MY THO – CAI BE

You are greeted in the morning at welcome lounge in Saigon. Kick back with a second coffee as our staff collects your details for boarding HERITAGE LINE JAHAN CRUISE/JAYAVARMAN 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/Jayavarman 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/Jayavarman 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 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/Jayavarman Cruise moors near the city with views on the riverbanks.

Meals: Breakfast/Lunch/Dinner

Accommodation: Jahan Cruise/Jayavarman Cruise

Day 3 TAN CHAU – BORDER CROSSING – PHNOM PENH

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 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/Jayavarman 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 gastronomy, join a culinary workshop to sharpen your

knowledge about local cuisine.

After some additional cruising time back aboard, the Jahan Cruise/Jayavarman 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

Downstream: Phnom Penh – Saigon

Day 1 PHNOM PENH – BORDER CROSSING – TAN CHAU

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: 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. 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/Jayavarman 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. 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/Jayavarman 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/Jayavarman 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 – SAI GON

Enjoy your last breakfast aboard your floating home. We disembark the Jahan Cruise/Jayavarman 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

Inclusions & Exclusions

Inclusions:

- All cruises include group shore-excursions
- Entrance fees
- Transportation
- Tour guide services on board(English speaking)
- Taxes, fuel, river pilots, transfers in Saigon and Siem Reap from/to the meeting point to/from embarkation/disembarkation point or vice versa.
- Food includes full board (Breakfast, lunch, dinner – buffet or set menu style). Mineral water and coffee/tea (from jug) is included all day.
- Jahan Signature: Complimentary mini bar (daily replenished with selected items), balcony breakfast), 1 bottle of sparkling wine, welcome fruit basket.

Exclusions:

- Phnom Penh port tax per passenger of 65 USD.
- Transfers in Phnom Penh to/from the port.
- Crew gratuities (5 USD per passenger/day are recommended).
- Cambodian Visa (available on Upstream cruise only/37 USD).
- Fuel surcharges if any (see terms and conditions).
- Peak season surcharge for all cruises falling on New Year's Eve and/or Christmas

Note:

- The **Jahan Cruise/Jayavarman Cruise** departs weekly on every Saturday from Saigon or Siem Reap. For short routes, please contact us.
- PROGRAMS & SCHEDULES SUBJECT TO CHANGE DUE TO THE WATER LEVEL. WE WILL KEEP YOU UPDATED 2 WEEKS BEFORE DEPARTURE
- For overnight registration, we will need passport information (Full name, sex, Nationality, passport number, date of birth) of passengers at least four weeks prior to cruise date.
- **Gratuities:** It's suggested that if satisfied with the services, a gratuity will be collected on the last day aboard. Suggestion is USD5 per passenger per day. Gratuities shall be settled together with the shipboard account at the end of a cruise.

Important Information

River Conditions Warning

The rivers you will sail on are subject to seasonal rises and falls of water level, in some places as much as 30 metres. Water levels can change dramatically overnight and a sudden rise can impede our

progress upstream considerably and even prevent us from passing under certain bridges. A sudden fall can result in our being unable to get into certain places or go as far upstream as we would hope. Groundings on sandbars are not infrequent and are part of the excitement of any expedition. Published itineraries are indicational only and subject to sudden change. In such events alternative itineraries will be provided and we do our best to ensure that if a stop is missed we make up for it with another stop.

Passengers are thus forewarned and expected to be flexible and patient. River cruising in Asia can be a dramatic and adventurous experience – not like cruising the controlled waterways of Europe or America. Note also that we operate in areas with little or no developed infrastructure and subject to the strictures of local officialdom. Be prepared for this and it is all more the fun!

For itineraries that include flights in the price of the ticket it should be noted that regional airlines can change departure times or cancel flights at very short notice. In such an event we endeavour to arrange alternative flights but note that this can result in delays often resulting in embarking or disembarking on a different day to that indicated in the itinerary. In such an event the company will cover the cost of hotel accommodation and main meals only, but will not be liable for any claims for compensation for missed days on board a ship, drinks or curtailment of the said itinerary.

Clothes

We recommend wearing loose and comfortable clothing made of cotton or modern material that can readily cool off sweat and body heat. The type of shoes will depend on the excursion types so best to have both light, open toed shoes as well as good walking/hiking shoes with you. A sun hat is always a good idea to bring along.

Southern Vietnam and Cambodia are warm all year-round, but our other cruise destinations can get chilly during the winter months (Laos, Myanmar or northern Vietnam). Therefore, it is always recommended to bring a pullover or a warm jacket with you during this period.

Many of our cruises include visits to local temples or pagodas. When visiting these holy sites, make sure to wear appropriate clothing which covers your shoulders and knees.

Sea sickness

Generally speaking, the rivers we are cruising on in Southeast Asia are very calm and there is hardly any motion on any of our ships. A bit of motion can occur during monsoon rains with stormy winds, but the amount of motion is much less than one would feel during bad weather on the open ocean.

Sea cruises as we offer in Halong Bay or Lan Ha Bay can sometimes encounter heavier waters and ship motion, although this happens very rarely and port authorities will most likely not allow sailing under any such circumstances anyway.

If you are new to cruising or prone to motion sickness, it does not hurt to bring along some motion sickness medication. Drinking a nice hot fresh ginger tea is a natural remedy and tasty alternative our staff is always happy to make for you.

Food and Beverage

All food and beverage on board is completely safe to eat and enjoy, including the ice cubes you enjoy in your chilled drinks. We do not recommend drinking water straight from the tap anywhere, including onboard. We provide you with complimentary clean drinking water throughout your cruise.

You may want to be bit careful with local dishes as they can be spicier than you are used to from home. Approach new dishes slowly and carefully. If you have a sensitive stomach, then you may like to double check with our chef or onboard managers about specific dishes or meals.

On excursions, it may be a good idea to avoid local foods and snacks unless offered by our tour guides. Besides the above, in general we recommend the following motto for your pre- and post-cruise travelling in the Southeast Asian tropics: boil it, peel it, cook it, wash it or forget it!

Health risks

The most effective protection from personal contamination is ensuring strict attention to personal hygiene and in particular, frequent and thorough hand washing with soap and water and refraining from hand-to-mouth contact. Colds and other viruses can spread quickly in an enclosed area such as a ship. Continue to practice common-sense hygiene and respiratory courtesy. Wash your hands often and cover your coughs and sneeze. It is recommended that passengers carry anti-bacterial hand sanitizer, which does not require rinsing with water. Use sanitizer frequently and throughout the day, particularly after shore excursions and prior to meals. If you have any questions regarding your health or safety, please do not hesitate to ask your cruise director.

Motion sickness can be a problem for some people when cruising, flying or travelling on coaches and trains and it is a good idea to take precautionary measures. Over-the-counter drugs for treating motion sickness can be purchased at pharmacies in most countries, though a side effect can be drowsiness. Alternatives such as ginger tablets and acupressure wristbands are also available and work well for some people.

Visa requirements for Cambodia

Cambodia visas are easily obtained for most travelers on arrival. Note that passports must have a validity of at least 6 months after your last date of travel in Cambodia.

Because travel restrictions across Southeast Asia are constantly changing, we recommend checking with the Cambodia embassy/consulate in your home country for the latest information.

Visa requirements for Vietnam

With the exception of visa exemptions, all travelers must arrange their visa prior to arrival in Vietnam. Passports must also have a validity of at least 6 months after your last date of travel in Vietnam.

Because travel restrictions across Southeast Asia are constantly changing, we recommend checking with the Vietnam embassy/consulate in your home country for the latest information.

Insurance

We recommend at least purchasing travel health insurance which covers both in- & outpatient visits and medical repatriation. Buying additional trip cancellation and interruption coverage may also be beneficial in case you have to cancel your travel plans due to unforeseen circumstances.

Electrical adapters

We always recommend bringing a travel adapter as a standard item in your travel kit. You can borrow an adapter on board, but these may be limited.

Electricity

Indochina Countries use 220V, and a mixture of flat 2-pin, round 2-pin or 3 pin plugs. It is recommended to bring a universal plug adapter.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$3-\$5 USD per person per day depending on the quality and length of the service.