

Aqua Mekong Cruise - 8 days

(My Tho – Ho Chi Minh – Sa Dec – My An Hung – Chau Doc – Vinh Xuong – Koh Oknha Tey –
– Phnom Penh – Koh Chen – Kampong Chhnang – Prek Toal – Siem Reap)

Itinerary Overview

Day	Destination	Meals
Day 1	MY THO – HO CHI MINH	L/D
Day 2	BINH THANH/SA DEC – MY AN HUNG	B/L/D
Day 3	CHAU DOC – VINH XUONG – BORDER CROSSING	B/L/D
Day 4	KOH OKNHA TEY – PREAH PROSOP	B/L/D
Day 5	PHNOM PENH	B/L/D
Day 6	KOH CHEN – KAMPONG CHHNANG	B/L/D
Day 7	CHHNOK TRU – MOAT KHLA	B/L/D
Day 8	PREK TOAL – SIEM REAP	B

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

Travel Map



Detailed Itinerary

Day 1 MY THO – HO CHI MINH

We will collect you at the Ho Chi Minh meeting point and transfer you by air-conditioned coach to My Tho dock where we will welcome you aboard the Aqua Mekong Cruise. Settle into your floating retreat, with its window wall conferring an endlessly captivating panorama. Enjoy these private Mekong moments on your California king bed, terrace or daybed.

Dinner on overnight on Aqua Mekong Cruise

Meals: Lunch/Dinner

Accommodation: Aqua Mekong Cruise

Day 2 BINH THANH/SA DEC – MY AN HUNG

Begin the day at Binh Thanh mat weaving village or opt to visit Sa Dec where we will peruse the vibrant market and see the famous house of Marguerite Duras' legendary lover, Mr. Huynh Thuy Le. In the afternoon, visit a typical Mekong Delta village called My An Hung where we will walk through verdant plantations. We will be invited to a local's home to taste local fruits while hearing traditional folk songs performed by villagers followed by a unique unicorn dance. A 17-kilometer Biking option is also available.

Dinner on overnight on Aqua Mekong Cruise

Meals: Breakfast/Lunch/Dinner

Accommodation: Aqua Mekong Cruise

Day 3 CHAU DOC – VINH XUONG – BORDER CROSSING

Travel by skiff along Bassac Canal to Chau Doc floating market then head off by van to Long Son Pagoda atop Sam Mountain. Ask the monks about their age-old Buddhist practices. Return via the bustling morning market. Optional 18 kilometers bike ride on Long Khanh Island or take a rickshaw ride to visit Tan Chau Market with chef. After lunch, relax by the pool, try traditional Khmer massage or learn to cook Mekong inspired dishes while we cross the border.

Dinner on overnight on Aqua Mekong Cruise.

Meals: Breakfast/Lunch/Dinner

Accommodation: Aqua Mekong Cruise

Day 4 KOH OKNHA TEY – PREAH PROSOP

On this river of time we admire dexterous Khmer artisans dyeing and weaving kroma, the ubiquitous item no Khmer lives without. Explore the riverbank on two wheels if you wish, past Buddhist temples and thatch houses perched on spindly wooden stilts while white oxen wade just offshore. After lunch, we board our marine-grade aluminum skiffs and head towards the tamarind trees of Preah Prosop, a remote village little changed over several lifetimes.

Dinner on overnight on Aqua Mekong Cruise.

Meals: Breakfast/Lunch/Dinner

Accommodation: Aqua Mekong Cruise

Day 5 PHNOM PENH

We show off the Cambodian capital to our passengers by motorized tuk-tuk, the Royal Palace, Silver Pagoda and the National Museum of Cambodia, home to the world's largest collection of Khmer art. For those who wish, we visit the Tuol Sleng Museum of Genocide and the Killing Field or shopping at Russian Market. We bid farewell to 4-night guests who are disembarking in Phnom Penh. Return to welcome our 3-night passengers over custom sundowners like the Salted Watermelon Crush with Thai basil. Together we celebrate the onward journey towards the heart of this mighty river with a Khmer Apsara performance, an indigenous tradition memorialized on the temple walls at [Angkor Wat](#)

Dinner on overnight on Aqua Mekong Cruise

Meals: Breakfast/Lunch/Dinner

Accommodation: Aqua Mekong Cruise

Day 6 KOH CHEN – KAMPONG CHHNANG

This morning, we visit Koh Chen, a silversmith village known for its fine craftsmanship. Keep an eye out for their famous silver bowls, regularly chosen by Cambodia's king as gifts for visiting dignitaries. In the afternoon, we continue learning about Khmer riverside life in Kampong Chhnang, the 'Port of Pottery' so called because archaeological findings here date to the 6th century. Bike option is available.

Dinner on overnight on Aqua Mekong Cruise

Meals: Breakfast/Lunch/Dinner

Accommodation: Aqua Mekong Cruise

Day 7 CHHNOK TRU – MOAT KHLA

Continue exploring the remote communities around the [Tonle Sap Lake](#), designated as a UNESCO Biosphere Reserve in 1997. In Chhnok Tru, we "slide" into an ice factory and learn from locals what it's like to live in a town where schools, churches, pagodas, and even the karaoke bar and police station all float. After lunch, we visit the floating village of Moat Khla, accessible only by water, and attend a Buddhist blessing ceremony.

Dinner on overnight on Aqua Mekong Cruise

Meals: Breakfast/Lunch/Dinner

Accommodation: Aqua Mekong Cruise

Day 8 PREK TOAL – SIEM REAP

Set off by skiff into the 22,000-hectare Prek Toal Core Bird Reserve, one of the largest freshwater bodies in Asia and the last refuge in Southeast Asia for large waterbirds like the spot-billed pelicans, milky stork, black-headed ibis and the elusive masked finfoot. Disembarkation.

Meals: Breakfast

Accommodation: n/a

Inclusions & Exclusions

Inclusions:

- Transfers from/to the hotel to/from the meeting point for embarkation
- Full board in the selected room
- All meals on board
- Drinks on board : Mineral Water, non-alcoholic beverages, local beers and local wine during meals
- All excursions and entrance fees with English speaking guide as per included excursions in the itinerary
- The services of an English-speaking Cruise Director

Exclusions:

- Overseas flights
- Beverages other than those mentioned above
- Tipping/gratuities for land services
- Visa arrangements
- Insurance

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.

Note*: this is a copy of itinerary on Indochina Treks Travel' Official Website and not the final itinerary.

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 acupuncture 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.