



# Laos & Cambodia Wellness Journey

7 Days



*The Adventure Company* | EST. 1969


**MT+SOBEK**<sup>TM</sup>  
MOUNTAIN TRAVEL SOBEK

**CELEBRATING 50 YEARS**  
AS THE PIONEER OF ADVENTURE TRAVEL

# ➤ Laos & Cambodia Wellness Journey

Rejuvenate yourself—body and mind—on our new active wellness journey through the magical lands of Laos and Cambodia! This immersive, 7-day experience of wellness and culture begins with UNESCO-listed Luang Prabang's gilded Buddhist temples. From there, discover a charming Khmu village, refresh in Kuang Si Falls, and participate in a traditional baci ceremony. A second, Buddhist blessing ceremony ushers you into Cambodia, where you spend two days unlocking the secrets of Angkor's mysterious temples, ruins, and must-see Angkor Wat. And starting nearly every day with yoga assures an unforgettable wellness travel adventure!

## Details

Arrive:	Luang Prabang, Laos
Depart:	Siem Reap, Cambodia
Duration:	7 Days
Group Size:	2-14 Guests
Minimum Age:	16 Years Old
Activity Level:	

## Testimonials

*"We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek."*

Dennis G.

*"I've taken six MT Sobek trips and they have all exceeded my expectations. The staff, the food, the logistics and the communications have always been exceptional. Thank you for being my "go to" adventure travel company!"*

Margaret I.

**GOT QUESTIONS? SPEAK WITH AN EXPERT.**

 1.888.831.7526  [INFO@MTSOBEK.COM](mailto:INFO@MTSOBEK.COM)

## Why Take This Trip With Us?

### REASON #01

Come experience wellness the comprehensive MT Sobek way with yoga, Buddhist blessings, hikes and foot massages!

### REASON #02

Our team of wellness guides are accredited yoga instructors who work with your body and encourage mindfulness.

### REASON #03

This trip has been carefully designed to slow the pace of life while also enjoying the beauty and culture of Laos and Cambodia.

---

## What to Expect



### ACTIVITIES

Wellness activities include rejuvenating yoga, massage, hiking, traditional blessings and temple ceremonies. This trip also includes cultural touring and exploration of Angkor Wat.



### LODGING

Comfortable boutique hotel with panoramic view plus the five-star Victoria Angkor Resort



### CLIMATE

The weather in Luang Prabang and Siem Reap is warm to hot and usually humid. Temperatures will range from the low 60's to the mid-80's.

---

## Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Chearmoua is proud to welcome travelers to his home country of Laos, where the relaxed pace of living always brings a smile. As well as being an engaging communicator, he is passionate about local culture and enjoys sharing his knowledge as part of each unique journey. Guiding is a fascinating adventure for Chearmoua—a never-ending surprise! Meet Chearmoua on our Laos & Cambodia Wellness Journey.

**Chearmoua Bearkhuemoua**

Houmpaeng grew up in the countryside of Laos and dreamed about travel from a young age. He finds great pleasure in showing guests around his homeland and sharing his passion for exploration. In his own words: "Traveling is a way of life, of exploring, of discovering the beauty of the world with unlimited possibilities." Houmpaeng is a dynamic guide and excellent problem solver, and will share the laid-back wonders of Laos with you on our Laos & Cambodia Wellness Journey.

**Houmpaeng Phommaly**

**GOT QUESTIONS? SPEAK WITH AN EXPERT.**



1.888.831.7526



INFO@MTSOBEK.COM

# Itinerary

## DAY 1

### ARRIVE IN LUANG PRABANG

Welcome to Laos! Upon arrival in Luang Prabang, meet your local guide and transfer to hotel. Get settled and spend the rest of the day relaxing. In the early evening, enjoy a welcome dinner with your fellow travelers, begin your exploration of culinary delicacies of Laos, and have a trip briefing.

**Meals:** D

---

## DAY 2

### RISE FOR YOGA ON THE MEKONG & EXPLORE LUANG PRABANG

Ease into the day with an early-morning yoga session in Ock Pop Tok, with lovely views of the mighty Mekong River and mountains from your mat. After a healthy breakfast, discover Luang Prabang, one of Southeast Asia's most beautiful cities. Wander to the splendid Royal Palace, its most emblematic Buddhist temples — including Vat Visoun (the city's oldest temple), Vat Xieng Thong, and Vat Mai — the top of the Phousi Mountain, the city center, and the Hmong market. All the while, your guide share will share knowledge of the city's history, architecture, and culture.

**Activity:** 1-1.5 hours vinyasa yoga session

**Meals:** B, L, D

---

## DAY 3

### HIKE TO KUANG SI FALLS & EXPERIENCE A BACI CEREMONY

Return to Ock Pop Tok for another morning yoga session. Then drive to Ban Nong Heo, a charming traditional Khmu village. Take an easy guided hike in the countryside, passing through hill forests and plantations, with lovely views along the way. Arrive at Ban Thapene, lunch at a local restaurant, then enjoy free time by Kuang Si Falls. Come evening, partake in a traditional baci ceremony. One of the most popular traditions in Laos, a baci accompanies any important life event and attracts beneficial influences toward its participants.

**Activity:** 1.5 hours/3 miles hiking & morning yoga

**Meals:** B, L, D

---

## DAY 4

### FLY TO SIEM REAP & RECEIVE BUDDHIST BLESSINGS

Fly to Siem Reap, settle into the hotel, and enjoy free time. Then visit one of Siem Reap's temples and experience an important Buddhist ceremony firsthand. Before the ceremony, learn about Buddhism in Cambodia, and monks' daily lives and disciplines. Then get blessed by monks who tie a piece of red Cambodian string around your wrist to represent the fading away of negative thoughts and deeds from your life—and to bring luck, health, and protection in return! After the ceremony, chat with the monks and exchange ideas.

**GOT QUESTIONS? SPEAK WITH AN EXPERT.**



1.888.831.7526



INFO@MTSOBEK.COM

**Meals:** B, D

---

## DAY 5

### RISE FOR YOGA & EXPLORE ANGKOR THOM

Enjoy a yoga session in the serene garden of a charming local house, where a professional yoga teacher guides you through the rejuvenating poses. The practice of yoga in this relaxing setting leaves your mind peaceful and your body energetic for the rest of the day, which you spend exploring Angkor Thom and the atmospheric and root-covered Ta Prohm. After lunch in a local home and a soothing foot massage treatment, return to the hotel and spend the remainder of today resting, or enjoying the spa treatments available at the hotel. Dinner tonight is at your leisure.

**Activity:** 1-hour Hatha Flow yoga session

**Meals:** B, L

---

## DAY 6

### SECRET TEMPLE YOGA & EXPLORE ANGKOR WAT

Begin your immersion in the kingdom of wonders with a unique yoga session in an amazing environment — a secret temple. Then experience Angkor Wat, a UNESCO World Heritage Site whose extraordinary towers and bas-reliefs comprise one of the most astonishing monuments on earth. Explore this mysterious, magical place, then transfer to the hotel to rest or enjoy optional massage and spa treatments. Come evening, have a festive farewell dinner before enjoying Phare, an acrobatic performance that works with disadvantaged youth, giving them marketable skills in the arts. It's a great way to gain insight into Cambodian history and culture in an expressive way.

**Activity:** 75-minute yoga session

**Meals:** B, L, D

---

## DAY 7

### DEPART FROM SIEM REAP

Enjoy the morning at your leisure until you transfer to the Siem Reap airport for your departure flight.

**Meals:** B

---

**GOT QUESTIONS? SPEAK WITH AN EXPERT.**



1.888.831.7526



INFO@MTSOBEK.COM

## Dates

Oct 30 - Nov 5, 2020

Dec 4 - 10, 2020

Feb 13 - 19, 2021

Oct 31 - Nov 6, 2021

Dec 5 - 11, 2021

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

**GOT QUESTIONS? SPEAK WITH AN EXPERT.**

 1.888.831.7526

 [INFO@MTSOBEK.COM](mailto:INFO@MTSOBEK.COM)

## Pricing

2020

\$ 4,195 per person

### Additional Cost

\$ 215 Internal Airfare

\$ 550 Single Supplement

2021

\$ 4,295 per person

### Additional Cost

\$ 215 Internal Airfare

\$ 550 Single Supplement

### PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All necessary yoga gear
- All group entrance fees, activities, and ground transportation
- Arrival and departure day airport transfers

### PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- 1 lunch and 1 dinner
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of Day 1
- Optional travel protection

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

**GOT QUESTIONS? SPEAK WITH AN EXPERT.**

 1.888.831.7526

 [INFO@MTSOBK.COM](mailto:INFO@MTSOBK.COM)



## ➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

---

### **Awards**



**GOT QUESTIONS? SPEAK WITH AN EXPERT.**

☎ 1.888.831.7526

✉ [INFO@MTSOBEK.COM](mailto:INFO@MTSOBEK.COM)





**TWO HUNDRED ADVENTURES.**

**SEVEN CONTINENTS.**

**A WORLD OF DISCOVERY.**

*Where's Your Next Adventure?*



*The Adventure Company* | EST. 1969

**MT · SOBEK**™

**MOUNTAIN TRAVEL SOBEK**

**1-888-831-7526 | MTSOBEK.COM**

1266 66TH STREET, SUITE 4, EMERYVILLE, CALIFORNIA 94608-1117

FOLLOW US ONLINE @**MTSOBEK**