

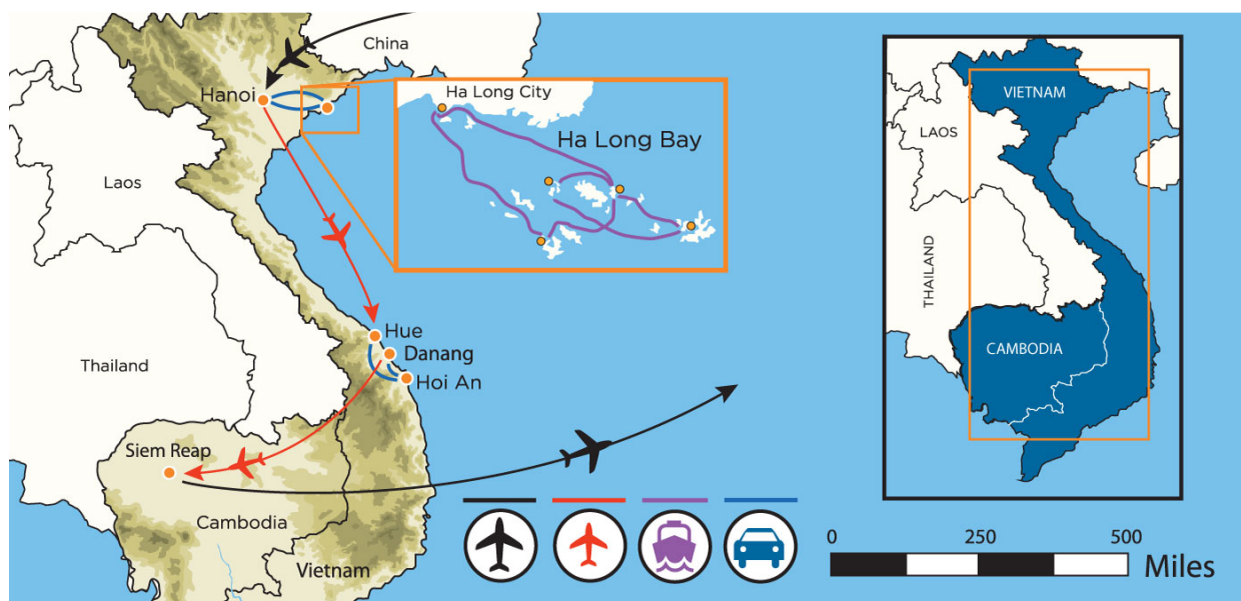
## VIETNAM & CAMBODIA

# Vietnam & Cambodia: A Journey of Culture and Culinary Delights

### TRIP HIGHLIGHTS

- ▶ Explore local Hanoi and its historic highlights in a convertible army jeep, cycle through the medieval citadel of Hanoi – Hoa Lo
- ▶ Cruise and kayak through the environmentally protected region of Ha Long Bay, Bai Tu Long Bay where the number of boats is limited
- ▶ Roll up your sleeves and dive into the flavors of Vietnam in a morning cooking class in Hoi An
- ▶ See the ancient ruins of Angkor Wat at Sunrise
- ▶ Explore the remote ruins in the jungle
- ▶ Be a part of a water blessing by local monks to ensure your safe travels

### TRIP ROUTE



# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

### QUICK VIEW ITINERARY

Day 1	arrive in Hanoi, open air Jeep ride through streets and markets, dinner in a local home.
Day 2	cycle in a medieval citadel of Hanoi, free afternoon
Day 3	cruise in Ha Long Bay on a privately chartered boat, explore by kayak
Day 4	try sunrise tai chi, kayak in cong dam, relax on the boat
Day 5	explore Thien Cohn Son Caves, cruise to the harbor, fly to Hue
Day 6	explore the citadel, take an afternoon on your own, have dinner in a local home
Day 7	drive to Hoi An, explore the city, evening on your own
Day 8	experience a Vietnamese cooking class, sunset boat cruise
Day 9	fly from Danang to Siem Reap in Cambodia, enjoy dinner at the restaurant made famous by "The Killing Fields" movie
Day 10	explore the Angkor complex via tuk-tuk, experience a water blessing, enjoy traditional Khmer food
Day 11	sunrise at Angkor Wat, depart Cambodia

### ACTIVITY LEVEL

Active

### TRIP PRICE

Main Trip: \$6,195  
Optional Single Accommodations: \$1,500  
Internal Air: \$800

### TRIP DATES

October 27 - November 6, 2025

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

**DAY 1**  
Monday  
10/27/25

### Arrive in Hanoi

Welcome to Vietnam! Discover the enchanting landscapes, colorful traditions, enticing cuisine, and genuinely friendly people of a remarkable country at the crossroads of past and future.

During your adventure you'll get to know your expert Vietnamese guide, who offers in-depth and colorful information about the cities and towns you'll visit, teaching you a few words of Vietnamese and some local secrets along the way. You'll meet other incredible individuals on your journey. They will help make your experience a fun and personally fulfilling adventure and will cheer you on as you reach beyond your comfort zone and embrace new challenges!

#### Arrival Information

Arrive at the Noi Bai Airport in Hanoi, Vietnam (HAN) today before 12:00pm.

#### Pick-up and Transfer

There is one group transfer from the airport for flights that arrive before 12:00pm. Private transfers are available at additional cost for those arriving early.

#### Meet Your Group

Meet your guide, Ambassador, and fellow Adventure Women in the lobby of your hotel at 2:00pm.

#### Explore Hanoi

Stretch your legs on a walking tour of Hanoi. Pass Ho Chi Minh's mausoleum and wander the French Quarter learning about the history of the city along the way.

#### Journey by Jeep

Embark on an adventure through the lesser-known areas of Hanoi. Your senses will come alive as we navigate a maze of backstreets, alleyways, and bustling markets. Hear, touch, taste and smell the authentic essence of Hanoi.

### Accommodations

Hotel de L'Opera Hanoi

### Meals Included

dinner

## Welcome Dinner

Enjoy a lively welcome dinner in the home of a local Hanoi resident. Meet the hosts and their extended family as you enrich your understanding of local life. Connect with your fellow travelers and discover the unique reasons each woman in your group is excited to explore Vietnam and Cambodia. To conclude the night, join a One-of-a-Kind Experience: the Flag lowering Ceremony in Ba Dinh Square.

## Accommodations

Hotel de L'Opera Hanoi

## Meals Included

dinner

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

**DAY 2**  
Tuesday  
10/28/25

### Hanoi

Once known as “City of the Soaring Dragon,” Hanoi has a colorful, multi-layered history and culture. Many of the most famous dishes to come out of Vietnam are believed to have originated in Hanoi. The most famous dish, pho, is regularly heralded as one of the best street foods in the world. Other notable dishes said to have originated in Hanoi are banh cuon, rice noodle roll, com, green rice dessert, and bun cha, grilled pork and vermicelli noodles. Along with the delicious cuisine, discover the other charms of the city from the Old Quarter with its winding lanes, silk shops, and pastry cafés to the many museums celebrating the culture of the city.

#### Explore by Bike

Pedal the small paths through a neighborhood on the outskirts of Hanoi. This is not a difficult ride, and you’ll take it slowly (17 miles over about three hours). Biking allows you to see areas that you can’t get to by car.

#### Lunch

Enjoy a typical Vietnamese meal for lunch in a local restaurant.

#### Afternoon on Your Own

Explore on your own this afternoon. You could explore the local galleries near your hotel or simply just enjoy a coffee while watching the whirlwind of life around you.

#### Water Puppet Show

Take in a late afternoon water puppet show at the Thang Long theater. This is a unique Vietnamese art form that depicts scenes from rural life.

#### Dinner

Enjoy dinner as a group this evening.

### Accommodations

Hotel de L’Opera Hanoi

### Meals Included

breakfast, lunch, dinner

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

**DAY 3**  
Wednesday  
10/29/25

### Hanoi to Ha Long Bay

Ha Long Bay is famous for its impressive scenery including sea and islands, and it is considered one of the most beautiful bays in the world. According to ancient legends, a giant dragon descended into the Bay millions of years ago, dropping numerous eggs. These eggs hatched, forming thousands of rocks and islands.

#### Drive to Halong Bay

Leave Hanoi at around 9am this morning and drive about three and a half hours to Halong Bay. Enjoy seeing scenes of Vietnamese daily life along the way.

#### Board Your Private Boat

Arrive in the Bay and board your privately chartered boat - just for AdventureWomen - in time for lunch! Relax and explore the boat as you soak in the views of the Bay.

#### Afternoon Kayaking

Paddle around Vung Vieng fishing village in tandem kayaks. Vung Vieng is a small community 12 miles from the mainland, and some families have been here for generations.

#### Cooking Demo

Have a cooking demonstration on the boat, where you'll learn to prepare some of the mouth-watering dishes for which Vietnam is famous. Enjoy the sunset on the deck of your boat before enjoying dinner on board.

### Accommodations

Private Chartered Boat

### Meals Included

breakfast, lunch, dinner

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

**DAY 4**  
Thursday  
10/30/25

### Halong Bay

The magnificent beauty of the mountains and sea in the Cong Dam area will take your breath away. This outdoor geological museum has been preserved for 340 million years and the most outstanding area is a regional park with mountains formed from limestone. The area boasts a high concentration of coral reefs, underground lakes, and underwater caves. It also has numerous large beaches with smooth white sand and clear blue water.

#### Sunrise Tai Chi

If you're up early enough, participate in early morning Tai Chi on the upper deck and watch the scenery as you float along.

#### Cruise to Cong Dam

Breakfast is served while we cruise to Cong Dam this morning, a small old village. Explore the geology of Bai Tu Long Bay on your way. Make your way through the small coves, tiny beaches, and estuaries by kayak, on foot, and swimming!

#### Lunch

Enjoy lunch on board your boat.

#### Kayak in Cong Dam

Take one last opportunity to kayak in this remarkable waterscape.

#### Evening on the Boat

Relax on the boat with your new friends and enjoy dinner as a group.

### Accommodations

Private Chartered Boat

### Meals Included

breakfast, lunch, dinner

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

**DAY 5**  
Friday  
10/31/25

### Halong Bay to Hue

Hue is the capital city of Thura Thien-Hue Province, Vietnam. Between 1802 and 1945, it was the country's imperial capital under the Nguyen dynasty. This UNESCO World Heritage Site is well-known for its many historic monuments.

#### Thien Canh Son Caves

Enjoy a light breakfast before exploring the Thien Canh Son Caves. The pathway into the cave is set below the forest canopy and a stone cliff. Once you get inside the cave, you'll feel like you've entered an ethereal wonderland. The ceiling of the cave is covered with a shiny "gem carpet" and numerous sparkling stalactites hang from the ceiling.

#### Brunch

Cruise back into the harbor and enjoy brunch as you return to the pier.

#### Fly to Hue

Drive about three hours to the Hanoi airport for your flight to Hue, which is just over one hour.

#### Arrive in Hue

You'll be picked up at the Hue airport and driven about 30 minutes to your hotel. Relax and have dinner as a group this evening.

### Accommodations

Pilgrimage Hotel

### Meals Included

breakfast, lunch, dinner



# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

**DAY 6**  
Saturday  
11/1/25

### Hue

The Imperial City of Hue is a walled palace within the citadel, or city, of Hue. Built starting in 1804, the grounds of the Imperial City are protected by 2km long ramparts and ringed by a moat with water routed in from the Perfume River. Within the Imperial City is the Purple Forbidden City, which could only be visited by members of the imperial family.

#### Emperor Khai Dinh or Royal Tomb

Visit Khai Dinh's Tomb, considered the last emperor to reign in Vietnam. He loved French and Vietnamese art. The tomb itself is a blend of Vietnamese traditions and the modern world.

#### Explore Tu Hieu Pagoda

Focus on women's culture in imperial life as you explore the citadel today. As a walled Imperial estate, there were strictly enforced codes of conduct for women, including when and where they could be seen. The imperial city of Hue is known for its historic monuments, which have earned it a place in UNESCO's World Heritage Site.

Visit the Tu Hieu Pagoda, regarded as the largest and oldest pagoda and built in a pine forest known for its feng shui and paths designed for meditation.

#### Afternoon at Leisure

After enjoying lunch as a group, you'll have a chance to relax and enjoy the spa and the grounds of your beautiful hotel.

#### Dinner in a Local Home

You'll meet a local woman whose father lived in Hue during the Vietnam War. He rebuilt his home and garden in the style of Hue upper class families of the past. You'll have the chance to talk to her about what it was like to grow up during the rebuilding period of Vietnam, after the war.

The family will treat you to some of the traditional dishes developed in Hue originally to entice the Emperor. Make sure you peek into the kitchen - it's amazing what they can do in the space!

### Accommodations

Pilgrimage Hotel

### Meals Included

breakfast, lunch, dinner

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

**DAY 7**  
Sunday  
11/2/25

### Hue to Hoi An

Traditions run deep in Vietnam, especially in rural areas where day-to-day village activities retain a slower pace and old-world craftsmanship remains a source of pride. The ancient heart of Hoi An still keeps beat with a bygone era, the surrounding countryside is a timeless collage of rice fields and a lattice of waterways fanned by leafy botanicals.

#### Drive to Hoi An

Leave Hue at around 9am and head for Hoi An. After about three hours, you'll stop and have lunch at a restaurant in Danang on the way. Dip your toes in the water before driving another 30 minutes to Hoi An.

#### Walk in Hoi An

Once you arrive in Hoi An, go for a walking tour to learn about this 500-year-old port town with blended architecture and traditions.

#### Evening on Your Own

Dinner is up to you tonight. This is a great night to visit a tailor if you'd like to have any clothing made, or head out to one of the many local, fusion, or western restaurant options.

### Accommodations

Allegro Hotel

### Meals Included

breakfast, lunch

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

**DAY 8**  
Monday  
11/3/25

### Hoi An

The main way of life for most of the Hoi An locals is farming or fishing. These two industries keep the city running and everyone's belly full. Farmers grow everything from star anise and bananas to water spinach, lemon grass, and dill. Fishermen bring their daily catch of shrimp, shellfish, and tilapia to the markets in the mornings and butchers offer fresh beef, pork, and chicken. You can taste the freshness in every bite and feel the spices linger on lips long after your meal is over!

#### Cooking Class

Before your Vietnamese cooking class, head to the market, learn about the local flavors, visit a few restaurants and street food kitchens to taste some local delicacies. Head to the kitchen where you'll make a three-course meal for lunch. The menu and lesson are based on the best and freshest produce available that day. Your group will have a great time preparing this feast!

#### Afternoon on Your Own

Explore the city of Hoi An, enjoy the pool, or book a massage. The choice is yours this afternoon!

#### Dinner

Enjoy dinner as a group tonight.

### Accommodations

Allegro Hotel

### Meals Included

breakfast, lunch, dinner

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

**DAY 9**  
Tuesday  
11/4/25

### From Hoi An to Siem Reap

Siem Reap is a charming city located in northwestern Cambodia, known for being the gateway to the world-famous Angkor Wat temple complex, which is a UNESCO World Heritage site.

#### Fly to Siem Reap in Cambodia

Depart from your Hoi An hotel and take a 35-minute drive to Danang Airport. Bid farewell to your Vietnamese guide. Board your flight to Siem Reap. Lunch will be at your own leisure today.

#### Arrival and VIP Visa Service

Upon your arrival at Siem Reap airport, a Visa specialist will be there to assist you. Each of you will be required to submit two passport photos with your name printed on the reverse side. It's important to remind you that the cost of this visa is covered as part of your trip. After you pick up your bags at the baggage claim area, our Khmer guide and drivers will be there to greet you.

#### Check In and Dinner

Check in your hotel and relax before dinner. This evening, we will venture to a renowned Cambodian restaurant featured in "The Killing Fields" movie, which also served as a gathering spot for foreign press during the American Vietnam War era, prior to the Pol Pot regime.

### Accommodations

Shinta Mani Angkor

### Meals Included

breakfast, dinner

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

**DAY 10**  
Wednesday  
11/5/25

### Siem Reap

The ruins of Siem Reap primarily refer to the ancient temple complexes in and around the city, particularly those within the Angkor Archaeological Park. These ruins are not only historically and culturally significant but also provide a fascinating insight into the grandeur of the Khmer Empire. Siem Reap's ancient temples are a UNESCO World Heritage Site.

#### Visit the Ruins of Siem Reap

Embark on a Tuk Tuk adventure to explore the captivating Ruins of Siem Reap. In each of these local three-wheeled transports, three passengers will immerse themselves in an authentic sensory journey, as they encounter the following:

1. South Gate: This entrance to the royal city vividly portrays the epic Hindu battle of gods and demons.
2. Bayon: King Jayavarman's temple, reflecting the significance of both the people and their daily lives.
3. Elephant Terrace and the Terrace of the Leper King: These sites offer a glimpse into the remnants of the royal palace.
4. Ta Prohm: Known today as the iconic "Jungle ruin" featured in "Tomb Raider," this temple remains in a state of captivating decay.

#### Water Blessing and Lunch

Visit a local watt, partake in a traditional water blessing ceremony, and savor a delightful lunch in a local household. This immersive experience offers a genuine glimpse into the daily life of a local family. Return to the hotel and enjoy a leisurely afternoon by the pool.

#### Farewell Dinner

Enjoy a Khmer cuisine farewell dinner with your new AdventureWomen friends. Khmer cuisine may be less renowned than its Vietnamese or Thai counterparts, but it boasts a rich tapestry of flavors, both familiar and distinct. It's an experience well worth savoring while reflecting on the cherished memories you've created.

### Accommodations

Shinta Mani Angkor

### Meals Included

breakfast, lunch, dinner

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights

**DAY 11**  
Thursday  
11/6/25

### Depart Siem Reap

Enjoy one last morning in Siem Reap before heading to the airport for your flight home.

#### Sunrise at Angkor Wat

At dawn, embark on a tuk-tuk journey to witness the sunrise at the Angkor Wat temple. As you wander through the temple, the largest religious monument globally, you'll discover its fascinating history. Initially conceived as a Hindu temple devoted to the deity Vishnu during the Khmer Empire, it underwent a gradual conversion into a Buddhist temple in the late 12th century. This temple stands as a pinnacle of classical Khmer architecture, proudly symbolizing Cambodia and even gracing its national flag.

#### Your Morning at the Hotel

Return back to the hotel at around 8:00 AM to enjoy breakfast and the pool. Check out the hotel by noon.

#### Departure Information

Take advantage of a group transfer to the Siem Reap International Airport (REP). Fly after 1:00 PM today.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

**Meals Included**  
breakfast

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights



### Accommodation Details

#### Hotel de L'Opera Hanoi

Located in the center of Hanoi, Hotel de L'Opera is near Hanoi's Opera House and the Old Quarter. A balance of French and Vietnamese architecture and design, each of the 107 rooms is equipped with complimentary Wi-Fi, TV, air conditioning, and stylish furnishings.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

#### Private Chartered Boat

The boat chartered exclusively for AdventureWomen features comfortable cabins and both indoor and outdoor dining areas. Each cabin is equipped with modern amenities to make your stay comfortable. Enjoy sunset with your group from the sun deck on the top of the boat.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; limited Wifi

#### Pilgrimage Hotel

Pilgrimage Village is ideally located in the quiet countryside in a rustic village setting. Surrounded by lush tranquil gardens, you will have the feeling of being out in the country while being close to the famous sites of Hue. Your room combines modern comfort with traditional architectural features with views over the garden or the lily lake.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

#### Allegro Hotel

Allegro is a boutique hotel conveniently located in the heart of Hoi An's ancient town. Enjoy the pool, book a massage, or walk into town and explore.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights



### Accommodation Details

#### **Shinta Mani Angkor**

Shinta Mani Angkor is an upscale boutique hotel created by acclaimed architect Bill Bensley. This exceptional hotel enjoys a tranquil and leafy setting within the French Quarter of Siem Reap – just 15 minutes by tuk tuk from the UNESCO World Heritage Temples of Angkor Wat. AW guests will enjoy the Bayon Room.

Amenities: soap, shampoo, conditioner, flat-screen cable TV, safety deposit box, tea/coffee, toiletries, bathrobes, and slippers.



# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights



### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Domestic airfare (priced separately from the main trip)
- ▶ English-speaking guide(s) throughout the trip
- ▶ One group transfer on arrival and departure
- ▶ Drinking water available in large jugs to refill personal bottles
- ▶ Entrance fees
- ▶ Fee for visa in Cambodia
- ▶ Gratuities for drivers, hotel staff, boat staff, and waitstaff

### Not Included:

- ▶ International airfare to and from Vietnam
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visa in Vietnam, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for the main guide

# VIETNAM & CAMBODIA

## Vietnam & Cambodia: A Journey of Culture and Culinary Delights



### Cancellations and Refunds

Notification of cancellation must be made in writing to AdventureWomen, LLC (email will be accepted). Full payment is due 90 days prior to departure date.

- For cancellations received 89-60 days prior to the trip departure date: 50% of the package price is non-refundable and non-transferable.

- For cancellations received 59-0 days prior to the trip departure date: 100% of the package price is non-refundable and non-transferable.

You are highly encouraged to purchase **trip cancellation insurance** to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Deposit Transfer

You can transfer your deposit to another trip with no additional fee if you notify us within 120 days of the original trip departure date. We can hold your deposit for up to six months as a credit. Failure to book a new trip within this timeframe will result in the forfeiture of your deposit. Please note that this policy doesn't apply to extensions purchased with the main trip, for which the deposit is non-refundable and non-transferable. Please note that the deposit for extensions is non-refundable and non-transferable.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen trips.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes trips all over the world for women who want an active, out of the ordinary experience, and meet new friends. **Most of all, we want our trips to be fun!** In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure trips, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!