

VIEWRETREATS



Explore & Restore  
Cambodia's Kingdom of Wonder

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Phnom Penh - Siem Reap - Koh Russey - Phnom Penh

10 DAYS / 9 NIGHTS



Life is all about  
*balance.*

## Your Wellness Holiday in Cambodia

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Welcome to your View Retreats Wellness Holiday in Cambodia, where we invite you to take a break from everyday life and embark on a journey of rest, relaxation, and discovery. Unlike traditional tours and wellness programs, this holiday strikes the perfect balance between exploration and restoration.

During your journey, you'll have the chance to immerse yourself in the local culture, savouring the sights, sounds, and flavours of some of Cambodia's most breathtaking destinations. But we won't tire you out with a packed schedule - you'll have plenty of downtime to unwind and recharge, so you return home feeling refreshed and energised.

Your holiday also includes a stay in a wellness-inspired island resort. Designed to be a sanctuary of calm, you will indulge in daily spa treatments and other optional wellness activities that will leave you feeling centred and restored. Whether you choose to meditate, practice yoga, or simply lounge by the pool with a good book, this Wellness Holiday allows you to reconnect with what's truly important: your own health and wellbeing.

So, take a step back from the hustle and bustle of modern life, and join us on a journey of self-discovery. Our Wellness Holidays are not just a vacation, but a chance to rediscover your inner peace and embrace a healthier, happier you.

# Highlights

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- Explore Phnom Penh, Cambodia's vibrant capital city, where a delightful fusion of magnificent temples, colonial architecture, bustling markets, and tranquil parks awaits your exploration.
- Unearth the enchanting allure of Siem Reap with a stay at a one-of-a-kind design hotel that champions sustainability, supports local communities, and celebrates the city's flourishing arts scene.
- Witness the incredible lost-world wonders of the ancient Khmer empire, including the walled city of Angkor Thom, the famous Angkor Wat, and the captivating Ta Prohm (aka the 'Tomb Raider' temple).
- Rest, relax and reset at a wellness-inspired private island retreat in the Cambodian Riviera. You'll enjoy daily indulgent spa treatments and optional wellness activities such as yoga, kayaking, stand-up paddle boarding, badminton, beach tennis, beach volley ball and Pétanque.



## At a glance

Day	Destination	Accommodation	Meals
1	Phnom Penh	Raffles Hotel Le Royal - State Room	-
2	Phnom Penh	Raffles Hotel Le Royal - State Room	B
3	Phnom Penh - Siem Reap	Treeline Urban Resort - Deluxe Urban View Room	B
4	Siem Reap	Treeline Urban Resort - Deluxe Urban View Room	B
5	Siem Reap	Treeline Urban Resort - Deluxe Urban View Room	B
6	Siem Reap - Koh Russey	Koh Russey Villas & Resort - Garden Pavilion	B-D
7	Koh Russey	Koh Russey Villas & Resort - Garden Pavilion	B-L-D
8	Koh Russey	Koh Russey Villas & Resort - Garden Pavilion	B-L-D
9	Koh Russey	Koh Russey Villas & Resort - Garden Pavilion	B-L-D
10	Koh Russey - Phnom Penh	Departure	B



## Inclusions

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- Fast track service on arrival
- All transfers on a private basis with a professional English-speaking driver
- 9 nights of luxury hotel accommodation
- 9 breakfasts, 3 lunches and 4 dinners
- 60 minute Aromatherapy massage at Raffles Spa in Phnom Penh
- Entrance fees & private tour of Angkor Wat with an English-speaking guide
- Speed boat transfers to Koh Russey (no guide)
- 3 x 60-minute spa treatments (one per day) on Koh Russey. Choose from;
  - Khmer Traditional Massage
  - Swedish Oil Massage
  - Thai or Balinese Massage
  - Body Scrub
  - DIY - Scrub Workshop
- Optional kayaking, stand-up paddle boarding, badminton, beach tennis, beach volley ball and Pétanque

## Exclusions

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- International flights
- Visa fees, departure tax and tourist fees (where applicable)
- Travel and health insurance
- Early check in and late check out unless specified
- Meals not specified in itinerary
- Optional tours, add-ons or extras
- Gratuities/tips to tour guides, drivers and hotel staff
- Any items of purely personal nature



## Itinerary

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### Day 1: Arrival into Phnom Penh

A city of many colours, Phnom Penh has enjoyed a long and dynamic history as the centre of the Khmer kingdom and more recently as an important outpost of French Indochina.

Upon your arrival at the airport, enjoy our fast-track arrival service. You will be met by our representative who will assist you with the express immigration process, help you with luggage collection and customs, and escort you through the arrival hall for a hassle-free experience. Your driver will then transfer you straight to your grand and historic hotel in the centre of the city.

Designed in 1929, Raffles Hotel Le Royal has enjoyed a rich history, having served several royal families, foreign dignitaries, international celebrities, writers and musicians over the years. The elegant guest rooms feature polished wooden floors, high ceilings and marble bathrooms, and are furnished with a classic sense of style.

The hotel's magnificent tropical gardens, two swimming pools, and restful day spa are ideal for moments of pampering and relaxation, while the four onsite restaurants and bars serve up a variety of local and international flavours.

Heading out for some evening drinks? Ask us for our recommendations.

## Day 2: Discover the culture and charms of Phnom Penh

Your time in Phnom Penh is yours to enjoy at your own pace. After a leisurely breakfast at your hotel, you could plan a visit to the National Museum where you can explore centuries of Khmer art, including sculptures, ceramics, bronzes, and ethnographic objects. Alternatively, a visit to the Royal Palace also offers a captivating insight into Cambodia's rich cultural heritage.

In the afternoon, be sure to allow time for your included 60 minute Aromatherapy massage at the hotel's luxurious day spa. This full body massage uses gentle techniques to help restore harmony and relax the mind and body.

Want to experience more? Ask us about a guided city tour of Phnom Penh.

## Day 3: Fly to Siem Reap

After breakfast, you will be collected by your driver who will transfer you to Phnom Penh Airport for your 1 hour flight to Siem Reap. Upon arrival, you will be met by your driver who will transfer you to your accommodation for the next three nights.

Treeline Urban Resort boasts a captivating blend of contemporary design and authentic Cambodian charm. Surrounded by lush tropical greenery, it offers a peaceful oasis away from the bustling city, allowing you to unwind and immerse in tranquility.

The thoughtfully designed rooms and suites exude elegance, while embracing an organic and minimalist aesthetic. Sustainably sourced native timber and stone features with locally handmade soft furnishings creates a haven of serene, laid-back luxury.



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Relax with a cocktail by the idyllic rooftop infinity pool, or perhaps head to the onsite day spa for an indulgent treatment. You may also wish to enjoy the hotel's stunning private art collection, which is usually accompanied by an exhibition of local Khmer artists.

When it's time to eat, choose from four different dining options. All of the Treeline restaurants use the freshest ingredients (locally grown wherever possible) and boast an impressive range of plant-based menu options.



#### **Day 4: Witness the wonder of Angkor Wat**

Today you will be met by your guide to embark on an awe-inspiring journey to Angkor Wat, a UNESCO World Heritage Site dating back to the 12th century.

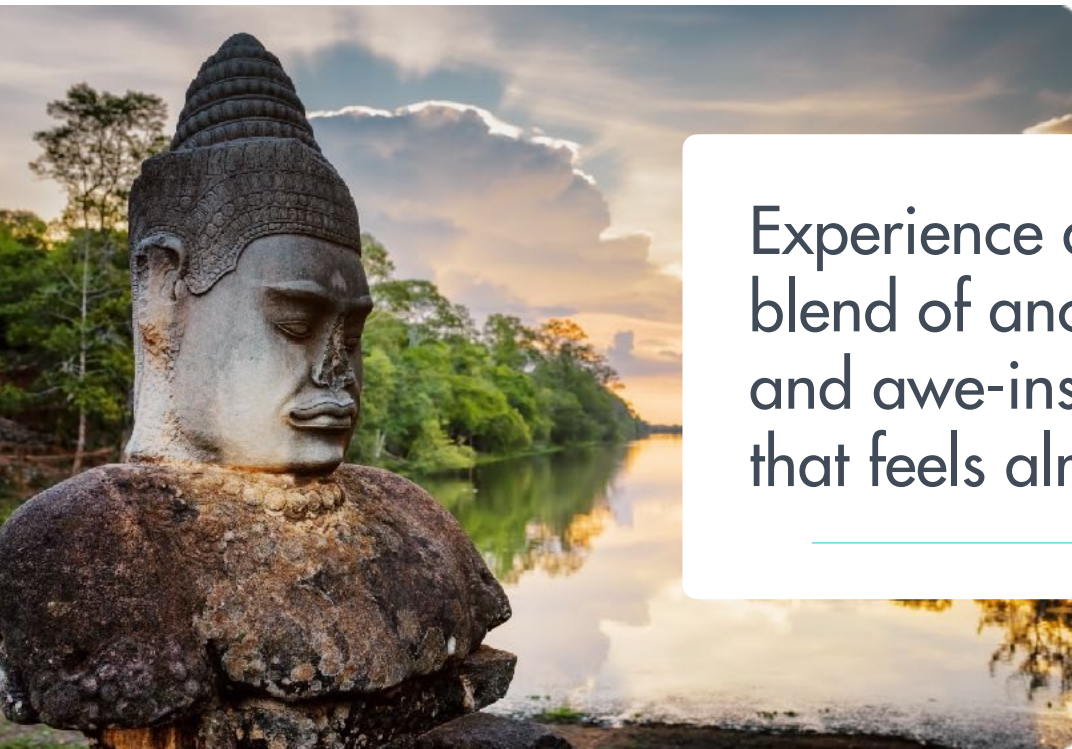
Marvel at the Khmer civilisation's crowning achievement as you traverse the temple's concentric courtyards, gazing upon its iconic lotus towers and intricate bas reliefs narrating historical events and captivating scenes from Hindu mythology.

Next, venture into the mystical realm of Ta Prohm, the 'tomb raider' temple that was once a majestic monastery for kings. Wander through its stone-carved courtyards, embraced by the roots of towering trees and strangler figs, creating a truly magical atmosphere.



Return to Siem Reap town for some lunch (at your own expense). Your guide will help with restaurant recommendations according to your tastes and interests.

After lunch the adventure continues with a visit to Angkor Thom, an ancient walled city and the final enduring vestige of the Khmer empire. Enter through the awe-inspiring South Gate, guarded by an array of imposing gods and demons.



Experience a captivating blend of ancient architecture and awe-inspiring grandeur that feels almost magical.

Discover the fascinating Bayon temple, adorned with its magnificent stone faces that peer in all directions. Explore the grand Baphuon temple and meander through serene parklands, leading to the serene Preah Palilay and Phimeanakas, the private temple of King Jayavarman VII.

Stroll along the Terrace of the Elephants, once a regal ceremonial stage, and admire the intricate bas reliefs at the Terrace of the Leper King, showcasing the region's rich historical and artistic heritage.

After your day of exploring, you will return to Siem Reap in the afternoon where the rest of the day is at your leisure.

**Note:** Please remember that you must cover your shoulders and knees when visiting temples and religious sites. A shawl or scarf is not enough to cover the shoulders, so a light jacket or a shirt with sleeves is required at all times.

Ask us about a sunset cruise with cocktails and canapés on Tonle Sap Lake.

## Day 5: Explore Siem Reap

Enjoy a leisurely breakfast at SEED, the hotel's breakfast restaurant. Today you have a free day to explore the sights and sounds of Siem Reap or, if you prefer, to simply lay by the pool with a good book.

If you're keen to see more of the countryside, we can arrange a day trip to the Kulen Mountains where you can walk side-by-side with Cambodian elephants in their natural environment. Or, for diehard foodies, let us arrange a ride on the back of a Vespa to taste exotic foods and experience the real Siem Reap after dark.

## Day 6-10: Rest, relax and reset on Koh Russey

After breakfast, you will be transferred to Siem Reap Airport for your domestic flight to Sihanoukville. On arrival at Sihanoukville Airport, you are met by your driver who will accompany you to your short speedboat transfer to Koh Russey (or Bamboo Island, in Khmer).

Koh Russey Villas & Resort is a peaceful private island retreat nestled in the Cambodian Riviera, a dream of powder-sand beaches and tropical forests framed by the Gulf of Thailand's emerald waters. The resort offers a restaurant and a beach bar, a spa, a beachfront infinity pool, a gym open 24 hours, and a yoga studio.



The resort occupies an exclusive location, nestled between the western cape and two kilometres of beautiful beaches at the south of the island. This assures magnificent views and makes it a haven for beach and sea activities such as kayaking, stand-up paddle boarding, beach tennis, beach volley, Pétanque, and relaxing beachfront walks.

The resort spa is a blissful sanctuary with five double treatment rooms dedicated to your holistic well-being. Here you can enjoy an included 60-minute treatment each day of your stay, selecting from the following options;

- Khmer Traditional Massage
- Swedish Oil Massage
- Thai or Balinese Massage
- Body Scrub
- DIY - Scrub Workshop

If you're keen to explore more, there are a host of day tours and excursions that can be arranged by the resort, including island hopping, snorkelling, sunset cruising, beach picnics & cinema under the stars.

All meals are included during your stay, which means that the only decision you need to make each day are which relaxing spa treatment you will choose and whether to spend your day poolside or beachside.



Want us to prebook some day trips during your stay? Ask us for details.

## Day 10: Transfer from Koh Russey for departure from Phnom Penh

After enjoying a final breakfast at the hotel, you will return to the mainland via speed boat where your driver guide will transfer you back to Phnom Penh airport for your departure, which will take approximately three hours.

Want to stay longer? Ask us about extending your stay.

# Accommodation

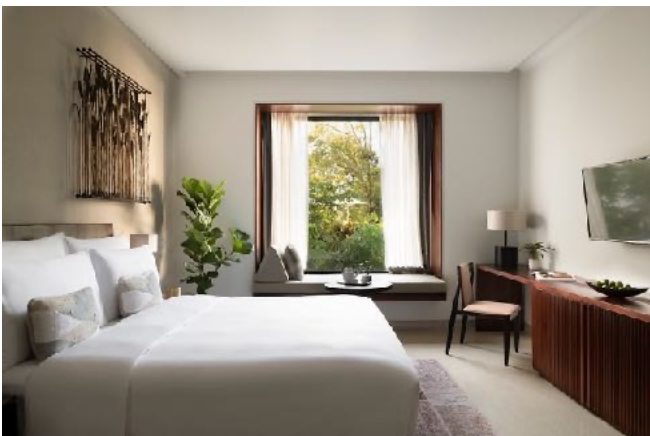
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We've carefully curated the beautiful accommodation on this wellness holiday to bring you comfort and style throughout your trip. Room upgrades can be arranged at all properties - ask us for a quote.



**Raffles Hotel Le Royal**  
State Room

A historic landmark reinterpreted in a contemporary style, Raffles Hotel Le Royal is an elegant boutique hotel, in the heart of Phnom Penh.



**Treeline Urban Resort**  
Deluxe Room

Treeline Urban Resort is a boutique design hotel with a contemporary art space, nestled on the riverside in Siem Reap.



**Koh Russey Resort**  
Garden Pavilion

Koh Russey Resort boasts luxurious pavilions and pool villas, an ideal natural retreat with its 1.2 km private beach facing the open ocean.

## Prices

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Our prices are 'from' prices. This means that the final price may differ depending on your dates, availability of services, and any additional add-ons you may select to tailor your Wellness Holiday.

For a price guideline please [view our website](#) for more details. To receive accurate pricing based on your dates, please request a quote with our Travel Experts.

### Domestic flights

This itinerary and our 'from' prices include various domestic flights. Actual prices may vary according to dates and availability.

### Phnom Penh to Siem Reap to Sihanoukville

Travelling with a group? We can tailor an experience to meet your needs.



## Visa requirements

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When traveling for leisure to Cambodia, there are several visa options available, including:

**E-Visa:** The Cambodian government offers an e-visa option for travellers who plan to visit Cambodia for tourism purposes. This can be applied for online through Cambodia's Ministry of Foreign Affairs and International Cooperation website, and is issued as a single-entry permit allowing a stay for up to 30 days in the country.

**Visa on arrival:** Another option is to obtain a visa on arrival at the airports in Phnom Penh and Siem Reap, and international borders. The 30-day Cambodia tourist visa on arrival can be issued to foreign nationals in advance, or on arrival for at the airport and can be extended up to 30 more days by paying.

It is important to note that visa requirements and processing times can vary depending on your country of citizenship, so it is advisable to check with the Cambodian embassy or consulate in your country.

## Passport

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It is important to ensure that your passport is valid for at least six months beyond your intended stay in the country. This means that your passport should not expire within six months of your planned departure date from Cambodia. If your passport is due to expire within this time frame, you should renew it before applying for a visa or traveling to Cambodia.

Cambodia immigration authorities require a valid passport as a form of identification and for visa processing purposes. It is advised to have at least two blank pages in your passport for visa stamping purposes.

## Health

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We advise consulting with a healthcare professional to determine any required vaccines or medications specific to your travel destination and in relation to your medical history. For more detailed information on vaccination and health requirements, checking the government website for the most updated announcements prior to your departure date is advised. Your health and well-being are of utmost importance, and taking these precautions will help ensure a safe and enjoyable travel experience.

## Travel insurance

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Travel insurance is mandatory for all guests travelling on View Retreats Wellness Holidays. We'll ask you to provide details of your insurance coverage upon booking.

When purchasing travel insurance, it is important to read the policy details carefully to understand the coverage and any exclusions, as well as to compare prices and coverage from different providers to find the best option for your needs.

If you don't already have travel insurance, ask us for details.

## We value your feedback

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At View Retreats, we always strive to provide you with the best possible travel experiences. We believe that your feedback is essential in helping us improve our services and offerings. We would love to hear from you upon your return regarding your Wellness Holiday with us. You can reach us on [feedback@viewretreats.com](mailto:feedback@viewretreats.com).

## Contact us

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If you have any questions, would like to request a quote or customise your own Wellness Holiday, we'd love to assist you further. [Contact us today](#).