



ITINERARY: LAOS & CAMBODIA

Towns in **bold** have small, inexpensive guesthouses/hotels \$5-\$15

Villages are “home stays” with families \$5 bed and \$10 with meals (p.394 Lonely Planet Vietnam, Cambodia, Laos, and Northern Thailand)

Mileage listed are best estimates from maps but usually are a low number, as the river has twists and turns.

- Feb. 26-27: Dress Rehearsal at Ellingson’s in Seattle
- Feb. 28: Fly from Seattle to Ho Chi Minh City, Vietnam, via Seoul, Korea
- March 1: Overnight in Ho Chi Minh
- March 2: Fly from Ho Chi Minh to Pakse, Laos

LAOS

March 2	Pakse Kaemse Guesthouse
March 3	Pakse “launch” Wat Phu Champasak (temple nearby) Paddle to Champasak (15 miles) Overnight stay at Dokchampa Guesthouse Pathoumphan (10 miles) Huay Keua (20 miles)
March 4	Paddle to Mai (22 miles) Leuad Khuay (5 miles from Mai) Nasenphan (20 miles)

March 5 Paddle to **Muang Khong** (22 miles from Mai)
Si Phan Don (Four Thousand Islands) A couple days (?) in what is called the “land of the lotus eaters” and also an area of Irrawaddy Dolphins.
Don Det Crazy Gecko or Mekong Dream Guesthouse
Don Kon Khong View Guesthouse or Pon’s Riverside Guesthouse

March 7 Portage around **Khong Phapheng** Waterfall

CAMBODIA

March 8 Paddle to **Stung Treng** (25 miles from falls)
Overnight at Mekong Bird Lodge (\$) or Golden River Hotel (\$\$)

March 9-10 Paddle and camp along the way, 2 days to **Kratie**

Ph Sundan (50 miles)

Ph Krieng

Sambok Wat (temple) Phnom Sambok

March 10 **Kratie** (15 miles)
Irrawaddy Dolphins area/ Le Tonle Tourism Training Center
or Koh Trong Community Homestay

March 11-12 Paddle and camp along the way for 2 days to Campong Cham

Prek Krieng

Ph Peak Shamlak

Phumi Chlong (15 miles)

Chambak (10-12 miles)

Peam Chileang (35 miles)

Wat Nokor (2.5 k from town) several other temples nearby

March 12 **Kampong Cham** (60 miles from Kratie)
Overnight at Moonriver Guesthouse

Chum Angkor Ban (20 miles)

Phum Ta Poy

Phum Kroch Saech

March 13 **Phnom Penh** (20 miles)
Spend a day visiting Markets, Silver Pagoda, King’s Palace, Nat’l Museum,
Tuoi Sleng Museum of Genocidal Crimes, Killing Fields

Eighty8 Backpackers Hostel

March 14-15 Paddle and camp along the way, arrive at border on March 15 or 16.
Pearn Ro (25 miles)
Neak Lueung (5 miles)
Border (25 miles)
Meet Quang at border and begin Vietnam 10 day
Paddle and Eco Tour (March 15/16 -25/26)

VIETNAM

See Vietnam Eco Paddle Tour Document organized by Dr. Nguyn Minh Quang for March 15/16 -25/26 Vietnam Paddle and Eco Tour details.

March 25 or 26 Ho Chi Minh City
Present \$\$ at Tom's orphanage,
War Remnants Museum, Giac Lam Pagoda, Market

March 28 Flight to Siem Reap/Angkor Wat for Gerk, Dave, Tom, and Deby

March 30 Return to Ho Chi Minh City and Flights home for Deby/Tom/Deb.
Gerk flies to Da Nang. Gerk returns to Seattle TBD

