

Cambodia Expedition Itinerary

After months of planning and building your bespoke expedition itinerary, here it is! This is your day-by-day itinerary that you will take on expedition and use as a guide. You'll need to work as a team of students to ensure you're where you should be, when you're supposed to be there. Don't rely on the adults, this is your expedition! In the developing world, things don't always go according to plan so it is quite common to have to make alternative arrangements as challenges present themselves, but this is all part of expedition life. Enjoy.



	From	To	Remarks
	Build-Up Day	Build-Up Day	The day before departure is spent together as a team making final preparations, checking and dividing up team kit and provisions, agreeing on some expedition ground rules, running through all the paperwork and risk assessments, answering any final questions and, of course, saying goodbye to loved ones. Excitement builds knowing the much anticipated flight is just a few hours away as you try to get some rest ahead of the life changing journey that awaits.
	Build-Up Day	Transit	Travel to the airport in good time to arrange a group check-in and board your flight; the day has finally come to commence your adventure! Tip: You will have plenty of spare time on your flight; use it well! Ensure that your team's Challenger Pack (which will have been given to you at Build-Up Day) and Lonely Planet are circulated around so you can read up on the different phases of the expedition.
1	Transit	Siem Reap	Arrive in Siem Reap. Known as the gateway to the temples of Angkor, Siem Reap is home to old French shop-houses, shady tree-lined boulevards and a slow-flowing river. You'll have a couple of days here to acclimatise to your new surroundings. Tip: Call ahead to arrange a time to meet with Sarath, the Khmer In-Country Agent, in Siem Reap this evening. He may also be able to help with accommodation arrangements if you are still looking for somewhere to stay.
2	Siem Reap	Angkor Wat	Exploring Angkor Wat. Angkor Wat is the largest religious complex on Earth. It is, quite simply, one of the most breath-taking man-made edifices ever. Built between 1113 and 1150 by King Suryavarman II, Angkor Wat is the biggest of a series of temples constructed at the pinnacle of the Khmer Empire. Words don't do justice to the sheer size and imagination of the constructions here. Every year thousands of tourists come to marvel at the gigantic, crumbling structures. Hollywood has visited too, when Ta Prohm was used as a set for Tombraider. The tourist providers in Siem Reap offer all sorts of excursions here, so shop around for the best deals! Tip: With the 24hr pass covered in your expedition budget, get the most out of your time by watching the sun rise and set over this utterly awe-inspiring monolith.
3	Angkor Wat	Project	Project phase. Your project phase is an incredible opportunity to immerse yourself in Cambodian culture and discover how local people live. Your skills can make a real difference here. Get stuck in and respect local customs to have the biggest positive impact.
5	Project	Project	Tip: The more proactive you are, the more you'll get out of the experience. Spend time getting to know your host community and learn as much as you can about their way of life. Remember, your host community will be just as interested in you, so make sure you share some of your culture in return, as well as plan your time before you arrive, so you're not swamped.
6	Project	Project	Your In-Country Agent, Sarath, will be the best source of information for the finer details of your project task, while your Expedition Planning Manager will do their best to ensure you have as much information as possible about the task prior to arrival.
7	Project	Project	You may be the first team on site or continuing work on a larger task that has been started by another team before you. Either way, it is incredibly important that you establish an open and inclusive dialogue with your project hosts. The locals may thank you with ritual dancing or singing at the end of your stay; what might you do to show your appreciation in return?
8	Project	Kampong Cham	From Siem Reap make your way to Kampong Cham, a small town in the south of the country. This will be a transit stop on your journey to Banlung. Tip: The journey south will be a long one, so purchase your favourite snacks and bring a good book to keep you company.
9	Kampong Cham	Banlung	From Kampong Cham continue your journey to Banlung. Prior to arrival contact your trekking guides and make all the necessary arrangements for your trek which begins tomorrow. Your trekking guides will arrange accommodation for the night so don't forget to ask!

10	Banlung	Ratanakiri	Trekking on the outskirts of the Ratanakiri National Park. Diverse terrain, including rolling hills, mountains, plateaus, lowland watersheds and crater lakes, as well as two major rivers (Tonle San and Tonle Srepok), make this one of the most enjoyable and varied places on earth to trek. You won't enter the park itself, but instead visit villages of the Khmer Leou on the outskirts of the reserve.
11	Ratanakiri	Ratanakiri	The Khmer Leou have lived here for over a millennium. Once exploited as slaves by neighbouring empires, the Leou have endured. The region was heavily damaged by bombing during the Vietnam War, but is still renowned for its staggering diversity of flora and fauna. Monkeys, elephants and gaur can all be seen, if you're lucky.
12	Ratanakiri	Banlung	At the end of your trek head back to Banlung for a final night in Ratanakiri province before heading on to your next location. Tip: Soak up the rich natural and cultural heritage and keep your eyes peeled for wildlife.
13	Banlung	Phnom Penh	Source transport south to Phnom Penh, Cambodia's capital city. Rest and relaxation in Phnom Penh. Situated on the banks of the Mekong River, Phnom Penh houses around a seventh of Cambodia's population, and buzzes with a mix of traditional temples, new developments and the legacy of the imperial French past. The vivacity can be misleading: take a trip to Security Office 21 (S-21), a former school that became an integral institution of the Khmer Rouge regime, and glimpse something of the horror Cambodia suffered in the recent past. If you are to appreciate Cambodia's drive and love of life, it's important you glimpse their tragic history too.
14	Phnom Penh	Phnom Penh	Tip: Plan to finish on a high with a visit to one of the many impressive temples in Phnom Penh.
15	Phnom Penh	Transit	Your final day before catching your flight home. Ensure you have all the group kit and arrive at the airport in plenty of time. You should check in at least 3 hours prior to scheduled departure.
	Transit	Home	Getting off the plane, you'll be bursting with stories and photos to keep family and friends entertained for hours! Saying goodbye to your team will be harder than you'd imagine as you'll have become lifelong friends, but the excitement of a shower, clean sheets, a comfy bed, and catching up on all the news at home will make it easier. Don't forget to keep the experience alive and put your images, videos, and best stories up on YouTube, Flickr, and Facebook - remember to tag them all as World Challenge so you can compare notes with other returning Challengers.

* Don't forget all rest and relaxation activities are to be undertaken in accordance with World Challenge risk assessments and will be at the teams own expense, unless otherwise specified. Please note that although swimming may not be specified on the itinerary, the team may have the opportunity to paddle or swim during the course of the expedition.