

A scenic view of the Angkor Wat temple complex in Cambodia at sunset. The golden spires of the temple are silhouetted against a sky with soft, white clouds. In the foreground, a large pond filled with lotus leaves and flowers reflects the temple and the sky. The overall atmosphere is peaceful and majestic.

VIETNAM, LAOS & CAMBODIA

JOURNEY THROUGH *INDOCHINA*

 KEEN  
ADVENTURES



# Traveling to *Vietnam, Laos & Cambodia*

Border-bound on the Eastern edge of *Indochina*, *Vietnam*, *Laos* and *Cambodia* are saturated in political corruption and economic underdevelopment. Travel to this region, however, is booming. Cultural diversity, natural beauty, deep history and untapped potential make this the new must-see destination. Traverse across all three countries for a real taste of the dynamic civilizations of

Southeast Asia. Experience Buddhist traditions and ancient temples in Laos. Discover peaceful serenity in the rice fields of North Vietnam and high energy in the Southern metropolis of *Ho Chi Minh City*. Wander the untouched ruins of *Angkor Wat* and pick up a locally made scarf or lacquerware as a memento of this unforgettable journey. ■

**\*Overland Journeys, & Water Encounters**



## LOCATION

### GEOGRAPHY

**Area** | VIETNAM 332,210 sq km—  
LAOS 236,800 sq km— CAMBODIA  
181,035 sq km

**Capitals** | VIETNAM: Hanoi—  
LAOS: Vientiane— CAMBODIA:  
Phnom Penh

**Population** | VIETNAM  
92,477,857— LAOS 6,695,166—  
CAMBODIA 15,205,539

### LANGUAGE

Official language is Vietnamese;  
Lao; Khmer

### FOOD

**Eat** | *Pho* and *bahn cuon*  
(steamed rice rolls with minced  
pork) in Vietnam; *Laap* (a  
chopped meat “salad”) in Laos;  
*Nom banh chok* or *Khmer noo-*  
*dles* (curry-style noodles often  
served with shredded fish)

**Drink** | *Bia ho'i* (fresh beer) at  
Bia Hoi Corner in Vietnam; Beer  
Lao (cheap, local brew) in Laos;  
Angkor Beer in Cambodia

### IN A WORD

VIETNAM: *Ban* (friend)— LAOS:  
*sohm Mehta* (please)— CAMBO-  
DIA: *jul mouy* (cheers!)

## HIGHLIGHTS

- The Temple of Literature and Vietnam Museum of Ethnology
- Ho Chi Minh Mausoleum in the capital of Vietnam, **Hanoi**
- Beautiful Scenic Hoan Kiem Lake and Ngoc Son Temple
- Kayaking on the azure waters of **Ha Long Bay**
- The sacred Pak Ou Buddha Caves and Kuang Si Waterfalls in **Luang Prabang**
- The fortified city of **Angkor Thom** and the crown jewel of Khmer architecture, Angkor Wat
- The largest freshwater lake in Southeast Asia and a prominent feature of **Cambodia**, Tonle Sap
- Exploring the Ben Thanh Market and Cu Chi tunnels of **Ho Chi Minh City**
- Take a sampan cruise along the tributaries of the Mekong River for a look at local life

## ACTIVITIES

### HIKING/WALKING

The turquoise waters of **Kuang Si Falls**, the moss-covered ruins of **Angkor Wat** and the rice fields surrounding **Tonle Sap** are best seen on foot. Hike along everything from rugged trails to well-maintained walkways to access these incredible sites—plus get a good cardio fix.

### KAYAKING

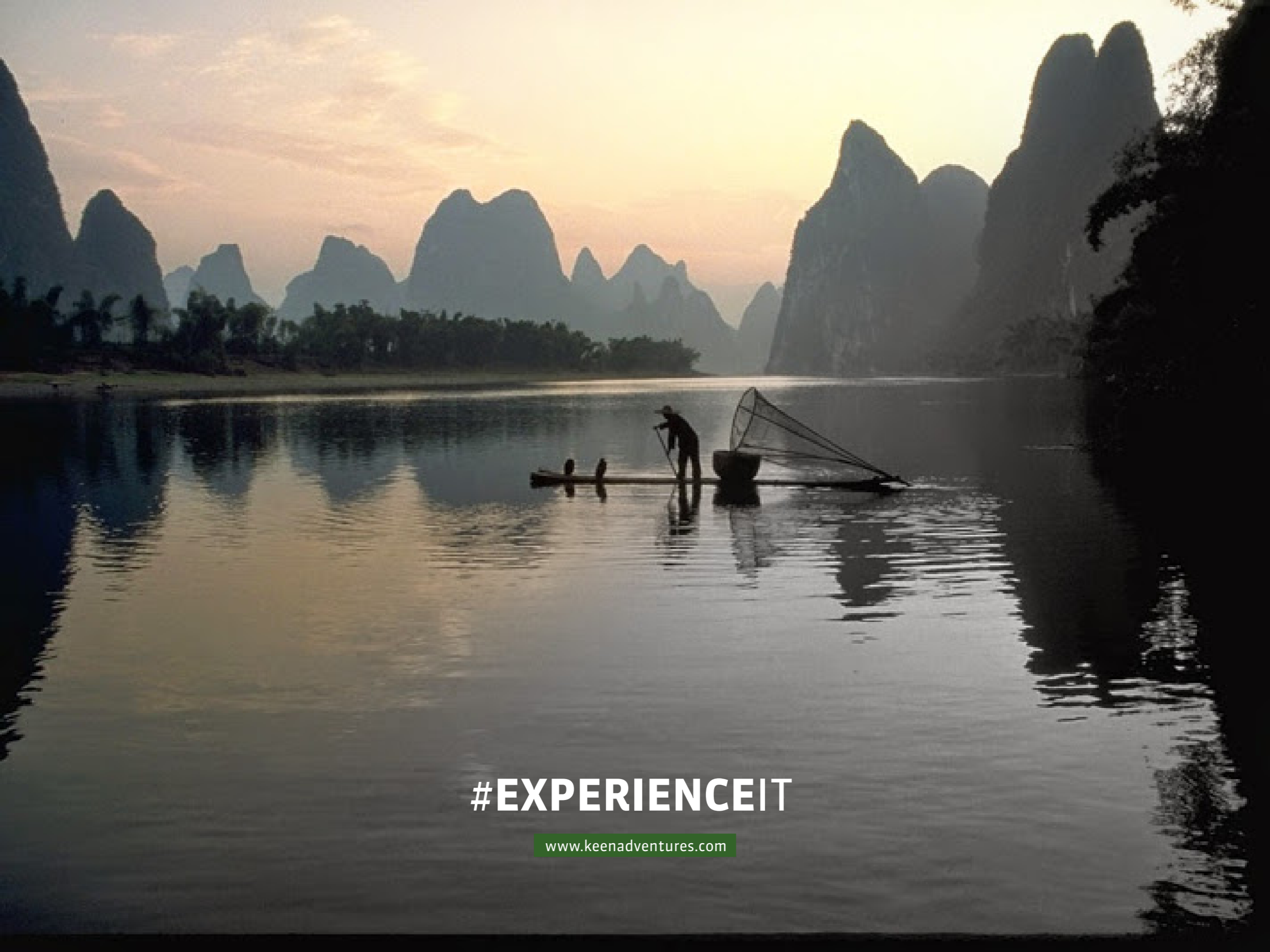
**Ha Long Bay**, named a UNESCO World Heritage Site, features thousands of limestone karsts and isles off the coast of Vietnam. Kayak through the million-year-old formations, and see why it's one of the most beautiful landscapes in the country, and the whole of Southeast Asia.

### CYCLING

Visit the major towns and villages of **Indochina** on two wheels. Cycle along winding roads that weave through rice paddies, or venture down dirt paths of small communities to get a close-up of local traditions and day-to-day tasks.

# vietnam, laos & cambodia

"TRAVEL IS NEVER A MATTER OF MONEY,  
BUT OF COURAGE" **PAULO COELHO**



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