

PAGE  
2

# PLAN YOUR TRIP

YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions  
to help you put together your perfect trip

Welcome to Cambodia .....	2
Destination map .....	4
10 Top Experiences .....	6
Need to Know .....	12
If You Like .....	14
Month by Month .....	16
Itineraries .....	18
Angkor Trip Planner .....	22
Travel with Children .....	28
Regions at a Glance .....	30



**Phnom Penh**

Dining ✓✓  
Bars ✓✓  
Shopping ✓✓

**Siem Reap**

Dining ✓✓  
Shopping ✓✓  
Activities ✓✓

**Dining**  
French bistros abound, and outstanding fusion restaurants blend the best of Cambodian and European flavours. Upscale Cambodian barbecues offer a more local experience.

**Dining**  
Contemporary Khmer, spiced-up street food, fine French and a whole host more, plus legendary Pub St – Siem Reap is where it's happening.

**Shopping**

## Angkor Trip Planner

### When to Go

Monsoon: March-July cool, but general Jan-August hot season, with high ground temperatures and frequent rain.

### Best Temple

Angkor Wat for exceptional experience

### Best Reliefs

Angkor Wat for exceptional experience

### Where to

### Thmer Cuisine

Abundant in the region, this sophisticated blend of French and Khmer ingredients is a must-try for the region.

### Kratie

Gateway to the rain forest, Kratie is a beautiful town with a rich history.



PAGE  
275

# UNDERSTAND CAMBODIA

GET MORE FROM YOUR TRIP

Learn about the big picture, so you can make sense of what you see

Cambodia Today .....	276
History .....	279
Pol Pot & the Legacy of the Khmer Rouge .....	297
The Culture .....	300
Food & Drink .....	311
Environment .....	319

**Kingdoms**  
and end with Angkor.  
present in this area before the 9th century.

**4200 BC**

Cave dwellers capable of making pots inhabit caves around Laang Spean; archaeological evidence suggests the vessels made may be similar to those still made in Cambodia today.

**AD 100**

The process of Indianisation begins with the arrival of Indian traders and holy men; the religions, language and sculpture of India start to take root in Cambodia.

Origin of visitors (%)



If Cambodia 100 people



Many visitors resulted in self-imposed exile to avoid the Khmer Rouge. The Khmer Rouge was a radical communist movement that ruled Cambodia from 1975 to 1979.

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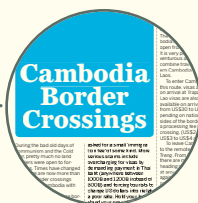
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Directory A–Z .....	326
Transport .....	339
Cambodia	
Border Crossings .....	347
Health .....	352
Language .....	356
Index .....	367
Map Legend .....	375



➤ Every listing is recommended by our authors, and their favourite places are listed first

➤ Look out for these icons:



Our author's top recommendation



A green or sustainable option



No payment required

## PHNOM PENH.....34

AROUND PHNOM PENH.....83

Kien Svay.....83

Koh Dach.....83

Udong.....84

Tonlé Bati.....85

Phnom Tamao Wildlife

Rescue Centre.....86

Phnom Chisor.....87

Kirirom National Park.....87

## SIEM REAP.....88

AROUND SIEM REAP.....113

Prek Toal Bird Sanctuary.....113

Ang Trapeng Thmor

Reserve.....115

Floating Village of Chong

Kneas.....116

Kompong Pluk.....116

Kompong Khleang.....116

Me Chrey.....117

## TEMPLES OF ANGKOR.....118

ANGKOR WAT.....125

ANGKOR THOM.....135

Bayon.....136

Baphuon.....139

Royal Enclosure &

Phimeanakas.....139

Preah Palilay.....140

Tep Pranam.....140

Preah Pithu.....140

Terrace of the

Leper King.....140

Terrace of Elephants.....140

Kleangs & Prasat  
Suor Prat.....140

AROUND ANGKOR  
THOM.....141

Baksei Chamkrong.....141

Phnom Bakheng.....141

Chau Say Tevoda.....142

Thommanon.....142

Spean Thmor.....142

Ta Keo.....142

Ta Nei.....142

Ta Prohm.....142

Banteay Kdei &

Sra Srang.....143

Prasat Kravan.....144

Preah Khan.....144

Preah Neak Poan.....145

Ta Som.....145

Eastern Baray &

Eastern Mebon.....146

Pre Rup.....146

Banteay Samré.....147

Western Baray &

Western Mebon.....147

ROLUOS TEMPLES.....147

Preah Ko.....147

Bakong.....148

Lolei.....148

AROUND ANGKOR.....148

Phnom Krom.....148

Phnom Bok.....148

Chau Srei Vibol.....149

Banteay Srei.....149

Kbal Spean.....152

Phnom Kulen.....152

Beng Mealea.....153

# On the Road

REMOTE ANGKORIAN  
SITES .....154  
Koh Ker .....154

## **SOUTH COAST .....158**

KOH KONG PROVINCE ...160  
Koh Kong City .....160  
Koh Kong Conservation  
Corridor .....164

## **THE SOUTHERN ISLANDS .....168**

Koh Sdach Archipelago...169  
Koh Rong & Koh Rong  
Samloem .....171  
Koh Russei .....173  
Koh Ta Kiev .....174  
Koh Thmei .....174

## **KOMPONG SOM PROVINCE .....174**

Sihanoukville .....175  
Around Sihanoukville ...188

## **KAMPOT PROVINCE .....189**

Kampot .....189  
Around Kampot .....194  
Bokor National Park ....194  
Kep .....195  
Around Kep .....199

## **TAKEO PROVINCE .....200**

Takeo .....200  
Around Takeo .....202

## **NORTHWESTERN CAMBODIA .....204**

KOMPONG CHHNANG  
PROVINCE .....205  
Kompong Chhnang .....205

PURSAT PROVINCE .....209  
Pursat .....209  
Kompong Luong .....211  
Northern Cardamom  
Mountains .....211

## **BATTAMBANG PROVINCE .....212**

Battambang .....212  
Around Battambang ....220

## **PAILIN PROVINCE .....222**

Pailin .....222  
Samlaut .....224

## **BANTEAY MEANCHEY PROVINCE .....224**

Poipet .....224  
Sisophon .....227  
Banteay Chhmar .....228

## **ODDAR MEANCHEY PROVINCE .....229**

Anlong Veng .....229

## **PREAH VIHEAR PROVINCE .....231**

Tbeng Meanchey .....232  
Prasat Preah Vihear .....233  
Chhep Vulture-Feeding  
Station .....235  
Preah Khan .....235

## **KOMPONG THOM PROVINCE .....238**

Kompong Thom .....238  
Around Kompong Thom .240

Around Kompong Cham .248

## **KRATIE PROVINCE .....250**

Kratie .....251  
Around Kratie .....253  
Chhlong .....254

## **STUNG TRENG PROVINCE .....254**

Stung Treng .....255  
Around Stung Treng ....257

## **RATANAKIRI PROVINCE .....258**

Ban Lung .....258  
Around Ban Lung .....264

## **MONDULKIRI PROVINCE .....267**

Sen Monorom .....268  
Around Sen Monorom ...271

Seima Protection Forest .272

Mimong .....272

Koh Nhek .....273

## **EASTERN CAMBODIA .....243**

KOMPONG CHAM  
PROVINCE .....245  
Kompong Cham .....245

## › Cambodia



# Top Experiences ›



# how to use this book

These symbols will help you find the listings you want:

Sights	Tours	Drinking
Beaches	Festivals & Events	Entertainment
Activities	Sleeping	Shopping
Courses	Eating	Information/Transport

These symbols give you the vital information for each listing:

Telephone Numbers	Wi-Fi Access	Bus
Opening Hours	Swimming Pool	Ferry
Parking	Vegetarian Selection	Metro
Nonsmoking	English-Language Menu	Subway
Air-Conditioning	Family-Friendly	Tram
Internet Access	Pet-Friendly	Train

Reviews are organised by author preference.

Look out for these icons:

	Our author's recommendation
	No payment required
	A green or sustainable option

Our authors have nominated these places as demonstrating a strong commitment to sustainability – for example by supporting local communities and producers, operating in an environmentally friendly way, or supporting conservation projects.

## Map Legend

### Sights

- Beach
- Buddhist
- Castle
- Christian
- Hindu
- Islamic
- Jewish
- Monument
- Museum/Gallery
- Ruin
- Winery/Vineyard
- Zoo
- Other Sight

### Activities, Courses & Tours

- Diving/Snorkelling
- Canoeing/Kayaking
- Skiing
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity/Course/Tour

### Sleeping

- Sleeping
- Camping

### Eating

- Eating

### Drinking

- Drinking
- Cafe

### Entertainment

- Entertainment

### Shopping

- Shopping

### Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

### Transport

- Airport
- Border Crossing
- Bus
- Cable Car/Funicular
- Cycling
- Ferry
- Metro
- Monorail
- Parking
- Petrol Station
- Taxi
- Train/Railway
- Tram
- Other Transport

### Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed Road
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian
- Overpass
- Walking Tour
- Walking Tour Detour
- Path

### Geographic

- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

### Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

### Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

### Hydrography

- River, Creek
- Intermittent River
- Swamp/Mangrove
- Reef
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Glacier

### Areas

- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Park/Forest
- Sportsground
- Sight (Building)
- Top Sight (Building)



## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Nick Ray

**Coordinating Author; Siem Reap, Temples of Angkor, Northwestern Cambodia, Eastern Cambodia**

A Londoner of sorts, Nick comes from Watford, the sort of town that makes you want to travel. He lives in Phnom Penh with his wife, Kulikar, and his young children, Julian and Belle. He has written for countless guidebooks on the Mekong region, including Lonely Planet's *Cambodia*, *Vietnam* and *Laos* books, as well as *Southeast Asia on a Shoestring*. When not writing, he is often

exploring the remote parts of Cambodia as a location scout and manager for the world of television and film, and he has been involved in movies including *Tomb Raider* and *Two Brothers*. Motorbikes are a part-time passion (riding them a passion, maintaining them part-time) and he has travelled through most of Indochina on two wheels.



### Greg Bloom

**Phnom Penh, South Coast** After five years in Manila, Greg crossed the pond to 'small-town' Phnom Penh in 2008 and immediately took a liking to the city. He's spent ample time researching its restaurants and bars ever since. That said, he'd move to Cambodia's southern islands in a heartbeat if he had an excuse. When not writing about Cambodia and the Philippines for Lonely Planet, Greg might be found poking around the former Soviet Union (he was editor of the *Kyiv Post* in

another life) or running around Asia's ultimate Frisbee fields. Read about his trips at

[www.mytripjournal.com/bloomblogs](http://www.mytripjournal.com/bloomblogs).

Read more about Greg at:  
[lonelyplanet.com/members/gbloom4](http://lonelyplanet.com/members/gbloom4)

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# itineraries

*Whether you've got a week or a month, these itineraries provide a starting point for a journey to remember. Want more inspiration? Head online to [lonelyplanet.com/thorntree](http://lonelyplanet.com/thorntree) to chat with other travellers.*



## Two Weeks Cambodia Snapshot

This is the ultimate journey, via temples, beaches and the capital. Hit **Phnom Penh** for its impressive **National Museum** and stunning **Silver Pagoda**. There's superb shopping at the **Psar Tuol Tom Pong**, and a **night shift** that never sleeps.

Take a fast boat to **Phnom Da**, then go south to the colonial-era town of **Kampot**. From here, visit Bokor Hill Station, the seaside town of **Kep** and nearby cave pagodas.

Go west to **Sihanoukville**, Cambodia's beach capital, to sample the seafood, dive the nearby waters or just soak up the sun. Backtrack via Phnom Penh to **Kompong Thom** and visit the pre-Angkorian brick temples of **Sambor Prei Kuk**.

Finish the trip at Angkor, a mind-blowing experience with which few sights compare. See **Angkor Wat**, perfection in stone; **Bayon**, weirdness in stone; and **Ta Prohm**, nature triumphing over stone – before venturing further afield to **Kbal Spean** or jungle-clad **Beng Mealea**.

This trip can take two weeks at a steady pace or three weeks at a slow pace. Public transport serves most of this route.



## One Month The Big One

Cambodia is a small country and even though the roads are sometimes bad and travel can be slow, most of the big hitters can be visited in a month.

Setting out from the hip capital that is **Phnom Penh**, take in the beauty of the northeast, following the Run to the Hills itinerary. Choose between **Ratanakiri Province** and the volcanic crater lake of Boeng Yeak Lom, or **Mondulkiri Province** and the original Elephant Valley Project to ensure maximum time elsewhere. The gentle hills of Monduliri are better for budget travellers as traversing overland is easy, while Ratanakiri makes sense for those planning an overland journey between Cambodia and Laos. Both offer new primate experiences for those that fancy a bit of monkey business along the way. Tough choice...can't decide? Flip a coin, if you can find one in this coinless country.

Head to the South Coast, taking the route outlined in the Cambodia Snapshot itinerary. Take your time and consider a few nights in **Kep** or on one of the nearby islands, and a boat trip from **Sihanoukville** to explore the up-and-coming islands off the coast. Turning back inland, check out **Kirirom National Park**, home to pine trees, black bears and some spectacular views of the Cardamom Mountains.

Then it's time to go northwest to charming **Battambang**, one of Cambodia's best-preserved colonial-era towns and a base from which to discover rural life. Take the proverbial slow boat to **Siem Reap**, passing through stunning scenery along the snaking Sangker River, and turn your attention to the **temples of Angkor**.

Visit all the greatest hits in and around Angkor, but set aside some extra time to venture further to the rival capital of **Koh Ker**, which is cloaked in thick jungle, or **Prasat Preah Vihear**, a mountain temple perched precariously atop a cliff on the Thai border.

Overlanders can run this route in reverse, setting out from Siem Reap and exiting Cambodia by river into Vietnam or Laos. Entering from Laos, divert east to Ratanakiri before heading south. Getting around is generally easy, as there are buses on the big roads, taxis on the small roads and buzzing boats on the many rivers.



ANGKOR BLOOMING/STONELY PLANT IMAGES ©



TIM HALL/GETTY IMAGES ©

- » (above) Ta Prohm temple (p142), Angkor
- » (left) Fishing boats, Kompong Cham (p245)



## Two Weeks Untamed Cardamoms

Get a sense of the diverse ecosystems of the Cardamom Mountains along the Koh Kong Conservation Corridor. Start at one-time smugglers' port **Koh Kong**, a good base for day trips through the pristine mangrove forests of **Peam Krasaop Wildlife Sanctuary**, and to **Koh Kong Island**, with seven unspoiled beaches. Then travel inland by moto or boat to the **Tatai River**, where ecologically sustainable accommodation is available. Drive to **Thma Bang ranger station** to explore the Areng River habitats of the endangered dragonfish and Siamese crocodile.

Continue east along NH48 to **Andoung Tuek** and cruise upriver to **Chi Phat**, a pioneering community-based ecotourism project. Return to Andoung Tuek and set your sights on the **Koh Sdach Archipelago**, off **Botum Sakor National Park**. There's accommodation on **Koh Sdach** and **Koh Tatong**, both near excellent snorkelling grounds.

A daily boat links Koh Sdach with Sihanoukville, where you can continue island hopping to the popular **Koh Rong** and **Koh Rong Samloem** or explore more ecotourism opportunities in nearby **Ream National Park**.

## Ten Days Run to the Hills

Northeast Cambodia, a notably much cooler region of rolling hills and secret waterfalls, is home to a patchwork of ethnic minorities.

Leaving **Phnom Penh**, pass through the bustling Mekong town of **Kompong Cham** before heading east to **Sen Monorom**, the charming capital of Mondulkiri Province. Spend a few days here to walk with the herd at the Elephant Valley Project and explore Bunong villages before heading back to the Mekong at **Kratie**, for an encounter with elusive Irrawaddy river dolphins.

Push north up the Mekong to **Stung Treng Province**, site of several budding ecotourism excursions. To the east lies **Ban Lung**, capital of Ratanakiri Province and base for an adventure to remember. From here plunge into Cambodia's most beautiful natural swimming pool at **Boeng Yeak Lom**, visit ethnic-minority villages around **Voen Sai**, or trek deep into the forests of **Virachey National Park**.

This trip is easy to manage using share taxis or pick-ups, but it's a challenge in the wet season. Experienced motorbikers can link Mondulkiri and Ratanakiri Provinces via **Koh Nhek** village on one of Cambodia's more devilish roads.

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