



Wanderlust & Lipstick
P.O. Box 16102
Seattle, WA 98116

Vietnam and Cambodia Women-only Tour 2011

Itinerary dates: February 10 – 26, 2011

Tour leader: TBD

This 17-day **women-only tour** to **Vietnam and Cambodia** is an opportunity to explore these Southeast Asian countries including their **history, culture, ethnic communities, landscape and food**.

The group will **trek through ethnic tribal villages** in the north, participate in a **hands-on cooking class**, cruise the **Mekong Delta**, and tour some of the country's most interesting **temples and museums**.

Local English-speaking guides will accompany the group, providing extensive background on all you'll be experiencing.

Consider arriving in Hanoi, where the adventure begins, at least one day early in case of delays.

February 10, 2011

Day 1 – Arrive in Hanoi (D)

Upon arrival in Hanoi you will be met and transferred to the hotel. In the evening, a local tour guide will meet the group at the hotel for a **trip briefing**, followed by a **welcome dinner** at a fine local restaurant for the opportunity to sample specialty dishes of Hanoi.

February 11, 2011

Day 2 – Hanoi (B, L)

This day will be spent exploring Hanoi to see what this vibrant and cosmopolitan city has to offer. During the morning, the group will visit **Ho Chi Minh's Mausoleum**, his former **house on stilts**, the **One Pillar Pagoda** and the ancient **Temple of Literature**. You'll then sample some of the wonderful fresh dishes that Vietnam is famous for over lunch. In the afternoon, take a **one-hour rickshaw journey** through the 36 streets that make up the "Old Quarter" of town.

February 12, 2011

Day 3 – Hanoi – Mai Chau (B, L, D)

After breakfast, the group will depart for **Mai Chau**, stopping along the way at a **Thai ethnic village**, where you'll get to see how these tribal people live. You'll have lunch at an traditional ethnic home and afterward enjoy a **2.5 hour walk**. Overnight at a home on stilts in Mai Chau.

★ **HIGHLIGHT!** The drive to Mai Chau is a feast for the eyes as you will be driving past mountains and bountiful rice fields. You'll then be treated as an honored guest at the overnight homestay.

February 13, 2011

Day 4 – Mai Chau Trek (B, L, D)

On this day, the group will drive to Sa Linh, part of the **H'mong ethnic community**. You'll have time for a 2-hour trek through the mountains to **Hang Kia Valley**. Then enjoy a picnic lunch in a **local H'mong house** and continue walking to **Pa Co Village**. You'll then visit a tea farm and meet the driver for a transfer back to the spectacular **Mai Chau Lodge**.

February 14, 2011

Day 5 – Return to Hanoi (B, L)

After breakfast, the group will drive to **Co Luong**, where you'll enjoy a **2-hour walk** to two ethnic minority villages. You'll then head back to **Mai Chau Lodge** where you'll enjoy lunch and, afterward, drive back to Hanoi.



HIGHLIGHT! You'll revel in the peace and quiet of the walks to the ethnic minority villages.

February 15, 2011

Day 6 – Hanoi – Overnight train to Hue (B, L)

In the early morning, the group will have the opportunity to join the locals around **Hoan Kiem Lake** for Tai Chi. After breakfast you'll learn the secrets to preparing a great Vietnamese dish on this half-day **hands-on cooking class** at the Hanoi Cooking Centre.

The afternoon is free for you to enjoy your time in Hanoi before transferring to the station for the overnight train to Hue.



HIGHLIGHT! Prior to the cooking class, you'll visit a market to learn about the fresh ingredients you'll be working with. You'll then create your own dishes and enjoy them for lunch along with a complementary local beer or wine. Take home detailed recipes cards!

February 16, 2011

Day 7 – Hue (B, L)

The group will arrive in Hue via train in the morning and enjoy a guided tour to the **Citadel**, the **Imperial City**, and the **Forbidden Purple City**. At midday you'll be taken to a pagoda where you may have the chance to watch monks chant and then join the nuns for a vegetarian lunch (subject to availability and festivals).

After lunch the group will take a dragon boat cruise down the **Perfume River** visiting the **Thien Mu Pagoda** and the **Royal Tombs**.



HIGHLIGHT! Hue is known for its **ancient architecture**. A visit here is the opportunity to learn about Vietnam's long history and to visit some of the most beautiful sites in the country.

February 17, 2011

Day 8 – Hue to Hoi An (B)

This day takes the group on a drive over the Hai Van mountain pass to **Danang**, with a visit to the **Cham Museum** along the way. Upon arrival in **Hoi An**, you'll check in to the hotel and spend the afternoon on a walking tour of the ancient town center which may include a visit to **former merchants' houses**, the **400 year-old Japanese covered bridge**, the **colorful local market** and a **cultural performance**.

★ **HIGHLIGHT!** The **Cham Museum** is filled with artifacts dating from the 7th to 15th centuries and provides an excellent insight into the Cham people through their sculptures and architecture.

February 18, 2011

Day 9 – Hoi An (B)

After breakfast, the group will take a short **boat trip** to visit local **handicraft villages** where local wine is brewed and crafts are carved. A short walk away is the always active boat building yard on the bank of the river. After this visit, you'll head back to Hoi An and enjoy the **afternoon at leisure** for shopping, a relaxing massage or for just sitting poolside.

★ **HIGHLIGHT!** **Hoi An** is hands-down the most charming of all of Vietnam's towns. There will be no shortage of things to do here, including having some **clothes hand-tailored**.

February 19, 2011

Day 10 – Flight to Saigon (B)

Early in the morning, the group will drive to Danang and transfer to the airport for the **morning flight to Saigon**. After lunch and checking into the hotel, you'll have time to tour this vibrant city. Depending on the time, you might visit: the **Reunification Palace**, the **Post Office**, **Notre Dame Cathedral**, **Lam Son Square**, **Ben Thanh Market**, **Thien Hau Pagoda** and the **Museum of Ho Chi Minh**.

February 20, 2011

Day 11 – Saigon (B, L)

This morning the group will head west out of the city and arrive at the unusual **Cao Dai Temple** in time for noon prayers. After lunch, you'll visit the **Cu Chi tunnels**, an incredible underground network where over 10,000 Vietcong troops lived and fought.

★ **HIGHLIGHT!** The **Cao Dai** religion is an interesting mix of Buddhism, Confucianism, Taoism, Christianity and Islam. The **temple** itself, and the prayer service, is like nothing you'll see elsewhere.

February 21, 2011

Day 12 – Mekong Delta (B, L)

Today the group will spend the day on the beautiful Cai Be Princess boat exploring the fascinating **life on the Mekong River**. Visit a **floating market**, a **beautiful island** and dine at a superb Indochine restaurant. This day is the ideal way to spend time on the delta.

February 22, 2011

Day 13 – Saigon (B)

This is a free day in the city for you to explore and enjoy.

★ **HIGHLIGHT!** Saigon is a bustling city filled with energetic entrepreneurs. This day is free for you to see what makes Saigon tick – whether you want to shop, visit museums, markets or just relax by the river.

February 23, 2011

Day 14 – Flight to Siem Reap, Cambodia (B)

On this day, the group will **depart for Cambodia** and be transferred to the airport for the flight to Siem Reap. Upon arrival, a local English-speaking guide will meet you and transfer the group to the hotel. The rest of the day is at leisure.

★ **HIGHLIGHT!** Siem Reap, though relatively small, has become a choice destination for expats. As a result, there are dozens of cafes, restaurants, shops and massage parlors centered “downtown”. You might choose to people watch at a cafe or just relax poolside at your hotel.

February 24, 2011

Day 15 – Angkor Wat (B)

Today’s highlight will undoubtedly include the fortified city of **Angkor Thom**, one of the most evocative sights at Angkor with its 200 faces smiling down on the observer. The afternoon will be spent discovering the sights of **Angkor Wat** (though current remodeling may not make for the best photos). Today you may also have the chance to visit **Banteay Srei, Preah Khan, Preah Neah Pean** and **Ta Som**.

★ **HIGHLIGHT!** The Angkor Wat complex will obviously be a highlight of this day, but don’t discount the beauty and subtlety of the other temples located around this region. You may leave having a surprise favorite.

February 25, 2011

Day 16 – Siem Reap (B)

During the morning, the group will head out on a boat to visit **floating villages** on the Tonle Sap River. On the way back to Siem Reap, you’ll visit Banteay Srey temple as well as the **Landmine Museum** with the rest of the day at leisure.

February 26, 2011

Day 17 – Siem Reap (B)

Depending on the departure time of your flight, you may have time to explore the little city of Siem Reap before heading to the airport.