



You Travel Whangarei
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Introducing your host:

Tonya Russell is a qualified Life Coach and Yoga instructor.

Join Tonya on a voyage of discovery that not only explores new landscapes but also seeks a fresh perspective and insight.

"There is no greater journey than the one that you must take to discover the mysteries and magic that lie within you"

Michelle Sandhi



Imagine gifting yourself time for a voyage of discovery

As we journey down the mighty Mekong river you'll be guided through beautiful landscapes and three group coaching sessions, exploring the three steps to creating and living the life you love.

Wellness Program includes:

- five integrated yoga classes
- one on one coaching session

Your journey begins before you the tour leaves New Zealand with an opportunity to meet one on one with Tonya for a free coaching and group session



A journey of discovery to Cambodia & Vietnam Hosted by Tonya Russell

Saturday 29th September - Our journey begins this evening.

Today our group departs Whangarei by mini coach to travel together to Auckland International Airport

Sunday 30th September

Upon arrival in Siem Reap we will be met and transferred to our accommodation.

Siem Reap (**Khmer**: ក្រុងសៀមរាប, pronounced [\[siəm riəp\]](#); **Thai**: สี่แยกราช) is the capital city of [Siem Reap Province](#) in north western [Cambodia](#). It is a popular [resort town](#) and a gateway to the [Angkor](#) region.

Siem Reap has colonial and Chinese-style architecture in the Old French Quarter, and around the Old Market. In the city, there are museums, traditional [Apsara](#) dance performances, a Cambodian cultural village, souvenir and handicraft shops, silk farms, rice-paddies in the countryside, fishing villages and a bird sanctuary near the [Tonle Sap Lake](#).

This afternoon join a guided tour of Angkor Wat



Take a half-day tour of Angkor Wat and later watch the spectacular sunset from Bakheng Mountain. Explore the statues and intricate carvings of the temple complex and later marvel at the stunning views of Angkor Wat from the mountain as the sun goes down.

30th September to 1st October 2018 Overnight in Siem Reap at a 4* hotel including breakfast



Monday 1st October 2018

Day 1 *Siem Reap, Prek K'dam, Embark Ship*

This morning we will be met and transferred to Prek K'dam to embark our river ship for your eight-day Mekong River cruise. Settle in to your suite before an exclusive Luke Nguyen welcome dinner showcasing the diverse flavours from the region.

Meals: Lunch, Dinner

Tuesday 2nd October 2018

Day 2 *Kampong Chhnang, Koh Chen*

Daily: Yoga before breakfast with Tonya

Today brings an authentic glimpse into the local way of life as we explore Kampong Chhnang, the 'Clay Pot Port'. Here, the local people craft pottery under their stilt homes on the river.

A small boat ferries us near wetlands, to watch out for water birds and traditional fishing traps near the riverbank.

When we return to our ship we voyage towards the village of Koh Chen.



During this time we will have our first group coaching session

Session 1: Know what you want:

Where we focus on where we are at and consider where we would like to be.

When we arrive in Koh Chen we stroll through the fine silverware and copperware workshops.

Meals: Breakfast, Lunch, Dinner

Wednesday 3rd October 2018

Day 3 *Oudong, Kampong Tralach, Phnom Penh*

Daily: Yoga before breakfast with Tonya

Today is a very special day. Including; yoga, a Monk's blessing, visit to a Wat and enjoy an ox cart ride through the country side.

It begins with a coach ride to Oudong, the historic Royal capital of Cambodia (1618-1866). Here, we have a truly unique experience in on a local monastery. We are met and blessed by Buddhist monks.

From here, we continue to the village of Kampong Tralach for a visit to the Wat Kampong Tralach Pleu pagoda. Then, take an exciting ox cart ride through the countryside, passing lush rice fields and smiling locals on our way back to your ship.

Later this evening, we arrive in Cambodia's buzzing capital, Phnom Penh.

Meals: Breakfast, Lunch, Dinner

Thursday 4th October 2018

Day 4 *Phnom Penh*

Daily: Yoga before breakfast with Tonya

Welcome to Phnom Penh. This city was once called "the Paris of the East". Despite its rapid development, it has retained a lot of its rustic charm and elegance. It is an amazing town to bespeak centuries of incredible history and culture which can still be felt at many street corners.

We start a full day of sight-seeing tours, right after breakfast.

Given the nature of the history, today is a day of choices.



Buddhist Blessing

Partake in an authentic Buddhist blessing at the Monastery of Oudong

Freedom of Choice Sightseeing:

You may wish to discover some of Cambodia's sobering history, with a moving excursion to the infamous Killing Fields. Afterwards, visit the Tuol Sleng Genocide Museum, located on the site of the Khmer Rouge's notorious Security Prison 21 (S-21). Here, you'll learn of the atrocities inflicted upon Cambodians during Pol Pot's Khmer Rouge regime in the mid-to-late 1970s.

Or, perhaps you would prefer to enjoy a guided tour of the dazzling white and gold Royal Palace and Silver Pagoda, which is located on the south side of the palace complex and houses many national treasures.



Or explore this historic city's rustic charm and elegance on guided tuk tuk tour, which provides an authentic way in which to take in a range of city sights, including the Independence Monument and Wat Phnom.

Another option is a visit to the National Museum of Cambodia.



Meals: Breakfast, Lunch, Dinner

Friday 5th October 2018

Day 5 *Phnom Penh, Border Crossing*

Daily: Yoga before breakfast with Tonya

*Individual coaching sessions start today.
"Create a life you love"*



With a free morning in Phnom Penh, you may like to schedule your one on one coaching session, or maybe you would prefer to enjoy a restful start to the day aboard your ship.

Perhaps there is more you would like to see, so you could “seize the day make it extraordinary” by heading out on your own to discover the attractions, you have not yet covered. The APT Cruise Director will be happy to provide inspiration should you need it.

The *coaching sessions* will continue in the afternoon, as border formalities are carried out and we cross into Vietnam.



Alternatively, you might like to take in a fruit-carving demonstration by one of the ship’s chefs, or simply sit back, relax and watch daily life unfold on the riverbanks. Gliding between the two countries can be a distinct experience in itself.

After entering Vietnam, our ship will continue to cruise overnight towards Tan Chau.

Meals: Breakfast, Lunch, Dinner

Saturday 6th October 2018

Day 6 *Tan Chau, Evergreen Island*

Daily: Yoga before breakfast with Tonya

A day out of the ordinary, a floating fish farm, a rickshaw tour, an Island visit and our coaching...

Group Session 2 Explores what we need to do to make that happen.

Considering the question....what are my next inspired steps?

After yoga and breakfast, we transfer to a small boat for a journey along the tiny tributaries that snake around the riverside town of Tan Chau.

We cruise right past a floating fish farm, then step ashore for a rickshaw tour of Tan Chau.

We ride past shops, rice wine rooms and friendly locals eager to say hello. Later, we’ll step back in time during a visit to an evergreen island and experience authentic rural Mekong life.



When we return to the ship we continue the journey towards “*creating and living a life you love*” by considering our next inspired steps in our second coaching session. The remainder of the day is left free to relax on board the luxurious Ama Lotus and observe rural Mekong

Meals: Breakfast, Lunch, Dinner

Sunday 7th October 2018

Day 7 Sa Dec, Cai Be

Daily: Yoga before breakfast with Tonya

A day of romance in the orient, with a Gothic French backdrop

We begin our morning cruising past scenes of charming rural life, towards in the quaint town of Sa Dec.

During this time individual coaching sessions are available

This delightfully sleepy locale of Sa Dec is where French writer Marguerite Duras met her Vietnamese-Chinese lover, Huynh Thuy Le.



On arrival, tour Huynh Thuy Le's old house and learn the story behind Marguerite Duras' best-selling novel, 'The Lover'.

Later, we pay a visit to a traditional Cao Dai temple. Watch visitors and pilgrims come and go, and appreciate the beauty of the building.



During the afternoon we continue to Cai Be.

Once here, step ashore to visit the French Gothic cathedral as well as the colourful port area, which is filled with crumbling colonial buildings and delightful flowering gardens

Afterwards, we visit a rice paper manufacturer and learn about how this traditional Vietnamese food is made.

Meals: Breakfast, Lunch, Dinner

Monday 8th October 2018

Day 8 My Tho, Disembark Ship, Depart Ho Chi Minh City (Saigon)

Today our journey on RV Ama Lotus comes to an end. After breakfast we disembark at My Tho Port and transfer to Ho Chi Minh City.

It is also the day of our final group coaching session

Session 3. Reflection

With a focus on noticing the results your actions create. A gentle reminder to keep taking the steps in the direction of your dreams, to create and live the life you love. Plus, exploring ideas around flexibility to change.

When settled into our hotel there is the option of a guided walking tour of Ho Chi Minh city. Dinner this evening is at your own expense. It would be lovely for the group to dine together for our final evening.

Recommendation:

KOTO Kumho – a Training Restaurant 3rd Floor Rooftop, Kumho Link Plaza, 39 Le Duan, Ben Nghe Ward, District 1, Ho Chi Minh City

This is the Saigon arm of the renowned organisation, KOTO that began in Hanoi a decade ago. KOTO stands for “Know One, Teach One”

The ethos of KOTO’s founder, Jimmy Pham, a Vietnamese-Australian is to help young people get a start in the hospitality industry and on a path for a better life.

And there is the opportunity to be part of this experience by enjoying Vietnamese food prepared with innovative twist by these young people during our stay



8th to 9th Oct 2018 Overnight in a 4* hotel in Ho Chi Minh

Tuesday 9th October 2018

A leisurely morning to enjoy some last minute bargain hunting at the Ben Thanh Central Market, treat yourself to a luxurious massage or just enjoy the sights and sounds of Ho Chi Minh City.

At midday you will be transferred to the airport for your return flight.

*** Optional Singapore Stopover: 2 nights plus late check-out in a 3* hotel including sightseeing tour, and return airport transfer available. \$500 per person share twin basis, \$800 single room.**

Wednesday 10th October 2018

On arrival you will be met and transferred back to Whangarei by mini bus (available with a minimum group size of 8)

Prices

(All prices quoted in New Zealand dollars unless otherwise specified)

Share twin: \$6995.00 per person

Visa fees: Vietnam and Cambodia visa processing fees \$200.00

If you are travelling on your own, however are willing to share a room please register your interest to share. If a suitable roommate is not available, the single supplement will apply.

Single room supplement: \$2000

Minimum numbers for tour to be guided from New Zealand: 10 clients

Maximum spaces available: 7 cabins or 14 clients

Package includes:

- **Coach travel Whangarei – Auckland – Whangarei (based on 8 passengers)**
- **Airfares Auckland – Singapore – Siem Reap /Saigon – Singapore – Auckland**

- **Siem Reap Stopover includes:**
 - Arrival transfer
 - 1 night 3* hotel accommodation with breakfast
 - ½ day sightseeing tour

- **River Cruise from Siem Reap to Saigon includes:**
 - 7 nights accommodation in a superior balcony cabin
 - Breakfast, Lunch & Dinner daily served with beverages
 - Daily Sightseeing as highlighted in your cruise itinerary
 - Transfer from My Tho to Saigon

- **Saigon Stopover includes:**
 - 1 night 3* hotel accommodation with breakfast
 - ½ day sightseeing tour
 - Transfer from hotel to airport

Tonya Russell – Yoga teacher and Life coach “Wellness Program” includes

- three group coaching sessions,
 - Exploring the three steps to creating and living the life you love.
- five integrated yoga classes
- one on one coaching session

Travel Insurance: *** (Please note there may be an age surcharge or surcharges for pre-existing medical conditions) ***

Allianz Travel Insurance
Price per person

\$130 ***

*** *Based on:*

- *All passengers being under 66 years old, with no pre-existing medical conditions,*
- *Comprehensive policy, 11 days travel to Vietnam, with a \$200 excess*

DEPOSITS & PAYMENT

Payment for these arrangements would be due as follows:

Deposit: \$2500.00 per person to confirm your place*

Recommend: \$130 insurance to be paid at the same time.

*Minimum numbers for tour to be guided from New Zealand – 10 clients

Maximum spaces available 14 clients or 7 rooms.

Further deposit \$2,000 per person

Due by: 30th April 2018

Final Payment due: 31st July 2018

DEPOSITS & PAYMENTS & PRICES



*** DEPOSIT & PAYMENT ***

A Deposit is required as confirmation of your acceptance of a travel booking. The amount of deposit differs from trip to trip, and in many cases may be the full amount. Once the deposit has been paid we will proceed to make the necessary reservations for you. The deposit is part payment of the full price.

Our prices are based on payment by cash, eftpos, cheque, or direct credit. Cheques will be accepted if payment is made more than 10 days before departure.

Credit card fees apply at the following surcharges:

- 2% for Visa or Mastercard
- 3% AMEX or Diners or Q-Card

*** PAYMENT BY INTERNET BANKING ***

NOTES



CLIENT INFORMATION FORM

(Please can you fill this out so we can keep our information up to date)

First & Last Names (as shown in passports). *Please note that where Airline bookings and tickets do not match exactly as written and spelt in the travellers passport, boarding may be denied, or ticket reissue fees charged*

Passenger Surname	Passenger First Name:	Title: Mr/Mrs/Ms/Miss	Date of Birth
1: _____	: _____	: _____	: ____ / ____ / _____
2: _____	: _____	: _____	: ____ / ____ / _____