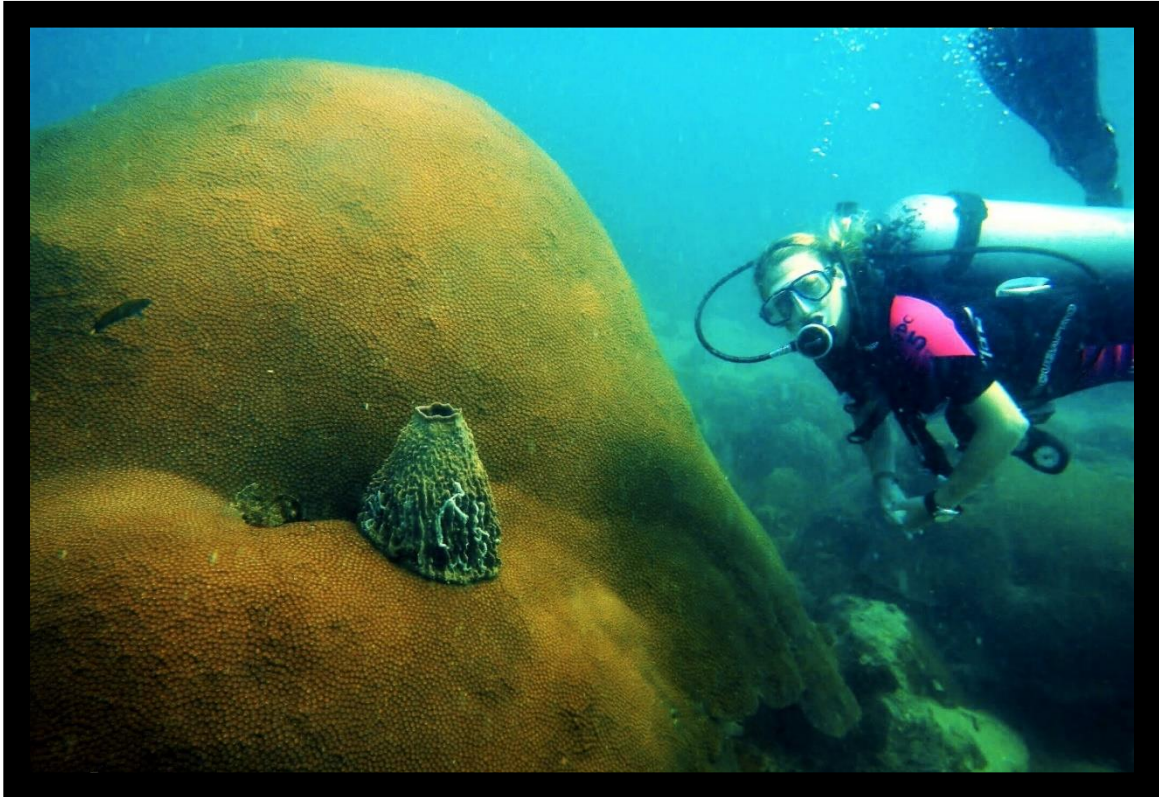


*Feral Human Expeditions*  
*and*  
*Shoultz Scuba Services*  
*Present*



**Cambodia:**  
*Reefs and Ruins*



## *Reefs and Ruins*

*Cambodia.* For many people, the name alone conjures images of grand temple ruins like Ankor Wat or Bayon, and the rich cultural history surrounding them. Yet, few realize that in addition to these awe-inspiring ruins, Cambodia is home to seldom visited reefs teeming with life. Towering coral colonies and thousands of brightly colored Pacific fish are just waiting for adventurous divers to explore them.

Feral Human Expeditions and Shoultz Scuba Services have teamed up to bring you some of the best the Kingdom of Wonder has to offer, both above and below the water. Come with us for a dive trip unlike any other on *Cambodia: Reefs and Ruins*.

This trip begins with sight-seeing in the capitol city, Phenom Penh, where you will investigate Cambodia's dark past with the Khmer Rouge and learn some of the country's history. Travel across this unique country to secluded beaches, remote dive sites, and a one-of-a-kind liveaboard experience. Following four days of guided dives in the Gulf of Thailand, we travel to Siem Reap to visit the Angkor Wat temple complex and wind down before traveling home.



## Facts at a Glance

**When-** See [FeralHumanExpeditions.com](http://FeralHumanExpeditions.com)

**Where-** Fly into Phnom Penh, Cambodia. For your flight home, you have the option to fly out of Siem Reap on the last day, or come with us on the 6 hour drive back to Phnom Penh.

All dives occur near a series of islands 15-40mi off the coast of Sihanoukville, Cambodia in the Gulf of Thailand. Most dives are boat dives and are run by a local PADI 5 Star operator. One optional shore dive is offered.



**What you can expect to see on the dives:** Pacific reefs teeming with life! Coral is abundant with towering, 15ft boulder corals and expansive plate corals growing between smaller, diverse coral patches. Thousands of small fish, sea urchins, and other brightly colored benthic creatures can be seen on every dive, and coral cat sharks can be spotted on night dives. Depending on selected dive locations, there is a chance to spot a whale shark off the coast of Koh Pring.

**Price:** \$3,800. Group size will be a minimum of 4 and maximum 8.

**What is Included-** Lodging, most meals starting with lunch on day 1 and ending with lunch on day 10, four days of diving, local and US dive guides and instructors, dive tanks and weights, most entrance fees, airport pick up and drop off, all ground transportation during the tour, two domestic flights, local Cambodian guides/interpreters, and all day tours. Divers are encouraged to bring their own dive gear, but arrangements can be made to provide equipment as needed.



**What is not included:** Flights to and from Cambodia, entrance visa, alcoholic beverages, beverages between meals while in cities, 4-5 meals, entrance to Angkor Wat, personal travel insurance (recommended), dive accident and extraction insurance (required), laundry service, tips for local staff, and any unscheduled activities.

**Level of Difficulty-** Beginner to intermediate. Typical visibility exceeds 40ft, often up to 100ft or more, and most dives are less than 40ft, with some deeper dives near the end of the trip as conditions and group ability dictates. Divers may choose to participate in a skills refresher on dive day 1 and Advanced Open Water certification is available during the trip as well. Accommodations are atypical for a traditional liveaboard vessel where we spend one night. See Lodging section for details.

**Food-** We will eat at a variety of restaurants in cities and on the beaches including traditional Cambodian food and occasional western options. While on the dive boat, all meals are provided by the charter. Most food is included in the trip cost, but expect to purchase 4-5 meals on your own.

**Lodging-** In cities, we will stay in a variety of hotels and bungalows, including very basic rooms that may not have air conditioning or hot water. On Kong Rong Samloen island, freshwater is brought in each day and is therefore limited use, and electricity is unavailable from approximately 10pm-10am. Charging stations are available in common areas, but there is no internet or cell service on the west side of the island where we stay for two nights.



We will spend one night on sleeping pads/mattresses on the dive boat. This is not a traditional liveaboard vessel. All mattresses are lined up on the top deck of the boat in a common, open air space. The deck is covered to protect from the elements, but not sealed or climate controlled.

**V**isa- U.S. citizens do not need a visa in advance. You can purchase your visa at the airport after landing. You will need to pay \$25-\$30 USD in cash, and provide them with a passport photo or similar. This is a very easy process, just remember cash and a photo.

**V**accinations- For a list of recommended vaccinations visit your travel doctor or the CDC website at [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel)

**I**nsurance- All trip participants are required to show proof of DAN Dive Accident Insurance, and home country medical evacuation. General travel insurance and dive equipment insurance are encouraged as well.



# Equipment

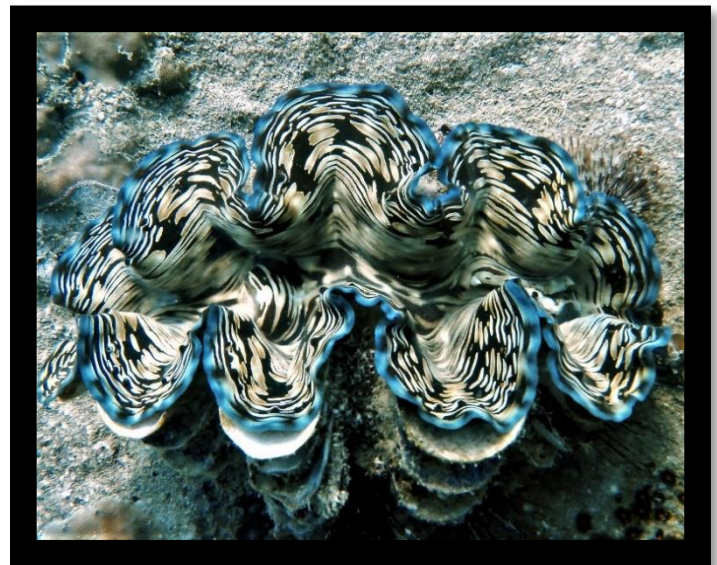
Divers are encouraged to bring their own dive gear, but everything you need is available for rent either through Shoultz Scuba Services or local dive shops. Tanks and weights are provided.

We move locations and change lodging several times during the trip, so be prepared to carry your dive bag and personal bag for short distances.

## Packing List

	BCD*
	Regulator*
	Mask, snorkel
	Fins and dive boots (full foot fins are ok)
	Surface marker buoy (suggest rigging on a reel/finger spool)*
	DAN Insurance Card (paper copy)
	Certification card
	Logbook
	Appropriate clothing for being in the sun all day such as light long sleeve shirts and pants, 2 sets
	Full brim hat
	Sunglasses
	Sun screen
	Insect repellent
	Headlamp*
	Shoes that can get wet and stay on your feet (ex. Crocs or sandals with straps)
	Tennis shoes
	Rain gear (minimum a rain jacket or poncho)*
	Toiletries
	Camera
	Small daypack/boat bag

Items marked with a \* are available to borrow or rent. Contact us for details.



# Itinerary

## Day 1

After arriving at the Phnom Penh airport, our good friend and city guide Sanghi will pick you up in his tuk tuk and bring you to our hotel. Today is mostly about recovering from your flight and adjusting to the time change, but it's also a good opportunity to walk around the Central Market and go on a tuk tuk tour of the city. In the evening we will have dinner and discuss our plans together.



## Day 2

We'll wake up early for breakfast before hopping into a tuk tuk to be at the Killing Fields of Choeung Ek when it opens to the public. This site provides a moving look into Cambodia's dark past with the Khmer Rouge and is an important stop to get a better understanding of the country.

When we are done in the killing fields, we will have lunch in a nearby restaurant before heading back into Phnom Penh to visit Wat Phnom. Keep an eye out for the giant bats which sometimes hang in the nearby trees. Remove your hat and shoes before entering the main building and see the giant golden Buddha surrounded by beautiful paintings on the walls and roof. Time permitting, we will feed monkeys at the monkey pagoda and see some other interesting sites.

If anyone would like to learn more about the Khmer Rouge, Tuol Sleng is another highly recommended stop where the Khmer Rouge tortured and interrogated prisoners before sending them out to Choeung Ek for execution. The KR kept good documentation of their prisoners. Many of the confessions and thousands of photos are on display. Of all the prisoners to enter this facility, only seven are known to have survived. If there is time, visiting Tuol Sleng instead of Wat Phnom is optional.

Spend the rest of the evening strolling around riverside, eating in one of the many restaurants, getting a Khmer massage, or exploring the night market.



## Day 3

Today we'll take a short flight from Phnom Penh to Sihanoukville where we will stay in beachfront bungalows at Otres Beach. We will arrive in time to visit the local dive shop to complete waivers and get fitted for any rental gear, then return to the bungalows where you can enjoy a stroll down the beach and dinner at any number of quiet beach establishments.



## Day 4

We get an early start, boarding our dive vessel for a day trip at the first dive location, the Koh Rong island cluster. Local guides will lead two shallow boat dives to get us acquainted with the area, marine life, and local liveboating procedures. The boat will drop us off on Koh Rong Samloen island where we will stay in bungalows on the beach for two nights. If time allows, divers may participate in an optional cleanup dive from shore before settling into this beautiful, remote location. Sunset Beach is located on the west side of the island and has no internet or cellular connectivity. Fresh water must be brought in, and therefore must be used sparingly. The electricity will also be shut off overnight. It's an island paradise...get over it!





## Day 5

Another two tank dive day begins and ends from our beachfront accommodations with a trip to one of the neighboring islands where larger coral stands and greater diversity of fish life can be found. Breakfast and lunch are provided on the boat, then we return to Koh Rong Samloen for dinner. You can select another Sunset Beach location for dinner, or join us for a 45 min. trek through jungle to explore the east side of the island, and do a night walk for the return trip.

## Days 6-7

Continuing our exploration of the Cambodian reefs, we head out for an overnight trip to one of the more remote islands 40 miles off the coast of Sihanoukville where there is a greater chance of seeing large animals like whale sharks and rays. Day 7 begins with breakfast on the boat ride out, two dives split over lunch, and a break for dinner before the night dive. We'll sleep on the boat on large sleeping pads in a shared area, then wake up early for a sunrise dive and one day dive before the ride back to Sihanoukville where we'll stay in bungalows at Otres Beach once again.

## Day 8

Buckle up buttercup. Today we take a ferry back to the mainland then fly to Siem Reap. Once there, we'll check into our hotel and start exploring this beautiful city.



## Day 9

Get up early and take a tuk-tuk to watch a beautiful sunrise over the famous ruins of Angkor Wat. Spend the day exploring Angkor and the surrounding ruins for an unforgettable experience. Angkor Wat is almost a requisite stop for anyone visiting Cambodia and for good reason; it's amazing. Built in the early 12<sup>th</sup> century, it is the largest religious complex in the world and considered one of the seven wonders. You can read more about Angkor Wat at [http://en.wikipedia.org/wiki/Angkor\\_Wat](http://en.wikipedia.org/wiki/Angkor_Wat) or from any number of guide books. It would be wise to read about the surrounding ruins as well and decide which ones you would like to see since one day isn't quite enough to see it all.



## Day 10

Either fly out of Siem Reap (more convenient but possibly more expensive) or come with us back to Phnom Penh (6 hours on a bus). If you are flying out of Phnom Penh, make sure you schedule an evening flight to accommodate travel time to the airport. We encourage everyone to spend more time in Cambodia and we can help you with hotels and travel arrangements if you do.



We hope to see you in  
Cambodia!

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