



**b** General Information





10 Leng Khin Waterfall



Phnom Prich Wildlife Sanctuary



28 Kachanh Waterfall









- 10 | Krong Senmonorom Mondulkiri Province
- 12 | Bou Sra Waterfall
- 14 | Kroal mountains Phnom Kroal Cultural Resort
- 15 Phnom Dos Kramom Mountain
- 16 | Sen Monorum Waterfall Plantation of Pinetrees
- 17 | Pou Lung Village
- 18 | Leng Khin Waterfall
- 19 | Chrey Thom Waterfall

- 20 | Phnom Prich Wildlife Sanctuary
- 21 | Phnom Nam Lear Wildlife Sanctuary
- 22 | Sea Forest
- 24 | Ratanakiri Province
- 26 | Beung Yeak Laom Volcanic Lake
- 27 | Sre San River
- 28 | Kachanh Waterfall
- 29 Cha Ong waterfall
- 30 | Ou'Sinlair Waterfall



15 Phnom Dos Kramom Mountain





22 Sea Forest

24 Ratanakiri Province





**30**Ou'Sinlair
Waterfall

Tat Tay Waterfall









- 31 | Tat Tay Waterfall
- 32 | Lomphat Wildlife Sanctuary
- 33 | Virachey National Park
- 34 | Kratie province
- 36 | Koh Pdao
- 37 | Koh Trong
- 38 | 100 Sor Sor Pagoda
- 39 Vihear Kandal Mountain
- 40 Kampi Picnic Resort

- 41 | Resort 30 Koh
- 42 Stung Treng Province
- 43 | Sesan River
- 44 | Sopheakmitt Waterfall
- 45 Koh Khsach Borey O'Svay
- 46 | Tonle Sap
- 50 | Wild Life

### **CHUMREAP SUOR**

Cambodians traditionally greet with a Sampeah, which involves pressing the palms together before and center of the chest with a slight bow and greeting with a polite 'Chumreap Suor'.

Customarily, the higher the hands are held and the lower the bow, the more respect is conveyed. Except when meeting elderly people or government officials, between people, this custom has been partially replaced by the handshake. Women usually greet both men and women with the same traditional greeting. Although it may be considered acceptable for foreigners to shake hands with a Cambodian, it is more appropriate to respect the custom and respond with a 'Chumreap Suor'.

#### **CUSTOMS AND TRADITION**

Cambodian culture and tradition have had a rich varied history dating back many centuries.

Over the years, the people of Cambodia developed a set of unique tradition from the syncretism of indigenous Buddhism and Hinduism.

Cambodians have been raised to respect their culture and are very traditional in their way of life. Tourists will see the well mannered Cambodian expressing a friendly "Chumreap Suor" when they meet one



#### **ABOUT CAMBODIA**

#### LOCATION

There are mountains to the North and East but the land is mostly flat perfect for rice cultivation. Indeed, Cambodian Jasmine Rice had won the World's Best Rice competition three times in a row. The green rice fields and trees are fed by the giant Tonle Sap Lake and famous Mekong River the 12<sup>th</sup> longest river in the world that flows through the country and the capital city, Phnom Penh. Minerals, oil and natural gas deposits were recently found beneath Cambodia's territorial waters valuable assets that will surely contribute to this burgeoning economy.

#### **CLIMATE**

Cambodia's climate is hot and sunny all year round. Like most Southeast Asian countries there are two seasons the rainy season and the dry season. The rains fall May-October and it is dry during November April. December and January are the coolest months and April is the hottest.

The average temperature is 27-28°C. During the rainy seasondownpours are limited to a couple of hours a day in the late afternoon or overnight so many tourists still come during this time to enjoy the country.

#### **POPULATION**

Cambodia's total population is roughly 16.72 million people, 95.6% of which belong to the Khmer ethnic group. Many foreigners live here too and some ethnic groups have made their home in Cambodia for centuries including the Chams (Muslim Khmer), Chinese, Indian, Vietnamese, Thai, Kuoy, Stieng and Tamil. Chinese people have a strong influence particularly in the business sector. Khmer is the official language of Cambodia.

#### LANGUAGE

Khmer is the official language of Cambodia. It is one of the oldest I anguages in the region and is derived from the Mon-Khmer (Austro-Asiatic) language family. It is notable for its extensive alphabet with 33 consonants, 23 vowels and 12 independent vowels. Unlike other Asian languages, Khmer is not tonal and so is quite approachable for foreigners. While learning simple phrases is appreciated, English, French and Mandarin are widely spoken.

#### RELIGION

Theravada Buddhism is the oldest surviving form of the religion and is practiced by 90% of the Cambodian population. Cambodian Buddhism shares much with other Theravada countries but has many notable and unique qualities. Bud dha statues are revered in Cambodia and visitors are kindly asked to respect the customs surrounding these items (such as not pointing your feet towards a Buddha statue and dressing respectfully in temples). Islam, Christianity and Hinduism exist harmoniously alongside the main religion.

#### **NATIONAL FLAG**

The Cambodian national flag was adopted in its current in 1948 when Cambodia broke with the French protectorate. It was readopted in 1993 following the end of the civil war. The Angkor Wat temple represents the Buddhist religion of the country along with the dignity and heritage of the Khmer people. The blue stripes represent the king and also stand for liberty and co-operation. The red represents the people and also stands for bravery. In short, the flag sums up the slogan: "nation, religion, king."



# ROMDUOL - NATIONAL FLOWER OF CAMBODIA

Romduol (Sphaerocoryne affinis) is the national flower of Cambodia. It is a small, pale yellow flower with a heady fragrance that can travel far and wide in the wind. Cambodian women have often been compared to the Ramduol flower and such is the regard for this pretty thing that several regions have been named after it. The Romduol plant can grow to a height of 12 metres and many have been planted in Cambodia's public parks.

#### **VISITING CAMBODIA**



Cambodia can be accessed through three international airports (Phnom Penh, Siem Reap and Sihanouk International Airport) and two international sea ports (Sihanoukville and the Phnom Penh Autonomous Port). Tourists can also enjoy traveling to Cambodia by land and water from neighboring Laos, Thailand or Vietnam. Applying for a Cambodian visa is a simple process which can be done at all international points of entry into the country. All nationalities, except for visitors from the ASEAN countries, are required to apply for a visa. Visa on arrival, which is valid for a 30-day stay is available at the above mentioned international airports, sea ports and border checkpoints.

However, not all nationalities will be granted a Visa on Arrival. It is better to apply at the Royal Cambodian Embassy or Consulate abroad before visiting. A visa application form is usually issued on the airplane or one can be had on arrival. You will need one passport photo to accompany your visa application. A 30-day single entry E-visa, can be applied by visiting www.mfaic.gov.kh complete an online application

form, upload a recent passport sized photograph in jpeg format. Allow at least three business days for processing.

Note that an E-visa is only valid for arrival at Phnom Penh or Siem Reap international airports, Cham Yeam (Koh Kong), Poi Pet (Banteay Meanchey) and Bavet (Svay Rieng).



#### **BY LAND**

Tourists can enjoy traveling to Cambodia by land from neighboring Vietnam, Laos and Thailand.



## **BORDER CROSSING WITH VIETNAM**

- Bavet, Svay Rieng, Cambodia Moc Bai, Vietnam
- Kaam Samnor, Kandal, Cambodia / Ving Xuong, Vietnam
- Phnom Den, Takeo, Cambodia / Tinh Bien, Vietnam
- Trapeang Phlong, Thong Khmom / Cambodia Xa Mat, Vietnam
- Prek Chak, Kampot, Cambodia Ha Tien, Vietnam
- O'Yadaw, Ratanakiri, Cambodia / Le Tanh, Vietnam
- Trapeang Srer, Kratie, Cambodia / Bonue, Vietnam
- Banteay Chakrey, Prey Veng, Cambodia / Vinh Ba, Vietnam
- Samrong, Svay Rieng, Cambodia / Mi Quy Tei, Vietnam



## BORDER CROSSING WITH THAILAND

- Poipet, Banteay Meanchey, Cambodia Aranyaprathet, Thailand
- Cham Yeam, Koh Kong, Cambodia Hat Lek, Thailand
- O'smach, Oddar Meanchey, Cambodia Chong Jom, Thailand
- Anlong Veng, Oddar Meanchey, Cambodia Chong Sa Ngam, Thailand
- Prum, Pailin, Cambodia Ban Pakard, Thailand
- Doung, Battambang, Cambodia Ban Laem, Thailand



#### **BORDER CROSSING WITH LAOS**

- Trapaing Kreal, Steung Treng / Cambodia Norg Nokbiane, Loas

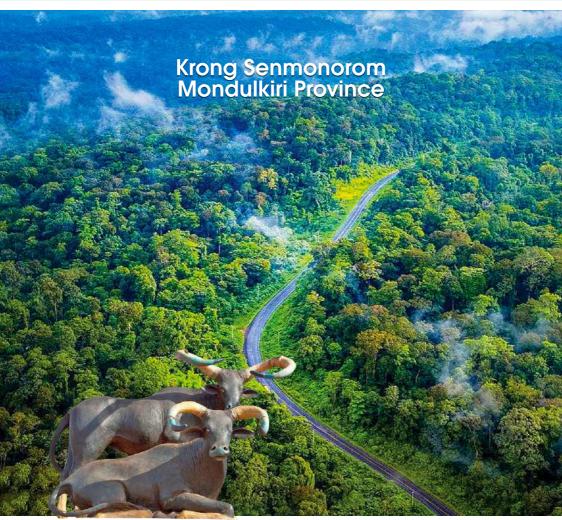
#### BY WATER

Cambodia can be reached by boat from neighboring countries and the world. The Preah Sihanouk International Seaport, the Phnom Penh International Port and Kompot international Tourism Port are three main gateways to Cambodia.

The Sihanouk International Seaport receives international cruise ships that accommodate hundreds of visitors. It is possible to reach Phnom Penh Capital by ship along the Mekong River from Vietnam Phnom Penh is connected by fast local boats to the Upper Mekong River close to Laos or it is linked along the Tonle Sap to Siem Reap Angkor.

By this means, visitors can enjoy the Mekong's view and discover the new growth area of Cambodia full of natural resources, cultural heritage, and life styles of the Cambodian people.















With a vast expanse famed for thick forests, thunderous waterfalls, misty hills and faraway horizons, Sen Monorom conjures visions of a blissful green paradise where one may enjoy a comfortable and peaceful pace of life amongst a genuinely friendly population.

However, the scenario is changing rapidly with progress like 24-hour electricity supply and new roads for easy access which are benefitting

profiteers at the expense of the environment and the communities.

The roads have made it easier for Cambodia's elite class to carry on with their systematic rape and pillage of the country at everyone else's expense, the evidence of which can be found on the hills where trees and indigenous populations have been replaced with endless rubber and cashew plantations.



### **Bou Sra Waterfall**

The Bousra Waterfall is a popular tourist attraction that is regarded as the most beautiful waterfall in Mondulkiri. Easily accessed by red dirt road, it is conveniently located in Village I, Bousra Commune, Péch Chenda District, 38 kilometres from Sèn Monorom, where more than 1,058 families (mainly farmers) reside.

The waterfall is divided into three stages:

First Stage: The waterfall measures 8 - 12 metres high and 15 metres wide in the rainy season, and 10 - 15 metres wide in the dry season.

Second Stage: The waterfall is 15 - 20 metres high and 20 metres wide in the rainy season, and 18 - 25 metres high and 13 metres wide in the dry season.

Third Stage: The waterfall has a stronger speed than the second stage. This stage is not accessible as it is in the thick forest and there are no marked paths to it.

Set in a scenic and pristine setting, the double drop waterfall is a popular swimming and picnic spot with the locals. Some snacks are available at the falls and for those wishing to stay overnight, there is a small guesthouse in Pichinda, an ethnic Phnong village nearby.



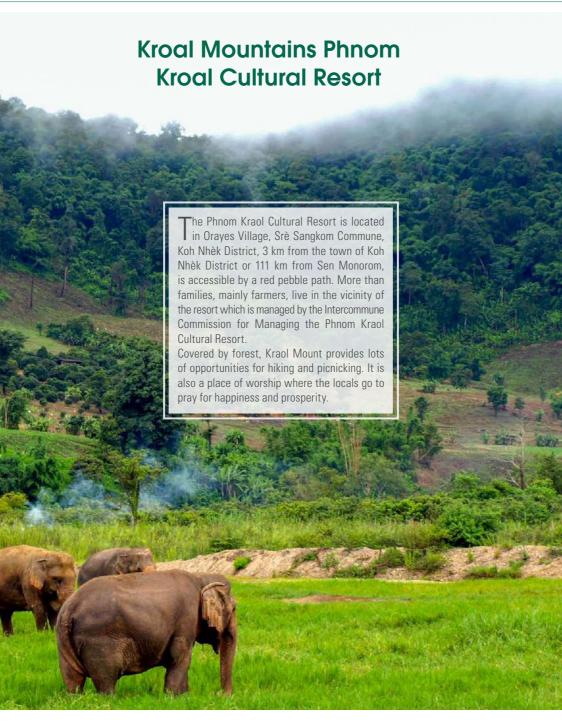
### **Leng Khin Waterfall**

ocated 26 km from the provincial town, the Leng Khin Waterfall in Pouyam Village, Sen Monorom Commune, Oreang District, is accessible only by a path. It is one of the highest flowing down waterfalls in the Mondulkiri Province with a large pool at its base and many big trees providing shade for swimmers. The waterfall is 22-25 metres high and 7-10 metres wide during the rainy season, and 28 metres high and 8 metres wide during the dry season.



#### Lak Pok Bras Waterfall

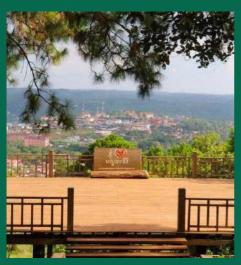
Accessible only by path, the Lak Pok Bras Waterfall in Romanea Commune, Sen Monorom District, is located 13 km from the provincial town where the inhabitants are mainly farmers. Surrounded by lush greenery and mountain, the waterfall is 8 metres high ad 39 metres wide during the rainy season, and 10 metres high and 20 metres wide during the dry season. At its base is a large pool area where visitors can swim and enjoy a picnic lunch.





### **Phnom Dos Kramom Mountain**

Phnom Dos Kramom Resort (also known as Yok Sros Phlom) is located in Dos Kramom Village, Sokhdom Commune, Sèn Monorom District, 3 km from the provincial town of Sen Monorom. The resort is managed by the Department of Culture and Fine Arts and is accessible by a path. More than 2,092 families (mainly farmers) live in the Phnom Dos Kramom mountain area, which is covered by grass from its foot to the top; few big trees grow on the mountain except near valleys and streams.







#### Sen Monorum Waterfall

ocates at Sen Monorum District in five-kilometer distance from the provincial town by red soil trail, Along either sides of the trail, there are industrial plantations like rubber, coffee and cashew as well. It is closed to the provincial town.





### **Plantation of Pinetrees**

Pinetrees located at Sen Monorum District in 6 kilometer distances from the provincial town by the National Road No 14. The plantation of pine trees located on the highland, which there are many pine trees remain since 1970 and growing on line, these pine trees have the same height.

The ground covered by a lot of fallen leaves. It looks like the golden colored carpet.

Tourists can enjoy and rest on it without matting. The history said that, these pine trees were planted before the Sang Kum Reas NiYum time.



### **Pou Lung Village**

Avillage that is mainly composed of indigenous groups, Pou Lung offers a look into the rich history and traditions of such minorities. Beautiful grass fields, mountains and uniquely designed indigenous houses are some of the things you can find in the village. Souvenirs and handicrafts made by the locals are also available for purchase. Phnong, Krueng and Stieng are some of the indigenous groups with interesting cultures and customs that live in Pou Lung.

The village is 10 km from Mondulkiri's provincial town which takes about 15 minutes to get to.







## **Leng Khin Waterfall**

The Lèng Khin Waterfall is located in Pouyam Village, Sèn Monorom Commune, Oreang District26 km away from the provincial town.It can be accessed by path. Around the waterfall, most of the residents do farming. During the rainy season, the waterfall is 22-25 meters in height and 7-10 meters in diameter.

During the dry season, the waterfall is 28 meters in height and 8 meters in diameter. It is one of the highest flowing-down waterfalls in the Mondul kiri province. At its base, there is a big water reservoir in which tourists can swim happily. Besides, there are many big trees providing cool shade for them.

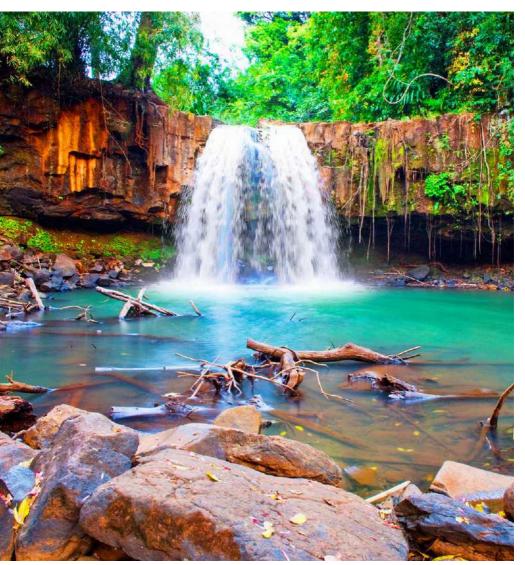
Its main points of interest are a spectacular waterfall, dramatic mountainous forest, impressive undulating hills, and fresh air.

### **Chrey Thom Waterfall**

Chrey Thom Waterfall have location is about 43 kilometers from Senmonorom province town of Mondulkiri Province.

This magnificent waterfall got its name 'Chrey Thom' which means 'Big Chrey Tree' from a great big and branchy Chrey tree that can be seen as soon as visitors reach the waterfall site.

This natural waterfall is surrounded by lush green forest, mountains and hills thus creating a beautiful natural resort. Chrey Thom is a perfect place for hiking, swimming and picnics. This is one place that visitors will never get bored visiting because the beautiful surroundings will keep your body, mind and soul occupied.







## Phnom Prich Wildlife Sanctuary

Phnom Prich Wildlife Sanctuary is located in eastern Cambodia and is part of maybe the largest protected area complex in southeast Asia.

Phnom Prich Wildlife Sanctuary is one of several protected areas in Cambodia and Vietnam that borders (to the north) Mondulkiri Protected Forest









### Phnom Nam Lear Wildlife Sanctuary

I thas an area of 475 kilometer squares, 45km from the town, it is known for the beautiful scenic beauty and idyllic surroundings. The sanctuary is one of the main wild life reserves in the province. The idyllic environment and the wide variety of flora and fauna make Phnom Nam Lear Sanctuary, Mondul Kiri very popular to both local people and foreign tourists.

Phnom Nam Lear Sanctuary in Mondul Kiri is a wildlife reserve and is home to wide species of local birds and animals. It is located around 80kms from the main town center of Sen Monorom.

It takes around 4 hours to travel from the main town center to the sanctuary by car. The journey is very pleasant as the route goes through winding routes and idyllic forests.

Phnom Nam Lear Sanctuary is also a major excursion point in the province. Travelers can also camp in the sanctuary in the night. There are small cottages where one can also stay. The sanctuary is full of beautiful cliffs, small waterfalls, streams and sprawling greenery.

Various tours are also undertaken to Phnom Nam Lear Sanctuary, Mondul Kiri. There are travel agencies which organize such tours. Trekking tours are also undertaken by nature lovers.

The popularity of the sanctuary as one of the main tourist attractions in Mondul Kiri has boosted eco tourism in Mondul Kiri to a great extent.













### **Sea Forest**

The Sea Forest in Mondulkiri Province is a beautiful, landscaped forest on top of Bai Chow Mountain. Popular with nature lovers, it is also a favourite spot for photography as the colour of mountain grass changes by season golden in the dry season and green in the rainy season. The scenic beauty of the Sea Forest is simply captivating, and visitors may be tempted to camp overnight to enjoy the spectacular sunset views.





Ratanakiri became a province of the Kingdom of Cambodia in 1960 under King Norodom Sihanouk's reign with Banlung as the capital city. Situated on the northeast plateau, 636 km from Phnom Penh, it borders Vietnam on the east, Laos PDR on the North, Steung Treng on the West, and Mondulkiri on the South, with two rivers (Sre Pork and Sresan River) crossing the province.

A sparsely populated province, Ratanakiri Province is renowned for its unique natural beauty and wealth of natural resources. Its imposing physical and environmental characteristics range from undulating hills and mountains, a level plateau and watershed lowlands to crater lakes, rivers, and waterfalls; forests range from the dense and impenetrable in the northern reaches which are rich in wildlife, to the drier and sparser found in the southwest.

Correspondingly, the soil present ranges from rich volcanic soil to the sandy soil found near rivers. In short, Ratanakiri province offers wonderful opportunities for Eco-tourism in Cambodia.













## Beung Yeak Laom Volcanic Lake

Beung Yeak Loam Lake lies 5 km southeast of Banlung. Formed by a volcanic eruption almost 4,000 years ago, the beautiful 50 metres deep and 800 metres wide lake has exceptionally clean water that is suitable for swimming. Visitors can relax and enjoy a panoramic view of the lake by taking a walk on 2,500 metres of paths around the lake and browsing through tribal handicrafts on display in the Crafts Museum.





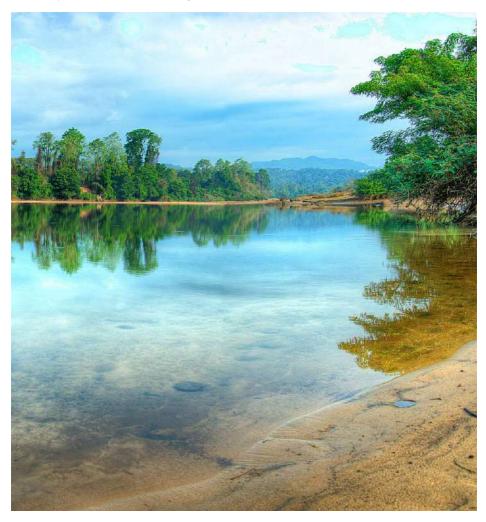
#### Sre San River

To get to the various sights in this area, head west from Banlung until you reach a big fork (8 km from the Independence Monument) where a large signage in English directs you to take the road to the right to Taverng or the road to the left to Virochey. After a few kilometres on the road to Taverng, you will notice a large clearing on both sides of the road. This is an ancient lava field, where the flow followed the downward slope of the area and left the cooled volcanic rock in its wake. As you head on towards Taverng, the road

condition worsens and it is not advisable to proceed further during the rainy season.

The road condition to Virochey (just under 37 km northwest of Banlung) is better and it is safe to travel during the rainy season as well.

The Virochey National Park headquarter is on the left as you approach the town. Continuing further will take you to Tonle San River, where you stop for refreshments or take a boat ride along the scenic river. The cost for the hire of a motorised boat and driver is about US\$10 USD.





#### Kachanh Waterfall

The Kachang Waterfall is a 12-metre high waterfall in the Koutung stream flowing into the Sre Pok River. Located 6 km northwest of Banlung and surrounded by scenic landscape and huge amounts of fresh mist, it is a popular swimming spot for visitors. Other activities around the waterfall include trekking and elephant rides.



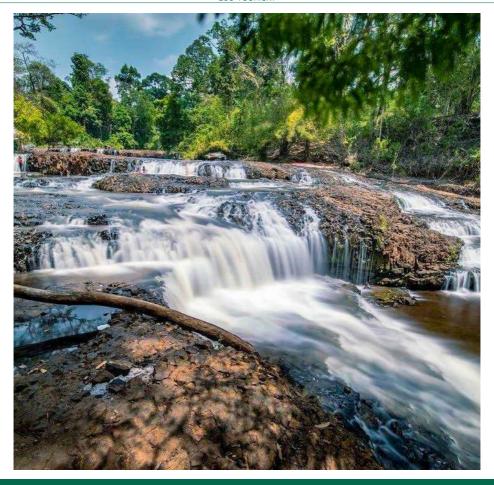
## **KaTieng Waterfall**

A Iso located in the Koutung Katieng 7 km northwest of Banlung is the 10-metre high Ka Tieng Waterfall which flows throughout the year. Here visitors may enjoy the beautiful scenic landscape and nature at its best.



## Cha Ong waterfall

Rem west of Banlung is the 25-metre high Cha Ong Waterfall which flows throughout the year from Eisey Patamak Mountain (Svay Mountain). Visitors may view the water flowing down in an enclosure at the bottom of the waterfall and enjoy the cool, fresh mists stemming from it.



#### **Ou'Sinlair Waterfall**

Ou'Sinlair Waterfall is located in Lum Phat district, about 30km south-west of Banlung.

There was no good road to the falls, and that prevents mainstream tourism. Visitors get there by either a truck or four wheelers driven by experienced drivers.

The narrow trail snakes through the jungle and traverses several small rivers. The journey requires a full day and travelers must prepare pre-packaged

meals and drinks; none are available on the trail or at the falls. The area is covered by the emerald forest and surrounding mountains.

This waterfall has kept its secrets well hidden in the jungle until only recently; the road conditions have improved sufficiently to enable the adventurous to experience this wonderful natural waterfall during the dry season.



## Tat Tay Waterfall

The Tat Tay is a water rapids that is best enjoyed from February to April. It is located along the Sre Pork River, in the district of Lum Phat. The road to the rapids takes about 2 hours by motorbike from town.

Tat Tay water-rapids is although seasonal, most visitors like to come not only to enjoy the beautiful clear waters, but also to visit the mango plantations in the surrounding areas. The fruits here are said to be among the best in quality and well known in the region.

### **Lomphat Wildlife Sanctuary**





The 250,000 ha Lumphat Wildlife Sanctuary is one of the most popular tourist attractions in Ratanakiri. Situated 37 km south of Banlung, it is home to many exotic species of wildlife, including tigers, bears, buffalos, elephants and red headed vultures. Local rangers are on hand to take visitors on sightseeing and camping tours of the sanctuary.



## **Virachey National Park**



The Virachay National Park situated 45 km north of Banlung is the largest national park amongst seven others in Cambodia. With a total land area of 3.325 square kilometres, it features avariety of plants and trees and many different species of animals and birds.











### **Kratie Province**

Kratie is one of Cambodia's eastern provinces, whose sparsely population make a living on the river banks of the Mekong. Its capital also lies on the banks of the Mekong and is also called Kratie. Beyond the river banks are thick forested areas that are not inhabited. The stretch of the river around Kratie town is home to a group of rare freshwater Irrawaddy dolphins.

together with hundreds of green islands and circling water in the river, these dolphins are the main tourist attractions of the province and the town.

It is fortunate that unlike many other towns in Cambodia, the war years have been fairly kind to the nice looking French and Khmer style homes scattered in the town. Spending a night or two in Kratie town highly recommended.

It is worth spending some time in the town's bustling market to get close and personal with the locals and sample some delicious foods such as grilled corn cakes.

In the evenings, the riverside boulevard is a charming place to chill out, watch the world go by and enjoy the dramatic sunsets over the Mekong.







### Koh Pdao

Another interesting island along the Mekong River Ain Kratie Province is Koh Pdao.

It is approximately 40 km from Kratie Town and can be reached by road and a leisurely boat ride accompanied by fresh water dolphins swimming alongside.

The landscape of the Mekong River is stunning especially during sunsets in the evenings. Visitors may also participate in community activities such as digging fish and frog ponds, building chicken and duck pens, farming, etc.









### **Koh Trong**

Just a five-minute ferry ride across the Mekong River from Kratie Town is Koh Trong, an idyllic island, which is known as the 'market garden' of Kratie.

Home to fruit orchards and friendly locals, the island is a perfect location to relax and unwind as you go back in time watching traditional ox carts towing farmers and freshly picked produce along the sandy roads lined with tall palm trees.







# 100 Sor Sor Pagoda

ocated 36 km north of the provincial town, the 100-Column Pagoda was built on the same spot where the former Royal Palace temple of Sam Phu Borak, the capital during the Chen La era, was. In the area are four Buddhist temples facing in different directions Vihear Lao facing west, Vihear Sar Sar 100 facing North, Vihear Kork Keut facing east, and Vihear Kork which is now in ruins facing south. During the Khmer New Year, the local inhabitants usually start the 4-day celebrations at Vihear Sar Sar 100, followed by Vihear Kork and lastly Vihear Lao.

The 30 metres by 30 metres Vihear Sar Sar-100 was built in 1806 with the 100th column thatched by Preah Ang Chan Reachea II in remembrance of his daughter, who was swallowed by a crocodile.

After lightning burnt down 22 columns in the early 20th century, the temple was rebuilt but only with 78 columns. In 1987, it was completely rebuilt and restored to its former glory with 116 columns and measuring 35 metres long, 18 metres wide and 23 metres high.





## Vihear Kandal Mountain

Wat Vihear Boran Roka Kandal is located in Rokar Kandal Sangkat, Kratie City, next to the river, 2 km south of the provincial town. One of the oldest preserved temples in Cambodia, it was badly neglected and but restored to its old-style in 2001. Today, it is used as a community centre to train artisans and home builders, and it also has a gift shop selling wicker baskets, ceramics and silk textiles.



The "December 2" Memorial Monument at Choeung Khlou village, Snuol district, Kratie Province, was built to commemorate the establishment of the Solidarity Front for the Development of the Cambodian Motherland (SFDCM) on December 2, 1978. The monument was erected on an area of 22.98 ha and the costs some US\$3.88 million.







### Resort 30 Koh

Koh Samseb (30 Islands), 70 km from Stung Treng, is the Community-based Ecotourism site located inside the Sambo Wildlife Sanctuary of Kratie province, in the northeastern part of Cambodia along the upper Mekong River. Covering 50,093 hectares is managed by the Ministry of Environment with help from the NonTimber Forest

Products Exchange Programme coordinating the community based ecotourism to sustain the protection of biodiversity and landscapes, as well as community livelihood. The island is an ideal hideaway for those who wish to get away from the hustle and bustle of city life, and for those who enjoy camping, <a href="mailto:swimming">swimming</a> and bird watching.



# **Stung Treng Province**

Formerly known as Xieng Teng, Stung Treng Province was once part of the vast Khmer Empire, followed by the Lao Kingdom of Lan Xang and the Lao Kingdom of Champassack. During the French Indochina period, it was again ceded to Cambodia. Situated at the confluence of the San and Mekong rivers, the provincial capital, also named Stung Treng, is an important trade hub with hints of Laotian influence as the Lao border is about 50 km away. The San River goes by different names, depending on which of the locals you speak to. Some call it the Kong River because the San and Kong Rivers merge about 10 km northeast of Stung Treng town, confusing people about which name the river should bear. Others call it the Sekong River, which is the combined name of these two rivers. Whatever the name, the town remains one of Cambodia's beautiful picture-postcard river towns.







#### Sesan River

Tonlé San, also known as Tonlé Se San or Sesan River is a river that flows through central Vietnam and northeast Cambodia.

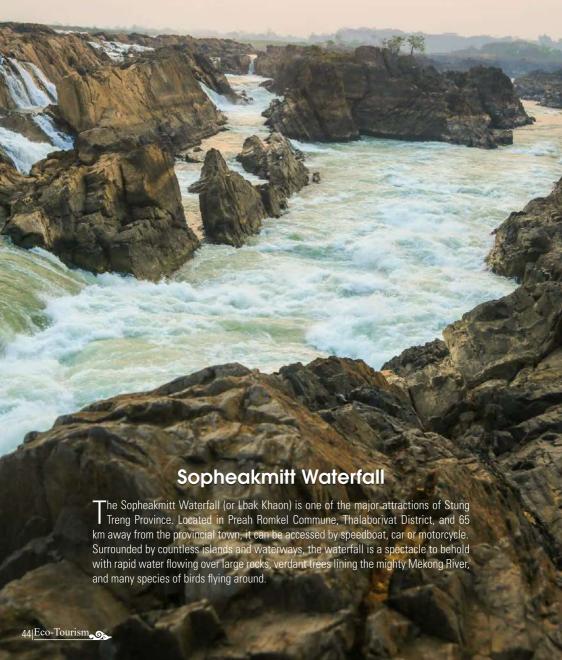
It is a major tributary of the Mekong River. A short portion of the river forms a part of the international border between Cambodia and Vietnam. There are a number of hydropower dams on the Se San River and its tributaries, where it joins the Srepok River in

the Lower Se San 2 Dam. Upstream is the dam cascade: Se San 4A, Se San 4, Se San 3A, Se San 3, Yali Falls. On the Dak Po Ko River is the Plei Krông dam.

There are also several dams on tributaries of the Dak Bla, the Dak Snghé, tributary of the Dak Bla, is the Upper Kontum dam and hydropower plant, which discharges into the Tra Khuc River, and the Dak Doa.



# Green Garden Waterfall



#### Koh Khsach

Koh Khsach is a favorite among tourists during the dry season, especially during Khmer New Year and Chinese New Year. The 0.5 Kilometers wide and 2 km long island has beautiful sandy riverbanks and a water surface dappled with sunlight. Foreigners enjoy taking time out and relaxing on the sand. Additionally, this sand island provides a good place for take a bath, swimming and fishing. Koh Khsach is located on Se Kong River, about 5 kilometers eastern direction from Stung Treng town.



# **Borey O'Svay**

Borey O'Svay is located in O'Savy commune of Thala Borivath district and is one of the most popular ecotourism destinations for both local Cambodians and foreign tourists wishing to experience an authentic Khmer community. The Borey O'Svay resembles an emerald gem rising up in the heart of a green, tropical forest lying along a mighty river. It serves as a peaceful preserve for wildlife, especially birds, and also serves as a major fish breeding area along the Mekong during the rainy season. There are also lots of dolphins which are very popular with the tourists.







# **Tonle Sap**

Tonle Sap Lake is the largest freshwater lake in Southeast Asia. Also called Boeung Tonle Sap, it has one of the world's most vibrant ecosystems. There are different species of wildlife in and around the lake, which helped to sustain and grow the ancient Khmer civilisation.

It's also famous for its fascinating local communities and their floating villages. Located in Siem Reap, the massive lake is 250 km in length and 100 km across at its widest point, making it seem like an inland ocean because it is impossible to see the opposite shore from ground level. Surprisingly, it's shallow, with a maximum depth of only 10 metres

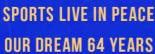




# WELCOME TO THE 32ND SEA GAMES12TH ASEAN PARA GAMES, 2023 PHNOM PENH! CAMBODIA: KINGDOM OF WONDER









# សូមស្វាគមន៍ ! ព្រឹត្តិការណ៍កីឡាអាស៊ីអាគ្នេយ៍ និងកីឡាជនពិការ អាស៊ាន ប៉ារ៉ាហ្គេម ឆ្នាំ២០២៣ រាជធានីភ្នំពេញ កម្ពុជា ព្រះរាជាណាចក្រអច្ឆរិយៈ







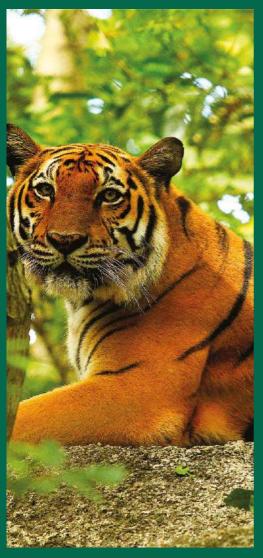
កីឡារស់ក្នុងសន្តិភាព ក្តីស្រមៃយើង៦៤ឆ្នាំ





# **WILD LIFE**

Cambodia is home to a diverse array of indigenous wildlife of Asia. Some of the threatened species are recognized by the World Conservation Union as highly endangered and conservationists are striving to research, document and preserve them. Endangered species such as bantengs, barking deer, gaurs, leopards, tigers and the Kouprey have been sighted off the beaten track here in Cambodia. The Kouprey, the world's rarest large mammal, is a nearextinct national animal. Conservationists searching for the Crocodylus siamensis, one of the world's most endangered crocodile species which was until recently thought to be extinct found dozens of the reptiles lounging in plain sight at the Phnom Tamao centre in Cambodia.





Mammals in Cambodia includes dholes, bats, bears, cattle, cows, deers, dolphins, elephants, gaurs, gibbons, goats, horses, leopards, lions, monkeys, otters, rabbits, tigers, whales, wolves, etc. Reptiles include adders, crocodiles, frogs, garter snakes, gila monsters, king snakes, lizards, newts, rattlesnakes, toads, tortoises, tuataras, turtles, venoms, water moccasins, water snakes, etc. Birds include bantams, crows, bullfinches, buntings, chaffinches, cuckoos, eagles, flycatchers, goldfinches, geese, grouses, hawks, meadowlarks, ostriches, owls, peacocks, pelicans, sarus cranes, pheasants, quails, seagulls, skylarks, sparrows, thrushes, wrens, etc.

