



• SMALL GROUP • MAXIMUM 14 PEOPLE • MAY 2027

Vietnam & Cambodia

16 days · Hanoi to Phnom Penh · with an optional Halong Bay extension

Proudly offered by Helloworld Travel Ponsonby in collaboration with Lazy Sunday Club

This is not your usual itinerary. Every meal on these 16 days has been chosen deliberately — handpicked restaurants and street stalls, a bún chả counter in the Old Quarter, a mountain kitchen in Sapa, a herb grower's table at Tra Que, Chef Chanrith's Khmer cooking in Siem Reap, a social-enterprise dining room in Battambang.

Between them sit the markets, farms, coffee houses and home kitchens that explain the food: guild streets in Hanoi, the Red Dao valleys, Angkor at its quietest, the fishing communities of Tonlé Sap. Capped at 14 travellers, so you can sit down where a coach group never fits.

TOTAL COST

\$10,995

per person, twin sharing

Includes return flights with Singapore Airlines

Solo sharing

\$12,995 per person

FLIGHT UPGRADES

Premium Economy, long-haul flights

Add \$2,795 per person

Business Class, all flights

Add \$5,195 per person

Deposit

\$1,000 per person, non-refundable



Your trip at a glance 16 days / 15 nights

GROUP SIZE Small group — minimum 8, maximum 14 people	START & FINISH Hanoi, Vietnam to Phnom Penh, Cambodia	ACCOMMODATION 15 nights in premium hotels
ROOMING Double / twin share, or single	INCLUDED MEALS 15 breakfasts, 12 lunches, 12 dinners	TRANSPORT Return international flights with Singapore Airlines, internal flights, air-conditioned vehicles, boat
LEADER Intrepid tour leader throughout, English-speaking and local to each country, plus food host Leanne Kitchen	AIRPORT TRANSFERS Arrival and departure included, individual basis. Flight details needed 30 days ahead.	SUPPORT 24-hour support from the local office

INCLUDED ACTIVITIES

Entrance and admission fees where applicable with included activities. See the day-by-day itinerary for the full list.

INTERNATIONAL FLIGHTS • INCLUDED

Group flights are booked with **Singapore Airlines** from Auckland via Singapore — see the schedule below. Upgrade to Premium Economy on the long-haul flights for \$2,795 per person, or Business Class on all flights for \$5,195 per person.

NOT INCLUDED

- Any visas required
- Services not mentioned in the itinerary
- Late check-out at hotels
- Meals and drinks not mentioned, and drinks with included lunches and dinners
- Tips for leaders, guides and drivers
- Expenditure of a personal nature, personal insurance, optional activities

GROUP FLIGHTS · BOOKED WITH SINGAPORE AIRLINES

Economy · Auckland return via Singapore

DATE	FLIGHT	ROUTE	DEPARTS	ARRIVES
Wed 26 May	SQ 4282 Operated by Air New Zealand	Auckland → Singapore	23:55	06:45 Thu 27 May
Thu 27 May	SQ 192	Singapore → Hanoi	09:00	11:30
Fri 11 Jun	SQ 155	Phnom Penh → Singapore	16:20	19:25
Fri 11 Jun	SQ 285	Singapore → Auckland	22:50	12:20 Sat 12 Jun

All times local. The group lands in Hanoi at 11:30 on Day 1 and departs Phnom Penh at 16:20 on Day 16.

Joining the Ha Long Bay extension? We'll book the same flights departing Auckland on Monday 24 May, arriving Hanoi at 11:30 on Tuesday 25 May, with a transfer to your hotel.

Premium: higher-end adventures, done right

Intrepid's global network of local experts delivers the kinds of experiences that can't be Googled. We love the highlights, but the real magic happens well away from the beaten path.



ACCOMMODATION

Handpicked for location and quality, with a feature stay at an unforgettable property.



TRANSPORT

Primarily private transport, sustainable where possible, with carbon-offset internal flights where necessary.



INCLUSIONS

More included activities and extras than any other Intrepid trip, led by their most experienced local leaders.

Your food experts

Leanne Kitchen & Antony Suvalko

Leanne Kitchen and Antony Suvalko are seasoned food and travel writers, authors, and the culinary minds behind The Lazy Sunday Club, one of New Zealand's most popular food websites. Between them they've spent countless months exploring the street markets, home kitchens and vibrant dining scenes of Southeast and Eastern Asia.

They are the authors of acclaimed cookbooks including *EAST: Culinary Adventures in Southeast Asia* and *The Real Food of China*, as well as the *In 12 Dishes* travel guide series, which delves into the food, culture and stories of cities across Asia.

Vietnam and Cambodia both hold a special place in their hearts — Vietnam for its fragrant, fresh and varied cooking, Cambodia for the quieter depth of Khmer cuisine, built on kroeung spice pastes, palm sugar, prahok and freshwater fish. From bustling street food stalls to hidden local favourites, Leanne and Antony bring their curiosity, expertise and appetite for discovery to both countries.

On this tour Leanne will guide you through the tastes, smells and stories behind the most memorable dishes of the region, from Hanoi's bún chả to num banh chok in a Siem Reap village — sharing insider knowledge, travel tips and plenty of culinary inspiration along the way.



This departure will be hosted by Leanne Kitchen.

YOUR INTREPID TOUR LEADER

Alongside Leanne, you'll be accompanied throughout by a local Intrepid tour leader whose job is to take the hassle out of your travels. They'll provide information on the places you're travelling through, suggest things to do and see, recommend great local eating venues and introduce you to local friends. While not guides in the traditional sense, they have a broad general knowledge of each place visited — historical, cultural, religious and social — and can recommend a specialist local guide in most main destinations if you'd like to go deeper.

Day by day

Thursday 27 May – Friday 11 June 2027

01 Hanoi Thursday 27 May **DINNER**

Arrive in Hanoi at 11:30 on SQ 192 from Singapore, where you'll be met at the airport and transferred to your hotel. After checking in, head out on a gentle orientation walk through the atmospheric Old Quarter, where narrow streets, historic shopfronts and bustling local life offer a first glimpse of the capital. As evening falls, begin your introduction to Hanoi's food scene with a guided walk through the Old Quarter, stopping at local eateries before a welcome dinner of northern specialties — perhaps Hanoi's iconic *chả cá*, a turmeric-marinated fish dish that has become a culinary icon of the city.



INCLUDED

Arrival transfer (group basis) · Hanoi walking street food tour & welcome dinner

STAY

GM Premium Hotel — Deluxe or similar

Please note: it's important you attend the welcome meeting — insurance details and next-of-kin information are collected then. If you'll be late, let your travel agent or hotel reception know.

02 Hanoi Friday 28 May **BREAKFAST · LUNCH · DINNER**

Start with an introduction to Vietnam's extraordinary coffee culture — its French colonial history and the distinctive identity it developed — alongside local morning snacks such as *phở* or *bánh cuốn*. Explore Đồng Xuân Market, Hanoi's historic covered market, then continue through the guild streets of the Old Quarter. Lunch is a classic *bún chả*, an introduction to northern cooking: restrained seasoning, fresh herbs, fermentation and texture. The afternoon is free — perhaps a stroll around Hoàn Kiếm Lake. Dinner is a contemporary take on northern and home-style Vietnamese cuisine.



INCLUDED

Đồng Xuân Market visit · Old Quarter & French Quarter walking tour with snacks, coffee and *phở* tasting · Bún chả lunch · Contemporary northern dinner

STAY

GM Premium Hotel — Deluxe or similar

03 Hanoi Saturday 29 May **BREAKFAST · LUNCH · DINNER**

Begin at the Temple of Literature with a local guide, exploring the role of Confucianism in Vietnamese society, the imperial examination system and Vietnam's long scholarly tradition. Lunch at a lively, informal Hanoi favourite — ideally street-side. In the afternoon, travel out to Bat Trang Pottery Village on the banks of the Red River, meet a local maker and try your hand at making or decorating a piece. Return to Hanoi for your final dinner in the capital.



INCLUDED

Temple of Literature visit · Bat Trang Pottery Village visit

STAY

GM Premium Hotel — Deluxe or similar

04 Hanoi to Sapa Sunday 30 May **BREAKFAST · LUNCH · DINNER**

Travel north into the mountains to Sapa, a former French colonial hill station and gateway to the northern highlands, stopping for a mountain lunch along the way. After checking in, take a gentle orientation walk past old French villas and historic streets with views towards the Hoàng Liên Sơn range. The walk introduces the cultural diversity of the region — the Hmong, Red Dao and Tày communities — and how altitude, climate and landscape shape local agriculture and food. Dinner brings together the distinctive flavours of the highlands.

INCLUDED

Orientation walking tour of Sapa and surrounds

STAY

Laxsik Ecolodge — Deluxe Poolside or similar

05 Sapa Monday 31 May **BREAKFAST · LUNCH · DINNER**

Meet the H'mong and Red Dzao people in the valleys of Ma Tra and Ta Phin, travelling on foot through some 12km of terraced scenery. Enter Ma Tra first, where the H'mong community farms rice terraces tended for generations, then trek on to Ta Phin and the Red Dzao, distinguishable by their clothing and handicrafts. A local mountain lunch of regional produce follows, then return to Sapa with the afternoon free. Dinner showcases Sapa's mountain cuisine — local pork, vegetables, rice and rice wine alongside the region's smoked and grilled dishes.

INCLUDED

Guided trek, Ma Tra to Ta Phin

STAY

Laxsik Ecolodge — Deluxe Poolside or similar

06 Sapa to Hoi An Tuesday 1 June **BREAKFAST · LUNCH**

Depart Sapa and travel back to Hanoi for your flight to Danang, then on to Hoi An (about an hour). A World Heritage-listed site now beautifully restored, Hoi An — known as Faifo to early western traders — was one of South East Asia's major international ports through the 17th, 18th and 19th centuries.



INCLUDED

Flight Hanoi to Danang

STAY

Eldora Hue — Deluxe City View or similar

07 Hoi An Wednesday 2 June **BREAKFAST · LUNCH · DINNER**

Begin at Hoi An Central Market as vendors set up for the day, exploring the produce, herbs and seafood that form the foundation of the town's cuisine. Head to Tra Que Vegetable Village, a farming community just outside Hoi An, to meet growers and learn how fertile soil, traditional irrigation and seasonal cycles shape what's grown — and the extraordinary role fresh herbs play in central Vietnamese cooking. Depending on the season, help harvest produce for a lunch of *cao lầu*, *bánh xèo* and other Hoi An specialities. The afternoon is free; dinner is contemporary central Vietnamese.



INCLUDED

Hoi An market visit · Tra Que Vegetable Village visit

STAY

Almanity Hoi An Resort — Superior or similar

08 Hoi An Thursday 3 June **BREAKFAST · LUNCH**

Escorted to a local market to shop for fresh ingredients, then taken through a culinary journey with hands-on demonstrations. Your local chef shares the stories behind the yin and yang elements, unveiling the secret of home-cooked Vietnamese meals, before you feast on your own creations — dishes that highlight the cooking of the Pho Hoi people. The rest of the day is yours.



INCLUDED

Market tour and garden visit · Cooking class with a local chef

STAY

Almanity Hoi An Resort — Superior or similar

09 Ho Chi Minh City Friday 4 June **BREAKFAST · LUNCH · DINNER**

Transfer to Da Nang Airport for your flight to Ho Chi Minh City. Settle in, then discover Saigon through its food on a relaxed walking experience — a series of small, informal stops rather than a formal food tour. Seek out southern essentials: bánh xèo, hủ tiếu Nam Vang, cơm tấm, gỏi cuốn and Vietnamese coffee. Finish with an informal snail dinner at a lively spot in District 4 — noisy, slightly chaotic and deliberately a very different atmosphere from the more polished dinners earlier in the journey.



INCLUDED

Flight Danang to Ho Chi Minh City

STAY

Silverland May Hotel — Khaya or similar

10 Ho Chi Minh City to Siem Reap Saturday 5 June **BREAKFAST · DINNER**

A short visit to Tân Định Market for a final look at the tropical fruits, herbs and seafood of the south, a fitting conclusion to the Vietnamese leg. Then fly to Siem Reap. Sua s'dei — welcome to Cambodia. Your leader and driver meet you for the transfer to your hotel in this relaxed gateway to the Angkor Archaeological Park. This evening, a welcome dinner at Kroya, within Shinta Mani Angkor, where Chef Chanrith's contemporary Khmer cooking combines time-honoured recipes with modern technique.



INCLUDED

Flight Ho Chi Minh City to Siem Reap · Dinner at Kroya Restaurant

STAY

Shinta Mani Angkor — Bayon Room or similar

11 Siem Reap Sunday 6 June **BREAKFAST · LUNCH**

Head to Preah Dak village for a traditional Khmer breakfast of freshly made num banh chok, seeing how local families still produce the rice noodles by hand, then visit a sugar palm community and taste the sweets made from it. Continue to Ta Prohm, where giant tree roots intertwine with ancient stone, and on to Angkor Thom and the Bayon with its towering stone faces. Lunch is in a local community setting. In the afternoon, Angkor Wat itself. Later, visit a working Buddhist monastery for a water blessing and a sacred wrist-tying ceremony.



INCLUDED

Village breakfast · 1-day Angkor pass · Temples visit · Lunch in a local community setting · Monk blessing

STAY

Shinta Mani Angkor — Bayon Room or similar

Optional: Phare, the Cambodian Circus (open seat).

12 Siem Reap Monday 7 June **BREAKFAST · LUNCH · DINNER**

The Lum Orng Cambodian cooking experience begins at a local market, where your guide introduces the foundations of Khmer cuisine — prahok, kroeung spice pastes, palm sugar, freshwater fish and aromatic herbs. Continue to Lum Orng to harvest from the gardens before a hands-on class with their chefs, then sit down to the meal you've made. The afternoon is free. This evening, explore Siem Reap's food scene by motor-remork, beyond the tourist areas, before a Cambodian barbecue dinner near Pub Street, a fruit shake and a local dessert.



INCLUDED

Cooking class at Lum Orng with lunch · Street food tour with dinner at a local restaurant

STAY

Shinta Mani Angkor — Bayon Room or similar

13 Tonlé Sap to Battambang Tuesday 8 June **BREAKFAST · LUNCH**

Discover a different side of Chong Kneas on Tonlé Sap, Cambodia's largest freshwater lake. Learn how the seasonal floods sustain fishing communities and supply many of the ingredients at the backbone of Khmer cuisine, including the production of prahok, and see the floating agriculture and rice cultivation that has supported generations. Khmer lunch at Derm Kiri Restaurant on the return, then continue to Battambang — French colonial architecture, a thriving arts scene and a relaxed pace on the Sangker River. The rest of the day is at leisure.



INCLUDED

Visit Tonlé Sap Great Lake · Lunch at Derm Kiri Restaurant

STAY

Maison Wat Kor — Frangipane Room or similar

Travel time: approximately 3–3.5 hours today.

14 Battambang Wednesday 9 June **BREAKFAST · LUNCH · DINNER**

An easy bicycle ride into the countryside on mostly shady roads through local villages, stopping to see rice paper making, fruit drying, prahok production and rice wine making at local homes — finishing at the district's best kralan (sticky rice in bamboo) stall, then a home-cooked lunch. In the late afternoon, visit Phnom Sampeau and the Killing Caves to learn about Battambang's history during the Khmer Rouge period, and at sunset watch millions of bats stream from the cave. Dinner at Jaan Bai, a social enterprise supporting local youth through training and employment.



INCLUDED

Rural food by bike tour with lunch · Phnom Sampeau and the bats · Dinner at Jaan Bai Restaurant

STAY

Maison Wat Kor — Frangipane Room or similar

15 Battambang to Phnom Penh Thursday 10 June

BREAKFAST · DINNER

Depart for Cambodia's capital, breaking the drive at a traditional pottery workshop in Kampong Chhnang, a region known for its centuries-old ceramics, where artisans still work by methods largely unchanged. Continue to Phnom Penh; the afternoon is free to stroll the riverside promenade or explore a market. This evening, a farewell dinner at Malis, set in a tropical garden and celebrated for showcasing the finest Cambodian cuisine with a contemporary touch — the perfect setting to reflect on the journey.



INCLUDED

Kampong Chhnang pottery making demonstration ·
Farewell dinner at Malis Restaurant

STAY

Palae Gate Hotel & Resort — Royal Deluxe Room or
similar

Travel time: approximately 6 hours today.

16 Phnom Penh — depart Friday 11 June

BREAKFAST

Free morning to make the most of your final hours — a last stroll along the riverside, a local café, or simply unwind at the hotel. Around midday you'll be transferred to the airport for SQ 155 to Singapore at 16:20, connecting to SQ 285 home to Auckland, marking the end of your South East Asian adventure.



INCLUDED

Departure transfer, individual basis

End of the 16-day journey



Halong Bay

3 days / 2 nights · Hanoi to Hanoi · 25–27 May 2027

A separately quoted extension that sits **immediately before** the main journey: you arrive in Hanoi on 25 May, cruise Halong Bay overnight, and return to the city in time to join Day 1 of Vietnam & Cambodia. Same booking reference.

ADD-ON COST

\$880

per person, twin sharing

Solo sharing

\$1,260 per person

ACCOMMODATION	MEALS	GUIDE	TRANSFERS
1 night premium hotel, 1 night cruise	2 breakfasts, 1 lunch, 1 dinner, 1 brunch	Cruise guide on board; private Intrepid leader if the group exceeds 10	Arrival and departure transfers included, individual basis

EI Hanoi Tuesday 25 May

NO MEALS INCLUDED

Xin chao! Welcome to Hanoi. Arrive at 11:30 on SQ 192 from Singapore and transfer to your hotel. The rest of the day is yours — Hanoi rewards exploring on foot, whether it's the colourful Old Quarter or the Vietnam National Fine Arts Museum.



STAY

GM Premium Hotel — Deluxe or similar

E2 Halong Bay Wednesday 26 May **BREAKFAST · LUNCH · DINNER**

Travel to Halong Bay, a UNESCO World Heritage-listed seascape of emerald water and thousands of limestone karsts rising from the sea. Board your cruise vessel at the harbour and sail out among the towering formations and hidden coves, the scenery shifting as you go. Stop to explore one of the bay's limestone grottoes, where stalactites and stalagmites have been sculpted over thousands of years, then continue cruising and settle in for a night on the water.



INCLUDED

Halong Bay overnight cruise & activities (join-in with shared guide)

STAY

Mon Cheri Cruise — Ocean Suite or similar

Please note: bring an overnight bag with what you need on board — there isn't space to store every passenger's full luggage. You return to the same Hanoi hotel afterwards, so the rest will be kept safely. This is a join-in cruise with a shared guide on the 2D1N package.

E3 Halong Bay to Hanoi Thursday 27 May **BREAKFAST · BRUNCH**

A leisurely morning on board: tea, coffee and freshly baked pastries, a tai chi lesson on deck and a final look at the bay's limestone landscapes. After brunch, disembark around 11.30am and drive back to Hanoi, transferring to your hotel with the remainder of the day at leisure, ready to join the group for Day 1 of Vietnam & Cambodia.

INCLUDED

Halong Bay tai chi lesson & activities

GOOD TO KNOW ABOUT THIS EXTENSION

- A shared guide is on board for groups of fewer than 10. From 10 people up, a private tour leader joins to better support the group.
- Choosing the extension? We'll book the same Singapore Airlines flights departing Auckland on 24 May, arriving Hanoi at 11:30 on 25 May.
- Airport transfers are included on an individual basis, as on the main journey. Visas, personal insurance and optional activities are excluded.
- Payment and cancellation follow the special conditions on the final page.
- Dates as quoted by Intrepid. Please confirm the Day 3 date when booking — sequentially it falls on Thursday 27 May, which dovetails with Day 1 of the main journey.

Important information

- Please provide your full name exactly as per passport at the time of booking (including any middle names listed on your passport) for train and flight tickets. Ticketing fees may apply for amendments to details within 90 days of departure, and in some cases, you will be required to cover the cost of issuing a new ticket.
- This trip includes domestic flights as indicated on the trip map. The luggage allowance is 25kg for checking in luggage and 7kg for carrying on.

How to book

If you are happy with the quotation and itinerary, please let your agent know. Please advise Helloworld Travel Ponsonby the names as per passport and your date of birth so that they may send you an invoice. The next step is to pay a non-refundable deposit of \$1,000 per person. This allows us to go off and confirm the arrangements. The deposit is required within 3 business days for confirmation, otherwise your space will be released.

We would love you to travel with us so let your agent know if there is anything we need to change about this quote or if you have any questions. We will do our best to help!

TALK TO US

Helloworld Travel Ponsonby

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09 267 6758

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Special conditions

Final balance

- A non-refundable deposit of \$1,000 per person is required to confirm your booking.
- Final balance payment is required 75 days prior to travel.

Cancellation by the traveller

- Cancellation prior to 75 days prior to departure will incur a loss of 25% deposit.
- Cancellation between 75 – 60 days prior to departure will incur a loss of 75% deposit.
- Cancellation for 60 days or inside prior to travel will incur 100% cancellation fees.
- No shows will be treated as a cancellation and will incur 100% cancellation fees.

CANCELLATION BY HELLOWORLD TRAVEL PONSONBY

A minimum of 8 passengers is required to operate the tour. If this minimum is not met 90 days before departure, we will make every effort to accommodate you on a similar tour, subject to mutual agreement. If no suitable alternative is available, your deposit will be fully refunded.