

The Best of Cambodia - Birds, Mammals & Temples

Naturetrek Tour Itinerary

Outline Itinerary

Day 1/2	Depart London land Siem Reap
Day 3	Temple visits at Angkor Complex
Day 4	Prek Toal – Water Bird Colonies
Day 5	Ang Trapeang Thmor (Sarus Crane)
Day 6/8	Bengal Florican & Tmatboey EcoLodge
Day 9	Tmatboey to Preah Vihear Temple
Day 10	Preah Vihear Temple to Boeng Toal and Vulture 'Restaurant'
Day 11	Boeng Toal to Kratie
Day 12	Mekong River Cruise for Irrawaddy Dolphin
Day 13/14	Seima Reserve, Dakdam Highlands
Day 15	Phnom Penh via Cambodian Tailorbird
Day 16	Phnom Penh tour. Depart for UK.
Day 17	Land UK

Departs

January/February

Grading

A/B

Focus

Birds, Mammals & Culture

Dates and Prices

See website (KHM01)



Angkor Wat, Sarus Crane, Irrawaddy Dolphin



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Introduction

The Kingdom of Cambodia sits on the tropical peninsula of Indochina and borders Laos, Thailand and Vietnam. This fascinating country, steeped in history and with a unique and rich culture, has a huge amount to offer the naturalist, being home to a wonderful variety of birds and mammals. From forest-enveloped temples, vast lakes and open grasslands, to dipterocarp woods, verdant tropical rainforests and the mighty Mekong River offers an exciting range of habitats to explore and, on this varied itinerary, we do just that. We will go in search of the birds and mammals that live in this beautiful kingdom while enjoying its rich culture and fascinating history too.

We will visit the world famous Angkor Wat complex to take in the incredible temples and enjoy the varied birdlife in the forests surrounding this famous UNESCO World Heritage Site. We shall cruise the vast Tonle Sap Lake to experience the impressive water bird colonies here with Painted Stork, Black-headed Ibis and Spot-billed Pelican to name but a few. Visiting the open grasslands and rice fields of Ang Trapeang Thmor we search for Sarus Crane and if we're lucky the rare Eld's Deer. At Tmatboey, the once near mythical Giant Ibis will be a target along with White-shouldered Ibises, whilst Bengal Florican and Pied Harrier may be other highlights here. We will visit the special Preah Vihear Temple while the three species of critically endangered vultures, (Red-headed, Slender-billed and White-rumped) will be targets at the Boeng Toal vulture feeding station where views can be superb. Before reaching the vast Eastern Plains region we take to the mighty Mekong River and search for the rare Irrawaddy Dolphin and Mekong Wagtail before moving to the teeming forests of the Seima Wildlife Reserve where mammal highlights may include rare species such as Black-shanked Douc Langur and Yellow-cheeked Crested Gibbon. Additionally the special birdlife here includes a whole host of woodpeckers, Green Peafowl, Giant Hornbill, Orange-necked Partridge, Red-vented Barbet and many more besides! We finish the holiday with a night in Cambodia's capital Phnom Pehn and take the opportunity to experience this vibrant city with a tour of some of the key sites including the royal palace.

This holiday sets out to visit a wonderful range of habitats in search of Cambodia's amazing birdlife with some special mammals targeted along the way, whilst also enjoying the incredible temple complex at Angkor Wat and other historic and cultural sites.

Some fantastic, highly successful conservation initiatives have taken place in Cambodia including the efforts to save the Giant and White-shouldered Ibis and Red-headed, Slender-billed and White-rumped Vultures. All of which we aim to see. By travelling on this holiday you are directly contributing to the conservation of these species and the habitats they live in as we work with partners who are directly involved and responsible for these projects. Not only do we hugely benefit the communities we stay with who are safeguarding these habitats and species, but \$100 per person of the tour cost goes directly as a contribution towards the conservation efforts at Tmatboey and the protection of the special species to be found in that area. It helps pay guards to safeguard the land from hunters, maintain access to and from the community and monitoring of species such as Giant Ibis to continue.

Itinerary

NB. Please note that the itinerary below offers our planned programme of excursions. However, adverse weather & other local considerations can necessitate some re-ordering of the programme during the course of the tour, though this will always be done to maximise best use of the time and weather conditions available.

Day 1

In Flight

We will depart this evening from London Heathrow onboard a scheduled flight to Bangkok or Singapore with a connecting flight to Siem Reap. We shall stay here for the first 4 nights.

Day 2

Arrival and transfer Siem Reap

We will arrive today in the early evening and transfer to our small boutique hotel in the charming tourist town of Siem Reap for a delicious dinner.

Accommodation: A small boutique hotel in Siem Reap.

Day 3

Temple Visits at Angkor Complex

Today will be dedicated to visiting the magnificent and world famous Angkor Complex. A UNESCO World Heritage Site, our first destination will be the Angkor Wat temple and we aim to be here at sunrise and have breakfast at this most special location. After taking in the temple we then will spend a few hours birding around the small yet highly productive forest in the Angkor Wat area. Forest Wagtail, White-throated Rock-thrush, Hainan Blue Flycatcher and raptors such as Black Baza may be found with the chance to also see Asian Barred Owlet and Blue Rock Thrush with other possibilities.

Moving away from the Angkor Wat temple, we will continue to the Bayon temple, located inside Angkor Thom city, the last capital city of the Angkor Empire. Before we arrive at Bayon, we will make a short visit



Angkor Wat temple at sunrise

the Southern Gate of Angkor Thom city in order to learn about the history and visit the most beautiful statues there. The Bayon Temple features some superbly preserved galleries and the striking nearby Ta Prohm Temple is most photogenic with surrounding old trees intertwining the temple and the impressive root systems sprawling across its walls. These same trees are nesting sites for Alexandrine and Red-breasted Parakeets. Visiting these special temples will be a wonderful start to our Cambodian experience and with excellent habitats surrounding them we will be

enjoying the birdlife as we go and have a full day to take in the most spectacular temples and surrounding habitat.

Accommodation: A small boutique hotel in Siem Reap.

Day 4

Prek Toal – Water Bird Colonies

We will leave early this morning and make the journey of less than an hour to the shores of the vast Tonle Sap Lake. Taking to the waters of the largest fresh water lake in south-east Asia we will head for the most productive areas for birding. The sadly declining Milky Stork and Greater Adjutant may be found amongst a whole host of other wetland species and for close views and photography this site can be really special. Moving slowly along the canals and back waters, many of the commoner species come to the shore and often perch on the surrounding trees and vegetation. Painted Stork, Black Headed Ibis, Spot-billed Pelican, Asian Openbill and Lesser Adjutant can be enjoyed while Grey-headed Fish-eagle is another target. Three species of Bittern may be seen here too with Cinnamon, Yellow and Black Bittern all to be found in this area.

There may be an opportunity to walk on dry land or climb observation towers to improve viewing; much will depend on the water levels and conditions on the day. The Milky Storks tend to be at long range with individuals being picked out amongst the breeding colony of Painted Storks.



Painted Stork (*Mycteria leucocephala*)

We will enjoy lunch at a floating village here and spend time to learn about the local history and aim to be back to the town by late afternoon for some relaxation.

Accommodation: A small boutique hotel in Siem Reap.

Day 5

Ang Trapeang Thmor – Sarus Crane Reserve

This morning we will be driving for around ninety minutes via main roads before following the irrigation tracks across rice-fields to access some very fertile areas of birds and wildlife. At this time of year the Sarus Crane can often be found feeding here in the wet fields and birds migrating through the area may include Black-browed and Oriental Reed Warbler while Cinnamon, Yellow and Black Bittern can sometimes be found in this area.

We will have breakfast here before we continue to the main site where we shall meet our local ranger and guide from the local community here who work to protect the species that rely heavily on this site. A very large ancient Angkorian man-made reservoir is found here, and the area is made up of extensive wet grasslands and small pockets of deciduous dipterocarp forest. It is a vitally important area for Sarus Cranes, and this elegant bird visits here to feed from January through to March in numbers now at around 400 birds. We will focus on the northern part of the reservoir, in the hope to find Sarus Crane and being mindful that the critically endangered Eld's Deer occurs here in very low numbers. This species normally comes to the area during the dry season and feed here until the rain comes when they will move back to the North. Once widespread, Eld's Deer has declined at an alarming rate. Although efforts will be made to find them, there is of course no guarantees as the numbers are now at a very low ebb. The northern area here has mixed grassland and with the dry dipterocarp woodland we will often know the location of a roosting tree for species including Spotted Wood-Owl, Asian Barred Owlet and Spotted Owlet.

After exploring the northern area we will return to the "Wildlife Conservation Society office", where the cook here will prepare some traditional Khmer food for us. In the afternoon, we will spend more time enjoying the area with various wetland species on offer including Comb Duck, Pheasant-Tailed and Bronze-winged Jacana, White-throated Kingfisher, Grey-headed Swampphen, Lesser Whistling Duck and Cotton Pygmy Goose, to name but a few with raptors including migrant Black-eared Kites and Greater Spotted Eagles. We will aim to be back to the town in the late afternoon to relax at our hotel. If we have time we can perhaps visit the Royal Independence Gardens in Siem Reap which has a daytime roost of Lyle's Flying Foxes (Fruit Bats).

Accommodation: A small boutique hotel in Siem Reap.

Days 6 - 8 Florican Conservation Area & Tmatboey Ecolodge

Today we must leave Siem Reap after our four night stay and we now travel to Tmatboey, regarded as the most important accessible area for Giant and White-shouldered Ibis. On our way to Tmatboey



Bengal Florican (*Houbaropsis bengalensis*)

we will stop and spend a few hours at the Bengal Florican Conservation Area. At this time of the year we have an excellent chance to find this special species at this, one of its most important breeding grounds. A member of the bustard family, this species is critically endangered with the world population estimated at only 500-1,700 birds! Many species pass through here on migration and we may find Manchurian Reed Warbler,

Lanceolated Warbler or Pallas's Grasshopper Warbler while Eastern Marsh Harrier and the striking Pied Harrier can often be found.

Leaving here we will stop for lunch at one of the excellent local restaurants and afterwards keep a look out for White-rumped Pygmy Falcon and Collared Falconet which are occasionally found along the forest roadside here, aiming to reach the basic community eco lodge of Tmatboey in the mid-afternoon. Tmatboey is an isolated village found within the Kulen Promtep Wildlife Sanctuary. Established by the Ministry of Environment and the Wildlife Conservation Society's Cambodia Program, this area is the flagship site for a unique project aimed at linking wildlife tourism, conservation and development within the community to help preserve this wonderful area.

The most famous species of Tmatboey are without doubt the ibis with this area supporting globally important breeding populations of two critically endangered species: The Giant Ibis and the White-shouldered Ibis. The project here has been a great success so far with White-shouldered Ibis coming back incredibly from a single breeding pair in 2002, building to eleven pairs in 2016 and with careful



Giant Ibis (*Thaumatibis gigantea*) – taken on tour by participant Ian Tulloch

monitoring and conservation this number has been growing steadily. In 2016 an amazing 38 individuals were counted which is quite remarkable and better than anyone could ever have hoped for when the project began. The breeding population of the once near-mythical Giant Ibis is also increasing with 25 pairs recorded in

2017. Although things are going in the right direction their populations are still incredibly fragile! Using local community guides and guardians we will try hard to find both species and have an excellent chance to see them.

The area here is a rich mosaic of seasonally flooded and burnt grasslands, open woodlands, patchy wetlands and perhaps holds the richest remaining example of the characteristic deciduous dipterocarp forest in all of Asia! A special array of wildlife can be found with many endangered species and across our three night stay we will enjoy finding a host of special species. Both Giant and White Shouldered Ibis will be searched for of course in one their last remaining strongholds. The beautiful dry forest is home to a great number of woodpecker species. Black-headed Woodpecker, Great Slaty Woodpecker, White-bellied Woodpecker and more than 15 other species

are found in the forest here. Burmese Shrike and Burmese Nuthatch may be found while Rufous-winged Buzzard may be seen overhead and Chinese Francolin is another target.

At the eastern part of the village at the river, Pale-capped Pigeon may be found, Blue-bearded Bee-eater, Orange-Breasted Trogon, Banded-Bay Cuckoo and Stork-billed Kingfisher to name but a few of the many species that can be seen here at the Tmatboey River while Indochinese Ground Squirrel, Cambodian Striped Squirrel and Northern Tree Shrew may sometimes put in an appearance around the lodge. Flying Squirrels can sometimes be heard and glimpsed at night.

In the evenings and night time there will be the opportunity to search for Savanna Nightjar, Oriental Scops Owl and Collared Scops Owl.

Accommodation: We will spend 3 nights at the basic Tmatboey Ecolodge.

Day 9

Preah Vihear Temple

After lunch today we will leave Tmatboey today after a wildlife filled stay, driving on to visit the remote and spectacular Preah Vihear Temple. Preah Vihear Temple is one of the World's UNESCO sites and it shares its border between Thailand and Cambodia. It is found on the edge of the plateau that dominates the plain of Cambodia, and its history can be traced back to the 9th century. The site is extremely well preserved which is largely due to its very remote location and the site is quite exceptional for the quality of its architecture and its carved stone ornamentation. We will have the afternoon to explore this special ancient Hindu temple, walking around the site and taking in the views and of course any wildlife that we can find here. The temple is situated atop a 525 metre cliff in the Dângrêk Mountains with some wonderful views of the surrounding area. The temple's location high on the cliff made it a very defensible site during the civil war which started in 1970. It is thought to be one of the last places in Cambodia to fall to the Khmer Rouge and it has only been possible for visitors to enjoy this special place since 2003 when a road was built to reach it.

Accommodation:
We will spend 1 night in a hotel close to the Temple itself. The hotel has en-suite rooms, air conditioning and free Wi-Fi.



Preah Vihar Temple

Day 10 Preah Vihear Temple to Boeng Toal & "Vulture Restaurant"

Today we will leave Preah Vihear Temple and drive to Boeng Toal known as the "Vulture Restaurant". On the way we will stop at a beautiful waterfall on the Mekong River where we will attempt to see Mekong Wagtail before continuing to Boeng Toal. There are three critically endangered vulture species in Cambodia. White-rumped, Red-headed and Slender-billed Vultures and we hope to see all three of these special birds here. In fact, only in Cambodia are Asian vulture populations still robust and the practices in Cambodia are really critical for their survival. There are many causes for the rapid and dramatic decline in Asia, including habitat loss, loss of prey species and poisoning due to veterinary use of the drug diclofenac. This drug being administered to sick livestock but highly toxic to vultures. In Cambodia however this drug is not used and by having various



White-rumped Vulture (*Gyps bengalensis*)

supplementary feeding stations, it means the vultures don't need to stray outside the country and can hence survive here. This superb project means a stable population of vultures is found in Cambodia while they have largely disappeared from surrounding countries.

A hide has been constructed here to view these special vultures, visiting to feed on carcasses put out for them and

we will hopefully have excellent, close views with great photographic opportunities. The area around the "Vulture Restaurant" also allows access to more excellent dry deciduous forest where other species may include White-rumped Pygmy Falcon, Brown Prinia, Blossom-headed Parakeet, White-browed Fantail and Rufous-bellied and Black-headed Woodpeckers.

We will be spending one night here at a basic tented campsite close to the village of Dongphlet within the Preah Vihear Wildlife Sanctuary.

Accommodation: We will spend one night at Boeng Toal Camp.

Day 11 "Vulture Restaurant" and travel to Kratie

This morning we will again go back to the vulture hide to watch the vultures before leaving for our next destination. We will now be driving down along the Mekong River for a journey that will take again around three to four hours and we shall make stops as and when required along the way. Tonight, we will stay in a hotel in the small town Kratie located opposite the mighty Mekong River! In the late afternoon we will be out birding around the rice fields here and species we will try to

find will include Asian Golden Weaver, Red-throated Pipit and a variety of birds typical of lowland agriculture.

Accommodation: Overnight at a comfortable tourist hotel in Kratie.

Day 12 Mekong River Cruise and journey to Seima Wildlife Sanctuary

We will spend an exciting morning on the Mekong River today. Various species may be encountered but the Irrawaddy Dolphin and the endemic and recently documented Mekong Wagtail, which only occurs on islands on the Mekong, are two key targets we shall aim to find. The endangered Irrawaddy Dolphin is found here in small numbers but this stretch of the river from Kratie is one of the last remaining areas they can be seen along the Mekong with regularity. Other species we may encounter include Small Pratincole, which can sometimes be seen spending time on the sand bars on the river, Grey-throated Martin and the often overlooked Golden-bellied Gerygone.

After our cruise we will leave Kratie and journey on to the Seima Wildlife Sanctuary being a drive of around 3.5 hours. On arrival we will soon be out exploring this wonderful habitat, spending the afternoon looking for such species as Red-vented and Blue-eared Barbets, Grey-faced Tit Babbler, Golden-Crested Myna and other species typical of gallery forest.

Accommodation: We overnight at a comfortable tourist hotel at Senmonorom. All rooms en suite. We will stay here for 3 nights.

Day 13/14 Seima Wildlife Reserve and Dak Dam Highlands

The Eastern Plains Landscape covers a vast area of around 30,000 square kilometers and represents the largest reasonably intact block of forest in all of Southeast Asia spanning four provinces across Cambodia. The forest is extremely varied here and again we find dry dipterocarp forest containing evergreen and semi-evergreen trees along with areas too of Bamboo forest. The fully protected Seima Wildlife Reserve is one of the most important reserves in Cambodia for a great range of species including several species of primate. The world's largest population of Black-shanked Douc



Southern Yellow-cheeked Gibbon (*Nomascus gabriellae*)

Langur is to be found here with important populations of Southern Yellow-cheeked Crested Gibbons along with Pig-tailed and Long-tailed Macaque. We will try to find these species with walks through the forest and scanning from the roadside. Other interesting mammals in this area include a small number of Asian Elephants but these are rarely encountered.

This reserve is also the land of woodpeckers! Grey Slaty Woodpecker (arguably the world's largest woodpecker), White-bellied, Laced, Heart-spotted and Black-and-buff Woodpeckers are just some of the species we may find. Golden-crested Mynas, Red-vented Barbet, Pin-tailed Green-pigeon and Germaine's Peacock Pheasant may all be found with Great and Indian Pied Hornbill, Blue and Bar-bellied Pitta, the beautiful Green Peafowl, and the elusive Orange-necked Partridge (found only in Seima Wildlife Sanctuary) all being present but generally remaining well-hidden and needing some luck to find.

For our final day we will likely dedicate the full day to explore the Dak Dam highlands which is located in the south-eastern corner of Cambodia on the Sen Monorom plateau. Elevations of over 800 meters can be reached here and the remnant areas of forest here can produce a number of more montane species more usually associated with the Annamite Mountains of Vietnam.

A whole host of species again can be found here including Indochinese Barbet, Mountain Imperial Pigeon, Pale-capped Pigeon, Black and Ashy Bulbuls, Silver-eared Mesia, White-cheeked and White-crested Laughingthrush, Black-throated Sunbird, and Pin-tailed Green Pigeon to name just a few.



Black-throated Sunbird (*Aethopyga saturata*)

Accommodation: We overnight at a comfortable tourist hotel at Senmonorom. All rooms en suite.

Day 15 Seima Reserve to Phnom Penh via Cambodian Tailorbird

Leaving the Seima Wildlife Reserve, we will continue our journey to finish the holiday in the modern capital of Cambodia, Phnom Penh. We will take the day to get here as we make various stops on this 6 hour journey. At one stop we will have the opportunity to watch and photograph the endemic Cambodian Tailorbird which is found in the flooded scrub habitat where the Mekong meets the Tonle Sap River. We will see the capital on arrival and we spend our final night in a hotel here.

Accommodation: We overnight at a comfortable tourist hotel in Phnom Penh. All rooms en suite.

Day 16 Phnom Penh

Today we will enjoy a tour of the city visiting the most important sites in Phnom Penh City such as the Royal Palace, Independence Monument and experience a local market while taking any

opportunity to visit gardens and the green areas of the city. After lunch and any final explorations we will arrive at the airport in time for our evening flight home via Bangkok.

Day 17

Land London

We will arrive back at London Heathrow in the early morning.

Tour Grading & Focus

This holiday is graded A/B – The walking will not be long or too strenuous and be no more than 3-5 miles across a day on largely flat ground. It will be hot and humid however and paths may be slippery and uneven at times. As expected for a high quality natural history holiday, there will be early starts needed to maximize our chances of viewing wildlife by being out at the most productive time of day. It must be remembered that all activities are optional. There will also be some later evenings as we search for wildlife.

The focus of the tour is birds (mainly) and mammals, although we will look at and enjoy anything that we are lucky enough to encounter. We are sure to encounter an impressive range of butterflies, dragonflies, plants and trees along the way.

In Cambodia, as in many parts of the world, mammals are shy, retiring, present in low densities and largely crepuscular/nocturnal. As such, mammal-watching will comprise a small percentage of our time in the field on this holiday but we do target and aim to see a range of species. When birding we are always looking out for mammals. Time and effort will be dedicated to finding a range of primates such as Black-shanked Douc Langur, Germain's Langur, Pileated Gibbon and Southern Yellow-cheeked Crested Gibbon. Irrawaddy Dolphin will be a distinct focus on the Mekong cruise and a range of squirrels are likely with everything identified. Although Eld's Deer will be attempted they have become very rare and unreliable though we do know and will try the best areas for them. Between sporadic but exciting encounters with mammals, the bulk of our time in Cambodia will be spent birdwatching, as birds are the most conspicuous, best-studied and accessible of the fauna here. Those looking for a wildlife holiday in Cambodia with little or no focus on birds should consider a tailor-made holiday with us – we'd be delighted to help with arrangements.

Please do not hesitate to talk to the Operations Manager, Tom Mabbett (Tom@naturetrek.co.uk or 01962 733051), if you have any additional questions regarding this holiday.

Weather, Clothing & Equipment

At this time of year it will be hot and humid but being the start of the dry season, not as hot as it can build to in March. Binoculars are of course very strongly recommended for this holiday.

What's Included

All food starting from the first dinner in Siem Reap to the final lunch in Phnom Penh is included.

Extending Your Holiday

Cambodia is well placed in Asia for many extensions. It is, for example, easy to stay on in Bangkok or Singapore from here. Please contact Tom should you be interested in extending your holiday, and please indicate any requests for extensions at the time of booking.

Accommodation

In Seim Reap, Kratie, at Preah Vihear Temple, Senmonorom and Phnom Penh we will be staying in traditional small hotels and guesthouses with all rooms having en suite facilities with free Wifi available.

We will spend 3 nights at the renowned Tmatboey Ecolodge. This lodge is basic in nature but is clean and comfortable and rooms have private facilities. All beds have mosquito nets.



At Boeng Toal, where we stay for one night in order to visit the "Vulture Restaurant", we will stay in safari style tents as we are far from more modern hotels and lodges. These style of tents are limited to just 6 and it is likely you will be required to share a tent here. Some photos are below and inside the tents the two beds are separated and fully enclosed. If you require your own tent, we can put up a smaller tent with an air mattress and these are available on request. All beds have mosquito nets. Western style toilets are shared here at the camp and there is an outdoor shower to share.



Transport

For this tour we will use a mix of comfortable 4x4 vehicles with air conditioning in some locations and a 25 seater bus for city tours and possibly some of the road journeys. A 4x4 is set for 3 group members per vehicle which means one guest in the passenger seat and two in the back seat. The seats will be rotated. Everyone will have their own window.

Conservation Contribution and Sustainable Travel

As described above, some wonderful conservation initiatives are taking place in Cambodia and 'Conserving Cambodia's Big Five' was indeed chosen as the British Birdwatching Fair 2019 project. By visiting these sites, in particular Tmatboey and Boeng Toal we are directly contributing to the conservation of these five critically endangered species (Giant and White-shouldered Ibis, and White-rumped, Red-headed and Slender-billed Vultures) and many more besides. These communities rely on money from tourism and with our group visits, money will be going directly to the right places as we work with local conservation organisations and communities. As well as the benefit from our groups visiting, US\$100 per person is built in to the tour cost to specifically protect these species. On all long haul holidays Naturetrek also donate £15 per person to the World Land Trust to offset the carbon used to travel and they in turn purchase land directly for Naturetrek. We have a large Naturetrek Reserve in Ecuador of over 1300 acres with donations in excess of £280,000 to date. More information on Naturetrek's sustainability policy and our wonderful reserve can be found here: <https://www.naturetrek.co.uk/about-us/the-naturetrek-reserve>

How to Book Your Place

In order to book your place on this holiday, please give us a call on 01962 733051 with a credit or debit card, book online at www.naturetrek.co.uk, or alternatively complete and post the booking form at the back of our main Naturetrek brochure, together with a deposit of 20% of the holiday cost plus any room supplements if required. If you do not have a copy of the brochure, please call us on 01962 733051 or request one via our website. Please stipulate any special requirements at the time of booking.

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