

SACRED EARTH & STORM SCHOOL
VIETNAM & CAMBODIA
12 - 27 FEBRUARY 2025



ANGKOR WAT

When you've traveled as much as I have over the years, it is incredible how some of the world's most powerful spiritual destinations continue to linger in your consciousness. Long after you've forgotten the many other (and truly extraordinary!) experiences.

One of them is Machu Picchu, Peru. Another, Cambodia's Angkor Wat.

So what makes them stand out?

My awareness with Angkor Wat is that not only is it a phenomenal architectural wonder, but it also holds the most amazing sense of peace.

It is as if the veil between the tangible and the inexplicable quickly fades here. The barrier between the Divine and the Earthly - stretches - and then disappears!

A mysterious corner of the Earth.

And the key?

Pure nature. A true celebration and co-creation of the Elemental Realms. The Earth.

A connection to our Galactic heritage.

In this magical and enigmatic place, the Divine constantly whispers cosmic secrets for those who are ready to receive.

INVITATION

So are you ready to tap into these Celestial revelations and sense of pure peace? We are at a stage in our evolution where this can be so real.

And so easy!

You don't require any qualifications.

Just a willing, open Heart.

With celebration, creation and New Earth power

What else is possible?

Anything!

Elizabeth

For SACRED EARTH & STORM SCHOOL

SHORT ITINERARY

Gather in Hanoi (Vietnam), visit Halong Bay (world heritage site), catch overnight train to Hue (Vietnam's Imperial City), travel to the ancient Port of Hoi An, short flight to Ho Chi Minh City (Saigon), cross border to Cambodia. Arrive Phnom Penh (Cambodia's capital city), stay in Siem Reap (close to Angkor Wat), sunrise at Angkor Wat and visiting the Temples of Angkor Wat (built to represent the cosmic world where everything is in perfect balance, symmetry and composition). Return to Phnom Penh. (16 days/15 nights)

PRACTICAL DESCRIPTION OF THE TRIP

An unforgettable adventure through two of the most colourful yet contrasting cultures in South East Asia. Starting off in Vietnam, cruise through karst scenery on a boat in Ha Long Bay, step back into the world of the country's last Emperors in Hue, soak up the old-worldly charm of Hoi An and be amazed by the endless energy of Ho Chi Minh City (Saigon). In Cambodia, discover the country's fascinating history and culture in Phnom Penh and the awe-inspiring temples of Angkor Wat. A journey that draws you away from the crowds and into the heart of this captivating region and its equally enchanting people. An unforgettable experience.

DAILY ITINERARY

(may be subject to change)

DAY ONE - HANOI

Wednesday, 12 February

Arrivals & Welcome

EXCURSION: Visit the Temple of Literature (dedicated to Confucius)

Overnight HANOI HOTEL

(Meals included: none)

DAY TWO - HALONG BAY

Thursday, 13 February

FULL DAY EXCURSION to World Heritage site, Ha Long Bay

(8am - 9pm)

Overnight HANOI HOTEL

(Meals included: all meals on excursion)

DAY THREE - HANOI

Friday, 14 February

Morning: free time to rest after day excursion to Halong Bay.

Afternoon: Explore on our own the Old Quarter with Hanoi Street Food - sample some delicious Vietnamese food, bustling markets etc. Or visit the Hoa Lo Prison Museum with its fascinating French colonial and USA history.

Overnight SLEEPER TRAIN

(Meals included: Breakfast, dinner & breakfast snacks on train)

DAY FOUR - HUE

Saturday, 15 February

Arrive Hue and transfer to our hotel

SHORT EXCURSION: Imperial and Forbidden City.

Rest and explore this interesting city on your own

Overnight HUE HOTEL

(Meals included: breakfast)

DAY FIVE - HOI AN

Sunday, 16 February

Travel by bus through coastal rice paddies and the spectacular Hai Van Pass

(travel time approx 3 hours)

EXCURSION: Visit Marble Mountain

Arrive Hoi An

Overnight HOI AN HOTEL

(Meals included: Breakfast)

DAY SIX - HOI AN

Monday, 17 February

Enjoy the charms of Hoi An

EXCURSION: Vietnamese Coffee culture

EXCURSION: Hoai River Boat trip at night with lanterns

Overnight HOI AN HOTEL

DAY SEVEN - HOI AN

Tuesday, 18 February

Free day to enjoy the many pleasures of Hoi An for yourself. Choose your own activity: such as having your own dress or other clothing made (Hoi An is famous for its incredible fabrics and dress making), learn to make a lantern, do an excursion, visit markets etc.

Overnight HOI AN HOTEL

(Meals included: Breakfast)

DAY EIGHT - CHI MINH CITY (SAIGON)

Wednesday, 19 February

Travel to Danang airport (1 hour)

Short flight to Ho Chi Minh City (previously known as Saigon)

(travel time approx 1.5 hours)

Check into hotel

Depending on our arrival (often internal flights in Vietnam are delayed!), you can choose your own activity: a wonderful Vietnamese massage or facial, visit the War Remnants Museum or watch the sunset from one of the highest rooftops in the city.

Overnight HO CHI MINH CITY HOTEL

(Meals included: Breakfast)

DAY NINE - CHI MINH CITY (SAIGON)

Thursday, 20 February

EXCURSION: a Mekong Delta full day tour to explore the countryside with scenic waterways and Vinh Trang pagoda.

Overnight HO CHI MINH CITY HOTEL

(Meals included: Breakfast)

DAY TEN - PHNOM PENH

Friday, 21 February

Travel by bus over the border - through rural Vietnam and Cambodia onto Phnom Penh.

Capital of Cambodia and major junction of Mekong and Tanle Sap Rivers.

(travel time and crossing the border approx 10 hours)

Rest and relax

Overnight PHNOM PENH HOTEL

(Meals included: Breakfast)

DAY ELEVEN - SIEM REAP

Saturday, 22 February

EXCURSION: Visit a tragic, yet important part of Cambodia past -the Killing Fields of Choeung Ek

Overnight PHNOM PENH HOTEL

(Meals included: Breakfast)

DAY TWELVE - SIEM REAP

Sunday, 23 February

Travel by air to Siem Reap

Check into hotel

Rest and relax to prepare for our visit to Angkor Wat the next day.

Overnight SIEM REAP HOTEL

DAY THIRTEEN - SIEM REAP

Monday, 24 February

EXCURSION: Visit Angkor Wat in early hours to watch sunrise! Temple visit with our guide. The temples dating back as far as 9th century, were believed to be the Cosmic world and set in perfect balance, symmetry and composition. The intricately carved bass reliefs and architectural designs are mind-blowing! Appreciating the archeological sites of Angkor Wat,

Overnight SIEM REAP HOTEL

(Meals included: Breakfast)

DAY FOURTEEN - ANGKOR WAT

Tuesday, 25 February

A free day of rest and integration after our visit to Angkor Wat

Overnight SIEN REAP HOTEL

OPTIONAL: You can return to Angkor Wat on your own to explore some more (entrance fee 37 USD)

(Meals included: Breakfast)

DAY FIFTEEN - PHNOM PENH

Wednesday, 26 February

Return by bus to Phnom Penh

Relax (you can choose to have a wonderful Cambodian massage) and enjoy the last day in amazing Cambodia

Closing ceremony

Overnight PHNOM PENH HOTEL

(Meals included: Breakfast)

DAY SIXTEEN - PHNOM PENH

Thursday, 27 February

Departures

(Meals included: Breakfast)

IMPORTANT NOTES:

1. At times some of the places we stay may not have continuous hot water. Most travellers do not find this a problem and are keen to cool down from the heat with a refreshing cold shower.
2. This trip includes two domestic flights. Checked luggage allowance is a maximum of 20 kilograms, plus up to 7 kilograms carry on luggage. Any excess luggage charges will need to be paid directly to the airline at check-in.
3. The optional activities mentioned in the itinerary are suggestions that you may like to explore in addition to the tour activities. Everyone has different energy /interests levels and so these are options that you may like to pursue on your own.

4. In order to explore the many extraordinary parts of Vietnamese and Cambodia, this adventure involves substantial overland travel, giving the opportunity to see a huge amount of the fascinating landscapes of Vietnam and Cambodia. The itinerary has been structured to provide rest periods in between and should be accessible to most people. However, if on the longer journeys between cities you prefer to fly instead, you are welcome to book your own flight.
5. The weather may be hotter and more humid than what you are used to. Always consider suitability to your own health.

What is included?

- 15 nights/16 days shared accommodation
- All meals mentioned in itinerary
- 1 overnight train
- 1 domestic flight
- all airport and other transfers as a group during trip
- all private excursions as per itinerary
- all entrance fees
- English speaking professional guides where appropriate
- all overland travel between places
- personal/Earth guidance/tuition by Elizabeth
- meditations, water and nature ceremonies

What is not included?

- international arrival flight from home (to Hanoi) and departure flight (from Phnom Penh) back home
- all visas etc
- travel and health insurance
- meals excluded in itinerary, drinks and items of a personal nature
- tipping

When and where?

The journey starts in Hanoi and ends in Phnom Penh where you will be able to catch your international flight back home.

Note: Many participants arrive a day or two earlier to settle in and some also decide to stay on for a few days afterwards to relax and see more. Please ask if you require any assistance with accommodation etc before or after the trip.

What to bring along

After booking and before we travel, you will be sent detailed information as to what to bring along by way of clothing, other packing items, useful traveling

suggestions, money considerations as well as general information and the places we visit.

Types of hotels and transport

Hotels: 3 star or similar (as available)

Transfer vans and public bus: tourist standard.

Overnight train: shared facilities (even if you have chosen single supplement).

Full price all inclusive:

Sharing: \$2933

Single supplement: \$360

Payment methods

Can be paid via a secure payment link (sent to you for using a bank card), or via PayPal, or you can make a South African EFT/ bank transfer - details given after booking.

Deposit amount: \$1600

The full amount is due at least six weeks before the trip.

IMPORTANT: If you have not traveled with me before I suggest we do a short zoom or WhatsApp call. It is a good way to meet, get a feel for what the trip will be like and discuss any further questions.

About Elizabeth and Sacred Earth & STORM School

Elizabeth organises through her business called Sacred Earth & Storm School Earth trips to various sacred site locations in the world since 2007. Her passion is the Earth and how we can explore and interact with her in a much more powerful and Heart-connected way. To live a life beyond normal, be far more creative and productive in our lives. It is just a choice! Anything is possible.

NB: Service policy

- Cancellation and refund:
- If I cancel or postpone the event for any reason, payment will be refunded in full within a reasonable period, but no liability can be accepted for any consequential losses you might incur.
- No-shows are not entitled to refunds, exchanges or transfers.
- All travel and other arrangements made for your participation are entirely made at your own risk.
- I reserve the right to limit bookings, or reject a booking, without explanation.
- Indemnity forms to be signed by all participants.

- My responsibility is for the highest well-being of the group attending the event. I do my best to facilitate and/or mediate any difficulty that may arise, but reserve the right to require a participant to leave during the event if their continuing attendance is not in the best interests of the other participants, without a refund.
- If any printed notes or workshop content are copyright of Elizabeth Bardin, All rights reserved.
- I respect your privacy. I do not, and will not sell your personal information. I only collect, store and use your personal information for defined purposes. I use your information to support and enhance my working relationship with you, to process your booking, provide services and support, and share trips, products, services, news and offerings with you. You are always free to opt out.

LOCATION AND CONTACT DETAILS

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You can also see details on my linktree:

<https://linktr.ee/sacredearthandstormschoo>

(photo: the smiling faces of Angkor Wat)

