



Floating market on the Mekong

Journey Along the Mekong - A medical and dental study tour and cruise 5 – 16 February 2026

Extension to Koh Andet Island 16 – 19 February 2026

“This was our first tour with JBT. Excellent
trip, great food and fabulous people”

SherryI Colaco, Journey along the Mekong, January 2024

AITO
The Specialist
Travel Association

 **JON BAINES
TOURS**

Level 2
GENTLE





Angkor Wat

Journey by land and water through the enchanting lands of the mighty Mekong River.

Begin the tour in the energetic metropolis of Ho Chi Minh City a confluence of colonial architecture, modern skyscrapers, grand boulevards, and hidden alleyways. From there, venture into the tropical lowlands of the Mekong Delta, where you'll spend three nights aboard the elegant Pandaw Indochina. Far removed from city life, cruise through primeval mangrove forests, floating markets and languid villages.

Disembark in Phnom Penh, Cambodia's charming capital, to wander the palm-fringed riverside promenade dotted with royal palaces and temples. Drive through lush, rolling countryside to Siem Reap, via Oudong, the 'City of Past Kings'. The tour culminates with visits to the great archaeological wonders of Bayon, Ta Prohm and Angkor Wat.

Throughout the journey, professional visits and talks provide historical and contemporary insight into medicine and dentistry in Indochina. A series of excursions and talks will delve into the region's complex past – from the golden age of the Khmer Empire to the dark days of the Cold War and Khmer Rouge – whilst showcasing the vibrancy of modern society with its thriving street food culture, rich traditions, and warm-hearted people.

There is an optional extension to beautiful Koh Andet Island at the base of the Cardamom Mountains at the end of the tour.

THIS TOUR IS CLASSED AS:

Level 2 | Gentle



Easy walking at a mostly leisurely pace. Slightly more daily activity and travel.

Tour Leaders

Dr Elizabeth Milford is a highly respected educator, mentor, and consultant with over 20 years' experience across regulation, health professional education, and the commercial sector. As a professional coach of The Resilience Arena, Dr Milford is known for her work supporting clinicians at all stages—from students and new graduates to experienced practitioners.



Her regulatory expertise is underpinned by more than a decade consulting and auditing for the Dental Board of Australia, with a special interest in compliance in areas such as advertising, informed consent, ethics, and privacy. In the commercial sector, Dr Milford has also served as Professional and Scientific Relations Consultant to Oral-B ANZ. Known for her engaging and dynamic lecturing style, Dr Milford integrates contemporary research with evidence-based strategies. Thought provoking and memorable, her lectures focus on improving patient outcomes through prevention science, communication excellence, and the promotion of practitioner well-being.

No matter how often Elizabeth visits a city, her first stop will always be the art gallery, and you will always find her joining the locals for park run early on a Saturday morning.

The Pandaw Indochina



Itinerary 5 – 16 February 2026

B = Breakfast **L** = Lunch **D** = Dinner

3 nights Ho Chi Minh – 3 nights Mekong River Cruise – 2 nights Phnom Penh – 3 nights Siem Reap



where American media briefings pejoratively known as the 'Five-o-Clock Follies' took place.

Day 4: Ho Chi Minh / My Tho **B D** (Sun, 8 Feb)

Am/Pm: Transfer to the river port and embark on the RV Indochina. After settling in, take a tour by sampan (a flat wooden boat) through mangroves and bamboo forests to the fruit orchards of Ben Tre. Explore this birdlife-rich area by local rowboat, making your leisurely way through canals before arriving at a village specialising in local crafts.

Day 5: Gao Giong (Mon, 9 Feb) **B L D**

Am/Pm: Cruise upriver and visit the green oasis of Gao Giong, a 1,000-acre eucalyptus forest and wildlife sanctuary where a diverse selection of water birds and egrets gather in their tens of thousands across the 'Plain of Reeds'. Take rowboats across the canals to view the principal nesting areas. Continue cruising up the Mekong towards the Cambodian border.

Day 6: Chau Doc Vietnam **B L D** / Cambodian Border (Tues, 10 Feb)

Am: Cruise to the picturesque border town of Chau Doc and visit the floating markets by sampan. Visit Cham village before traveling to Sam Mountain to climb the 400 steps to the Hang Pagoda. Return to ship and cruise through a web of canals before dropping anchor on the Vietnam/Cambodia border to undergo immigration formalities.

Day 7: Phnom Penh (Wed, 11 Feb) **B D**

Am: Arrive in Phnom Penh and disembark. Visit the Phnom Penh Dental School to learn about dental education and training in Cambodia.

Day 1: Ho Chi Minh City (Thurs, 5 Feb) **D**

Pm: Arrive in Ho Chi Minh City and check in to the Pullman Saigon.

Day 2: Ho Chi Minh City (Fri, 6 Feb) **B D**

Am: Visit the University of Medicine and Pharmacy, the group will split between the Faculty of Odontology or the Faculty of Medicine.

Pm: Take a guided tour of HCMC, wander networks of alleyways onto vast boulevards lined with skyscrapers. Visit colonial buildings including Notre Dame Cathedral of Saigon and the palatial Central Post Office, with its grand concourse of painted maps.

Day 3: Ho Chi Minh City (Sat, 7 Feb) **B D**

Am: Explore the colourful stalls of Tan Dinh Market in the company of a cooking instructor, source local ingredients and participate in a cookery class.

Pm: Visit Reunification Palace; the iconic photograph of the North Vietnamese tank crashing through its gates signified the end of the Vietnam war. Visit the former CIA building and the War Remnants Museum, which includes a poignant photography exhibition.

Eve: Drinks at the rooftop bar of Rex Hotel,

Pm: Check in to the hotel before a walk along Sisowath Quay, a lively riverfront promenade that is home to several iconic landmarks and leafy French-colonial gardens.

Day 8: Phnom Penh (Thurs, 12 Feb) B D

Am: Visit the Royal Palace compound, see the Throne Hall, the extravagant Silver Pagoda and the world's finest collection of Khmer sculptures at the National Museum of Cambodia.

Pm: At leisure with options to visit the Central Market, Cambodian Living Arts (an NGO that specialises in performing arts) or the Tuol Sleng Museum of Genocide and the Killing Fields.

Eve: Option for post-dinner drinks at the Sora Skybar, with great views of the city skyline.

Day 9: Phnom Penh/ Siem Reap (Fri, 13 Feb) B D

Am: Drive to Siem Reap via Oudong, the magnificent post-Angkorian capital of Cambodia, and learn about its trading history with China, Japan and Europe.

Pm: Continue to Siem Reap, arriving in the late afternoon, and check in to the hotel.

Day 10: Siem Reap (Sat, 14 Feb) B D

Am: Drive to visit the Cambodia Landmine Museum, founded by Aki Ra, a former child soldier who is dedicated to de-mining Cambodia following decades of conflict. On return see ancient Khmer artifacts at Angkor National Museum.

Pm: Visit Angkor Hospital for Children (AHC) in Siem Reap and meet with the locally led, highly skilled team who are working to improve health care for children in Cambodia. At leisure before dinner at the Foreign Correspondents Club.

Day 11: Siem Reap (Sun, 15 Feb) B D

Am: Start early to visit the atmospheric Bayon Temple and Ta Prohm, a temple intertwined with enormous tree roots. Continue to Angkor Wat, part of the city of Angkor built by the Khmer civilisation

between 802 and 1220 AD. At its peak Angkor is thought to have contained upwards of a million people, making it the largest city in the world at that time.

Pm: At leisure before your farewell dinner.

Day 12: Siem Reap (Mon, 16 Feb) B

Am: Depart for the airport, extend your stay in Siem Reap or take the beach extension.

All itineraries are subject to change according to local conditions.

Extension to Koh Andet Island

16 – 19 February 2026

On the 16 February, depart Siem Reap for the Canvas & Orchids Retreat on Koh Andet Island at the base of the Cardamom Mountains. You will experience Cambodia's nature at its finest, including the Tatai River whose pristine waters are filled with aquatic life and surrounded by lush rainforests.

Relax at your leisure for three nights with the option to partake in resort activities including jungle treks and sunset cruises. On the 19 February, depart Koh Andet Island and transfer to Phnom Penh airport for your return flight.





Floating Tents, Koh Andet Island

Hotels

Pullman Saigon (Ho Chi Minh)

Comfortable, efficient and luxurious, well located in District One within walking distance of many attractions. The hotel has several restaurants, a pool and spa.

RV Mekong Pandaw (Cruise)

Cruising on the RV Indochina is an outdoor experience, with comfortable seating on the promenade deck to absorb the unfolding riverside panoramas. The main and upper deck rooms are finished in brass and teak and are 168 square feet (15.6 sqm). The dining room is designed to open along the sides to allow cool breezes to waft through and offers a great choice of local cuisine. There is also a spa and a range of onboard activities.

La Rose Suites (Phnom Penh)

Situated very near to the royal palace, this boutique hotel has a stylish, heritage ambience and a scattering of pools set in tranquil courtyards. There is a restaurant, a bar and spa treatment rooms, and the minimalist rooms are of a generous size.

Borei Angkor (Siem Reap)

Grandly luxurious, Borei Angkor Resort and Spa is a combination of contemporary and traditional. We have reserved Landmark Rooms, which have a spacious mahogany interior and balcony. The resort contains several restaurants, an outdoor swimming pool and spa facilities.

Canvas & Orchids Retreat (Extension - Koh Andet Island)

Canvas & Orchids Retreat is a unique luxury Cambodian eco-lodge located on the Tatai River, at the edge of the rainforest and the base of the Cardamom Mountains. A host of resort activities invite you to immerse yourself in the surrounding nature. Stay in an elegant, tented villa that bobs gently with the river and eat superb, local specialties at the bankside restaurant.

“JBT curated the visits very well.”

Pascoal Pinto, Journey along the Mekong, January 2024



The Royal Palace, Phnom Penh (top);
Child smiling for the camera, Mekong; Cycling back from
market, Saigon; Floating market, Mekong (above)

The cost of the tour sharing a room per person is £3,498

The cost of the tour with a room to yourself is £4,906

Cruise upgrade from main deck to upper deck for a cabin is £120

The cost includes:

- 8 nights' hotel accommodation in double or twin-bedded rooms with private facilities in medium grade and first-class hotels
- 3 nights' accommodation in double or twin-bedded cabins on the RV Mekong Pandaw ship with private facilities on the main deck
- The services of tour leaders, Elizabeth Milford
- The services of an English-speaking national guide in Vietnam, Cambodia and the Pandaw RV Indochina
- A full programme of cultural visits, excursions and activities
- A full programme of professional visits and talks
- Meals as per the itinerary
- All meals and drinks on the RV Mekong Pandaw cruise including soft and alcoholic beverages
- All admission fees, tips, taxes and internal transport services

The cost excludes:

- All international flights and airport transfers
- Meals not mentioned
- Drinks with meals unless specified
- All optional excursions, tours and visits; all personal extras such as portage, laundry and inoculation fees; travel insurance and visas

The cost of the extension sharing a room is £880

The cost of the extension with a room to yourself is £1,150

The post-tour extension cost includes:

- 3 nights at the Canvas & Orchids Retreat in a Floating Tent
- Breakfast each day
- Transfers and tours as described in the itinerary
- All taxes

The cost excludes: as per the main tour

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Ta Prohm, Siem Reap (top); Central Post Office, HCMC;
The Bayon, Siem Reap, Phnom Penh Royal Palace (above)



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TOURS**

