



LAKE TO LATITUDE

THAILAND & CAMBODIA

Temples • Cities • History • Food • Islands

There are trips that are really a list of destinations, and then there are trips that feel like a story. This Thailand and Cambodia route is the second kind. It moves from Bangkok's energy to Angkor's ancient stone, through Phnom Penh's difficult history and finally into Krabi and Koh Lanta's warm Andaman water. The itinerary is ambitious, but every stop has a job: Bangkok for temples, food and nightlife; Siem Reap for Angkor and adventure; Phnom Penh for history and perspective; Krabi for limestone scenery and jungle; Koh Lanta for slowing the pace.

THE ROUTE AT A GLANCE

Bangkok → Siem Reap → Phnom Penh → Krabi → Koh Lanta → Bangkok



APRIL 28 – MAY 13 • 16 DAYS / 15 NIGHTS • TWO COUNTRIES • FIVE BASES

THE EDITOR'S TAKE

This is an ambitious itinerary, but it is not unnecessarily complicated. Use flights where they save substantial time, keep local exploration flexible, and resist turning every day into a tour day.

WHO THIS TRIP IS FOR

Travellers who want culture, food, adventure and beaches — and who don't mind changing hotels and countries several times.

THE DAY-BY-DAY FIELD GUIDE

DATE	BASE / ROUTE	PLAN
APR 28	YVR → BANGKOK	Long-haul travel day.
APR 29	BANGKOK	Grand Palace, Wat Phra Kaeo, Wat Pho; Chinatown food tour.
APR 30	BANGKOK	Wat Arun, city exploring, Chao Phraya dinner cruise.
MAY 1	BANGKOK	Living Green Elephant Sanctuary; Muay Thai.
MAY 2	BANGKOK → SIEM REAP	Travel day; evening in Siem Reap.
MAY 3	SIEM REAP	ATV countryside adventure; Angkor circuit.
MAY 4	SIEM REAP	Angkor Wat sunrise, Ta Prohm, Angkor Thom, Bayon and more.
MAY 5	SIEM REAP → PHNOM PENH	Travel; riverfront evening.
MAY 6	PHNOM PENH	Royal Palace, Wat Phnom, S21 and Choeung Ek.
MAY 7	PHNOM PENH → KRABI	Fly south; Railay sunset.
MAY 8	KRABI	Seven Islands boat day and snorkeling.
MAY 9	KRABI	Hot spring waterfall, Emerald Pool, Tiger Cave Temple.
MAY 10	KRABI → KOH LANTA	Transfer; island loop, national park, lighthouse, waterfall, sunset.
MAY 11	KOH LANTA	Koh Rok/Koh Haa if operating; otherwise island/Old Town/beach day.
MAY 12	KOH LANTA → BANGKOK	Return to Bangkok; final evening.
MAY 13	BANGKOK → YVR	Fly home.

BANGKOK

THE CITY THAT NEVER TURNS OFF

Bangkok is the perfect opening chapter because it immediately gives the trip scale. The Grand Palace, Wat Phra Kaew, Wat Pho and Wat Arun provide the classic introduction, but the city becomes much more interesting when you leave the formal sightseeing route.

Our itinerary mixes temples with a Chinatown tuk-tuk food tour, a Chao Phraya dinner cruise, an elephant sanctuary and Muay Thai at Rajadamnern Stadium. That variety is the key. Tourism Thailand highlights Wat Phra Kaew, Wat Pho, Wat Arun, Yaowarat and Bangkok's markets among the city's major visitor experiences. turn0search3■turn0search7

Do the temples early, eat Chinatown late and leave an unplanned window for Bangkok to surprise you.



Grand Palace complex, Bangkok





OUR RECOMMENDATIONS

- Stay near BTS/MRT or the river.
- Do temples early and street food late.
- Use a guided Chinatown food tour if it is your first time.

SIEM REAP

ANCIENT STONE, RED DIRT & NIGHTLIFE

Siem Reap changes the rhythm completely. It is the gateway to the Angkor temple complex, and the trip works best when the temples are treated as a major experience rather than a quick sightseeing stop.

The itinerary adds an ATV ride through the countryside before two temple days. That gives you villages, fields and everyday Cambodian landscapes before the monumental scale of Angkor takes over.

The temple plan includes Angkor Wat sunrise, Ta Prohm, Angkor Thom, Bayon, Ta Keo, Preah Khan and other Grand Circuit sites. Tourism Cambodia describes Angkor as a huge archaeological landscape of temples, reservoirs, roads and monuments, and specifically identifies Preah Khan as part of the Grand Circuit. turn0search5■turn0search10

The recommendation: use two mornings, not one marathon day. Then enjoy Siem Reap after dark with Pub Street, the night markets and quieter Khmer restaurants.



ATV adventure in the Siem Reap countryside





OUR RECOMMENDATIONS

- Spend two mornings on Angkor.
- Use a driver/tuk-tuk for temple circuits.
- Keep an afternoon free after an early temple morning.

PHNOM PENH

THE CHAPTER THAT MAKES YOU STOP

Phnom Penh is the emotional pivot. The riverfront gives you the modern capital first — bridges, lights, tuk-tuks and city life — before the itinerary turns toward the Royal Palace, Wat Phnom, Tuol Sleng and Choeung Ek.

These historical sites deserve time rather than being rushed for photographs. Build in a slower evening afterward and use food as the reset: fish amok, lok lak, Khmer curries, noodle soups, grilled meats and fresh fruit are all worth seeking out.

The biggest recommendation is to give Phnom Penh the attention it deserves. It is a short stop, but it adds context to everything that came before and after.



Phnom Penh riverfront at dusk





OUR RECOMMENDATIONS

- Give S21 and Choeung Ek the time they deserve.
- Use the riverfront for an easy first evening.

KRABI

WHEN THE LANDSCAPE CHANGES COMPLETELY

Krabi is the release valve after Cambodia. Limestone cliffs rise from turquoise water, longtail boats replace tuk-tuks and the itinerary becomes much more outdoors-focused.

The route uses three different Krabi experiences: a Railay sunset, a Seven Islands boat day and an inland adventure covering the hot spring waterfall, Emerald Pool and Tiger Cave Temple.

Tourism Thailand highlights Krabi's beaches, islands, hot springs, caves, coral reefs and limestone cliffs, with Ao Nang serving as a major launching point for boat trips. turn0search0■turn0search4

If you only have three days, don't overbook them. One boat day, one inland day and one flexible beach window is a much better rhythm.



Southern Thailand beach at sunset





OUR RECOMMENDATIONS

- Do one sea day and one inland day.
- Bring dry bags on boat days.
- Keep one sunset free.

KOH LANTA

THE ISLAND WHERE THE TRIP FINALLY EXHALES

Koh Lanta is where the itinerary finally slows down. After Bangkok's intensity, Angkor's scale, Phnom Penh's history and Krabi's excursions, the island is about choosing your own pace.

The May 10 plan — scooter, Mu Ko Lanta National Park, lighthouse, Tanod Beach, nature trails, Khlong Chak waterfall and cave, then a sunset beach bar — is exactly the kind of day Koh Lanta suits.

The new personal photo set finally gives this section the visual treatment it deserves. All seven new images are from May 10 and are used only here.

Tourism Thailand describes Koh Lanta Yai as more than 30 kilometres long, with nine golden-sand beaches, forested hills, mangroves and waterfalls. A paved north-south road makes it particularly suited to an island exploration day. turn0search1

Important seasonal note: Tourism Thailand says smaller islands around Mu Ko Lanta National Park, including Koh Rok and Koh Haa, are typically closed from May through October. Because this itinerary reaches Koh Lanta on May 10, confirm any Koh Rok/Koh Haa tour immediately before booking. turn0search1



Wide beach and Andaman Sea panorama on Koh Lanta



OUR RECOMMENDATIONS

- Scooter only if comfortable and properly licensed.
- Make one day about the island itself.
- Confirm Koh Rok/Koh Haa operating status for May.

EAT YOUR WAY THROUGH THE ROUTE

Bangkok

Yaowarat is the place to graze: noodles, grilled seafood, skewers, mango sticky rice, fruit and Thai-Chinese favourites. Do not plan every snack — follow the crowds and eat where turnover is high.

Siem Reap

Look for fish amok, lok lak, Khmer curry, nom banh chok, grilled meats and fresh fruit shakes. Use the markets for grazing and save one dinner for a quieter Khmer restaurant.

Phnom Penh

Try amok, lok lak, noodle soups, grilled meats and market snacks. A riverside dinner makes a good reward after a history-heavy day.

Krabi

Southern Thai food is a highlight: seafood, spicy curries, grilled fish, som tam and fresh fruit. Night markets are ideal for sampling.

Koh Lanta

Seafood, Thai curries, grilled fish and simple beach meals are the order of the day. Save one evening for a sunset dinner rather than eating every meal at the resort.

LOGISTICS & TRAVEL SMARTS

Bangkok

Use BTS/MRT, river boats, Grab/taxis and short tuk-tuk rides. Group temples geographically.

Bangkok → Siem Reap

Fly if vacation time matters; overland travel is slower and adds border logistics.

Siem Reap

Use a driver/tuk-tuk for Angkor rather than negotiating each ride separately.

Siem Reap → Phnom Penh

Fly for efficiency; bus/van is the slower budget alternative.

Phnom Penh → Krabi

Fly. The geographic jump is too large to spend a beach day in transit.

Krabi → Koh Lanta

Use a pre-arranged road/ferry transfer and confirm seasonal schedules.

Koh Lanta

Scooter only if you are experienced and properly licensed; otherwise hire a driver/taxi.

TOUR STRATEGY

- Book flights, hotels and must-do experiences first.
- Use guides where context matters most — especially Angkor.
- Leave free afternoons after sunrise starts and full-day boat tours.
- Confirm seasonal island-tour operations immediately before departure.

PACKING

Breathable clothing, walking shoes, sandals, swimwear, modest temple clothing, sunscreen, insect repellent, reusable bottle, power bank, dry bag and waterproof phone case.

PHOTO EDITORIAL

The seven new Koh Lanta images are May 10 images and are used only in the Koh Lanta section. No other destination has been relabeled as Koh Lanta.

OFFICIAL TRAVEL RESOURCES

Tourism Authority of Thailand • tourismthailand.org

Tourism Cambodia • tourismcambodia.com

THE LAKE TO LATITUDE TAKEAWAY

Thailand and Cambodia are at their best together when the itinerary is built around contrast. Start with Bangkok's energy, go deep into Angkor, give Phnom Penh the attention its history deserves, then let Krabi and Koh Lanta bring the trip back to water and open skies.