

The background of the entire image is a sunset scene over a body of water. The sky is a gradient of purple, pink, and orange. In the foreground, the dark silhouettes of several Angkor Wat temples are visible, with their iconic tiered spires. The water in the foreground is calm, creating a clear reflection of the temples and the colorful sky above. A large, semi-transparent grey circle is centered over the image, containing the main text.

Explore Cambodia & Laos

The Heart of Southeast Asia
February 16-27, 2026

Trip Highlights

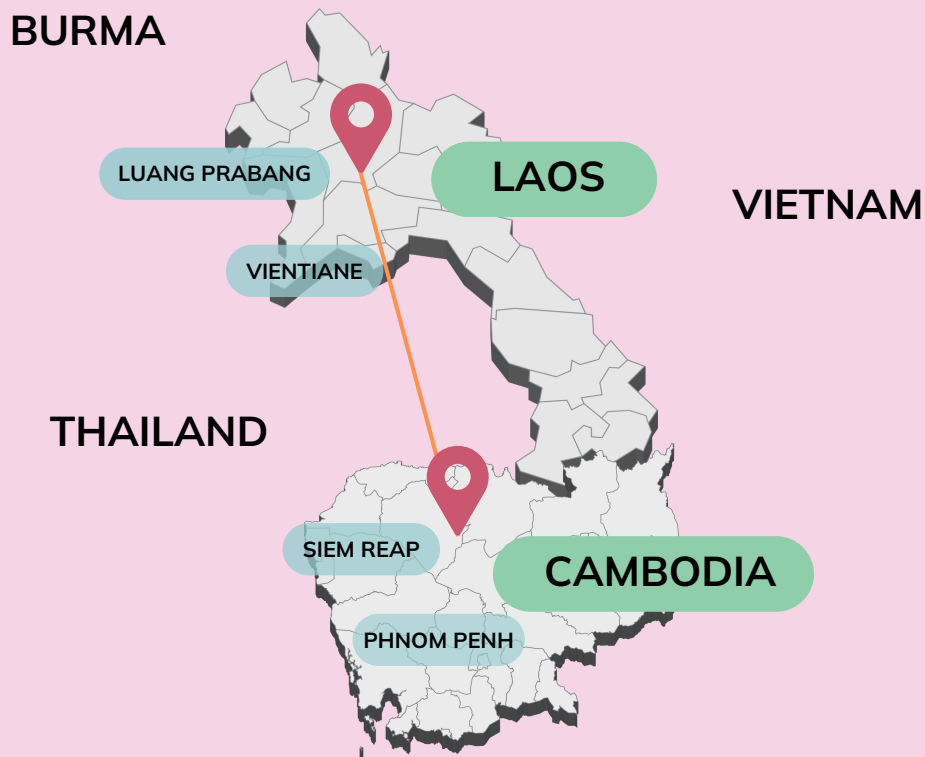
We invite you to join us for a transformative and enriching journey through Cambodia and Laos—lands of golden temples, rich traditions, and profound spiritual heritage.

12-Day Adventure in Cambodia & Laos

February 16-27, 2026

Small Group Retreat – Limited to 8-15 Guests

- Explore the sprawling grandeur of Angkor Wat
- Discover the delicate temples of Luang Prabang
- Absorb Buddhist temples & traditions filled with spiritual devotion
- Learn about the region's heritage that reflects both resilience and grace
- Celebrate the beautiful arts of Apsara dance and distinctive textile design
- Enjoy your choice of meditation & sound healing ceremonies



Your Invitation to Adventure

Each day is designed to feed your curiosity and nourish your spirit. This journey will awaken your senses as well as deepen your connection to yourself and the world around you.

This adventure is for you if you appreciate:

- ✓ **Cultural Richness:** The region is steeped in centuries-old traditions, from the intricate dance rituals of Cambodia to the deeply rooted folklore of Laos.
- ✓ **Buddhist Philosophy:** Daily life is guided by a quiet spiritual rhythm, filled with saffron-robed monks, ancient stupas, and serene meditation practices.
- ✓ **Architectural Wonders:** Timeless structures rise from the jungle and riverbanks, from the majestic spires of Angkor Wat to the ornate golden temples of Luang Prabang.
- ✓ **Communal Embrace:** Whether we're sharing a meal in a village, joining a riverside festival, or exchanging smiles in a bustling market, connection is at the center of our experience.

I invite you to step into a world where tradition lives on. In Cambodia and Laos, every corner holds a story—from ancient tales and classical dance to artisan crafts and rituals passed down through generations. I can't wait to share the magic of Cambodia and Laos with you.



Embracing Ethical Travel

We curate our journeys for the curious and conscious traveler. Each trip supports connection—to yourself, to the communities we're visiting, and to the inclusive values that sustain our world.

As we explore the world together, our small groups participate in community activities to deepen our understanding of new cultures while supporting local development and sustainability.

As a socially-responsible, woman-owned business, we partner with AltruVistas to ensure this community spirit is reflected in every adventure. We support community reinvestment through donations and purchase carbon off-sets to mitigate the effects of our travel program on the environment.



Traveler Testimonials

Erin, with you I experienced not only the stunning Himalayas together with a group of hearty women, you also opened my mind in sharing your way of life. I'll never forget those magical moments!



Hilde L.
Nepal



Sue P.
Kenya &
Tanzania

Hiking Mt. Kilimanjaro was an epic adventure—from the 7-day climb to the celebration afterwards, Erin and I shared memories I'll never forget!



Matthias Z.
Maldives &
Thailand

Erin is all about ethical travel. Not just donations, but visiting local communities to gain a deeper understanding and appreciation for their culture.



Vasavi
China, Mongolia
& Russia

Erin and I traveled together on the Trans-Siberian Railway. We enjoyed every moment - whether it was navigating unfamiliar cities, trying local food, or simply sharing stories late into the night on our long epic train journeys. It was an unforgettable experience with a kindred spirit.

Daily Itinerary

Day
1

Monday, February 16
Welcome to Siem Reap, Cambodia

Theme: Arrival & Grounding

Sourm Sva Kum —Welcome to Cambodia! Upon arrival at Siem Reap-Angkor International Airport, you'll be warmly greeted by our local representative and given time to relax. As the sun sets, we'll gather for a Welcome Reception and enjoy a **traditional Cambodian Dinner** in the historic town of Siem Reap. Together, we set our intentions for the journey ahead.

Meals: Welcome Reception & Dinner



Tuesday, February 17
Sacred Craft & Living Buddhism

Day
2

Theme: Cultural Roots & Mindfulness

We start our morning with a **guided meditation led by a Buddhist monk**. We then explore the city of Siem Reap, with a visit to **Artisans d'Angkor**, an organization dedicated to preserving the country's ancient crafts. The afternoon is reserved for an educational exchange at a local monastery, where you'll learn about the deep cultural layers of Theravada Buddhism. In the evening, we try our hands-on **Cambodian Cooking Class** and feast on our own creations.

Meals: Breakfast, Lunch, Dinner

Day
3

Wednesday, February 18
Discovering Angkor's Magic

Theme: Awe & Reflection

Step back in time at **Angkor Archaeological Park**, a UNESCO World Heritage site and one of the largest religious sites in the world. Marvel at **Bayon Temple**, the Terrace of the Elephants, and the grandeur of **Angkor Wat**, the world's largest spiritual monument. After a tranquil lunch at the **Butterflies Garden**, we end our day with the healing power of a **crystal bowl sound healing session**.

Meals: Breakfast, Lunch, Dinner



Thursday, February 19
Pink Temples & Stories in Stone

Day
4

Theme: Feminine Power & Sacred Spaces

We start the day with a visit to Banteay Srei, the "**Citadel of Women**," a temple carved in pink sandstone and exploring some of Angkor's lesser-known gems. Following lunch, we visit the **Cambodian Landmine Museum**, to reflect on resilience of the Khmer people and better understand Cambodia's complex past. In the afternoon, we continue to **Wat Bo Pagoda** and wander through **The Old Market**. Dinner is in the heart of Siem Reap, followed by a trip to Phare Circus, a circus with a purpose.

Meals: Breakfast, Lunch, Dinner

Day
5

Friday, February 20
Life on the Water & Lotus Healing

Theme: Nature & Transformation

We rise early for a boat journey across **Tonle Sap Lake**, visiting the floating village of **Kompong Khleang**, gaining a glimpse Khmer life on the river. We also take time to visit an environmental center to learn about environmental sustainability for the region. After lunching together, we try our hand at making lotus paper—a symbol of rebirth and purity—while supporting local artisans and sustainable practices. The night is free for you to enjoy.

Meals: Breakfast & Lunch



Saturday, February 21
Textiles & Traditional Healing

Day
6

Theme: Artistry & Self-Care

We first dive into Cambodia's textile heritage at **Les Chantiers Écoles**, a silk farm that preserves the ancient traditions of silk-making. In the afternoon, we explore **Sra Thnam Khmer Therapy & Herbalism Spa**—a treasure trove of natural remedies and plant medicine, where we'll learn about local medicinal practices. Our evening dinner features an **Apsara dance performance**—a feast for the eyes and soul.

Meals: Breakfast & Dinner

Day
7

Sunday, February 22
Day Trip to Gangtey Gompa & the Picturesque Black Mountains

Theme: Letting Go & New Beginnings

After breakfast and checkout, we end our Cambodian journey by giving back to this lovely country by **planting trees** with a local reforestation initiative. We then fly to **Luang Prabang**, Laos, and check into our hotel. In the evening, we gather for a **Welcome to Laos Dinner & Talk** on the spiritual and historical tapestry of this serene country.

Meals: Breakfast, Lunch, Dinner



Monday, February 23
Golden Temples & Mountain Views

Day
8

Theme: Sacred Sites & Stillness

We begin with a guided morning meditation and reflection before we explore **Luang Prabang's temples**. Together we head to **Wat Visoun**, the site of the impressive Thad Makmo stupa, followed by a visit to the iconic Phou Sii Hill for panoramic views. In the afternoon, we continue to **Wat Mai** to visit the former Royal Palace, now the **National Museum**, where regal artifacts bring Lao history to life. Your evening is free to enjoy the night market.

Meals: Breakfast & Lunch

Day
9

Tuesday, February 24
Waterfalls & Sacred Caves

Theme: Nature's Wisdom & Sharing Smiles

After a morning **Tai Chi or Qigong class**, we hike to the **Khuang Sii Waterfalls**, where turquoise pools invite us to swim or simply sit in awe. We share a picnic lunch, then take a boat to the **Pak Ou Caves**, home to thousands of Buddha images tucked into limestone crevices. We'll close the day with a **language exchange** at the nonprofit organization Big Brother Mouse.

Meals: Breakfast, Lunch, Dinner



Wednesday, February 25
Weaving Stories & Healing Land

Day
10

Theme: Hands-On Heritage & Collective Healing

For early risers: witness the peaceful ritual of **almsgiving** at dawn. After breakfast, we visit the **UXO Museum** to learn about the “Secret War” and its lasting impact on the Laotian countryside and people. Our afternoon is spent immersed in the vibrant art of **Lao weaving** at **Ock Pop Tok**, a women’s collective providing sustainable employment situated on the bank of the Mekong River. The day ends with a flavorful **Laotian cooking class**—delicious memories made by hand.

Meals: Breakfast, Lunch, Dinner



Day
11

Thursday, February 26
Elephants & Elevated Views

Theme: Compassion & Celebration

This morning we set off for the **Elephant Village Project**, which supports the protection and rehabilitation of Asian elephants in a beautiful mountain setting. After lunch, we can choose to **hike up Mount Phousi** or relax with a **blind therapy massage**—an empowering model of inclusive healing. We celebrate our final evening together with a **Farewell Reception & Dinner**.

Meals: Breakfast, Lunch, Dinner



Friday, February 27
Departure Day

Day
12

Theme: Integration & Return

After breakfast, we bid farewell to new friendships and the lands that held us. We will depart from Luang Prabang for our home cities with a heart full of memories, insights, inspiration, and perhaps, a little more peace than when we arrived.

Meals: Breakfast

Price:

Shared Room	4,995
Single Supplement	\$1,100 (limited quantity)
Deposit	\$495
Full Payment	January 3, 2026 (45 days prior to departure)

Included:

- 11 Nights of Accommodation in Boutique Hotels
- Flight from Siem Reap to Luang Prabang
- All in-country transportation
- Welcome Reception & Farewell Dinner
- All meals (except 2 dinners and 1 lunch)
- In-country trip coordinator
- English-speaking local guides
- Private group meetings with local experts and NGOs
- All park, circus, monastery, and museum entry fees
- Donations to local nonprofit organizations
- Alms to Buddhist monks
- All gratuities for meals, drivers, and guides
- Bottled water
- Tai Chi / Qigong Class
- Blind-Therapy Massage
- Crystal-bowl Healing Session
- Two Pre-Trip Online Meet Ups: one for general questions; one for confirmed travelers

Not Included:

- International airfare to Phnom Penh and from Luang Prabang
- Visa Fees for each country
- Travel insurance



Additional Information

Weather

During February, the weather in Cambodia & Laos is cool, dry and pleasant, making it one of the best times to visit. The temperatures vary slightly across different regions, ranging from 50°F (10°C) in the mornings and evenings to around 77°F (25°C) during the day.

Fitness

We have many walks exploring sites throughout the trip. These walks are self-paced, so you can rest as you wish. A fair level of fitness is required.

Dress

In both Cambodia and Laos, it's respectful to dress modestly, especially when visiting religious sites such as temples. It's recommended to cover your shoulders and knees in rural areas.


Visas

All countries require a valid passport (with a minimum 6 months validity). For Cambodia & Laos, most nationalities require a tourist visa that can be obtained online at least 3 days before arrival or upon arrival at your point of entry. Be sure to contact your local embassy or consulate for the most up-to-date visa requirements.

Payments

A deposit is required To book this trip. If you need to cancel or delay your trip before final payment, you can apply your deposit to a future Nomad Life Adventure, pass it on to a friend, or donate it. Final payment is due 60 days prior to departure.

Contact:

If you have questions, feel free to contact me directly at  Erin@YourNomadLife.com.



*Join us as we discover the tranquil
beauty of Cambodia & Laos*

**Reserve your
spot today.**

This intimate retreat is
capped at 15 people and
will sell out.

