



# **Trekking Myanmar**

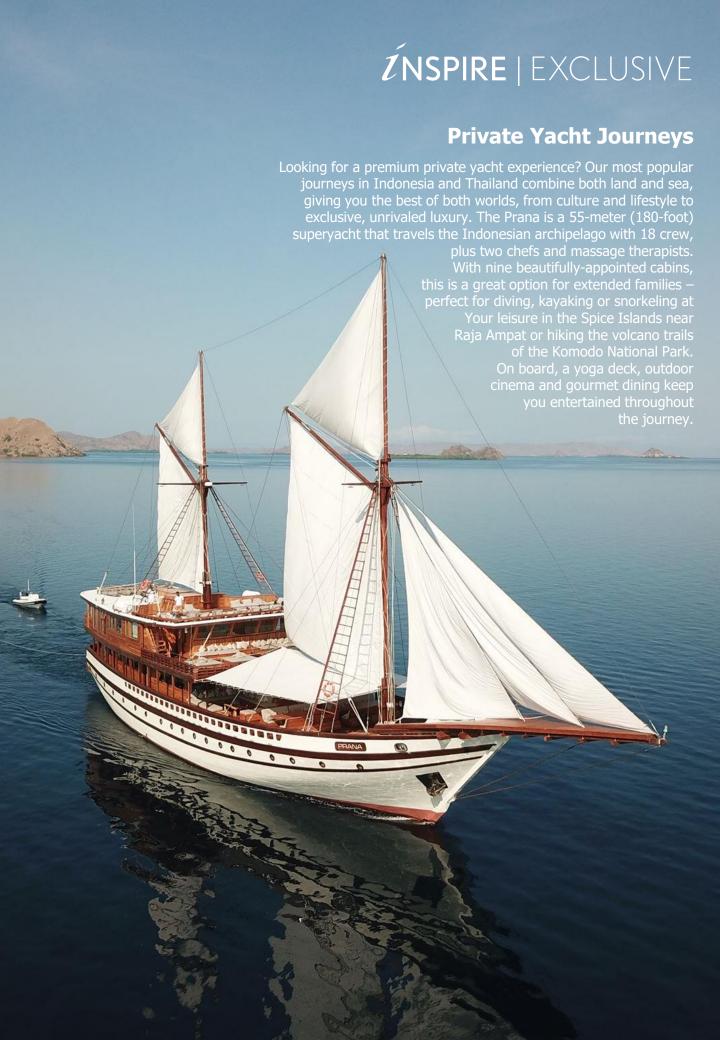
Walk through pine tree forests where Paluang hill tribe villagers grow tea and luscious oranges in the shadow of the Shan mountains, where the air is cool and fresh. Home to some of Myanmar's best trekking trails, Kalaw is a mix of British colonial heritage and farmland. Spend a day at an ethical elephant sanctuary or challenge yourself to an extended trek to Inle Lake, including an overnight stay at a monastery.



## **Khmer Sunrise Meditation**

Standing at the edge of the cliff, overlooking the great Angkorian landscape is one of the best ways to start the day in Siem Reap, Cambodia. Here, at this thousand-year-old temple, you can listen to monks chant a purification prayer and receive a blessing from the abbot for your spiritual peace and happiness. For a truly unique moment, start before dawn and trek up the forest trail by torchlight to catch the magnificent sunrise from the mountaintop.







### **CHIVA-SOM | Hua Hin, Thailand**

Condé Nast Traveler's 'Best Destination Spa' in 2020, Chiva-Som is a wellness-focused retreat that offers tranquility and relaxation, just three hours' drive from Bangkok. Whether you are looking for detoxification, relaxation, physical fitness or spiritual balance, Chiva-Som has holistic, personally tailored programs to help achieve your desired goals.

Why we love it: More than a retreat, Chiva-Som is a way of life. This is an opportunity to re-focus and get on track with physical, spiritual and mental health. Resident specialists work with you to deliver the right blend of therapies, from ancient Thai acupuncture and meditation to more innovative healing like Watsu relaxation technique in a warm-water pool.

### **BANYAN TREE LANG CO | Vietnam**

Nestled between Vietnam's vast central coast and the Truong Son mountain range, Banyan Tree Lang Co is a secluded tropical hideaway surrounded on all sides by wild natural beauty. Just 90 minutes from Da Nang Airport, the resort features chic private pool villas surrounded by spectacular natural beaches, mountains and forests.

Why we love it: Floating breakfasts in the villa's infinity pool present the perfect start to the day and come with idyllic sunrise views backed by distant mountains. The beachfront restaurant serves succulent fresh seafood with a Mediterranean twist and we cannot get enough of the signature Banyan Tree spa which offers a range of traditional Asian wellness experiences.

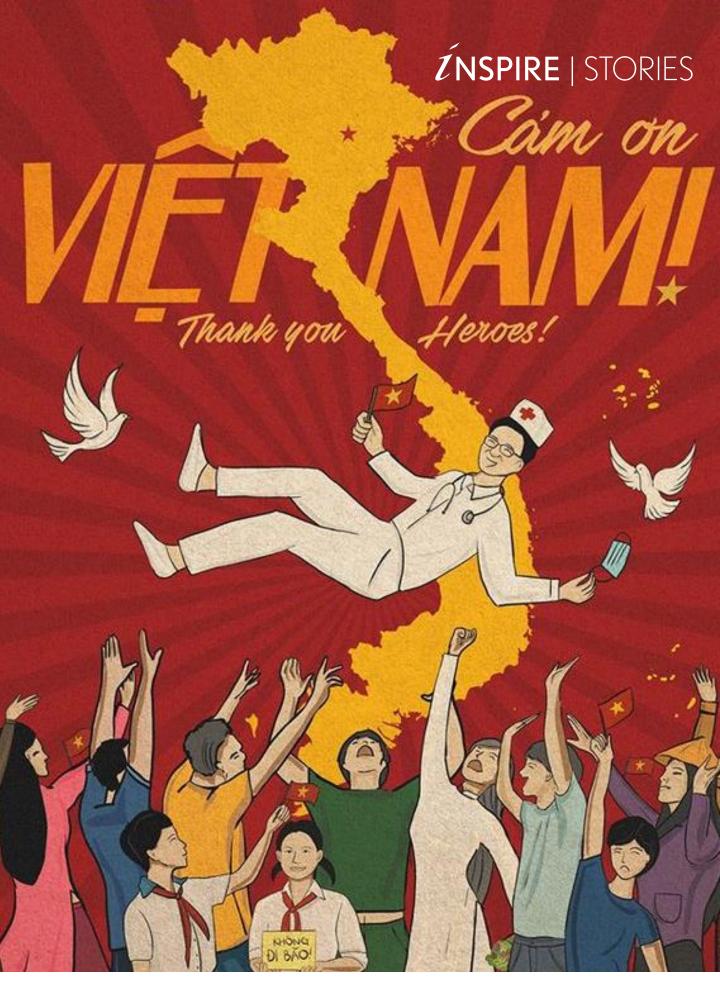


### **CAPE KUDU | Yao Noi Island, Thailand**

Surrounded by Phang Nga Bay's sapphire seas and limestone karsts, Cape Kudu is a quiet beach retreat on the eastern shores of Yao Noi island. A short speedboat ride from Phuket, the resort delivers much sought-after sun, sand and sea vibes with a charming rustic-chic character.

Why we love it: Cozy and comfortable, the rooms feel like home. Chic rattan furniture and plush furnishings combined with an abundance of natural light from floor-to-ceiling windows create a sense of calm and serenity. We loved sunbathing on the terrace or lounging by the pool, soaking up dreamy vistas of the Andaman Sea while sipping cocktails from the bar.





Artist Le Duc Hiep revives Vietnamese poster art for the nation's COVID-19 campaign

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