



Angkor Palm Farm is located 7km before Banteay Srei temple. Our farm is dedicated to supplying fresh and natural products for our restaurant

Angkor Palm Restaurant No 115 Charles De Gaulle Road and the corner of Rd 60
Tel: 012 23 22 05 - 063 76 14 36 www.angkorpalmpalm.com
E-mail: angkorpalmpalm@hotmail.com | Fb: angkorpalmpalmrestaurant



Hotels near Angkor Palm Restaurant

- Angkor Village Resort 600m
- Avallon Boutique & Spa 500m
- Bloom Garden Guesthouse 200m
- HanumanAlaya 500m
- La Villa Coloniale 150m
- Le Meridien Angkor 50m
- Regency Angkor 200m
- River Bay Villa 300m
- Siddharta Boutique Hotel 800m
- Siem Reap Bat Hotel 200m
- Sofitel Angkor 200m
- Tara Angkor 300m
- The Cyclo d'Angkor 250m

Angkor Palm Restaurant Celebrates its 10 Years Anniversary from 16 March 2016 to 30 June 2016
- 10% reduction on the menu "A TASTE OF KHMER FOOD"



Khmer Language Glossary

If you want to use a few words of Khmer to endear yourself to the locals and impress your friends, what better place to begin? Here are a few words and phrases to get you started:

hello (formal)	↔	chum ree-up soo-a
hello (informal)	↔	soo-a s'tay
how are you?	↔	sak sa bai?
excuse me	↔	som dtah
I would like	↔	k'nyom som...
please	↔	sam
thank you	↔	or-kuhn
the bill please	↔	som ket loi
chicken	↔	sait mowan
pork	↔	sait jerok
beef	↔	sait gow
fish	↔	trei
rice	↔	bai
fried	↔	cha
grilled	↔	ang
roasted	↔	dat
water	↔	tuk sot
ice	↔	tuk kark
beer	↔	beer
red wine	↔	srah krahom
white wine	↔	srah sar
cola	↔	coca
coffee (hot)	↔	ka-fei (gdauw)
coffee (iced)	↔	ka-fei (tuk kark)
tea	↔	dtai
milk	↔	tuk duh goh
butter	↔	buah
lemon	↔	krait chhmar
sugar	↔	skor
sugar cane juice	↔	tuk umpow
1	↔	Moi
2	↔	Bee
3	↔	Bye
4	↔	Baan
5	↔	Bram
6	↔	Bram Moi
7	↔	Bram Bee
8	↔	Bram Bye
9	↔	Bram Baan
10	↔	Dap
100	↔	Roi
1000	↔	Poan

An Introduction to Banteay Srei

Banteay Srei is one of the most beautiful temples in the Angkor region and gives its name to the surrounding district. However, Banteay Srei is so much more than a temple, offering visitors a diverse range of real-life experiences just a short distance from cosmopolitan Siem Reap. Discover life beyond the temples and experience the real Cambodia with a visit to the heart of Banteay Srei District.

Stay another day in this up and coming destination, as Banteay Srei offers some of the most accessible homestays in Cambodia, ranging from traditional village homestays to boutique homes. There are also lots of local restaurants in the district serving traditional Cambodian food, including the famous nam ben chok noodles. It's also possible to learn the secrets of Cambodian cuisine with a cooking class at one of the homestays in the district.

Temples



Banteay Srei temple is the leading attraction in Banteay Srei District, a beautiful temple known as the 'Jewel of Angkor' thanks to its exquisite carvings, some of the finest seen anywhere in Asia. This is the place that, quite literally, puts Banteay Srei on the map.

The 12th century temple of Banteay Samre has been impressively restored and is a counterpart to the larger and more celebrated Angkor Wat. Many visitors combine Banteay Samre and Banteay Srei on a visit to the district.

It's not exactly a temple, but Kbal Spean is a very important holy site thanks to the 'River of a Thousand Lingas' where the riverbed has been venerated with hundreds of stone lingas. One of the few accessible jungle treks around Angkor, this site is popular for visitors seeking adventure in Banteay Srei District.

Phnom Bok is home to one of the least visited Angkor temples in the region, but the views over Banteay Srei District from this hilltop temple are spectacular. There is a steep climb to reach the summit, so it is best to avoid the midday sun.

Culture



The Cambodia Landmine Museum (CLM; www.cambodialandminemuseum.org) is the most popular non-temple activity in Banteay Srei District. An introduction to the work of Aki Ra and the scourge of landmines in Cambodia, it is a very educational experience for visitors with an interest in contemporary history.

The museum houses a large collection of mines, mortars and other weaponry from Cambodia's long civil war and includes a mock minefield for visitors to spot the dangers. CLM is open from 7:30am to 5pm daily and the requested donation is US\$3 per person. Proceeds from the museum are used for landmine awareness campaigns and a rehabilitation and training facility.

Tani Ceramics Museum is a small centre to showcase the pottery from the Angkor era. The site includes kilns that were once used to produce pottery for the Khmer empire and costs US\$1 to enter.

Cooking classes are a popular activity in Siem Reap for visitors that want to learn more about Cambodian cuisine. Some local homestays offers informal cooking classes, but language and communication can sometimes be an issue. The 'nam ben chok' noodle stalls of Preah Dak offer an immersive cooking experience in partnership with the homestays in Preah Dak village.

Nature



Conveniently located near the base of the trail to Kbal Spean, the Angkor Centre for the Conservation of Biodiversity (ACCB; www.accb-cambodia.org) is committed to rescuing, rehabilitating and reintroducing threatened wildlife to the Cambodian forest. Species currently under protection

here include pangolin, pileated gibbon, silvered langur, leopard cat and the only known Giant Ibis in captivity. Entry is by guided tours, which depart at 9am and 1pm daily, and a US\$3 donation is requested.

The Banteay Srei Butterfly Centre (BBC; www.angkorbutterfly.com) is one of the largest fully enclosed butterfly centres in Southeast Asia with more than 30 species of Cambodian butterflies. It is an educational experience as visitors can witness the whole process from egg to caterpillar and cocoon to butterfly. BBC is open from 9am to 5pm daily and entry costs US\$4/2 per adult/child.

Kbal Teuk Community Forest has potential to develop as a community-based ecotourism destination thanks to its unique flora and fauna, such as 'bompong lok' or pitcher plants that are carnivorous and eat small insects. Guided walks are available on nature trails in the forest here.

Handicrafts



Cambodia's tradition of artisanship is exemplified by the incredible bas-relief carvings on the Temples of Angkor and its intricate statuary. There are several handicraft enterprises in Banteay Srei District, including basket weaving in Preah Dak Village, sugar palm wood carving, Khmer Nokor leather shadow

puppets and Bayon Smile wood carvings.

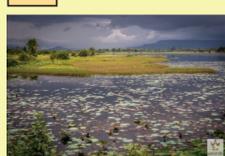
Basket weavers in Preah Dak Village produce small woven souvenirs such as baskets and trays which are light to transport and locally-produced keepsakes.

The wood of the sugar palm tree has a nice texture and makes nice place mats, drinks mats, small trays and other household items. Households that make palm wine and skor pen candy also sell hand-carved sugar palm wood.

Leather shadow puppets are a popular traditional form of entertainment in Cambodia and are easy to transport home as wall hangings. Khmer Nokor sells handmade puppets featuring traditional scenes from daily life.

Bayon Smile produces high-quality wood carvings, including Buddha statues, Hindu Gods, King Jayavarman VII and more. They have a workshop in Banteay Srei village and a small shop at Banteay Srei Temple.

Activities



The most popular walk in Banteay Srei District is currently the trek up to Kbal Spean and the 'River of a Thousand Lingas'. However, village walks are also growing in popularity around homestay centres such as Tbeng and are a good way to learn about local life and agriculture.

Bayon Smile Homestay can also organise treks to Phnom Hop and Phnom Chrab. The Kbal Teuk Community Forest also offers guided walks along nature trails.

There are not yet many organized cycling tours in Banteay Srei District, but some cycling operators do include Banteay Samre of Banteay Srei on their cycling itineraries. Riding from a local homestay to some of the temples and attractions is less strenuous than riding from Siem Reap and some homestay providers already offer bicycles for rent.

The Banteay Srei Boat Association offers boat trips to visitors on a scenic baray just behind Banteay Srei Temple. There are several other areas where boat trips are planned such as Srah Doun Riek and Ta Neav Reservoir and these are very scenic spots.

Lifestyle



Banteay Srei District is made up of living, breathing communities engaged in traditional agricultural lifestyles which can be a fascinating glimpse of local life for visitors from non-tropical countries.

Banteay Srei has a variety of farms. Most farmers are engaged in rice growing which is seasonal but visitors will be interested in all cycles of the production process from planting to harvesting. Other crops include a variety of tropical fruits and local herbs and spices. One of the biggest farms in Banteay Srei District, Happy Dragon has already received many visitors over the years.

The manufacture of sugar palm products is a cottage industry in Banteay Srei District and the sugar palm tree remains a potent symbol of Cambodia. The process of production is interesting for visitors, although it helps to have a tour guide on hand to explain the process. Skor Pen candy is a popular local delicacy produced from the sugar palm.

Ox carts remain a traditional form of transport in rural Cambodia and experiencing an ox cart ride is a traditional lifestyle experience for visitors. Short village rides are a good way to see village life.

Homestays



A homestay is an immersive way to learn more about local life in Cambodia by staying with a family. Banteay Srei District is the most convenient place to experience a homestay in the kingdom as it lies just 25km from Siem Reap.

There are 13 local homestays in Tbeng, located in an attractive village setting with lots of activities on offer, including learning about rice cultivation and village walks.

Bayon Smile operates 6 homestays that are well-organised and include spacious houses in close proximity to Banteay Srei Temple. The owners can also organise activities in the area such as remote temple treks, cycling trips and motorbiking adventures.

Other upscale homestays that have just come into operation include Run Ta Ek Ecovillage Homestay, Villa Banteay Srei and Mahendra Ecologie. Run Ta Ek Ecovillage offers six traditional wooden homes in a Cambodian village setting. Villa Banteay Srei is a modern villa with comfortable amenities and offers views across to Phnom Dei. Mahendra Ecologie is a beautiful wooden home set amid a mango farm with views across to Phnom Hop and Phnom Kulen.

Restaurants



There are many restaurants in Banteay Srei District, including everything from large tourist-style restaurants that can cater to tour groups to local food stalls serving authentic local specialties. Some restaurants can also offer traditional cooking classes for those interested in Khmer cuisine.

There are several popular restaurants near Banteay Srei Temple, including Rom Chong Angkor Restaurant and Srey Kulen Restaurant, as well as Parvis Café, a popular place just behind the temple itself. Elsewhere in the district is Ancient Khmer Restaurant opposite Banteay Samre Temple and Borey Sovann Restaurant opposite the entrance to Kbal Spean and the Angkor Center for the Conservation of Biodiversity.

Angkor Palm Restaurant is currently under development and will offer a selection of traditional dishes from Banteay Srei and the Siem Reap area.

The most popular food stalls in Banteay Srei District are the Nam Ben Chok Noodle Stalls in Preah Dak village. Nam Ben Chok is a popular Cambodian noodle soup that comes with chicken curry or a fish broth. The Preah Dak noodles are famous throughout Cambodia and this is a good pit stop for independent travellers wanting to try an authentic local dish.

When You're In Phnom Penh or Siem Reap



Pick up a copy of **Drinking & Dining, Out & About** and our **Tourist Map** and have fun!

www.pgcambodia.com
facebook.com/pocketguidecambodia

Do's & Dont's

Cambodians are a conservative people and what's acceptable back home may be inappropriate here

DRESS APPROPRIATELY

While shorts and a singlet are acceptable clothing at the beach they are not suitable in the city or countryside, despite the heat of the day, so try to dress modestly. Upper arms and legs should be covered, especially at religious sites such as Banteay Srei temple.

LEARN THE CORRECT GESTURES

Khmers greet one another with a somphai, holding both hands together and bowing slightly. To show more respect, move your hands higher and bow lower. Keep your palm down when beckoning someone towards you.

LEARN SOME OF THE LANGUAGE

Try to learn a few words of Khmer during your stay. The locals may laugh at your pronunciation, but they will respect you for trying and it may get you a better price when you're haggling for a bargain at the market. See the Khmer Language Glossary to get you started.

REMOVE YOUR SHOES

When entering a religious site or someone's house (and many places of business), take off your shoes and leave them outside.

USE BOTH HANDS

Use either your right hand or, better still, both hands if you're passing something to someone. If you use your right hand, as a sign of respect touch your right elbow with your left hand at the same time.

DON'T LOSE IT

Don't criticise others, even if they are in the wrong and especially not in public or they will 'lose face'. Just smile through gritted teeth and offer a somphai.

DON'T GIVE OUT SWEETS

Don't give out sweets or candy to children as this will damage their teeth and encourages begging (and dependency) from a young age.

EAT WITH THE FAMILY

Do eat with the family if invited. It is customary to share the food from communal bowls and spoon it on to your rice. Leave a very small amount of food to show you are full or the rice will keep on coming.

ELECTRICITY ETIQUETTE

Check with a host family what time electricity is provided as it may not be 24 hours in rural areas. Do not leave electric lights on over night as electricity is expensive.

USEFUL CONTACTS IN BANTEAY SREI DISTRICT

General Information

EDOTA Banteay Srei: Mr. Phoung Savon (Tel: 012-981932 / 069-358180)
Email: edotabanteaysrei@gmail.com

Local Transport

Contact local transport suppliers in Banteay Srei to arrange a moto, tuk-tuk or private car or speak to your homestay about arranging a ride:

Sean Sarouern (Tel: 097-9412832 / 086-595402)
Bun Nara (Tel: 010-253106)
Oudom (Tel: 070-340231)

Fruit Farms

Happy Dragon Farm (Tel: 077-932294/5)
Dragon Farm (Tel: 012-618430 / 069-485575)

Boutique Homestays

Mahendra Ecologie (Tel: 012-429950)
Villa Banteay Srei (Tel: 088-9888409)

Local Homestays

Bayon Smile Homestays (Tel: 097-9412832 / 086-595402)
Green Homestay (Tel: 098-251375 / 012-630327)
Tbeng Village Homestays (Tel: 092-966047 / 096-4710141)

Sights

Angkor Centre for the Conservation of Biodiversity (ACCB; www.accb-cambodia.org)
Banteay Srei Butterfly Centre (BBC; www.angkorbutterfly.com)
Cambodia Landmine Museum (CLM; www.cambodialandminemuseum.org)

Local Restaurants

Ancient Khmer Restaurant (Tel: 012-217266 / 088-6506006)
Angkor Palm Restaurant (Tel: 012-232205)
Borey Sovann Restaurant (Tel: 012-224115 / 012-842258)
Nam Ben Chok Noodle Stalls (Tel: 012-410770 / 017-262618)
Parvis Café (Tel: 087-217396 / 088-8830503)
Rom Chong Angkor Restaurant (Tel: 012-766961 / 086-929396)
Srey Kulen Restaurant (Tel: 077-704131 / 067-555520)

SPIRIT OF BANTEAY SREI (2 DAYS, 1 NIGHT)



This is the classic Banteay Srei experience. Headline attractions include the temples of Banteay Srei and Banteay Samre, as well as popular locations such as the Cambodia Landmine Museum and the Banteay Srei Butterfly Museum. There is also the chance to experience local life with an ox cart ride and a farm visit.

DAY 1 In the morning, depart Siem Reap and travel to Banteay Srei District. Start with a visit to the Banteay Srei Butterfly Centre before stopping to learn about sugar palm cultivation in Cambodia and getting the chance to sample some local flavours. Continue to the Cambodia Landmine Museum to learn about the work of Aki Ra and his team.

After lunch at a local restaurant, we head east to Phnom Bok to visit a hilltop temple and take in the views over the district. After a hot climb, there is the option to relax at Ta Neav Reservoir. For those with an Angkor pass, it is possible to finish with a quiet sunset at Banteay Samre. Overnight in a homestay.

DAY 2 On the second day, start with an early morning visit to Banteay Srei to beat the crowds and then enjoy a short boat trip on the ancient baray of the temple. Return to the homestay to learn about life in the local village, including a walk through the rice fields, a ride on an ox cart, a visit to a local farm and the chance to learn how to prepare some traditional Cambodian dishes like nam ben chok.

For those with an interest in handicrafts, it is possible to stop at some basket weavers.

BANTEAY SREI DISTRICT VISITOR MAP

Siem Reap Province



<p>SIEM REAP PROVINCE</p>	<p>LEGEND</p> <ul style="list-style-type: none"> TEMPLE NATURE FOREST HANDICRAFTS HOMESTAY RESTAURANT PALM SUGAR SHOP FARM HOMESTAY ZONE PRIMARY ROAD SECONDARY ROAD TERTIARY ROAD FOOTPATH 	<p>HOMESTAYS IN DETAIL</p> <p>ZONE 1: BAYON SMILE HOMESTAYS (6 HOMESTAYS)</p> <p>ZONE 2: TBENG HOMESTAYS (11 HOMESTAYS)</p> <p>ZONE 3: RUN TA EK ECOVILLAGE (6 HOMESTAYS)</p>
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WILD BANTEAY SREI (2 DAYS, 1 NIGHT)



This itinerary highlights the natural attractions of Banteay Srei, including the flora and fauna of the district with a look at the Angkor Centre for the Conservation of Biodiversity (ACCB) and the Banteay Srei Butterfly Farm. There is also the opportunity to explore the little known Kbal Teuk Community Forest.

DAY 1 Leaving Siem Reap, travel out to the Angkor Centre for the Conservation of Biodiversity (ACCB) for the 9am morning tour that includes the animal feeding session. Following the tour of ACCB, it is time to explore Kbal Spean and the 'River of a Thousand Lingas' with the chance to take a natural shower in the rainy season (Jun-Nov).

For those without a temple pass, an alternative option is to visit the nearby hilltop pagoda on Phnom Hop. After a local lunch, continue to the Banteay Srei Butterfly Centre (BBC) to learn about the many varieties of butterfly in Siem Reap. Those with a temple pass can consider a quiet temple sunset at Banteay Samre before retiring to their homestay for the night.

DAY 2 On the second day, there is the option of a peaceful early morning visit to the temple of Banteay Srei to beat the crowds. Make an adventurous trip to the Kbal Teuk Community Forest to explore this diverse forest environment with the chance to see some rare flora and fauna like the carnivorous pitcher plants that are found here.

There may also be the chance to take a short boat trip on the Srah Doun Riek natural wetland, a natural beauty spot and a popular place for Khmers to picnic.

LIVING BANTEAY SREI (1 DAY)



This itinerary is designed to experience the lifestyle of Banteay Srei as a traditional rural community, which sets it apart from the nearby town of Siem Reap. Food is a major feature in this trip, including the production of food on local farms and the preparation of food with a Cambodian cooking class. Visits include learning about sugar palm cultivation and rice cultivation, as well as trying local delicacy nam ben chok. This itinerary can be undertaken by bicycle if staying in a homestay in the district.

DAY 1 Depart Siem Reap and head to Banteay Srei District to learn about Khmer cuisine. Kick off with a visit to a working farm to understand the different ingredients used in Cambodian cooking, including the subtle herbs and spices that make up the all-important flavours. Travel to the location for a cooking class and spend the morning learning to cook some popular local recipes which can then be enjoyed for lunch.

There are different levels of cooking class available including a traditional local course in how to prepare 'nam ben chok' noodles in Preah Dak, right through the process from making the rice noodles to creating the curry or broth that gives the dish its flavour.

In the afternoon, we experience village life with an ox cart ride and a walk through the local rice fields. For those with a temple pass, it is possible to finish the day with a visit to Banteay Srei or Banteay Samre.

For those wanting to extend the experience, it is possible to overnight in a local homestay and enjoy some different activities the following day.

DISCOVER BANTEAY SREI (2 DAYS, 1 NIGHT)



This is an educational itinerary that will appeal to educational tour operators and study groups. It is also suitable for family groups visiting Cambodia who are travelling in the company of an experienced local guide. The focus is on learning and interaction with the community, including an element of community assistance where appropriate.

DAY 1 This is an educational themed tour aimed at school groups and families wanting their children to learn more about local life. Leaving Siem Reap, travel to Banteay Srei District to visit the community. Start with a visit to the Banteay Srei Butterfly Centre (BBC) to learn about the diverse butterflies in Cambodia.

Continue to the Cambodia Landmine Museum (CLM) to understand the recent history of the country and the impact of landmines on a society. After lunch, visit the temple of Banteay Srei and the excellent interpretation centre, finishing up with a boat trip on the small baray here. The day finishes with a quiet sunset at Banteay Samre before returning to the homestay for the night.

DAY 2 Experience village life in the morning with an ox cart ride and a walk through the local rice fields to learn about the cropping cycle. We then visit a local school to see education in action in Cambodia and may be able to join in conversation classes with the pupils. For older students, there is the option to extend this itinerary to include some community work at the school, such as painting or renovating a school building.

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GETTING TO AND AROUND BANTEAY SREI DISTRICT

Banteay Srei Temple lies about 32km from Siem Reap town. Attractions in the district range from 15km (Preah Dak Village) to about 50km (Kbal Spean) from town and there are a variety of transport options available to visitors. Don't forget to factor in the weather to your planning, as Cambodia has three distinct seasons: the cool season (November-February), the hot season (March-May) and the wet season (June-October). Some forms of transport aren't really appropriate in the wet season months. Note that the tropical sun is strong all year round, so wear plenty of sunscreen, particularly if riding a bicycle or travelling by motorbike.

WALKING
Banteay Srei is too far from Siem Reap to consider walking, but there are plenty of walks once in the district, including village and countryside walks to learn about local life and some jungle treks to holy mountains such as Kbal Spean and Phnom Kulen.

BICYCLE
It is possible to cycle to Banteay Srei District for the day or for overnight stays. There are good quality imported mountain bikes available for rent in Siem Reap town, as well as Green e-bikes that include an electric battery if you are feeling tired in the heat. Bicycles are also available for rent from some homestays in the district, which is a convenient option for exploration under your own steam.

MOTORBIKE
Motorbikes aren't officially available for rent to foreigners in Siem Reap. However, motos (motorbike taxis) are widely available for rent with a motodup (motorbike driver). Many of these drivers are knowledgeable and can also give you some background on the temples in Banteay Srei District, acting as an unofficial tour guide. It is possible that some of the homestay owners can provide a moto for travel between sights in Banteay Srei.



REMARK-MOTO (TUK-TUK)
A remark-moto is a motorbike with a canopied trailer attached to the back and is also known as a tuk-tuk by some travellers or a remark for short. These are the most popular form of transport for independent travellers and provide some protection from the elements. Some remark drivers can also act as unofficial tour guides and know the area well. There are a handful of remark-moto drivers who know the district and work with some of the homestays here.

PRIVATE CAR
Private taxis or cars are available for hire through guesthouses, hotels and travel agents in Siem Reap. They are a useful option for a family or for those people who want a little more protection from the elements. Private cars can be used for transfers from Siem Reap to Banteay Srei or for a day of sightseeing in the district. Homestay owners may also be able to arrange a private car to explore the area.

MINIBUS
A minibus is a useful option for families or small groups of travellers exploring Banteay Srei District. Seating up to 10 people, a minibus is a cost-effective way to explore the area. Guesthouses, hotels and travel agents in Siem Reap can assist in arranging a minibus for one day or for a longer customised itinerary.

A FAIR FARE
Banteay Srei Homestay District organisers do not pay commissions to transport operators who bring guests to the homestays. If planning to overnight in a homestay, speak to Banteay Srei transport operators about a moto, tuk-tuk or car, as the driver will be local to Banteay Srei District. See Useful Contacts in Banteay Srei for names and numbers.

SAMPLE FARES FROM SIEM REAP TO BANTEAY SREI INCLUDE:
Moto to and around Banteay Srei per day: US\$10-15
Remark-moto to and around Banteay Srei District per day: US\$15-25
Private car/taxi to and around Banteay Srei District per day: US\$35-50

* Price ranges are based on distance and numbers, as some destinations like Preah Dak Village and Banteay Samre Temple are only 15-20km from Siem Reap, while destinations such as Kbal Spean are 50km away.

BANTEAY SREI DISTRICT VISITOR MAP

Siem Reap Province



BANTEAY SREI
More than a Temple

Kulen NATURAL MINERAL WATER