



DISCOVERY TOURS



Rich in natural beauty, the Tatai River is your
highway to the wonders
of the Cardamoms rainforest and Southeast Asia's
largest coastal mangrove.

Our regular, full-day boat tour to the Tatai
Waterfall alternates the other day with the
discovery tour through the mangrove forest. We
call them both Excursion of the day. Besides these,
we also offer a daily Sunset Cruise.

In addition, we organize tours on request and
private tours for your group only, subject to boat
and guide availability.

DISCOVERY TOURS

BOAT TOURS	Note	Min Pers	Per person
Nature's Spa – Tatai Waterfall by boat *** (tour of the day)	alternating every second day	-	US\$ 49
Whispers of the Wild - Mangrove Discovery *** (tour of the day)	alternating every second day	-	US\$ 49
Paradise Regained - Sunset Cruise	every evening	-	US\$ 29
Nature's Spa – Tatai Waterfall by boat ***	private tour	4*	US\$ 60
Whispers of the Wild - Mangrove Discovery ***	private tour	4*	US\$ 75
Paradise Regained - Sunset Cruise	private tour	4*	US\$ 45
TREKKING & EXPEDITIONS		Min Pers	Per person
Greet the Neighbors - A Walk into the Khmers' Life		-	US\$ 15
Rainforest Symphony - Dawn Jungle Trek		-	US\$ 19
Jungle Reclaimed - A Preview to The Cardamom Rainforests		-	US\$ 39
Jungle Challenge - Deeper in The Cardamom Rainforests **		-	US\$ 59
Cycling & Sunset - Cardamom Mountains on two wheels		2 *	US\$ 50

* if boat & guide available

** from November to April; pre-booking is necessary at least 2 days beforehand

*** includes lunch

All tours are subject to prevailing weather conditions. In case of heavy rain or shallow water, we reserve the right to cancel departures. Private excursions pre-booked within a travel agent package are not refundable.

Other activities and tours (onsite booking, all complimentary)

- Kayaking – unguided
- Catch your Dinner – fishing from your private terrace
- Christmas Tree Fantasy – kayak at night, guided by fireflies

Whispers of the Wild – Mangrove Discovery

One of **Southeast Asia's last untouched mangrove wildernesses**, Koh Kapik invites you on a guided kayaking journey through a living labyrinth of tidal forests, vibrant birdlife, and hidden waterways - an eco-experience that blends gentle adventure with meaningful connection to Cambodia's coastal heritage.

THIS TOUR DIRECTLY SUPPORTS THE LOCAL KOH KAPIK COMMUNITY



Departure - after breakfast, depending on the tides

Duration: - approx. 6 hours.

You should bring - Swimsuit (under clothes), lightweight clothing, aqua shoes or sturdy sandals, hat, sunscreen, sunglasses, insect repellent, and a camera.

Includes - Boat transfer, guided kayaking, village visit, mangrove tree planting, lunch and water.

Limitations - Moderate fitness required. Not suitable during heavy rain or for guests with mobility limitations.



Your day begins after breakfast, as we leave the calm waters of the Tatai River and cruise downriver for about 90 minutes toward the remote reaches of the Koh Kapik Community Protected Area. **Here, time slows down.** You're welcomed by local guides who call this extraordinary landscape home, and who will lead you deep into the watery maze few outsiders ever see.

Whispers of the Wild – Mangrove Discovery

Once in the heart of the mangrove, the motor goes silent, and your kayak becomes your vessel of exploration. Paddle quietly beneath soaring branches, over waters so still they reflect the sky like a mirror. The tangled roots of centuries-old trees rise around you, forming a natural cathedral teeming with life - mudskippers hopping on the banks, crabs scuttling in the shadows, and kingfishers flashing like blue lightning across the canopy.



This is a place where nature thrives and reveals itself only to the patient. Herons stand sentinel at the edge of the channels, and if luck is on your side, you may spot smooth-coated otters or signs of the elusive fishing cat.

It's a reminder that you are not just visiting a forest - you're entering a world of hidden rhythms and ancient cycles.

Midway through the tour, we visit a local village nestled at the edge of the mangrove. Here, **you'll plant a young mangrove tree**, a small gesture that leaves a lasting mark - your personal contribution to this fragile ecosystem's future.



This tour is ideal for nature lovers, photographers, and adventure seekers alike. More than just a scenic paddle, it's a journey into one of Cambodia's richest ecosystems - an invitation to slow down, explore deeper, and connect with the untamed beauty of the coastal Cardamoms.

Nature's Spa – Tatai Waterfall by boat

One of the region's must-sees, we visit Tatai Waterfall every second day as a regular tour. In addition, you can ask for a private trip for your party if you are four people or more (subject to boat and guide availability).

If the waterfalls are mighty and not easy to access in the rainy season, the lower water flow makes the falls very friendly and enjoyable to explore during the dry season (Dec to May).



Departure - after breakfast, depending on the tides

Duration: - 5-6 hours or as long as you are enjoying yourselves

You should bring - Sunblock, a hat or a cap, slippers and a swimming costume, your camera

Includes - A cruise aboard a local boat, your guide, picnic lunch, mineral water

Limitations - The tour can be taken all year round except in heavy rain

Some degree of fitness is necessary for enjoying this trip to the full.

Away from the tranquillity of Canvas & Orchids Retreat, the thunder of the majestic Tatai Falls reveals the river's true power as it drops six meters to the rocks below.

Depending on the tide, you leave at 10 am for a 45-minute ride to the falls.

Turning onto a tributary, you head into the heart of the Cardamom jungle, to the far-off sounds of exotic birds and secretive wildlife.

Within minutes you are at the journey's end, gazing down into the turbulent waters of the falls.

Soon it is time for lunch, a few moments of hydro-massage and a refreshing drink as you find shade for a picnic and open your senses to the sights and sounds of the jungle. We will also arrange to transport kayaks for your added fun and adventure.

After leaving the falls, we stop at the mouth of a small river where you can paddle your kayak to a traditional Cambodian farm; you will see rice fields and fruit trees depending on the season.



Paradise Regained – Sunset Cruise

The Sunset Cruise is our regular, daily tour, where all the guests can join. In addition, you can ask for a private trip for your party if you are four people or more (subject to boat and guide availability).



How long - Departure is between 4 and 5 pm, 2-3 hours or as long as you are enjoying yourselves

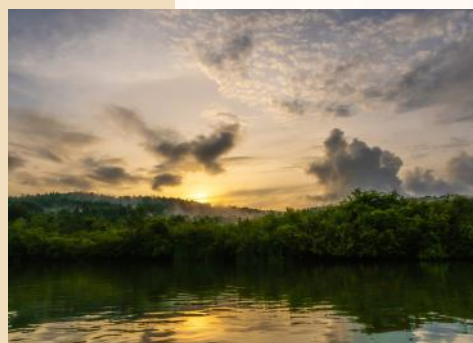
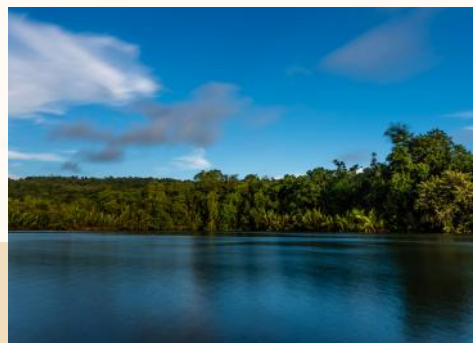
You should bring - Your camera

Includes - A cruise aboard a local boat, your guide

Limitations - The tour can be taken all year round except in heavy rain

Leave your worries behind and cruise off into the Cardamoms' superb sunset aboard our boat.

Snuggle up with that special someone as the sun paints the sky with colours that change from brilliant blues to deep yellows, oranges, pinks and reds. Its spectacular lights add a whole new dimension to your Canvas & Orchids experience.



As your boat cruises the waters of Tatai River with a warm ocean breeze, the descending darkness embraces you in the lush green of the forest and brings the misty mountains closer as the tropical sun dips to the horizon and transforms the skies into a spectacle showing off magnificent shades.

Before the sun sets, with the calm waters and the natural sounds of the surrounding forest to complement the romantic mood, you can sit back, relax and indulge your senses with a glass of wine on an unforgettable Sunset Cruise.

Toast the end of a perfect day in paradise as the sun's flare dies down and the velvet darkness of the night descends ...a prelude to a magical evening at Canvas & Orchids Retreat.

Greet the Neighbors

– A Walk into the Khmers' Life

Our guide will take you and your friends on a stroll around our Koh Andet Island.



How long - 1-2 hours or as long as you are enjoying yourselves

Includes - Your guide

You should bring - Your camera

Limitations - The tour can be performed all year round except in heavy rain

Formerly a refuge from the Khmer Rouge, Koh Andet (Floating Island) is the place where we built Canvas and Orchids Retreat. Today it is a peaceful home to a dozen farming families.

While you might be tempted to be cocooned in the comfort of your tent, we strongly encourage you to share the lives of our neighbours. You can take a walk on the trail we have prepared for you. This informal but deep experience will surely make your stay memorable.

Meeting people from different cultures is one of the best reasons to step outside your tent – the stuff of lifelong memories.



Cambodia is an enticing country, and the Khmers are graceful and charming, always ready to greet you with a big smile. Take the opportunity to crack open your phrasebook, and practice the local language.

That is when our neighbours are home and not harvesting their crops or catching some fish.

Taking a good portrait shot can be a photographer's biggest challenge. But it is not just about camera settings; it's about making friends too, yet more rewarding. Encounters with people can give you some of the best memories.

Just take your camera; the most important thing is to like people, respect them and be genuinely interested in them.

Trekking with a meaning

Where every step makes a difference



See our meaningful trekking tours
on the next page



Trekking with a meaning - Introducing our Trekking Tours

This is the essence of Canvas & Orchids Retreat!

TO BE PART OF THE CONSERVATION EFFORTS in this amazing place called Tatai Wildlife Sanctuary in The Cardamom Mountains.

We invite you to join us on this meaningful adventure, where every evening, our team shares the excitement of discovering the captivating photos and videos captured by our camera traps, bringing the vibrant life of the rainforest to light.



Trekking through these beautiful rainforests is the highlight of our day, a thrilling journey into the heart of nature that we eagerly anticipate.

As we weave through the lush foliage, the air thick with the scent of damp earth and the sounds of the jungle alive around us, we meticulously check the camera traps we've installed in collaboration with Kla Trey researchers and the Ministry of Environment.

These traps, placed throughout the forest, offer us a rare glimpse into the secret lives of the wildlife that call this vibrant ecosystem home, making every trek a unique and unforgettable experience.

A few of the important data captured by our camera traps include

THE MUNTJAC DEER



THE LEOPARD CAT



NORTHERN
PIG-TAILED
MACAQUE



Feel free to ask us any time of the year if the treks are available. Even during the rainy season, there are still many days when the adventure is possible, and the rain adds a unique charm to the experience, transforming the rainforest into a vibrant, living tapestry.

Embark on our JUNGLE RECLAIMED or JUNGLE CHALLENGE treks and know that USD 15 from each trek goes directly to the fund to purchase more camera traps. These traps are crucial for our ongoing efforts to explore and protect the rich biodiversity of the rainforest.



Rainforest Symphony – Dawn Jungle Trek

You can do the Dawn Jungle Trek together with your partner on any day of your stay in the dry season.



Departure: - early in the morning

How long: 2-3 hours or as long as you are enjoying yourselves

You should bring - Hiking boots, sunblock, a hat or a cap

Includes - Guide, coffee, mineral water⁴

Limitations - Minimum of two people, in the dry season, from November to April

It is your time to shine if you are a bird watcher or early riser!

Enjoy firsthand the sights and sounds of the jungle as you venture forth into the undergrowth with your camera and experience the beauty of one of the world's largest rainforests.

This trek offers a taste of the real jungle, an opportunity to observe small wildlife and the bonus of a morning exercise.



It provides a sense of achievement and the chance to cool off in beautiful surroundings.

After an early coffee in our restaurant, kayak upstream the small channel right in front of Canvas & Orchids Retreat. The climb starts shortly after on a fairly steep path for about an hour. There is a short break in a clearing near the top, and you will return just in time for your breakfast.



There are snakes, scorpions and spiders on the trek; some are poisonous. However, animals are shy and avoid human contact. Respect for nature and a live and let live policy are adopted.

Jungle Reclaimed

– Preview to the Reforested Cardamoms

You can choose this Jungle Hike during the dry season (Nov to May) if you have a good fitness level.



How long - 4 to 5 hours or as long as you are enjoying yourselves; 3-4 hours of hiking

You should bring - Hiking boots, sunblock, a swimming costume, a hat or a cap, natural mosquito repellent

Includes - Your guide, picnic lunch

Limitations - You should NOT take this tour if you have known severe allergic reactions to insect bites, wasp, or bee bites.

Prepare for a special day - you are on for a deep-jungle discovery.

Early in the morning your guide will take you on a soft but challenging discovery, starting with a kayak ride to the small channel across the Resort.

Your hiking starts at a small waterfall. You can be sure that your guide will notify you at the slightest sign of wildlife trace or presence.

After a two-hour hike, you would stop by the stream to rest and have breakfast.

This waterway is where we could spot several nocturnal animals, and occasionally, we can be lucky to spot some wildlife hunting for their food in broad daylight - the Asiatic Wolf or Dhole, the Clouded Leopard or the Sun Bear.

In the '70s, after the Khmer Rouge regime, this part of The Cardamom Rainforest (Phnom Kravanh) was severely deforested and its wildlife heavily poached. For 25 years, with the rigorous efforts of committed non-government organizations (NGOs), such as Wildlife Alliance, who tirelessly worked side by side with the government body, these forests have been allowed to regrow.

Your local guide hails from a family that used to hurt these forests, and now, they find livelihood and enjoyment in protecting it. Enjoy the hike!



Jungle Challenge – Deeper in The Cardamoms

This full-day JUNGLE trek is offered during the dry season but could be possible during the monsoon if not too much rain has fallen.

This 10-hour trek requires some hiking and trekking experience and a good level of fitness.



How long - 8-11 hours for the whole trip; 6-8 hours of trekking

Includes - 15-20 minutes of kayaking to the entry to the forest (and back) with a local guide, water, sodas and packed lunch.

You should bring - Hiking boots, sunblock, a swimming costume, a hat or a cap, natural mosquito repellent

Limitations - The tour can be taken in the dry season, from November to April, although sometimes, the weather allows us to do so even in the rainy season.

You should not do this trek if you have known severe allergic reactions to insect bites or wasp and bee bites



After an early hearty breakfast, at 8 am, we start our adventure by kayaking through the small channel that leads to the entry point where our trek begins.

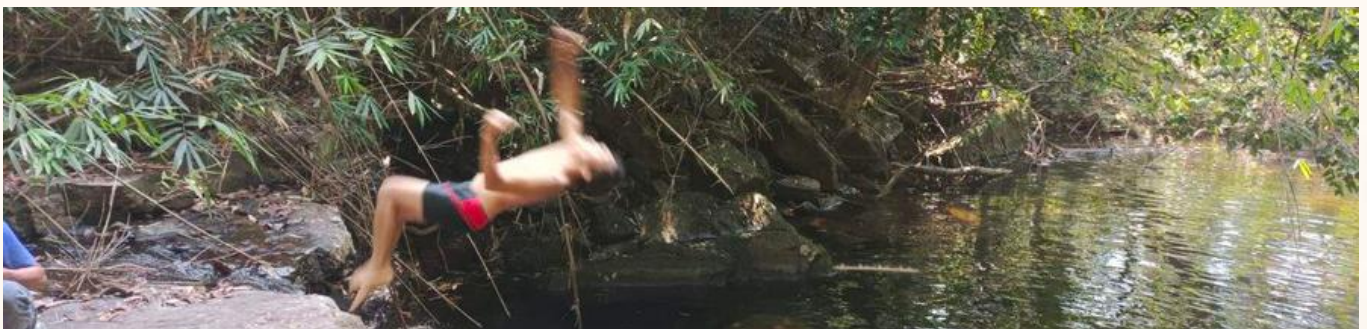
Jungle Challenge

It's a jungle in there!

Wild orchids, mushrooms and wild vanilla, you might see them all on the trail. You might even see and hear gibbons calling!

It is hot and humid inside these tropical rainforests, so we stop to rest, swim and have lunch.

You'll help us look out for animal traps that we will dismantle. We'll report the trap locations on our arrival back to the hotel. Wildlife Alliance's ranger station is located not too far from us.



On the way, we'll check our camera traps, see their condition, change the battery and replace the SD cards.

We are back at Canvas sometime between 4 and 7 pm. We'll watch together the camera-trap pictures before dinner.

Biking & Sunset – The Cardamoms on two wheels

A good level of fitness is required.



Must wear - Sports shoes, long comfortable pants and long sleeves, a hat or a cap and sunglasses

Must bring - A refillable bottle for water and a small back pack

Included - Drinking water & some fruits on the bicycle ride 2 soft drinks or beer or fresh juices and canapes on sunset



Whether you are a beginner or an experienced cyclist, prepare to witness the beautiful trail this 15-kilometer bicycle ride has to offer.

It starts as a wide trail - a road left behind by a Malaysian logging company some 25 years ago. Then it gets narrower as we enter the jungle, on the only path used by the villagers to harvest wild fruits.

You're leaving Canvas & Orchids on a local community boat @ 2 pm, to head back to mainland Tatai to take a 10-minute car ride to get to the entrance of the bicycle trail. Cycling starts here, from the top of the hill.

Crossing one or a few streams, depending on the season, you might be lucky to encounter some wildlife!

A short stop midway to rest and drink...

Biking & Sunset

The 13th kilometre takes you to a very narrow path, with dense vegetation. You'll love the scent of the forests here!

At the end, you would arrive on the side of a mountain, with a view of the sea and mangroves!

Spend some time here to take in the beautiful view and sunset. Around 6 pm, we head back to Canvas on a local community boat.

After an hour (or so) of lazy boat ride, we arrive at Canvas and get ready for cocktails & well-deserved dinner!





CANVAS &
ORCHIDS
— RETREAT —