

# *Ton Le Sap River*



## **Ton Le Sap Lake & River**

Ton Le Sap Lake is the biggest lake in South East Asia, supporting life of local people. It leads to Phnom Penh (Cambodia capital), and connects to Mekong River (Longest River in South East Asia, 4,350km, crossing 6 countries, such as China, Myanmar, Laos, Thailand, Cambodia, Vietnam).

It contributed as main food supply of Angkorean Civilization. One of the most well-known Hindu Temple, Angkor Wat, is just around this Ton Le Sap Lake. And for its importance, people called it “Cambodia’s beating heart”.

In this lake, still more than 1 million people are living, they had built house, school, market etc on the lake and floating. In raining season (May - Oct), Ton Le Sap River hit the Mekong river strongly, which makes Ton Le Sap river to backflow to the lake, so that the lake expands to forest. From the forest, the nutrition come out, nutrition make fish/shrimp to increase. And the fish support the life of people. This is how Ton Le Sap river has contributed to people’s life for thousands of years.

There is a big road along the river in Phnom Penh. I love to walk in this road every time I come here. You can see the running people, couples, some foreigners, temples, pigeons, which make me feel peaceful and relaxing. You will not sweat that much since the wind blow you well, especially at night time.