Last Updated: November 18, 2013

Cambodia & Laos Mekong Adventure - ATCM

15 days: Thailand

What's Included

Entrance and guide to Angkor temples, Entrance to Tuol Sleng Prison and Choeung Ek (Killing Fields),Entrance to Wat Phu Champasak with guide,Entrance to Ethnology Museum (Luang Prabang), Kuang Si Falls trip(half day)

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2013 - December 31st, 2013

Trip Style

Classic: **The trips we've build our reputation on.**

Designed for maximum variety, these trips are geared towards travellers searching for a healthy mix of active exploration, uncommon landscapes, amazing wildlife and local cultures.

Service Level

Standard:

- Great value, reasonable prices, quality experiences
- Comfortable and varied tourist-class accommodations chosen for location and character
- Mix of public and private transport for the best overall experience
- All the top highlights included, plus plenty of time to explore on your own

Physical Grading

2: There'll be some light walking and hiking. Suitable for most fitness levels. Nothing too challenging.

Itinerary

Day 1 Bangkok

Today is arrival day so there are no activities planned. You are free to relax, explore the city & adjust to the frantic pace and humid heat of Bangkok.
Please arrive at our start point hotel before 6pm for an important group meeting where you will meet you Chief Experience Officer (CEO) and the other group members. Please look for a sign on the hotel's notice board for the time and location of your group meeting.

At this meeting your CEO will ask to sight your travel insurance and complete some other paper work. After your meeting, you may choose to head out for an optional dinner to further get to know your CEO and fellow group members.

We spend this evening in Bangkok. Our hotel is located in China Town, next to the central train station and MRT (Subway), and is only a short USD2 taxi ride from Khao San road and the central shopping area of Siam Square, MBK, Siam Paragon, etc. All rooms are double or twin share with air conditioning and en suite bathroom. The hotel has a small pool and wifi is available at extra cost.

Days 2-3 Siem Reap & Angkor (2B)

After breakfast on day 2, we leave Bangkok and make way on the long journey to Siem Reap, Cambodia. It is possible to get your Cambodian visa at the border - ask your CEO for details. Once at the border, we will disembark with our luggage and cross the border by foot. This process can take an hour or more so please pack your patience. After the border formalities are complete, we meet our Cambodian bus and continue on to Siem Reap. The scenery is spectacular and the contrast between Thailand and Cambodia is immediate.

Angkor, the former capital of the Khmer Kingdom, is one of the wonders of the archeological world. Rediscovered at the end of the last century by French explorers, this vast ruined city is becoming one of the most popular sites in South East Asia. We spend one full day with our professional local guide visiting some of the highlights of this ancient capital, like Sunrise at the magnificent temple of Angkor Wat, the enigmatic Bayon within the walled city of Angkor Thom and Ta Prohm, also known as the 'Tomb Raider' temple.

You can purchase a day pass which will enable you to visit many of the highlights of this ancient capital, such as the magnificent temple of Angkor Wat, the enigmatic faces of Bayon within the walled city Angkor Thom and the much photographed temple of Ta Prohm which is slowly being re claimed by the jungle.

We spend two nights in Siem Reap. Our hotel is located a 20 minute walk or a short tuk tuk ride from city center. The hotel lobby has computers for guests to browse the internet. Free wifi is also available. All rooms are double or twin share with air conditioning and en suite bathroom. There is also a nice pool for relaxing after long days visiting the temples.

Approx travel time:
Private bus Bangkok to Cambodian border: 4 hours by private transport.
Private transport Cambodian border to Siem Reap: 2.5 hours

Day 4-5 Phnom Penh (2B)

This morning we travel by public bus to Phnom Penh, taking in points of interest along the way. While in Phnom Penh we will witness the darker side of Cambodian history with guided visits to Choeng Ek, the site of the infamous Killing Fields and Tuol Sleng prison, the notorious Khmer Rouge prison where thousands of Cambodians perished.

Other options include taking a look at the city with visits to the Royal Palace, Silver Pagoda or the National Museum. The huge Russian Market is packed with souvenirs and all the necessities of daily life. Late afternoon is a great time to visit Wat Phnom where the sanctuary for which the city is named once stood. It is a Buddhist shrine, although a Taoist goddess resides here. Numerous monkeys dwell here, also, and it is one of the pleasure spots for residents of the city. A drink in one of the many riverside café’s watching the sunset is a fitting finale to the day.

Our hotel in Phnom Penh is located right next to the Central Market and a 10 minute walk to the riverfront. The hotel has twin and double share rooms with air conditioning and en suite bathrooms. Wifi is available.

Approx travel time:
Public transport Siem Reap to Phnom Pehn: 6-7 hours

Day 6 Kratie (B)

An early departure takes us by road to Kratie. En route, we pass through Skuon (a small town famous for its delicious spiders), where it's possible to sample an eight-legged snack. It's recommended that you eat these furry arachnids as you would a crab, by cracking the body open and pulling the legs off one by one - delicious! Once in Kratie, there is the option of trying to spot rare Irrawaddy river dolphins.

Our accommodations in Kratie is located on the banks of the mighty Mekong. All rooms are twin or double share and have air conditioning and basic private bathrooms. The hotel is centrally located within easy walking distance of the local markets and many restaurants.

Approx travel time:
Private bus Phnom Penh to Kratie: 6-7 hours

Day 7 Don Khong (B)

Today we travel by bus to the Cambodian/Laos border.
It is common when exiting Cambodia at Dong Krolor and entering Laos at Voen Kham, that a nominal border fee is imposed by border officials. Please allow USD5 for this.

After completing necessary border formalities, we continue our journey to Don Khong Island. Don Khong, with its rice fields, small villages and ancient wats, is wonderfully scenic and perfect for cycling. It is also famous for brewing some of the country's finest national drink, lao-lao. Very fiery, a shot of lao-lao is usually followed with a plain water chaser.
Our accommodations in Don Khong has views overlooking the Mekong River. All rooms are twin or double share and have air conditioning and private bathrooms with hot water. Electricity is not 100% reliable on this island and it is not uncommon that we experience power cuts. We are very centrally located within an easy walking distance of restaurants, early morning fish markets, internet and convenience stores.

Approx travel time:
Private transport Kratie to Laos border: 2.5 hours
Private transport Laos Border Don Khong ferry: 45 min
Ferry including wait time: up to 30 min

Day 8 Champasak/Dong Deng (D)

Leaving the island we travel through the beautiful province of Champasak, once the capital of the Lao kingdom and home to Wat Phu. We head to Pakse and then cross the Mekong River to visit Wat Phu with our local guide. Dating from the Angkorian period this is one of the most important and impressive archaeological sites in Laos.

While spending the night in a typical Lao village environment may not be full of comfort, it gives you a wonderful real insight into local culture and life that a hotel stay can never provide.

Typically the group is divided into 2 or more houses (depending on group size) in close proximity to each other. When it comes time to sleep, mattresses are placed across the floor in central living area. Each mattress comes with a blanket, a pillow and a mosquito net. Bathroom facilities are shared. The evening meal is eaten together in one of the houses with the food provided being very simple - giving you the chance to experience typical Lao cuisine. A vegetarian option is always served and the second option is typically a pork stirfry. Your local guide will spend time explaining the local life of the people in this village. You have the option of swimming in the Mekong. Evenings can get cold, so please bring a long sleeved top.

We overnight in rustic homestays on Dong Deng Island.

Approximate travel time:
Private bus to Ferry to depart Dong Khong: 5 minutes
Ferry to the mainland: up to 30 minutes
Drive to Pakse: 2 hours
Drive to Wat Phu: 30 min
Drive back to a private ferry station where we board private local boats to take us to our homestay (20 minutes drive + 20 minutes on the boat)
Walk to homestay: 15 min

Days 9-11 Luang Prabang (3B)

On the afternoon of day 9 we fly from Pakse to Luang Prabang*.
Here we discover the Laos Buddhist and architectural heritage. You will have the chance to visit some of the most impressive of Luang Prabang's 32 temples including Vat Vixoun, Vat Sene, and Vat Xiengthong. Climb Phousi Hill and watch the sun set over the horizon or rise at dawn to watch the monks walk through the city collecting offerings of food from the locals.
Make sure to find the time to browse the colorful textile galleries and relax in the town's many small cafés.

We will have an included trip to the Ethnology Museum and a trip to the stunning Kuang Si waterfall with a local guide.

We overnight three nights in Luang Prabang. Our hotel is centrally located within walking distance to Luang Prabang Night Market (Black Market in Laos). All rooms are double or twin share with air conditioning and en suite bathroom. Free wifi is available.

Approx travel times:
Boat and bus from Don Deng to airport: 1 hour
Flight Pakse to Luang Prabang: 1 3/4 hours
Transfer to hotel in Luang Prabang: 20 min

*Note that during the low season (Apr-Oct) the itinerary may vary slightly due to no scheduled direct flights from Paske to Luang Prabang. Flights will be routed via Vientiane and may require an overnight stay. This may also occur at other times of the year as flights can regularly be canceled or rescheduled. And on some occasions we may have to fly from Savannakhet to Luang Prabang which is a 4 hour drive north of Pakse.

Day 12 Vang Vieng (B)

A scenic drive through winding mountains will take us to the picturesque town of Vang Vieng. Nestled along the Nam Song river and surrounded by limestone karsts. Watch the sunset over the river as well as explore some of the many caves in the area.

Our hotel in Vang Vieng is nicely located by the Nam Song river, with spectacular sunset views. All rooms are double or twin share with air conditioning and en suite bathroom. Free wifi is available.

Approx travel time:
Private transport Luang Prabang to Vang Vieng: 7 hours on a winding mountain road

Days 13 -14 Vientiane (B)

Leaving early afternoon, a 3 hour drive takes us to one of Asia's sleepiest capital cities. Enjoy the highlights of Vientiane including Wat Sisaket (one of the city's oldest and most fascinating temples), Phat That Luang (Lao's national symbol and one of its most sacred sites), and the Morning Market (an all-day affair selling virtually everything).

We overnight in Vientiane. Our hotel is located in a peaceful corner of Vientiane within walking distance to riverside, night market, and museum. All rooms are double or twin share with air conditioning and en suite bathroom. Free wifi is available.

In the late afternoon of Day 14 we will cross the "Friendship Bridge" back into Thailand to board the overnight train to Bangkok. Beds on the train are dormitory style, with bunks on two layers along the side of the train carriage. There are curtains along each bunk for privacy. Your luggage will be accessible during the journey. The train has air-conditioning and clean bedding is provided for each bunk. There are both western style and asian style toilets at the end of each carriage. Food and drinks are served on the train but you can always bring your own food from the shops and restaurants near the train station.

Approx travel time:
Private bus Vang Vieng to Vientiane: 3 hours
Private bus hotel to the Friendship bridge Thai border:30 mins
Tuk tuks Laos Immigration to train station: 30-45 min
Overnight train Nong Khai to Bangkok: 12-13 hours

Day 15 Bangkok

Our trip ends on arrival into Bangkok (Hualamphong) Railway Station this morning. If you are leaving Bangkok today we recommend that you do not book onward travel until after 3pm, in case of train delays.

We are able to organise additional nights accommodation in Bangkok. Please contact us at the time of booking.

We look forward to receiving your evaluation regarding this tour itinerary and your CEO's performance. We value your input into what we could improve to make this trip even better and of course love hearing about what we are already doing well! You will be sent a post tour email on your return with details on how to go in line and fill in this simple form. Thank you so much in advance.

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Highlights

Wandering the busy streets of Bangkok, exploring the ancient temples of Angkor Wat, Confronting history in Phnom Penh, catching a glimpse of the rare Irrawaddy river dolphin, experiencing a Mekong homestay, Bargaining at the night market in Luang Prabang.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or

encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

There may be a weight restriction for the internal flight on this tour. Each passenger is allowed to carry one checked bag with a maximum weight of 15 kg (33lbs). Additional bags or excess weight charges may apply. These charges are the responsibility of the passengers.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are traveling through, offer suggestions for things to see and do, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 15, Avg 10

Your Fellow Travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

Meals Included

11 breakfasts, 1 dinner.

Meals

Eating is a big part of traveling. Traveling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favorite restaurants during your trip.
Included breakfasts will usually be Asian style consisting of noodles or congee (rice porridge) or bread and eggs.
Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Meal Budget

Allow USD275-350 for meals not included.

Transport

Private bus, local bus, plane, boat, sleeper train.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Single Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels/guesthouses (12 nts), basic family homestay (1 nt), sleeper train (1 nt).

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops, with the following exceptions:
Night 7, Homestay; Night 14, Sleeper Train

About Accommodation

A variety of styles of hotels/guest houses are used on this trip. In many instances they might not be like what you are used to back home as service and efficiency can vary. In some areas we stay in simple local guest houses in stunning locations - rooms are small and simple and there may only be shared toilet facilities and showers.

Joining Hotel

Bangkok Centre Hotel
328 Rama IV Road
Bangkok
+66 (0) 2 238-4980-99

Joining Instructions

When arriving at Suvarnabhumi Airport (pronounced 'su wan na poom') in Bangkok proceed to the Arrivals Hall where you can change money into Thai Baht. (You may be approached by nicely dressed, official looking touts offering an expensive limousine service to your hotel; ignore these offers.)

You have three transport options; pubic bus, the Airport Train & MRT or public taxi. All transportation is located on the ‘ground’ floor.

Public Bus
The Airport Bus operates 4 bus routes to downtown for a cost of 150 Baht for the entire route. Bus AE4 goes to Hua Lamphong train station. Our hotel are located in the Hua Lamphong area.

Taxi
The airport is located 30km’s away from downtown Bangkok. Approach the taxi counters, advise them where you are going and they will write this information down for you along with the taxis registration details. Taxis should always use the meter and you are required to pay a 50 Baht airport surcharge on top of the metered fee plus any tollway fees (approx 70 Baht depending on the route taken). Total journey will cost between 350 THB – 500 THB, depending on traffic and toll fees. The expressway is substantially faster, so tell the taxi driver to use the expressway, you can say either ""kuen ton-way"" (from 'tollway') or ""kuen taang duan"" in Thai (but most understand Tollway/express way in English).

Airport Train
If you are staying at the Bangkok Centre Hotel you can take the Airport Train. Board the express airport train at a cost of 150 THB to the City Air Terminal; Makkasan. Here you will need to disembark and change to the MRT (subway) Blue line, boarding at Phetchaburi Station. From Pethaburi Station travel to the last stop, Hua Lamphong, and follow the signs at the exit for the Bangkok Centre Hotel.

Arrival Transfers
If you have paid for an arrival transfer when you booked your trip then please proceed to the Airport Information Counter near entrance 3 and look for the driver who should be holding a G Adventures sign.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on

a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details.

If you have pre-booked an airport transfer please meet your driver near the information counter at Entrance Door number 3 of the airport, in the arrival hall. If for any reason you can not locate you driver please call the emergency transfer phone number at +66 (0) 800 562777.

If you have still have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Bangkok Airport Transfer complications please call our local G Adventures Transfer provider directly at:+66 81 847 3034 (081 847 3034 from within Thailand) or +66 86 339 5881 (086 339 5881 from within Thailand)

EMERGENCY CONTACT NUMBERS
G Adventures Office Bangkok, Thailand
During Office hours (Weekdays, 9am-5pm Local Time)
From outside Thailand: +66 2 381 5574
From within Thailand: 02 381 5574

After hours emergency number (SE Asia Manager)
From outside Thailand: +66 87 049 6074
From within Thailand: 087 049 6074

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

We are on the move a lot on this trip so recommend that you pack as lightly as possible as your are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 mintues with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb.

Suitcases are not recommended for G Adventures trips! Most travelers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as storage space on some transport is limited - they need to fit under the beds when traveling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

Checklist

Passport (with photocopies)
Travel insurance (with photocopies)
Airline tickets (with photocopies)
USD cash (small denominations preferred)
Credit or debit card (see personal spending money)
G Adventures vouchers, pre-departure information and dossier
Any entry visas, additional passport photos or vaccination certificates required
Alarm clock
Flashlight
Sun hat, sunblock, sunglasses
Insect repellent
Small towel and swim wear
Toiletries (biodegradable)
Sturdy walking shoes/sport sandals
Money belt
Shorts
Long trousers
Shirts/T-shirts
Swimwear
Warm clothes for Nov-Feb. Fleece, windproof/waterproof jacket
Waterproof clothes for wet season May-Oct. Umbrella or waterproof jacket
Cover for backpack or plastic bags to keep clothes dry
Clothes for temples – long pants or sarongs
Camera and film
Reading/writing material
Binoculars
First-aid kit (should contain lip salve, aspirin, band aids, anti-histamine, imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking)

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas

Please note that visas for Thailand, Cambodia and Laos are the responsibility of the individual traveler. The visa requirements for your trip vary depending on where you are from and where you are going. For the most up to date information please check your governments foreign ministry website or with you travel agent as rules do change. It is important that you check for yourself. For most travelers there will probably have an embassy and consulate in the country that you live in.

THAILAND - Most nationalities do not need a visa for Thailand for stays of 30 days or less but if you do they are available on arrival at Bangkok Airport. Please ensure you obtain a multiple entry Visa to avoid complications. Please note that as of December 2008, 30 day Thai visas are no longer available at land borders. Only 15 day tourist visas are issued when you enter Thailand overland. If you are staying more than 15 days you should consider getting your visa prior to your trip.
Please note that certain nationalities (including: Bhutan, China, Cyprus, Czech, Estonia, Hungary, India, Kazakhstan, Latvia, Lithuania, Maldives, Oman, Poland, Russia, Saudi Arabia, Slovakia, Slovenia, Taiwan and Ukraine) may not be able to obtain visa at a land border.

CAMBODIA - Most nationalities require visas and for most nationalities these are available at the Thai-Cambodia border. Please have USD20 and two photos available.

*Please have extra USD on hand in case the customs officials charge more at the border crossing.

LAOS - Your CEO will assist with arrangements for your Laos visa at the start of your trip. Please have 3 passport photos and approx. $50 USD ready for the CEO.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

During this tour the local currencies you will use are the Thai Baht, US Dollar, Cambodian Riel and Laos Kip. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: www.xe.com for each of the above mentioned currencies. The best way to carry your money is in debit cards, withdrawing cash in local currencies from ATM machines. ATMs are found throughout South East Asia and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible in case of loss or problems with one card, you will have a back up. Please note, your bank will charge a fee for overseas withdrawals. USD Cash is recommended for times when ATMs are not accessible. You should bring some cash with you for emergency situations (please refer to our trip dossier) but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix. Travellers cheques can be tricky, timely and expensive to exchange. While we do not recommend that you bring them as your primary source of funds, it is great to have one or two cheques in case of emergency. Thomas Cook or American Express travellers' cheques in US currency are the easiest to exchange. Cash advances can also be made with some banks but are time consuming and tend to have high fees attached.Credit cards can be used at some upmarket restaurants, and at some larger stores if shopping for big items. If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

Emergency Fund

Please also make sure you have access to at least an additional USD $250 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

Departure Tax is included in all International and Domestic tickets.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from $1.5-$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline $20-25 USD per person, per week can be used.

Optional Activities

Please allow USD150 for additional optional activities you may wish to enjoy.

Grand palace (Bangkok) - USD11
Jim Thompson’s House (Bangkok) - USD3.5
National Museum (Bangkok) - USD1.5
Royal Barge Museum (Bangkok) USD1.5
Grand palace (Bangkok) - USD11
Wat Po (Bangkok) - USD2
Klong(Canal) Tour (Bangkok) - Approx $10-30 dependent on numbers
Thai massage (Bangkok) – USD10 per hour
National Museum (Phnom Penh)- USD3
The Silver Pagoda (Phnom Penh)- USD6.25
Tonle Sap Lake Tour (Siem Reap)- USD5-15
Royal Theater (Luang Prabang) – USD6-12
Cooking Class (Luang Prabang) – USD25
Wat Xieng Thong (Luang Prabang) - USD1
Pak Ou Caves (Luang Prabang) - USD12 including transport
Arts and Ethnology Centre (Luang Prabang)- USD2

Wat PhuSi and other Temples (Luang Prabang)- USD1-2
Elephant Riding (Luang Prabang)- USD30 including transport
Half day cottage industry tour (Luang Prabang)- USD5-8
Bike Rental (Vang Vieng)- USD2
Kayaking Trip (Vang Vieng)- USD15-20
Visit one of the many temples (Vientiane) - Most entry fees USD1
Buddha Park (Vientiane) - USD1 plus transport
National Cultural Museum (Vientiane)- USD2

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEO's are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.
Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

A Word of Warning

Please do not buy gems in Bangkok unless you know what you are doing. Even if genuine you should not expect to be able to sell them at home. If you fall victim to a gem scam, we are unable to assist you.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Responsible Travel

Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.
-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.
-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: www.gadventures.com

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program
Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit http://www.gadventures.com/evaluations

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletter_signup

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for Planeterra's monthly news to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by The Watering Hole, our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the Departure Lounge section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.

Keeping in Touch

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.