Last Updated: January 6, 2014

Chiang Mai Hilltribes Trek - TATHTN

5 days: Chiang Mai to Chiang Mai

What's Included

Arrival & Departure transfer, Chiang Mai, 3 day trek, elephant ride and bamboo rafting.

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

Itinerary

Day 1 Chiang Mai

Arrive in Chiang Mai aiport by mid afternoon (before 4pm), where you will meet your transfer service to the hotel. This afternoon at 6pm you will meet your local guide who will explain the next few days in more detail.

If you arrive early you will have time to relax and explore Chiang Mai. Surrounded by rolling hills, Chiang Mai is the cultural center of Thailand. Enclosed by a moat and crumbling walls, the old city features great cafes, shops and over 300 temples.

Our hotel this evening is located in the new city within easy walking to both the night bazaar and the old city. The hotel has wifi and a small cafe. All rooms are double / twin share with an attached ensuite bathroom.

Day 2 Trekking (B,L,D)

You will be picked up from your hotel by your local guide at approximately 8am. Travel by road in an open pick-up truck, heading north to Mae Malai. We might have time to visit a local market before stopping for lunch and starting our trek.

Tucked away in the hills of northern Thailand is where the most colourful and unchanged traditional communities can be found you will trek through forests and rural terrains to visit some of these hilltribe villages. You visit a variety of diverse villages along the way, often each will have their own unique language, clothing style and belief system that differs hugely from those of the neighboring tribes. You are well looked after by your local guides who take responsibility of preparing all meals and carrying the food supplies.

After lunch, you walk for a couple of hours through tropical forest to the first village. You will have time to explore the village before having dinner.

The exact itinerary of the walking on this trip may change from time to time, taking into account the weather and local conditions. Also please note there may be times when the use of video and/or still cameras may be inappropriate, your guides will be able to advise you. Be prepared for the accommodation to be basic, remember it's all about the authentic and unique experience!

Day 3 Trekking (B,L,D)

After breakfast set off into the forest for a trek lasting 2-3 hours, visiting the rice and vegetable fields of the villages along the way and learn about the villager's traditional methods of cultivation.

After lunch you will continue trekking for about 2 hours to the Karen village of Baan Mae Ma Nain followed by an elephant ride through the forest. You will also have chance to fish at Mae Tang River using local tools and learn the technique of constructing a bamboo raft before.

Day 4 River Rafting/Chiang Mai (B,L)

After breakfast we climb on to bamboo rafts for a 1 hour trip down the Mae Tang River. Make a short stop at a Lahu village before getting back on the rafts for another 1-2 hours to a Shan village where you will stop for lunch.

Here you will be met by a pick-up van and driven back to Chiang Mai. The evening is free of planned activities for you to explore or relax at your leisure.

Day 5 Chiang Mai (B)

You are free to depart at any time. Please note hotel check out is 12pm. Remember to reconfirm your departure time with your local guide who will arrange your transfer to the airport or train station.

We look forward to receiving your evaluation regarding this tour itinerary. 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! Thank you so much in advance.

What's Included

Arrival & Departure transfer, Chiang Mai, 3 day trek, elephant ride and bamboo rafting.

Highlights

Exploring the vibrant colours of Chiang Mai, trekking through Northern Thailand.

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

G Adventures requires your passport number and date of birth before we can confirm your booking. Please make sure you give this information to your travel agent.

This tour is run by a local specialist operator in Thailand. There is no G Adventures representative on this tour.

This trip departs on request, please ask at time of booking.

Group Leader Description

This is an independent itinerary which is operated on behalf of G Adventures by one of our local agents. This tour is not escorted by a G Adventures leader. All the information given in this itinerary is intended as a guide only. G Adventures or their agent cannot be held responsible for any changes that may occur due to local conditions or circumstances beyond their control. This includes festivals and public holidays that may effect the itinerary. NO REFUND IS AVAILABLE ON ANY UNUSED PART OF THIS ITINERARY.

Meals Included

4 breakfasts, 3 lunches, 2 dinners.

Meals

Eating is a big part of traveling. Travelling 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.

Meal Budget

Allow USD50-75 for meals not included.

Transport

Open pickup truck, trekking, elephant, raft.

About our Transportation

Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide.

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.

Solo 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 (2 nts), basic huts (2 nts, shared accommodation)

About Accommodation

A variety of accommodation standards are available for Independent tours, see your dossier for the accommodation class specific to your tour. Please remember that hotel/lodge/resort standards can be different from what you are used to in your home country, which is part of the appeal of adventure travel . Porterage is not included, but can be arranged directly at most hotels.

Joining Hotel

Please see your tour voucher for specific name and address of your joining hotel for day 1 of this tour.

Joining Instructions

Meet and Greet at Airport: Our local representative will meet passengers after exiting the arrivals hall of Chiang Mai airport.

**Please note, the arrival transfer included occurs on Day 1 of the tour. If you plan to arrive prior to Day 1, you will be required to arrange pre-tour accommodation through G Adventures to be eligible for the transport from the airport. Due to customer experience

and quality considerations, all services related to the tour must be continuous.

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 refer to the emergency contact details provided in this dossier). If you 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
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

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit.
Most travellers prefer to carry a softbag or rolling bag of small to medium size can be suitable. If you have combined Independent trip with some other G Adventures trip (basic or standard) we recommend you to travel with a backpack. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.
If you don’t know what type of clothes to bring, you can check different weather web sites. We also recommend you to bring sun protection creams (better to buy them at home, because ones in Thailand are produced for local types of skin).

Checklist

- Passport (with photocopies)
- Travel insurance (with photocopies)

- Airline tickets (with photocopies)
- USD cash
- Credit or debit card (see personal spending money)
- G Adventures vouchers and dossier
- Any entry visas or vaccination certificates required
- Camera and film
- Playing cards or other favourite games
- Reading/writing material
- Light waterproof jacket
- Warm clothes for Nov-Feb. Fleece, Windproof/waterproof jacket
- Waterproof clothes for wet season May-Oct - waterproof jacket.
- Cover for backpack or plastic bags to keep clothes dry.
- Small towel and swim wear
- Day pack for hike
- Sun hat
- hand sanitizers/ antibacterial wipes
- 1 pair hiking pants/track pants
- Hiking boots/ sturdy walking shoes
- Sleepsheet
- Thermarest or sleeping mat and travel pillow
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Refillable water bottle
- Pocket knife
- First-aid kit (should contain motion sickness medication, 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

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. IT'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

Thailand: Most nationalities including Australian, New Zealand, British, Canadian, American, Belgian, Swedish, German, Dutch and Danish passport holders do not require a visa for a stay of 30 days or less. If staying in Thailand for more than 30 days, you will be required to obtain a tourist visa in advance.

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 currency you will use is the Thai Baht. 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 quality of 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 may be times during the trip where you may wish to tip any local guides who have shown you around the monuments. Recommendations for local guides would range from 2-3 USD depending on the length of the tour and information given. At the end of your tour if you feel your driver/guide did a good job, tipping will also be appreciated. For your driver/guide it would be recommended to tip in the range of 3-6 USD per person per day depending on the quality and length of the service.

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.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information about before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. 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.

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:

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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:

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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.

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.

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 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. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

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/newsletters/

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.