

Thailand Hike, Bike & Kayak - ATHB

14 days: Bangkok to Bangkok

What's Included

Bike riding around Bangkok. Hilltribe trek (Chiang Mai). Cycling in and around Kanchanaburi and Ayutthaya. Overnight stay in a rafterhouse (Kanchanaburi). Sea kayaking on the Andaman Sea.

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 Bangkok

Today is arrival day so there are no activities planned. You are free to relax, explore the city & adjust to the frenetic pace and humid heat of Bangkok.

Please arrive at our start point hotel before 6pm for an important group meeting where you will meet your 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 you to sight your travel insurance and complete some other paperwork. 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.

Day 2 Bangkok/Kanchanaburi (B)

On Day 2 jump on your bicycle and escape to the quieter back-streets of this busy city. During your 4 hour guided bike ride (approx 20km) explore hidden temples, lovely parks, amazing street food vendors, you never know what you may find.

In the afternoon of Day 2 we take a private minivan for approximately 3 hours to Kanchanaburi.

Days 3-4 Kanchanaburi and Ayutthaya (D)

In the morning we cycle around the sites of Kanchanaburi. Kanchanaburi province itself is the third largest province in Thailand and possesses some of the best preserved natural sites in Thailand – partly due to the fact that it is still sparsely populated. Situated alongside the River Kwae Yai amongst limestone hills, Kanchanaburi (golden city) is most famous (or infamous) for the death railway that was constructed during WWII using prisoners of war and Asian labor. The bridge on the River Kwae, the war cemetery, war museum all make up the major attractions of this town. Many veterans and descendants of the POW's return here to honor those

that died during the construction of the railroad.

The story goes that the British were the first to survey the track lines but decided it would be too difficult to build. The Japanese during WWII wanted to establish a supply route to Myanmar and India. As the route along the river was covered by thick forest, the Japanese thought that it would be better protected. The allies bombed the railway in two places – at the beginning in Thailand (the bridge) and the end in Myanmar. All up the track is 415kms long, with around 300km in Thailand. Around 100,000 Asian laborers and 16,000 POW's died during its construction with the track only running for about 20 months.

This afternoon we visit Erawan National Park. The park contains the waterfalls of the same name (seven tiers of blue clear water with little fish that nibble at your feet). You are meant to be able to see Erawan; the 3 headed elephant that carries the Hindu God Indra, when you reach level seven (use your imagination!).

Tonight we sleep on a floating River Kwai Raft-house! Spend the evening on board the raft-house with time for swimming, relaxing and eating.

On the afternoon of Day 4 we transfer to Ayutthaya.

Day 5 Ayutthaya/Overnight Train

Located 86km north of Bangkok, Ayutthaya served as Thailand's capital from the 14th to 18th centuries, when it ranked as one of the most magnificent cities in the world. Late in the 17th century its population reached one million, and foreign visitors wrote awestruck accounts of its size and splendor. We explore the ruins of this World Heritage Site by bike, including various pagodas and Buddha images.

In the evening we board an overnight sleeper train to Chiang Mai. This train journey is approximately 12 hrs.

Please note: Due to disruptions of Thai trains in the north during the monsoon season, trips running July through October may be upgraded to a flight and extra hotel night in Ayutthaya.

Days 6-8 Chiang Mai and Hilltribe trek (2B,2L,2D)

On arrival in Chiang Mai we transfer to our guesthouse for showers and breakfast and then visit the trek rental shop to pick up any gear that might be needed. After driving into the hills we start with a half day of trekking. Continue up into the mountains for an unforgettable hike through lush jungle, past rice paddies and alongside streams and waterfalls. Emerge from the wilderness to discover remote hill-tribe villages, home to Karen, Lahu and Akha peoples. Spend some time with our hill-tribe hosts, learning about their unique cultures and relaxing in traditional bamboo cottages.

We walk approximately 4-5 hours each day along sloping hills and valleys. We leave our big packs in storage and take an overnight bag. Each person is required to be able to carry their own pack as our porters will be carrying food and water supplies. Accommodation is group share, where you will be sleeping on the floor of the village huts. Toilet and washing facilities are very basic in most of the villages so be prepared to rough it for a few days. During the trek simple food is provided for breakfast, lunch and dinner. It can be cold during the evenings so make sure you have some lightweight warm clothes with you.

We return to Chiang Mai on the evening of day 8 and head to our guesthouse where you can shower and relax after your hike.

Day 9 Krabi

Following an early lunch in Chiang Mai we catch our flight South to Phuket and transfer to the beach town of Ao Nang (Krabi Province) where we check into our guest house to enjoy the stunning Karst scenery.

Our guesthouse is also close to gorgeous beaches and provides a perfect spot to mellow out and relax.

Days 10-12 Andaman Sea (2B,3L,2D)

Leaving the beauty of Krabi behind we head out for 3 days of kayaking around the Andaman Sea exploring white sandy beaches and coral bays. We camp under the stars for 2 nights enjoying the relaxed pace of the South. The kayaks carry basic snorkeling equipment for you to use but you may want to bring your own.

****Please note that you will leave your main bag at the hotel in Ao Nang and we'll provide a 15 L waterproof bag in which you can pack only the things you'll need for this 3 day/2 night excursion. We recommend that you do not leave anything of value at the hotel.**

On the evening of day 12 we return to our guesthouse in Ao Nang.

Day 13 Krabi

Your morning is free and after lunch we travel to Sura Thani (approximately 3 hours) to board our overnight train to Bangkok.

Day 14 Depart Bangkok

Arrive in morning at the train station to bid farewell to everyone. If you are departing Bangkok today please do not book any onward travel until after 1pm.

What's Included

Bike riding around Bangkok. Hilltribe trek (Chiang Mai). Cycling in and around Kanchanaburi and Ayutthaya. Overnight stay in a rafterhouse (Kanchanaburi). Sea kayaking on the Andaman Sea.

Highlights

Cycle through busy Bangkok, experience colourful Chiang Mai, trek into remote hilltribe villages, discover ancient Ayutthaya by bike, learn the sombre history of Kanchanaburi, sea kayak the Andaman in Krabi

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 is usually a max weight limit of 15kg (33lbs) on the internal flight in Thailand. Passengers are responsible for any excess luggage charges.

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 travelling through, offer suggestions for things to do and see, 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

Meals Included

5 breakfasts, 5 lunches, 5 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. 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 favourite 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 USD265-350 for meals not included.

Transport

Train, walking, minibus, songthaew, local bus, bicycle, raft, plane, longtail boat.

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

Guesthouses/hotels (5 nts), hilltribe villages (2 nts, multi-share), sleeper trains (3 nts), camping (2 nts), rafthouse (1 nt, multi-share).

My Own Room

Not available on this tour.

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 AE2 goes to Banglamphu and Bus AE4 goes to Hua Lamphong train station. Our hotels are located in both the Bang Lamphu and Hua Lamphong areas.

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 Phetchaburi 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 leader, 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 your 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

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

You will be on the move a good deal, so pack as lightly as possible (try to keep under 10 kg /22lb). It is in your own interest as you are expected to carry your own luggage, though distances will never be great. Most travellers carry their luggage in a pack, although an overnight bag with a shoulder strap would suffice. Suitcases are not recommended for G Adventures travellers! During the trek we leave our main piece of luggage at the guesthouse and collect it at the end of the trek. You will need to bring along a comfortable pack (about 30-35 litres/8-9 gallons) for trekking. This should be big enough to carry a spare set of clothes and basic necessities for the trek, including sleeping bag and sleeping mat. Sleeping mats and sleeping bags are not provided as part of the trek. You may hire these and suitable backpacks in Chiang Mai (A sleeping bag costs US\$2-3/day). Mosquito nets are provided on the trek. Please note there may be times during the trek when the use of video and/or still cameras may be inappropriate. Local people may consider that filming is too intrusive and in these circumstances we will request that you do not film. At all times be aware and sensitive to the impact of photography and seek permission before taking photographs of people and respect their wishes if they refuse.

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, pre-departure information and dossier

Any entry visas or vaccination certificates required

Alarm clock

Flashlight

Sun hat, Sunblock, Sunglasses

Insect Repellent

Water bottle

Small towel and swim wear

Toiletries (biodegradable)

Sturdy walking shoes/Sport sandals

Money belt

Shorts

Long trousers

Hiking pants/track pants

Shirts/T-shirts

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.

Sleep sheet for trekking or sea safari trips.

Thermarest or sleeping mat and travel pillow for trekking or sea safari trips.

Snorkel gear – optional (also available for hire)

Camera and film

Reading/writing material

Binoculars

Pocketknife

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

It is your responsibility to arrange visas before you travel. Your travel agent can assist. Below are the visa requirements for Thailand, at the time of printing. Note that your passport must be valid for at least six months from your time of entry: Thailand: Australian, 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. New Zealand passport holders do not require a visa if their stay is 90 days or less. For other nationalities, please ask your travel agent or check with your Government Foreign Ministry before you travel.

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 in China, Thailand and Vietnam.

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

Approximate costs (per person) for popular optional activities taken in free time. Allow approx 100USD :

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
Doi Suiethep (Chiang Mai) - USD2 (plus transport)
Thai Cookery Course (Chiang Mai) - USD30 for Half Day
Kan Toke Traditional Dinner (Chiang Mai) - USD30

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.

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. In Pakistan we recommend a head scarf for women while walking around.

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/

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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.