

Ultimate Cambodian Adventure - ATUC

14 days: Bangkok to Bangkok

What's Included

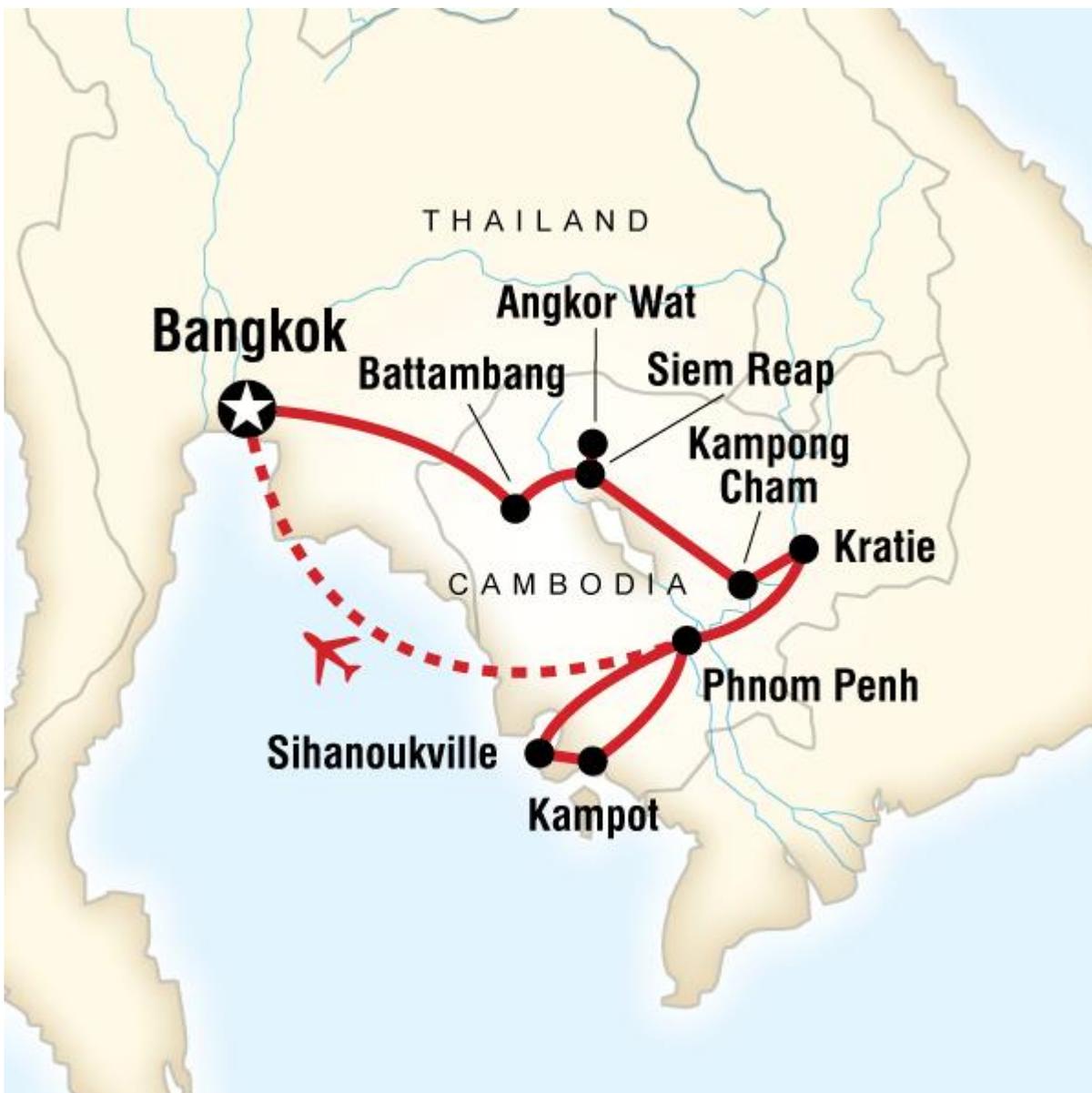
Entrance and guide to Angkor Wat complex, Entrance and guide fee to Tuol Sleng and Choeung Ek (Killing Fields), Phnom Penh Cyclo tour, Boat trip on Mekong to spot Irrawady Dolphins, Local meal experience

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

You can arrive at any time on day 1 as there are no activities planned. Meet your Chief Experience Officer (CEO) and fellow travelers around 6pm for a welcome meeting. Please check at reception for a notice detailing the actual time and place. Head out afterwards for an optional local Thai meal.

Bangkok is a fantastic city and there is endless sightseeing to be done.

Undoubtedly the best way to get around Bangkok is by water taxi, as the streets are often crazy with traffic. From the Chao Phraya River you have an excellent view of this vast metropolis. Perhaps take a longtail boat to explore the canals. The life that goes on along these canals seems like a different world. We also recommend visiting Wat Pho, home of the reclining Buddha. You can have a traditional Thai massage either here at a school that teaches massage within the temple, or choose somewhere near the hotel - this is highly recommended!

Day 2 Battambang (1B)

This morning after breakfast we head to the Cambodian Border by private minivan, a journey of approximately 4 hours through the heart of Thailand. Upon arrival at the Poipet border we cross by foot through immigration. Please be aware that this can sometimes take up to 1.5hrs to complete formalities.

Once in Cambodia we board our private bus and continue to Battambang (2 hours). Upon arrival we check into our hotel and have a few hours to explore this riverside city before dinner.

Battambang is considered the 'rice bowl' of Cambodia. 90% of the population of this province lives an agrarian lifestyle and in the rich sedimentary soil grows everything from delicious tropical fruits to unique Khmer herbs and vegetables. Cambodia's 2nd largest city was originally founded in the 11th Century by the Angkor Empire, was a major Siamese commercial center for 500 years and is also renowned for its rich colonial French architecture.

Day 3-5 Siem Reap (2B,1D)

The morning of Day 3 is free for an optional motorcycle tour of the countryside visiting temples, local cottage industries and the unique experience of the Bamboo Train. You may also like to try your hand at Khmer cuisine with a cooking class then enjoy the results over a leisurely lunch. This afternoon we head off on our private bus around Tonle Sap Lake to Siem Reap, a trip of roughly 3 hours. On Day 5, enjoy a local Khmer dinner in nearby village at the Planeterra-supported New Hope.

Siem Reap in the North West of Cambodia is your portal to the remains of the once great Angkorian Empire. This welcoming city is adorned with myriad markets, artisans, bars and restaurants and is very accessible to the casual wanderer along its colorful streets and lane ways.

Ruling much of South East Asia for over 500 years from the 8th to the 14th Centuries, the Khmer Emperors built successively more magnificent temples and cities. Throughout Days 4 and 5 your knowledgeable, licensed, local Khmer guide will lead you through the pages of history as you explore these amazing edifices, explaining the stories, examining the intricate carvings and the towering monoliths that time forgot. From the awe inspiring Angkor Wat as the sun rises over the worlds biggest religious building, to the 'Tomb Raider Temple', Prum Bayon, swallowed by the jungle over the aeons that it remained undiscovered, you will be captivated by these archeological wonders.

Day 6 Kampong Cham (1B,1D)

Travel to the 3rd largest city in Cambodia, Kampong Cham. With lots of free time today why not rent a bike and cruise along the river exploring the countryside to meet friendly locals or visit the 11th Century Vat Nokor temple. A very traditional Cambodian experience awaits you in this remarkably rural City. Enjoy an included local dinner tonight.

Day 7 Kratie (1B)

Early this morning we commence our 4 hour drive from the North West to the North East of Cambodia passing through villages, negotiating roaming herds of water buffalo and eventually arriving at Kratie on the banks of the mighty Mekong River.

This afternoon we head out on this massive waterway with local boatmen to try and spot the endangered Irrawaddy Freshwater Dolphin. As the golden late afternoon sun warms your face, the feeling as one of these wonderful creatures breaks through the surface nearby is truly inspiring and will lift your heart.

Day 8-9 Phnom Penh (2B)

After breakfast we will travel by private bus to Phnom Penh (approx. 5 hours). Enjoy an included 1 hour cyclo tour to see the city sights. Cyclo drivers are some of the poorest urban dwellers. Most come from rural areas moving to Phnom Penh in search of work. Our drivers are sourced through the Cyclo Center, an NGO set up in 2004 which provides health programs, micro-finance, language lessons, home comforts and a cyclo workshop for the drivers. This is a fantastic way to see the city and provides some amazing photo opportunities while supporting a very worthy cause.

After breakfast on Day 9, we meet our local guide and witness the dark side of Cambodian history with visits to Choeung Ek, the site of the infamous Killing Fields, and Tuol Sleng prison, the notorious Khmer Rouge prison where thousands of Cambodians perished. In the afternoon there is free time to explore the city's many sights: the Royal Palace, Silver Pagoda and the National Museum. Opt to visit the huge Russian Market packed with silver, souvenirs and all the necessities of daily life. Late afternoon is a great time to visit Wat Phnom. It is a Buddhist shrine, although a Taoist goddess, numerous monkeys and, occasionally, an elephant also reside here. A drink in one of the many riverside café's watching the sunset is a fitting finale to the day.

Approximate Distance: 340km

Estimated Travel Time: 7 hrs

Day 10 Kampot

Drifting eastward along the coast, a 3 hour drive brings us to Kampot, home of Bokor National Park and world-famous for Kampot peppers. You may wish to visit Rabbit Island or spend some time at the beachside town of Kep, famous for its fresh crabs. Opt for activities like visiting a cave, a pepper plantation or a fish farm. Take a cycle tour to a waterfall or enjoy a sunset cruise.

Approximate Distance: 150km

Estimated Travel Time: 3 hrs

Day 11-12 Sihanoukville (1B)

Today we head to the beachside town of Sihanoukville. Named for the former King, Sihanoukville's coastline is bedecked with sandy beaches and sprinkled with picture perfect tropical islands fringed with swaying coconut trees. Feast on fantastic local seafood, take a day trip snorkelling the coral reefs and exploring the islands, or just sit back in a deck chair and let the warm breeze caress you as the waves wash gently at your feet. It doesn't get much better than this.

Approximate Distance: 100km

Estimated Travel Time: 2 hrs

Day 13 Bangkok (1B)

Today we drive to Phnom Penh airport to return to Bangkok. It's a relatively short flight but the hustle and bustle of this modern city will feel like a world away from laid back Cambodia. You will have plenty of time today to catch up on last minute shopping or visit the sights on your list before we meet for our final night dinner (optional).

Approximate Distance: 220km (Sihanoukville – Phnom Penh Airport)

Estimated Travel Time: 4 hrs driving, then 1hr flight to Bangkok

Day 14 Departure Day (1B)

Depart at any time.

What's Included

Entrance and guide to Angkor Wat complex, Entrance and guide fee to Tuol Sleng and Choeung Ek (Killing Fields), Phnom Penh Cyclo tour, Boat trip on Mekong to spot Irrawady Dolphins, Local meal experience

Highlights

Strolling through the streets of colonial Phnom Penh and Battambang, learning about recent history of Cambodia with a visit to Tuol Sleng, revelling in the majesty of Angkor Wat, relaxing on golden beaches, experiencing dinner with a local family, exploring the bustle of Bangkok.

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.

Please be aware that this itinerary is a brand new trip for us in 2012.

While we have thoroughly planned and researched this new itinerary on the ground, the nature of travel is that even the best laid plans can sometimes come across the unexpected! If you like being a trail blazer and are not afraid for a small hiccup or two along the trail, this trip is exactly right for you. If any of the above concerns you, we suggest you wait a year until we have this trip running to our normal perfection.

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

Meals Included

10 breakfasts, 2 dinners

Meals

10 Breakfasts, 1 Dinner

Meal Budget

Allow USD275-375 for meals not included.

Transport

Private bus, local bus, cyclo, boat, plane

About our Transportation

Private bus, Local bus, Plane

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 (13 nts)

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

About Accommodation

Hotels/Guesthouses 13 Nights

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; public 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 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 (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 you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes 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 and Cambodia 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 your 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.

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 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

Optional Activities: USD200 for optional activities not included in the trip.

Approximate costs (per person) for popular optional activities taken in free time are -

Day trip to Islands (Sihanoukville)- USD10-15
Day trip to Ream National Park (Sihanoukville)- USD15
Day trip to Bokor National Park(Kampot) - USD50
Countryside Motorbike Tour (Battambang) - USD15 for Half Day
Khmer Cooking Course (Battambang) - USD10 for Half Day
Transport around town (Phnom Penh) \$5-10 per half day
National Museum (Phnom Penh)- USD3
The Silver Pagoda (Phnom Penh)- USD6.25
Tonle Sap Lake Tour (Siem Reap)- USD15-20
Wat Po (Bangkok)- USD2
Grand palace (Bangkok) - USD11
Klong(Canal) Tour (Bangkok) - Approx \$10-30 dependent on numbers
Jim Thompson's House (Bangkok) - USD3.5
National Museum (Bangkok) - USD1.5
Royal Barge Museum (Bangkok) USD1.5
Thai Massage - USD10 per hour

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:

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

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.

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)

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.