



## **Southeast Asia: Hilltribes & Street Food**

21 days, Bangkok to Singapore

Trip code ATRA

## What's included

- Your G for Good Moment: Kao Thep Pitak Community-Owned Farm & Meal, Ban Ta Khun
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: Bangkok
- Your Discover Moment: Chiang Mai
- Your Big Night Out Moment: Chiang Mai Celebration, Chiang Mai
- Your Big Night Out Moment: Koh Samui, Koh Samui
- Your Local Living Moment: Chenderoh Lake Homestay, Chenderoh Lake
- Hilltribe trek
- Bamboo rafting
- Ang Thong National Marine Park island hopping tour
- Two street food crawls
- All transport between destinations and to/from included activities

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 July 25th, 2020 and onwards

# Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Bangkok

Arrive at any time and welcome to Bangkok - Thailand's bustling capital!

This evening, the famous Khao San Road is on the itinerary for your first night out. Explore this buzzing traveller hub with your CEO and check out the lively bars and dance parties that line the street. Grab a Thai beer or tea and connect with your fellow travellers. Don't forget to sample local delicacies, and try a deep fried scorpion if you dare!



### Accommodation

New Siam 2 (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

#### ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Day 2

## Bangkok/Chiang Mai

This tour is off to a colourful start with a day to freely explore Bangkok. Visit Wat Pho, the Grand Palace, National Museum, or Jim Thompson's House. Try a riverboat trip along the Chao Phraya River and through the canals (or klongs) for a different perspective of daily life in this busy city. Tonight, you'll take the overnight train to Chiang Mai.

Due to disruptions of Thai trains in the north during the monsoon season, trips running July through October may use alternative transport.



### Meals included

Breakfast



### Today's Activities

Basic Overnight Train (beds)

Bangkok - Chiang Mai

12h

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.



### Optional Activities - Day 2

Klong Riverboat Tour

Bangkok

Travel by longtail boat on the busy Chao Phraya River and through the small canals of western Bangkok's Thonburi district. Observe colourful scenes of everyday life along the river banks.

Entrance - Royal Barge Museum

Bangkok

3.50USD

Located along the Chao Phraya River, the museum is home to many ceremonial barges. The barges are only used for special occasions so this is a chance to catch a rare glimpse of their ornate decorations and symbolic features.

Thai Massage

Bangkok

15-30USD

Lie back and soothe aching muscles with a wonderful Thai massage. Affordable and amazing—don't miss out!

Wat Po Visit

Bangkok

This temple is known for its reclining Buddha, its feet covered with mother-of-pearl engravings of Buddhist symbols. Explore the large grounds and other compounds to see other Buddha figures, murals and the chedis that contain the ashes of Buddha. This is also the birthplace of traditional Thai massage.

Grand Palace Visit

Bangkok

500THB

Visit the King's official residence (made up of many buildings, halls, lawns, gardens, and courtyards) on the banks of the Chao Phraya River and see the Temple of the Emerald Buddha. Please note the cost of this optional activity does not include the entrance fee.

Day 3

## Chiang Mai

Make sure you've got room for more than three meals today, because you're heading to the best street food spots in Chiang Mai. Besides eating, there's lots to do here – like a visit to Doi Suthep temple or taking it easy with a soak in the Sankampang Hot Springs.

Experience the flavours and scents of traditional northern Thai cuisine by pre-booking the Northern Thai Cooking Class.



### Accommodation

Chiang Mai Gate Hotel (or similar)

Hotel



### Today's Activities

Chiang Mai Street Food Crawl

Chiang Mai

Bring your appetite and your wallet. The CEO will bring the group to the best spots to eat and teach everyone about the local street food. Yum!



### Optional Activities - Day 3

Northern Thai Cooking Class

Chiang Mai

Channel your inner chef with a home-style Thai cooking class. Take a trip to the market with your teacher and learn about regional flavours as you pick out fresh ingredients. Head back to the cozy kitchen for a hands-on lesson in whipping up delicious local favourites like hot and sour soup, green curry, and sticky rice.

Doi Suthep Temple Visit

Doi Suthep – Chiang Mai

50THB

Visit Wat Phra That Doi Suthep, a golden Buddhist temple outside of Chiang Mai on the Mt Doi Suthep. Climb 300 steps to reach the temple and be rewarded with an unforgettable view. Admire the many Buddhist relics at this sacred temple and visit the white elephant shrine. Legend has it that the location

of the temple was chosen after a white elephant carried a relic to the mountain and trumpeted three times before dying on the spot. Also, with a little luck, you may witness the chanting of the monks.

Khantoke Dinner and Show

Chiang Mai

30USD

Enjoy dinner northern Khantok style, with local entertainment. The main dishes on the Khantok usually include sticky rice, Hang-le curry (Burmese-styled curry), and some chilli pasted with crispy pork.

Chiang Mai Cycling Tour

Chiang Mai

1500THB

10-13km

This Chiang Mai half-day ride takes you on a memorable tour of the countryside's most interesting sights. You'll go beyond the city to see local Buddhist temples, markets, organic farms, rice paddy fields and more. Get a sense of how the locals live, stop when you want for photos, and check out the nature along the city's main river, the Ping.

Yoga Class

Chiang Mai

Stretch and hold poses in this gentle but effective form of exercise.

Massage

Lay back and soothe aching muscles with a famous local massage. Affordable and amazing, don't miss out.

It's time for a change of pace. Today, drive from Chiang Mai to Mae Malai village, where you'll set off on a trek through rugged forests to see how diverse this region of hilltribe communities really is. Every village you'll see has its own language, belief system, style of dress, and traditions. It's a few hours to the first village of hilltribe thatch bungalows, but every step is worth it as you get to know the lay of the land.

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 CEO and guides will be able to advise you. Be prepared for the accommodation to be basic; remember, it's all about an authentic and unique experience!



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Pickup Truck

Chiang Mai – Ban Mae Malai

1h

Hop into the back and ride along to the next destination.

After being picked up at the hotel, quickly stop at the local tourist police station to stamp the document required for trekking in the area before transferring to Mae Malai.

Hilltribe Trek Day 1

Mae Taeng – Ban Mae Jok

2h-3h

Hit the road in an open pickup truck for Mae Malai where there is time to visit a local market to purchase food and snacks. Start the trek through forests and rugged terrain to Baan Mae Jok, a Karen village.

Day 5

## Ban Mae Jok/Pa Khao Lam

Trek for 2-3 hours before stopping for lunch. Then head to a Karen village to see how traditional blankets and scarves are made. Keep trekking for a few more hours (you've got this!) before stopping in the next village for the night.

Along the way, you might get the chance to stop at Mae Tang River to learn to fish using local tools or build a raft using bamboo.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Hilltribe Trek Day 2

Ban Mae Jok - Pa Khao Lam

4h30m-6h

After breakfast, trek 3.5-4 hrs to reach the lunch stop. Take in the beautiful scenery along the way. Enjoy lunch before carrying on another hour or so to the Karen village of Ban Pa Khao Lam.

Day 6

## Pa Khao Lam/Chiang Mai

After breakfast, leave the village by bamboo raft and get a closer look at other villages along the way. Meet the van after lunch and head back to Chiang Mai, a foodie's paradise. Try the city's most famous dishes like khao soi (noodles in curry broth) and sai oua (northern Thai sausage) and get ready for your big night out. Venture to the best bar in town to cheers to a completed trek and life-changing adventures!



### Meals included

Breakfast | Lunch



### Accommodation

Chiang Mai Gate Hotel (or similar)

Hotel



### Today's Activities

Bamboo Rafting to Lahu Village

Pa Khao Lam - Lahu Village

1h30m-2h

Board the traditional bamboo raft for a leisurely ride down the Mae Tang River. Reach the Lahu hill tribe village near Ban Pong Ngan. Enjoy a visit with the locals here and learn about the life and unique culture of the Lahu tribe.

Lahu Village Visit

Lahu Village

Take a bamboo raft down the Mae Tan River for one hour journey to a Lahu village to witness a lifestyle that dates hundreds of years.

Bamboo Rafting to Shan Village

Lahu Village - Ban Sop Gai

2h

Board a traditional bamboo raft and enjoy a ride through some small rapids on the Mae Tang River.

Pickup Truck

Ban Sop Gai - Chiang Mai

1h30m-2h

Hop into the back and ride along to the next destination.

ACTIVITY

Tonight's the night to celebrate all the wild and humbling adventures you've just shared with new friends. Head out into the city and reminisce the night away!

Day 7

## Chiang Mai/Bangkok

Make the most of Chiang Mai with more free time, where you can go shopping in the market, get a Thai massage, or explore any of the many temples. Or, hey, you could always go back for another taste of khao soi curry. Tonight, catch up on sleep during an overnight train and wake up in Bangkok.

Due to disruptions of Thai trains in the north during the monsoon season, trips running July through October may use alternative transport.



### Meals included

Breakfast



### Today's Activities

Free Time

Chiang Mai

Enjoy a final day to check out Chiang Mai.

Basic Overnight Train (beds)

Chiang Mai - Bangkok

12h-13h

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.



### Optional Activities - Day 7

Doi Suthep Temple Visit

Doi Suthep - Chiang Mai

50THB

Visit Wat Phra That Doi Suthep, a golden Buddhist temple outside of Chiang Mai on the Mt Doi Suthep. Climb 300 steps to reach the temple and be rewarded with an unforgettable view. Admire the many Buddhist relics at this sacred temple and visit the white elephant shrine. Legend has it that the location of the temple was chosen after a white elephant carried a relic to the mountain and trumpeted three times before dying on the spot. Also, with a little luck, you may witness the chanting of the monks.

Cooking Class

Chiang Mai

Pick out the best ingredients at a local market and learn how to make delicious Thai dishes.

Chiang Mai Cycling Tour

Chiang Mai

1500THB

10-13km

This Chiang Mai half-day ride takes you on a memorable tour of the countryside's most interesting sights. You'll go beyond the city to see local Buddhist temples, markets, organic farms, rice paddy fields and more. Get a sense of how the locals live, stop when you want for photos, and check out the nature along the city's main river, the Ping.

Massage

Lay back and soothe aching muscles with a famous local massage. Affordable and amazing, don't miss out.

Chiang Mai City Tour

Chiang Mai

Enjoy a tour of spectacular Chiang Mai, a delightful city surrounded by rolling hills and filled with impressive architecture. Explore the great cafes, shops and accommodations of the old city; an important Buddhist centre since the 14th century, it is home to more than 300 temples. Many visitors come here to attend meditation retreats, massage classes or yoga lessons.

Get out and explore this fantastic city where there is endless sightseeing to be done.

As this longer tour is comprised of two shorter tours, there is the possibility that you will need to change hotels on this day. Check in with your CEO about this while on tour. The two hotels we generally use are within walking distance.



## Accommodation

New Siam 2 (or similar)

Hotel



## Optional Activities - Day 8

Wat Po Guided Tour

Bangkok

Immerse yourself in Thai Buddhist culture and visit the famous giant 46m (151ft) reclining Buddha, covered in gold leaf. Relax with a traditional Thai massage at the country's leading school of massage at Wat Po.

Jim Thompson's House Visit

Bangkok

250THB

Tour the Jim Thompson House, a Bangkok museum that was once the home of American businessman Jim Thompson, the "Legendary American of Thailand." See his collection of Buddhist and secular art, amassed while building his silk company.

Klong Riverboat Tour

Bangkok

Travel by longtail boat on the busy Chao Phraya River and through the small canals of western Bangkok's Thonburi district. Observe colourful scenes of everyday life along the river banks.

National Museum Visit

Bangkok

200THB

See Thai artifacts on display from the Dvaravati, Srivijaya, Sukhothai and Ayutthaya periods as well as other Southeast Asian collections. Please note the cost of this optional activity does not include the entrance fee.

## Massage

Lay back and soothe aching muscles with a famous local massage. Affordable and amazing, don't miss out.

Grand Palace Visit

Bangkok

500THB

Visit the King's official residence (made up of many buildings, halls, lawns, gardens, and courtyards) on the banks of the Chao Phraya River and see the Temple of the Emerald Buddha. Please note the cost of this optional activity does not include the entrance fee.

Day 9

## Bangkok/Surat Thani

Get on first-name basis with Thailand's capital city by bike with an optional bike tour. Today, you can check out Wat Pho and the Grand Palace, go for a street food crawl, relax with a Thai massage, or explore the klongs (canals) by boat before boarding the overnight train.



### Meals included

Breakfast



### Today's Activities

Basic Overnight Train (beds)

Bangkok - Surat Thani

12h-13h

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.



### Optional Activities - Day 9

Wat Po Visit

Bangkok

This temple is known for its reclining Buddha, its feet covered with mother-of-pearl engravings of Buddhist symbols. Explore the large grounds and other compounds to see other Buddha figures, murals and the chedis that contain the ashes of Buddha. This is also the birthplace of traditional Thai massage.

Thai Massage

Bangkok

15-30USD

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Entrance - Royal Barge Museum

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3.50USD

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Grand Palace Visit

Bangkok

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Visit the King's official residence (made up of many buildings, halls, lawns, gardens, and courtyards) on the banks of the Chao Phraya River and see the Temple of the Emerald Buddha. Please note the cost of this optional activity does not include the entrance fee.

Day 10

## Surat Thani/Khao Sok

See southern Thai hospitality in action with breakfast at G Adventures-supported Khao Thep Pitak Community-Owned Farm & Restaurant, where you can also meet other international visitors. Later on, enjoy free time. Opt to go to Lake Cheow Lan where you can take in the views while hiking or swimming in the national park. Spend tonight falling asleep to the sweet sounds of the jungle.

This area is known for its natural beauty. You know what that means: lots of chances for photos.



### Meals included

Breakfast



### Accommodation

Khaosok Rainforest Resort (or similar)

Resort



### Today's Activities

Local Bus

Surat Thani - Khao Sok

3h30m

Climb aboard, grab a seat, and enjoy the ride.

Free Time

Khao Sok

Get out and explore the natural beauty of the area.

#### ACTIVITY

Indulge in traditional Southern Thai cuisine prepared by members of Kao Thep Pitak village. Your meal will be made with ingredients picked from local organic farms and a fruit orchard on the property. Over 140 families benefit from the community-owned and managed eatery through the Kao Thep Pitak Community Ecotourism Enterprise, supported by Planeterra and G Adventures.



### Optional Activities - Day 10

Tubing

Khao Sok

400THB

Grab a tube and enjoy how the locals like to beat the heat - by floating down the river!

Day 11

## Khao Sok/Koh Samui

Your next stop is just a ferry ride away. Today, explore Ko Samui Island's beauty by catching the sunset at Chaweng Beach before eating your weight in street food at the night market. For your big night out, you'll celebrate life-changing adventures and dance the night away.



### Meals included

Breakfast



### Accommodation

COSI Samui Chaweng Beach (or similar)

Hotel



### Today's Activities

Private Vehicle

Khao Sok - Don Sak

3h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Ferry

Don Sak - Koh Samui

1h30m

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Free Time

Koh Samui

Head to the beach to splash around or relax in the sand.

### ACTIVITY

Head to the beach and immerse yourself in Koh Samui's nightlife paradise. Cheers to all the amazing adventures you've already shared with newfound friends, then see where the night takes you!

Day 12

## Koh Samui

Take a scenic day trip to pristine Ang Thong National Marine Park. As a protected nature area consisting of over 40 islands, the views here are unforgettable – perfect for making friends back home jealous. Try to spot all the different kinds of marine life and explore above the water by foot or below the water by snorkel. Be forewarned: it might take you all day to take in all this beauty.

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### Meals included

Breakfast | Lunch

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### Accommodation

COSI Samui Chaweng Beach (or similar)

Hotel

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### Today's Activities

Angthong National Marine Park Visit

Koh Samui

7h-8h

Ang Thong National Marine Park is a protected nature area consisting of over 40 islands. All of the islands are uninhabited and undeveloped except for one. This full-day leisure excursion through the astonishing archipelago offers many different experiences including hiking, snorkeling by the beach, and sightseeing.

Day 13

## Koh Samui/George Town

Gear up for a long day of travel. Ferry back to the mainland and continue by private vehicle to cross the border into Malaysia and on to George Town, Penang.



### Meals included

Breakfast



### Accommodation

Loop On Leith Hotel Penang (or similar)

Hotel



### Today's Activities

Ferry

Koh Samui - Don Sak

1h30m

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle

Don Sak - George Town

8h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Border Crossing (Thailand - Malaysia)

Satun - Kangar

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Day 14

## George Town

Get a full day in Penang. Explore the busy streets and check out the colourful famous street art. Trust us: they make for a great backdrop!



### Meals included

Breakfast



### Accommodation

Loop On Leith Hotel Penang (or similar)

Hotel



### Today's Activities

Free Time

George Town

Get in touch with nature or walk around a museum and learn more about the history of Malaysia.



### Optional Activities - Day 14

Indian Street Visit

George Town

Enjoy a visit to charming Little India, which consists of three streets: Lebuah Chulia, Lebuah Queen, and Jalan Pasar. Purchase colourful Indian fashion, eat spicy food, and listen to beautiful Indian melodies for a taste of India in Malaysia.

Penang Hill Visit

George Town

60MYR

Visit this colonial hill station for a great escape from the city's heat and beautiful views of Georgetown from one of its seven hills. The highest is Western Hill, which stands at 833m (2,723ft) above sea level. Discover tropical plants, like the carnivorous pitcher plant, and catch a glimpse of the dusky leaf monkeys or the greater racket-tailed drongo, which is a local bird.

Clan Jetties Excursion

George Town

Experience real-life history visiting the clan jetties. More than 100 years ago, the Chinese community started building stilt houses along the waterfront, clustered into clan villages that still exist today. Most of these houses are in the Chew Jetty area.

Kek Lok Si Temple Visit

George Town

This three-tiered hilltop Buddhist temple, the country's largest, is affectionately known as the Temple of Supreme Bliss. Its main attraction is the Ten Thousand Buddhas Pagoda, and the pavilion of the Four Heavenly Kings – each said to control a compass point. An enormous statue of the Goddess of Mercy is found on the hilltop as well as more gardens and temples.

Khoo Kongsi Visit

George Town

Visit one of the grandest clan houses in Malaysia, built by the Chinese Khoo Kongsi clan more than 100 years ago it operated much like a self-governing village. As a sign of wealth, the house was built in an ornate fashion with elaborate Chinese architecture.

Penang Peranakan Museum Visit

George Town

25MYR

Learn about the Peranakans (also known as the Babas and Nyonyas), the Chinese community that made their home in the Straits Settlements and developed unique customs that incorporated Malay and British influences in their cuisine and language. Tour the museum, a recreated home of a rich Baba, to see displays of more than 1,000 antique pieces and architectural design – of special note is the staircase, dining room, and parlour.

Day 15

## George Town/Chenderoh Lake

Learn about local culture (especially how to properly tie a sarong!) at this island homestay, nestled in the middle of a beautiful lake. Tonight, relax as you take in the scenery and connect with the family that runs this homestay.

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### Meals included

Breakfast | Dinner

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### Accommodation

Suka Suka Homestay (or similar)

Homestay

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### Today's Activities

Private Vehicle

George Town - Chenderoh Lake

3h

Settle in and scan the scenery from the convenience of a private vehicle.

#### ACTIVITY

Experience all the charm of a traditional “kampung” or village at this quaint homestay. Made up of repurposed old wooden homes, this lakeside retreat offers picturesque scenery and the opportunity to interact with locals. Opt to trek, kayak, fish, or just kick back and relax in a hammock.

Day 16

## Chenderoh Lake/Cameron Highlands

Enjoy slightly cooler temperatures in the Cameron Highlands. Here, explore the well-marked trails through the lush tropical forest, visit a tea plantation, or search for the rafflesia: the world's largest flower.

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### Meals included

Breakfast

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### Accommodation

Father's Guest House (or similar)

Guesthouse

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### Today's Activities

Private Vehicle

Chenderoh Lake - Cameron Highlands

3h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Free Time

Cameron Highlands

Use free time to enjoy and explore this mountainous region.

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### Optional Activities - Day 16

Rainforest Expedition

Cameron Highlands

80MYR

Enjoy exotic flora and fauna during the Rainforest Expedition, which includes seeing the Rafflesia, the world's largest flower (depending on season). Also, visit an aboriginal village and see a blow pipe hunting demonstration. Go on a 1-2 hr jungle trek. Enjoy a waterfall swim and visits to a tea plantation and a reptile farm.

Day 17

## Cameron Highlands/Kuala Lumpur

Today is yours to take on. Walk around and explore, but don't skip trying the national dish of Malaysia, nasi lemak – a traditional rice dish made with coconut milk and pandan leaf.

Once the sun sets, see another side to the city as you stop by the famous Petronas Towers (which light up at night) before checking out the local nightlife.



### Accommodation

Pacific Express Hotel Central Market (or similar)

Hotel



### Today's Activities

Local Bus

Cameron Highlands – Kuala Lumpur

3h-4h

205km

Climb aboard, grab a seat, and enjoy the ride.

Free Time

Kuala Lumpur

Get out and explore bustling Kuala Lumpur.



### Optional Activities - Day 17

Islamic Arts Museum

Kuala Lumpur

15MYR

Tour this museum to see thousands of artifacts and art objects ranging from jewellery and armour to ceramics and ancient Islamic glassware. The museum is home to a number of galleries: Quran and Manuscripts Gallery, Islamic Architecture Gallery, India Gallery, Chinese Gallery, Ancient Malay World Gallery as well as the Ottoman Syrian Room.

Petronas Towers Visit

Kuala Lumpur

85MYR

Take in breathtaking views of Kuala Lumpur on this visit to the Petronas Towers. Called Malaysia's jewel, the 88-storey twin structure has the world's highest two-storey bridge offering a stunning view of the city from 170m (558ft) high.

Orang Asli Museum Visit

Kuala Lumpur

5MYR

A heritage museum showing the history and customs of the country's indigenous peoples, the Orang Asli, through photo displays, maps, clothing, hunting tools, musical instruments and story telling.

Batu Caves Visit

Gombak

80MYR

This series of 400-million year old limestone caves and cave temples are the most popular Hindu shrines outside India and the focal point of the Thaipusam festival in Malaysia.

Day 18

## Kuala Lumpur

You've got the whole day for exploring. Head out of town to visit the famous Batu Caves or the Orang Asli Museum. Later tonight, head to some rooftop bars for drinks and dancing, or stop by the night market and find some flavours you never knew existed.

Built in 1928 as a fresh market for locals, and revamped in the 1980s as an outlet for all Malaysian handicrafts, the night market is a local institution. Make sure you don't miss it.



### Meals included

Breakfast



### Accommodation

Pacific Express Hotel Central Market (or similar)

Hotel



### Today's Activities

Free Time

Kuala Lumpur

Free time to explore the city or landmarks nearby like the Batu Caves.



### Optional Activities - Day 18

Islamic Arts Museum

Kuala Lumpur

15MYR

Tour this museum to see thousands of artifacts and art objects ranging from jewellery and armour to ceramics and ancient Islamic glassware. The museum is home to a number of galleries: Quran and Manuscripts Gallery, Islamic Architecture Gallery, India Gallery, Chinese Gallery, Ancient Malay World Gallery as well as the Ottoman Syrian Room.

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Kuala Lumpur

5MYR

A heritage museum showing the history and customs of the country's indigenous peoples, the Orang Asli, through photo displays, maps, clothing, hunting tools, musical instruments and story telling.

Menara KL Tower

Kuala Lumpur

12USD

Standing at 421 metres high, the Menara Tower is a prominent structure in Kuala Lumpur's skyline and the Islamic heritage of the city is reflected in its architecture. Visit this iconic Malaysian landmark for panoramic views of the city.

Batu Caves Visit

Gombak

80MYR

This series of 400-million year old limestone caves and cave temples are the most popular Hindu shrines outside India and the focal point of the Thaipusam festival in Malaysia.

Day 19

## Kuala Lumpur/Melaka

Today is your day to take on the canals by boat, and see a different side of this old port town. Maybe stop for some famous chicken rice at Kedai Kopi Chung Wah in Chinatown. Locals love it here; they often line up for hours to get a taste.

The streets of Chinatown (also known as Jonker Walk) are also lined with Peranakan (Straits Chinese) shophouses offering their traditional cuisine, Nyonya. Explore the many temples, churches, mosques, museums, and forts.

Visit the old port town of Melaka, wander the narrow streets and absorb the atmosphere of this historically important town. The streets of Chinatown are lined with Peranakan (Straits Chinese) shophouses offering their traditional cuisine, Nyonya. There are temples, churches and mosques, museums and forts to explore.



### Accommodation

Fenix Inn (or similar)

Hotel



### Today's Activities

Local Bus

Kuala Lumpur - Melaka

3h

Climb aboard, grab a seat, and enjoy the ride.

Free Time

Melaka

After arriving in Melaka, spend free time exploring on foot or by boat.



### Optional Activities - Day 19

Melaka Boat Tour

Melaka

12USD

Sit back, relax, and enjoy the rejuvenated riverfront with new muralled buildings and significant historical landmarks and bridges. Float by a traditional Malay village, the Ghost Bridge of Melaka, Kampung Jawa, and the Clock Tower.

Day 20

## Melaka/Singapore

Head to Singapore today, where you can use your free time to see that famous skyline by boat or eat so much street food, you can barely walk. For a peek into the city-state's past life, wander the old streets of Little India and Chinatown.



### Accommodation

Galaxy Pod, Boat Quay Singapore (or similar)

Hotel



### Today's Activities

Local Bus

Melaka - Singapore

4h-5h

Climb aboard, grab a seat, and enjoy the ride.

Border Crossing (Malaysia - Singapore)

Johor Bahru - Singapore

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Free Time

Singapore

Free time to see wildlife on a safari or get a taste of Singapore at some of the many hawker stands.



### Optional Activities - Day 20

Boat Quay Harbour Tour

Singapore

Tour Quay Harbour, once a busy trade port, many of the historic two and three-storey shops and godowns along the riverbank were restored in the 1990s and transformed into bars, retail stores and restaurants.

Today, it's time to say goodbye to your group of newfound friends. Be sure to sneak in some last-minute photos and cheers before you head on your way.



## Meals included

Breakfast



## Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

- Your G for Good Moment: Kao Thep Pitak Community-Owned Farm & Meal, Ban Ta Khun
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: Bangkok
- Your Discover Moment: Chiang Mai
- Your Big Night Out Moment: Chiang Mai Celebration, Chiang Mai
- Your Big Night Out Moment: Koh Samui, Koh Samui
- Your Local Living Moment: Chenderoh Lake Homestay, Chenderoh Lake
- Hilltribe trek
- Bamboo rafting
- Ang Thong National Marine Park island hopping tour
- Two street food crawls
- All transport between destinations and to/from included activities

## **What are the main highlights of this trip?**

Explore some of Asia's largest cities, travel by traditional bamboo raft, trek on foot to visit remote hilltribe villages, enjoy Thai beach life in Ko Samui, visit tea plantations of the Cameron Highlands, sample Singapore's street food, hike or relax in Khao Sok National Park

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## **Is there a disclaimer I should read before booking this trip?**

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 the operator. 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.

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

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.

## What important notes should I be aware of before the trip?

### RAMADAN

According to the lunar cycle, Ramadan will fall between Feb 28th - Mar 29th 2025, and Feb 17th - Mar 19th 2026. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

### COMBO TRIP

Please note that this tour is a combination of other G Adventures tours. As such, the staff and some travel companions on your tour may change on Day 8 or have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

### ANG THONG NATIONAL PARK ANNUAL CLOSURES

Please note that Ang Thong National Park is closed annually during monsoon season, typically from mid-October to mid-December. On rare occasions, it may also be closed during extreme weather conditions. Should this occur, an alternative activity will be provided, such as a Lake Cheow Lan excursion.

## What is the group leader like?

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.

## How large will the group be?

Max 18 avg 12.

## What meals are included in this trip?

15 breakfasts, 4 lunches, 3 dinners

## **What are the meals like on this trip?**

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.

## **What are the modes of transportation on my trip?**

Local bus, minibus, train, walking, river raft, ferry.

## **What transportation will we take on this trip?**

As the popularity of train travel in Thailand continues to grow domestically, some of the routes used on this tour do not have sufficient space during local public holidays, including New Year's, Songkran (April 13-15), etc. During these times of the year, alternative transport may be arranged for one or more of the train journeys within Thailand on this tour.

## **Are local flights included in the cost of the trip?**

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.

## **Is there an extra cost for travelling solo?**

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.

## **Where will we stay during the trip?**

Simple hotels (twin-share) (11 nts), hostels (multi-share) (2 nts), basic lodge (1 nt), basic hilltribe huts (2 nts, multi-share), sleeper trains (3 nts), pod hotel (1 nt).

## What kind of accommodation can I expect on this trip?

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.

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see our Classic Travel Style.

## What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

Suvarnabhumi Airport (BKK): If you have paid in advance for an arrival transfer, a G Adventures representative will be waiting at the Meeting Point (when you exit to the Arrival Hall, please go to Gate/Exit 4 in the hall, near the airport information counter (AOT) and look for a hand-sign with G logo and your name on it.)

If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## **What happens if I experience problems when arriving?**

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 at gate number 4 of the airport, in the arrival hall. Look for a driver holding a G Adventures sign with your name.

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.

## Who should I contact in case of an emergency?

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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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 86 321 0729 (086 321 0729 from within Thailand) or +66 82 450 2777 (082 450 2777 from within Thailand)

### EMERGENCY CONTACT NUMBERS

After hours emergency number

From outside Thailand +66 (0) 92 338 9222

From within Thailand (0) 92 338 9222

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 Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

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

## Are there any additional packing suggestions I should consider?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest 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 travellers carry a backpack of small to medium size (no XXL ones please!). You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

# What should be on my packing list?

## Additional Items:

- Sleeping bag (required)

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

## Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

## Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

**Light Hiking:**

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

**Sleep Sheet and Pillow:**

- Sleeping bag liner/sleep sheet
- Travel pillow

**Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: Please pack clothing for the season in which you will be travelling. From Nov-Feb weather can be cold, so please pack warm clothing. From May-Oct it is the wet season, so please bring waterproof clothing.

**When can I do my laundry on this trip?**

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.

## What are the visas and entry requirements for my trip?

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 is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

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. If staying in Thailand for more than 30 days, you will be required to obtain a tourist visa in advance. Only 15 day tourist visas are issued when entering Thailand overland.

As of May 1st 2025, all non-Thai nationals entering Thailand by air, land or sea must complete the Thailand Digital Arrival Card (TDAC) online before arrival. Register within 3 days of arrival.

For more information and to complete the Arrival Card, we kindly request the you visit the [Thailand Immigration](#) page.

Malaysia:

Since January 1, 2024, all foreign nationals entering Malaysia entry by air, land, or sea should complete and submit Malaysia Digital Arrival Card (MDAC) within 3 days before arrival in Malaysia, based on Malaysia time (GMT+8). The MDAC has been strictly enforced with no on-arrival grace period. Missing it can lead to delays, manual processing, or entry refusal. Mandatory for most visitors, it integrates health and security declarations, enables fast autogate clearance, and should only be completed via the official portal to avoid extra fees or data risks.

For the most reliable and up-to-date details, visit the official Malaysian Immigration Department portal [here](#).

Information is accurate as of April 1st, 2025.

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

## What should I know about currency, credit cards, and exchanging money while on this tour?

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](http://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!

## How much emergency money should I bring on this trip?

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!

## Do I need to pay a departure tax?

Departure Tax is included in all International and Domestic tickets.

## Should I be tipping on my trip?

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.

# What activities are optional on this trip?

## Bangkok

- Klong Riverboat Tour
- Entrance - Royal Barge Museum (3.50USD per person)
- Thai Massage (15-30USD per person)
- Wat Po Visit
- Grand Palace Visit (500THB per person)
- Wat Po Guided Tour
- Jim Thompson's House Visit (250THB per person)
- National Museum Visit (200THB per person)

## Chiang Mai

- Northern Thai Cooking Class
- Khantoke Dinner and Show (30USD per person)
- Chiang Mai Cycling Tour (1500THB per person)
- Yoga Class
- Massage
- Cooking Class
- Chiang Mai City Tour

## Doi Suthep

- Doi Suthep Temple Visit (50THB per person)

## Khao Sok

- Tubing (400THB per person)

## George Town

- Indian Street Visit
- Penang Hill Visit (60MYR per person)
- Clan Jetties Excursion
- Kek Lok Si Temple Visit
- Khoo Kongsi Visit
- Penang Peranakan Museum Visit (25MYR per person)

## Cameron Highlands

- Rainforest Expedition (80MYR per person)

## Kuala Lumpur

- Islamic Arts Museum (15MYR per person)
- Petronas Towers Visit (85MYR per person)
- Orang Asli Museum Visit (5MYR per person)
- Menara KL Tower (12USD per person)

### **Gombak**

- Batu Caves Visit (80MYR per person)

### **Melaka**

- Melaka Boat Tour (12USD per person)

### **Singapore**

- Boat Quay Harbour Tour

## **Are there any health considerations I should know before travelling?**

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 leaders 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.

## What do I need to know to about safety and security on my trip?

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/](http://www.gadventures.com/travel-resources/safety/)

## What are the trip specific safety considerations?

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.

## What rules should I know before joining this trip?

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.

## Is travel insurance required for my trip?

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.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How should I dress to respect local customs during the tour?

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, mosques or other holy sites and Hilltribe Villages. Please note that in Thailand and Malaysia topless bathing is forbidden.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

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/](http://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.

## How old must I be to join this trip?

Minimum age of 18 years for this trip.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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 the operator. 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.

## 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.