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Sorry! There are no remaining departures for "Vietnam, Laos & Myanmar: Beaches & Bliss" (AVLB), [but here are some similar trips.](#)



## **Vietnam, Laos & Myanmar: Beaches & Bliss**

33 days, Ho Chi Minh City to Bangkok

Trip code AVLB

### **What's included**

- Your G for Good Moment: Oodles of Noodles, Hoi An

- Your G for Good Moment: Mekong River Homestay & Traditional Performance, Muang Pakbèng
- Your G for Good Moment: Meal at Sanon Restaurant and Culinary Training School, Bagan
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: Ho Chi Minh City
- Your Foodie Moment: Nha Trang Street Food Crawl, Nha Trang
- Your Big Night Out Moment: Reminisce Riverside, Hoi An
- Your Big Night Out Moment: Vang Vieng Nightlife, Vang Vieng
- Your Discover Moment: Luang Prabang
- Your Discover Moment: Chiang Mai
- Your Big Night Out Moment: Celebrate New Adventures, Yangon
- Halong Bay boat cruise with lunch
- Guided hike for sunset visit to Wat Phousi and waterfall excursion (Vang Vieng, Luang Prabang)
- Slow boat up the Mekong
- Trekking excursion (Kengtung)
- Sunrise temple tour (Bagan)
- Orientation walks in Ho Chi Minh City, Luang Prabang, Hoi An, Hanoi, and Yangon
- Street food crawl (Hoi An)
- Internal flight
- 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 January 10th, 2020 and onwards

# Itinerary



**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

## Ho Chi Minh City

Arrive at any time and welcome to the pulsing Ho Chi Minh City, also known as Saigon.

For your first night out, wander with your CEO and group through Pham Ngu Lao Street that's popping with many bars and backpackers. Pick the best looking spot to get to know your fellow travellers and cheers to new adventures!

Most nationalities require a visa to enter Vietnam. Please check with your travel agent or local Vietnamese Embassy regarding requirements.



### 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

## Ho Chi Minh City/Nha Trang

Feel the pulse of Vietnam's biggest city on a CEO-led orientation walk, with free time after to double back to your favourite spots. Shop 'til your heart's content, immerse yourself in local culture, or just wander the streets to take in the city's unique vibe. Tonight, catch up on sleep on an overnight train to Nha Trang.

During January/February, Tết (the Vietnamese Lunar New Year) sees millions of Vietnamese commute to be with their families and celebrate. While this is a fascinating time to travel through Vietnam, availability of transport may mean that we will replace the overnight train with an overnight bus.



### Meals included

Breakfast



### Today's Activities

Free Time

Ho Chi Minh City

Use your free time as you want in vibrant Ho Chi Minh City. Shop 'til your heart's content, immerse yourself in local culture, or just wander the streets to take in the city's unique vibe.

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.

Basic Overnight Train (beds)

Ho Chi Minh City - Nha Trang

10h-11h

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

### Dam Sen Water Park Visit

Ho Chi Minh City

4USD

Get away from the hustle and bustle of Ho Chi Minh City at this nearby water park. A lush setting and refreshing water make Dam Sen the perfect place for the whole family to cool off and have some fun—splash around or take a ride down one of the slides.

### Ben Thanh Market

Ho Chi Minh City

Wander this bustling market for more insight into Ho Chi Minh City. Pick up souvenirs, sample local cuisine, and experience local living. Learn a little history along the way; Ben Thanh started as a cluster of street vendors selling wares by the Saigon River, and was formalized into a true market in 1859.

### Cholon Visit

Ho Chi Minh City

Take in the busy rhythm of daily life in Cholon, the Chinatown of Ho Chi Minh City. Tour the area full of teahouses, pagodas, and people, and learn a little more about the unique culture within the city.

### Cu Chi Tunnels Guided Tour

Củ Chi

25-27USD

Take a guided tour of the Cu Chi Tunnels, a complex network of tunnels that the Viet Cong lived in to protect themselves from opposing forces during the Vietnam War. Try crawling through some of the tunnels (if you're not claustrophobic). These tunnels stored ammunition, had underground hospitals, and served as a hidden base for attacking allied forces.

### Ho Chi Minh City Cyclo Tour

Ho Chi Minh City

10USD

Take a city tour on a cyclo (cycle rickshaw) – a great way to absorb the sights, sounds, and smells of Ho Chi Minh City while keeping your hands free for that camera action.

### Reunification Palace Visit

Ho Chi Minh City

2USD

Wander the historic halls of the Reunification Palace (Independence Palace), a landmark in Ho Chi Minh City. This former home of the South Vietnamese president during the Vietnam War became the location of the end of the war when a North Vietnamese tank pushed through the palace gates on April 30, 1975.

### War Remnants Museum Visit

Ho Chi Minh City

2USD

Visit the War Remnants Museum, a gut-wrenching but worthwhile experience that includes three storeys of exhibits and military hardware. Learn about the devastation that occurred in Saigon during the Vietnam War, a period that greatly contrasts the joy and liveliness of the Vietnamese people today.

Day 3

## Nha Trang

You've arrived! Welcome to the eastern sea. Take this morning to explore local shops and markets, rejuvenate in a therapeutic mud bath, relax on the beach, or visit nearby historical sites before an evening street food crawl.



### Today's Activities

Free Time

Nha Trang

Spend your free time in this scenic resort town any way you want – go for a spa treatment, cycle around the city or just kick back and relax on a white sand beach.

#### ACTIVITY

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

Snorkelling

Nha Trang

Book a snorkelling day trip near one of the local tropical islands. Grab a snorkel and explore Nha Trang Bay's underwater world.

Nha Trang Boat Tour and Snorkelling

Nha Trang

29USD

Board a boat in the morning at Nha Trang's harbour for hours of fun. Begin with a visit to an island fishing village to take in daily life by foot, then take a ride in a basket boat. Afterwards, go for a swim or snorkel. Relax on the beach before heading back to Nha Trang.

Mud Bath Visit

Nha Trang

20USD

Take a relaxing dip in the therapeutic mud baths of Nha Trang. Thought to possess healing properties, the mud baths are the perfect place to unwind.

Day 4

## Nha Trang/Da Nang

It's not over yet. There's more free time to explore Nha Trang today, so soak it all in. Then, hop on an overnight train to continue to Hoi An, stopping first in Da Nang for a short transfer.



### Meals included

Breakfast



### Today's Activities

Free Time

Nha Trang

Spend your free time in this seaside resort town any way you want – go for a spa treatment, cycle around the city or just kick back on a white sand beach.

Basic Overnight Train (beds)

Nha Trang – Da Nang

9h-10h

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 4

Snorkelling

Nha Trang

Book a snorkelling day trip near one of the local tropical islands. Grab a snorkel and explore Nha Trang Bay's underwater world.

Nha Trang Boat Tour and Snorkelling

Nha Trang

29USD

Board a boat in the morning at Nha Trang's harbour for hours of fun. Begin with a visit to an island fishing village to take in daily life by foot, then take a ride in a basket boat. Afterwards, go for a swim or snorkel. Relax on the beach before heading back to Nha Trang.

Day 5

## Da Nang/Hoi An

Hoi An's excited to meet you. See why on an orientation walk of the city before spending free time in the afternoon. Dig even deeper and choose between a cooking class, cycling to the beach, visiting a tailor, or exploring old town. Tonight's the night for your big night out, to reminisce about your favourite adventures so far. Then dance the night away!

From Danang, it is only a short drive to the picturesque port town of Hoi An. Once known as Faifo, it was an important trading town with strong south Chinese influence and connections.

### Today's Activities

Private Vehicle

Da Nang - Hoi An

45m-1h

28km

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

Hoi An Orientation Walk

Hoi An

Join your CEO on a stroll through the winding streets of Hoi An's Old Town and spot Chinese assembly halls, historic homes, and well-preserved pagodas along the way. (Entrance fee to Hoi An's Old Town is not included)

Free Time

Hoi An

Get out and explore this beautiful city.

#### ACTIVITY

Follow your CEO to the best riverside bar in Hoi An to celebrate new adventures with new friends. Grab a drink and reminisce about your favourite experiences thus far. Later, venture to the dance floor, take advantage of the drink specials, and make it a night to remember!

### Optional Activities - Day 5

Tailor Shops

Hoi An

Go home with some new (handmade!) clothes from one of Hoi An's famous tailor shops. Walk the streets lined with hundreds of local shops that turn out gorgeous suits, dresses, winter coats, shoes, purses - almost anything - in a day's time to create next season's wardrobe.

Cua Dai Beach

Hoi An

Play in the surf at Cua Dai beach about 4km (2.5 mi) away from the Old Town. Make your own picnic of local food and rest under one of the palm trees lining the shore.

Day 6

## Hoi An

Noodles might be fun to eat, but they're even more fun to make. Find out how during a visit to G Adventures-supported Oodles of Noodles. The rest of the day is yours, so see what you can discover. Choose to visit the ancient ruins of My Son, a UNESCO World Heritage Site, or cruise down the Thu Bon River.



### Meals included

Breakfast | Lunch



### Today's Activities

#### ACTIVITY

Try some of the oodles of noodles (more than 26 types!) available in the city in this tasty cooking class. Run by our G for Good partners, STREETS International, this class was developed exclusively for G Adventures. Former street youth that are part of this hospitality training program, will help you prepare and cook a number of different types of noodles. This program helps these youth practice their English, increasing their skill-set and opportunities available to them in the tourism industry. Enjoy your yummy creations while learning more about the local cuisine and this initiative which empowers street youth through skills and employment training.

Free Time

Hoi An

Enjoy some free time in Hoi An any way you want. Check out the beach, take in some local culture or purchase some custom-made clothing from one of the talented tailors in town.



### Optional Activities - Day 6

Hoi An Old Town Walking Tour

Hoi An

6USD

2h-3h

Stroll through the narrow winding streets of Hoi An's old town to see Chinese assembly halls, ancestral homes, The Japanese Covered Bridge, and well-preserved pagodas on this self-guided tour. Opt to try local delicacies and fusion food at one of the restaurants for which Hoi An is becoming famous.

Tailor Shops

Hoi An

Go home with some new (handmade!) clothes from one of Hoi An's famous tailor shops. Walk the streets lined with hundreds of local shops that turn out gorgeous suits, dresses, winter coats, shoes, purses – almost anything – in a day's time to create next season's wardrobe.

Cua Dai Beach

Hoi An

Play in the surf at Cua Dai beach about 4km (2.5 mi) away from the Old Town. Make your own picnic of local food and rest under one of the palm trees lining the shore.

Hoi An Bike and Boat Tour

Hoi An

Enjoy a peaceful exploration of the villages around Hoi An, cycling through rice paddies and along narrow country lanes. Take advantage of this tour – it includes a boat trip through the water palm forest and a visit to the farming village of Tra Que.

Thu Bon River Boat Trip

Hoi An

12USD

The Thu Bon River plays an important part in Hoi An's history and culture. Take a trip down the Thu Bon by river boat for an alternative tour of the city.

Mỹ Sơn Excursion

Mỹ Sơn

38USD

Travel approximately one hour from Hoi An to arrive at My Son. Tour these Hindu temples built between the fourth and 14th centuries; the site is widely accepted as one of the most important Hindu temple complexes in Southeast Asia. Learn about the architectural style and history of a site that's often compared to Angkor Wat in Cambodia and Bagan in Burma. Please note this optional activity is a half-day and includes a guide, transportation, and the entrance fee.

Hoi An Cooking Class

Hoi An

35USD

Take a cooking class to learn more about Vietnamese food and its distinct flavours. Tour the local market to buy fresh ingredients before preparing some popular regional dishes. Enjoy your creations when you're done!

Day 7

## Hoi An/Huế

Head north to the Imperial City of Huế. There's lots to do here, with options to visit the indestructible Royal Citadel and tombs, cruise along Perfume River, or jump on a motorbike and ride around like the local people.

Pre-book the "Hue Motorbike Tour" on the checkout page ahead of time to include this speedy activity on your tour.



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Hoi An - Huế

4h

137km

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

Free Time

Huế

Enjoy your free time in Hue any way you want. Shop, eat, wander or relax - whatever suits your fancy.



### Optional Activities - Day 7

Imperial Citadel Tour

Huế

7USD

Tour this one-time capital city and UNESCO World Heritage site. See the walled fortress and former palace, which has many palaces, gateways, courtyards, and gardens to explore. The Forbidden Purple City (modelled on China's Forbidden City) inside the citadel was once home to the imperial family and was significantly damaged during the Vietnam War.

Thien Mu Pagoda Visit

Huế

Visit Tien Mu, one of the tallest and, perhaps, most elegant pagodas in Vietnam, at seven storeys high. Take a step back in time touring this historic temple - built more than 400 years ago along the north shore of the Perfume River, it has been the site of many political protests.

Perfume River Cruise

Huế

10USD

Enjoy this scenic evening cruise down the Perfume River. Shoot some memorable photographs and, perhaps, enjoy a nice cool breeze off the water.

Royal Tombs Entry

Huế

5USD

Visit the Royal Tombs along the Perfume River in Hue. Embracing the concept of Feng Shui, these tombs are extremely ornate and provide fantastic insight into the lives of the former rulers.

Cycling

Huế

10USD

Take to two wheels to see a true highlight of Hue - the countryside. See rural Vietnam, its villages, and cottage industries too.

Hue Motorbike Tour

Huế

Grab a helmet, hop on a motorbike driven by your experienced local guide, and get ready for a crash course in authentic Viet culture. Spend the next four hours exploring the stalls of a local market, admiring the view of the Perfume River, learning to plough and make rice, creating your own incense sticks, and seeing the most iconic local sights. Don't forget to bring your camera!

Day 8

## Huế/Phong Nha

Your second day in Huế comes with more free time to enjoy the city. In the afternoon, travel through Vietnam's stunning countryside to the green rocky mountains of Phong Nha-Kẻ Bàng National Park.



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Huế - Phong Nha

4h

215km

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

Free Time

Huế

Enjoy your free time in Hue any way you want. Shop, eat, wander or rest - whatever suits your fancy.



### Optional Activities - Day 8

Hue City Tour

Huế

Take a tour of this imperial city to see the Thiên Mụ Buddhist pagoda, the tallest religious building in the country, the Japanese bridge, and the tombs of the emperors. Visit the Dong Ba Markets for local specialties such as banh khoai (savory pancakes) and banh bot loc boc tom thit (thin rice paper filled with meat and shrimp).

Thien Mu Pagoda Visit

Huế

Visit Tien Mu, one of the tallest and, perhaps, most elegant pagodas in Vietnam, at seven storeys high. Take a step back in time touring this historic temple - built more than 400 years ago along the north shore of the Perfume River, it has been the site of many political protests.

Cycling

Huế

10USD

Take to two wheels to see a true highlight of Hue - the countryside. See rural Vietnam, its villages, and cottage industries too.

Perfume River Cruise

Huế

10USD

Enjoy this scenic evening cruise down the Perfume River. Shoot some memorable photographs and, perhaps, enjoy a nice cool breeze off the water.

Imperial Citadel Tour

Huế

7USD

Tour this one-time capital city and UNESCO World Heritage site. See the walled fortress and former palace, which has many palaces, gateways, courtyards, and gardens to explore. The Forbidden Purple City (modelled on China's Forbidden City) inside the citadel was once home to the imperial family and was significantly damaged during the Vietnam War.

Day 9

## Phong Nha/Hanoi

Today, opt to head underground to explore the awe-inspiring caves of Phong Nha-Kẻ Bàng National Park, where the oldest karst mountains and longest cave in Asia are found. Then it's an overnight train to Hanoi.

Pre-book the full-day Caving in Phong Nha adventure to explore the longest cave in Asia, Paradise Cave, with massive stalactites. Enjoy a sumptuous Vietnamese lunch, then boat to the turquoise beach of Phong Nha Cave.



### Meals included

Breakfast



### Today's Activities

Free Time

Phong Nha

Enjoy your free day. We recommend visiting the region's famous caves!

Basic Overnight Train (beds)

Phong Nha - Hanoi

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

Caving in Phong Nha

Phong Nha

8h-9h

10-20km

Explore the longest cave in all of Asia - Paradise Cave - by walking the boardwalks and awe at the massive white crystal stalactites. After an authentic Vietnamese lunch, board a dragon boat which will take you to the turquoise waters in Phong Nha Cave where you'll disembark on the caves beach and wander freely throughout the natural wonder.

Day 10

## Hanoi/Ha Long

After arriving in Hanoi, the bustling capital of Vietnam, take a private bus to the iconic Halong Bay for a seafood lunch cruise and cave exploring. Be sure to charge your camera so you can grab a shot truly worth sharing!



### Meals included

Breakfast | Lunch



### Today's Activities

Hạ Long Bay Junk Boat Trip

Hạ Long Bay

Come aboard a sailing junk to cruise past thousands of limestone islands and karsts that rise from the waters of Halong Bay. See the intricate caves and beauty of the islands up close. Enjoy a seafood lunch and a visit to one of the island's caves before transferring to the mainland for our overnight stay.

On rare occasion Halong Bay is closed to tourist vessels by the government authorities due to extreme weather conditions. Should this occur, an alternate activity will be provided.

Private Vehicle

Hanoi - Ha Long

4h

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



### Optional Activities - Day 10

Kayaking

Hạ Long Bay

10USD

1h-2h

Transfer from boat to kayak in this guided water tour, giving you the chance to get even closer to the stunning natural surroundings.

Day 11

## Hạ Long Bay/Hanoi

Feel like you've gone back in time with an orientation walk through Hanoi's Old Quarter. Then stop for a drink at Bia Hoi Corner, a spot that serves bia hoi, a local beer made of rice and wheat - and costs a mere \$0.25USD per glass!

Interested in local cuisine? Opt to pre-book the "Hanoi Foodie Culture Tour" activity on the checkout page ahead of time, to include this yum on your tour.



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Hạ Long Bay - Hanoi

4h

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

Old Quarter Orientation Walk

Hanoi

Take an orientation walk through Hanoi's Old Quarter, a maze of streets, each one traditionally devoted to a different product or industry. Each street is named after the trade practiced on that street for several generations; it's an interesting glimpse into the life of a Hanoian in one of the oldest parts of town. Need a rest? Stop at Bia Hoi corner and pull up a plastic stool. Drink the local brew with the locals and make new friends.

Free Time

Hanoi

Get out and explore Hanoi.



### Optional Activities - Day 11

Tran Quoc Pagoda Visit

Hanoi

Visit one of the oldest pagodas in Vietnam located on the eastern shore of Tay Ho. Learn about Tran Quoc's history from the 17th-century stela found on site. View it later in the day, if you can - the tall structure is striking against the setting sun.

### Hoan Kiem Lake Walk

Hanoi

Take a break from city strolling and wander down by Hoan Kiem Lake. Walk along the water's vibrant shoreline for some prime people watching. See if you can spot one of the famous 100-year-old turtles, which may still live in the popular lake.

### Hanoi Foodie Culture Tour

Hanoi

1-2km

Indulge your inner foodie with a street food tour through bustling Hanoi. Follow your guide through the back streets and markets of the city's old quarter, sampling local fare along the way. Mingle with city natives and experienced street food artists alike, as you taste a variety of Hanoi faves like "nem ran" and "banh goi." Stop at a streetside bar to savour a draught beer like Hanoians do. Cap off the tour at the Hanoi Food Culture restaurant, a G Values Fund Project, and try the city's signature specialty coffee.

### Temple of Literature (Văn Miếu) Visit

Hanoi

Visit this sprawling temple built to honour Confucius, sages, and scholars. Dedicated to learning, it housed the country's first university in 1076. Explore its five courtyards, containing various gates, altars, sanctuaries, shrines, the stela of doctors, and the Well of Heavenly Clarity.

### Thăng Long Water Puppet Theatre Performance

Hanoi

200000VND

Watch a traditional Vietnamese water puppet show with beautiful live music and intricate puppets dancing in a water stage.

Day 12

## Hanoi/Vientiane

Explore a bit of Hanoi in the morning before an afternoon flight to Vientiane, the capital of Laos. There is a wealth of cultural delights to discover - on foot, by bicycle or, for the less energetic, by tuk-tuk.

Visit Laos' most important national monument, Phat That Luang, or meander down the dusty riverside tracks to find villages full of friendly people, dogs, and chickens. A visit to Vientiane's vibrant, colourful morning market (which incidentally is open all day!) is worthwhile, to find plenty of local treasures. A great way to round off the day is to enjoy a spectacular sunset over the Mekong.



### Meals included

Breakfast



### Today's Activities

Free Time

Hanoi

Explore Hanoi on foot, by bicycle or by tuk-tuk.

Plane

Noi Bai International Airport - Wattay International Airport

1h15m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time

Vientiane

Set out and explore the capital of Laos.



### Optional Activities - Day 12

Wat Pha That Luang Visit

Vientiane

1USD

See Laos' national symbol and most important sacred monument, Pha That Luang (Great Stupa), completely covered in gold leaf. Every November, devoted Buddhists come here to celebrate Vientiane's most important festival, Bun That Luang, with parades, music, and religious ceremonies.

Buddha Park

Vientiane

1USD

Travel approximately half an hour from the city to visit Vientiane's famous Buddha Park, or Xieng Khuan as it is otherwise known. Marvel at the scale and detail of the hundreds of religious statues that inhabit the park, including a 40 metre high statue of Buddha. Please note that transportation to Buddha Park will cost an additional \$50.

National Museum Visit

Vientiane

4USD

Learn about the history, culture, and people of Laos at the National Museum, including the story of the Pathet Lao. See exhibits containing ancient items ranging from dinosaur bones to early Khmer sculptures.

Wat Sisaket Visit

Vientiane

1USD

Visit one of Vientiane's oldest and most fascinating temples featuring a cloister wall filled with thousands of Buddha images.

Day 13

## Vientiane/Vang Vieng

Travel to Vang Vieng, a small town nestled among striking limestone karsts and the Song River. Take a guided hike to a famous local view point for incredible views of the valley – no filter necessary. This evening, enjoy a night out to celebrate new adventures with new friends. Cheers to keeping life exciting!



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Vientiane – Vang Vieng

3h-4h

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

Vang Vieng Guided Hike

Vang Vieng

1h-2h

Set off on a guided hike to Pha Ngeun, the highest viewpoint in Vang Vieng. Enjoy beautiful views of the valley below, surrounded by rice paddies.

#### ACTIVITY

Follow your CEO to the best bar in town to celebrate new adventures with newfound friends. Enjoy a night out and immerse yourself in the Vang Vieng nightlife. Try your hand at some games, enjoy the music, and dance the night away.

Day 14

## Vang Vieng

Get the most out of Vang Vieng with a day to freely explore. Check out the caves by bicycle or trek through the countryside. Choose to kayak through Tham None cave and venture to the Blue Lagoon by booking the adrenaline bundle.

Pre-book the "Vang Vieng Adrenaline Bundle" on the checkout page ahead of time to include this excitement on your tour.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Vang Vieng

Set off and explore the beautiful Vang Vieng area, or relax to your heart's content.

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### Optional Activities - Day 14

Hiking

Vang Vieng

Set off along the banks of the river to explore nearby caves, countryside and meet local villagers to find out more about their way of life.

Bike Rental

Vang Vieng

4USD

Rent a bike and explore the countryside.

Vang Vieng Adrenaline Bundle

Vang Vieng

Head North of Vang Vieng where you'll grab a kayak and depart downstream on the NamSong river. Passing greenery, mountain karst, and small rapids, you'll arrive at the Tham None cave. Adventure through the cave to the other side of the mountain where you will enjoy lunch before continuing on towards Vang Vieng. The last stop will be at the infamous Blue Lagoon; swim or hang out along the banks after an afternoon of adventure before heading back to the town.

Kayaking

Vang Vieng

25USD

Explore the stunning landscape of Vang Vieng by kayak, a great way to see the caves and wildlife in the area.

Caving

Vang Vieng

Explore some of the many caves in the area. Some have lagoons for tubing in the dark or smooth terrain perfect for walking through. Ask your CEO for recommendations on which cave to visit for the best time.

Continue to colourful Luang Prabang and make your first acquaintance with this ancient city during an afternoon orientation walk. Afterward, embark on a short trek up sacred Mount Phousi, climbing the stone stairs with scaly golden handrails, past the monks quarters and Buddha's footprint cave, to reach the temple at the top - Wat Phousi. Enjoy a 360-degree view of the sun setting upon Luang Prabang and the Mekong River before an evening street food crawl.



## Meals included

Breakfast



## Today's Activities

Sunset at Wat Phousi

Luang Prabang

Watch the sunset from Luang Prabang's number one hilltop temple, Wat Phousi, with a 360-degree view of the city and Mekong River.

Street Food Crawl

Luang Prabang

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!

Bullet Train

Vang Vieng - Luang Prabang

1h8m

132km

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

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.

Skip sleeping in to watch the monks walk through town before dawn. Dressed in saffron robes, they receive daily alms from local residents. Then, visit the Kuang Si waterfalls on a guided excursion before free time in the evening.

Traditional Laotian culture involves giving daily alms to monks. Monks are only allowed to eat food which has been donated to them before noon. Should you rise early, you'll get to watch one of the most important religious ceremonies in Laos.



## Meals included

Breakfast



## Today's Activities

Kuang Si Waterfalls Excursion

Kuang Si Falls - Luang Prabang

Journey to this magnificent tiered waterfall, where relaxing is highly recommended. Opt for a dip in the turquoise waters and explore multiple picture-perfect pools, framed by the jungle landscape.



## Optional Activities - Day 16

Phousi Temple Visit

Luang Prabang

20000LAK

Climb more than 300 steps to the top of Mount Phou Si for a panoramic view of the sunset over Luang Prabang. Ornate Buddhist shrines dot the pathway up and the glistening seven-tiered golden pagoda of Wat Chom Si awaits at the summit.

Royal Palace Museum Visit

Luang Prabang

60000LAK

The ornate rooms of this royal palace-turned-museum house the country's crown jewels, many religious artifacts, and a 50kg (110 lb) Buddha, cast of gold, silver and bronze. Gifts from visiting heads of state are on display, as are the beautiful silk screens crafted by the Queen.

Wat Xien Thong Visit

Luang Prabang

20000LAK

Once a royal temple where Kings were crowned, the importance of this 16th-century Buddhist temple as a religious monastery is not lost on visitors. Wat Xieng Thong stands resplendent among shrines,

pavilions, chapels, towers and gardens, and its gilded wooden doors, mosaics, and ceiling displays are representative of typical Laos art and craft.

Traditional Arts and Ethnology Centre Entry

Luang Prabang

35000LAK

Take an independent tour of the Traditional Arts and Ethnology Centre (TAEC) to learn about the traditional arts and cultures of Laos's many diverse ethnic groups. Shop in the TAEC Boutique for authentic village-made handicrafts and relax with a drink at the museum café.

Wat Visoun Temples Visit

Luang Prabang

20000LAK

Originally built in 1513 and still operational, Wat Visoun is Luang Prabang's oldest temple. Over the years invaders stole many of its priceless Buddha images, but this temple still offers some unusual architecture like the domed lotus flower stupa, designed by a royal and affectionately called "The Watermelon Stupa."

Cooking Class

Luang Prabang

35USD

Enjoy the sights and smells of fresh produce, local spices and exotic ingredients and learn the secrets of Laotian cuisine.

Ock Pop Tok Living Crafts Centre Visit

Luang Prabang

Free

Visit Ock Pop Tok "East Meets West" Living Crafts Centre on the banks of the Mekong River to learn from artisans about Laos handicrafts and the importance of woven textiles in Laos culture. Wander around the grounds for free, for opt to enjoy a drink in the cafe, join a workshop, or take an audio tour.

Alms-giving in Luang Prabang

Luang Prabang

Rise early and watch the daily dawn ceremony of saffron-robed monks walking through town to receive alms from local residents. Residents prepare food for the monks to subsist on. Seeing this custom is a beautiful way to gain some insight into the local culture and Buddhist religion. Please be respectful and quietly observe.

Day 17

## Luang Prabang/Pak Beng

The Mekong never looked so welcoming. Board a long, cozy houseboat that will take you on a two-day journey up the Mekong River en route to Chiang Khong in Thailand. Today, cruise to a village homestay for the night, where you will enjoy dinner with your hosts, experience a traditional Khamu Cultural Performance, and dance with the locals.



### Meals included

Breakfast | Dinner



### Today's Activities

Mekong River Slow Boat

Luang Prabang - Muang Pakbèng

8h-10h

Enjoy the ride down the Mekong River on our private boat (it's pretty comfortable and spacious, and there's a toilet on board). Have some fruit, tea, and coffee (free of charge); water and soft drinks are available for purchase.

#### ACTIVITY

G Adventures and the Planeterra Foundation have worked with a community in the Mekong River to help develop their homestay programs, providing a unique cultural experience for travellers and the local community.

Here you have the chance to stay overnight in a Mekong village to get a glimpse into rural daily life. Enjoy dinner with your hosts. Experience a traditional Khamu Cultural Performance, and enjoy the chance to dance with the locals.

Day 18

## Pak Beng/Chiang Khong

New day, same magnificent Mekong. Today's your second travel day, where you'll cross into Thailand arriving in Chiang Khong by the later afternoon. Sit back, relax, keep your eyes peeled for wildlife, and enjoy the scenic ride.

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### Meals included

Breakfast | Lunch

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### Today's Activities

Mekong River Slow Boat

Muang Pakbèng - Ban Houayxay

8h-10h

Enjoy the ride down the Mekong on our private boat (it's pretty comfortable and spacious, and there's a toilet on board). Have some fruit, tea, and coffee (free of charge); water and soft drinks are available for purchase.

Border Crossing (Laos - Thailand)

Ban Houayxay - Chiang Khong

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

Take in the rolling countryside views on the drive to Chiang Mai nestled alongside Thailand's northern mountains. Spend the afternoon getting to know this peaceful city known for traditional markets and glorious temples. Choose to visit Doi Suthep, catch a Thai boxing match, cycle around, or grab a bargain at the famous night market.



## Today's Activities

Private Vehicle

Chiang Khong - Chiang Mai

6h-7h

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

Free Time

Chiang Mai

Get out and explore this bustling city in northern Thailand.



## Optional Activities - Day 19

Massage

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

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.

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.

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.

Street Food Walk at Chiang Mai Night Market

Chiang Mai

Pick up a a souvenir at this shopper's paradise. Wander through the market to find music, food, and local artists selling handmade crafts.

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.

Enjoy a free day to explore. Opt to visit Doi Suthep temple, catch a Thai boxing match, or grab a bargain at the famous night market.



## Optional Activities - Day 20

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.

Chiang Mai Cycling Tour

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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.

Cooking Class

Chiang Mai

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

Massage

Chiang Mai

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

Day 21

## Chiang Mai/Kengtung

Cross the border into Myanmar (Burma) before heading to Kengtung, a remote inland town nestled by lush hilly country. This evening, watch the sun set on Naung Tung Lake and have a relaxing night to conserve energy for your hike tomorrow.

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### Today's Activities

Private Vehicle

Chiang Mai - Mae Sai

4h

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

Border Crossing (Thailand - Myanmar/Burma)

Mae Sai - Tachileik

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

Private Vehicle

Tachileik - Kengtung

3h30m

155km

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

Find peace among the rice paddies and rolling hills on an included trek to meet hilltribe communities in the countryside. Savour a taste of Shan khao swè, a traditional Burmese rice noodle dish that's full of local flavour.

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### **Meals included**

Breakfast | Lunch

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### **Today's Activities**

Hilltribe Trekking

Kengtung

Drive approximately 1 hr north of Kengtung, passing through Shan villages and rice fields. Visit the Pin Tauk area with Lahu, Akha, and Ann villages. Trek for 3 hrs along hills and beautiful countryside to reach hilltribe villages of two different tribes. Learn about local customs, traditional dress, and daily life in this rural area. Time allowing, we will also visit a Shan village with a rice distillery.

Day 23

## Kengtung/Inle Lake

During your free morning, grab a bite at Kyaing Tong Market. This lively market is host to colourful local produce and delicious food stalls. Later this afternoon, fly to Inle, a serene lake dotted with temples and floating villages.



### Meals included

Breakfast



### Today's Activities

Free Time

Kengtung

Discover more of Kengtung with a free morning.

Plane

Kengtung - Heho

2h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle

Heho - Inle Lake

1h

30km

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



### Optional Activities - Day 23

Kyaing Tong Market Visit

Kengtung

Explore the Kyaing Tong Market, a lively place to take in the local atmosphere. As you stroll around, peruse the "Akha" shop, where the Akha women buy decorations for their headdresses, the pottery shops, and check out the local blacksmith.

Day 24

## Inle Lake

Stretch out your legs a bit – it's another day on Inle Lake. Choose between taking a bike around the lake or up to the local winery, taking a cooking class, or touring the lake by boat to take a closer look at the floating villages and gardens.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Inle Lake

Get out and explore the area—there are options aplenty.

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### Optional Activities - Day 24

Biking

Inle Lake

Hop on a rented bike and enjoy the ride!

Cooking Class

Inle Lake

Learn how to make local specialties in this cooking class and remember what you've learned -- you can use your new-found skills to impress your friends and family back home.

Boat Tour

Inle Lake

Jump in a boat and enjoy the ride on Inle Lake and its floating villages. Get a taste of the way of life in this unique location.

Cheroot Factory Visit

Inle Lake

Learn about how these typical Burmese cigars are rolled by hand at a factory where they're produced.

Phaung Daw Oo Pagoda Visit

Inle Lake

Visit the Phaung Daw Oo Pagoda monastery. While open to everyone, only men are allowed to place a gold leaf on the images. Look through the shops selling traditional Shan and Myanma items.

Morning Market Visit

Inle Lake

Explore this daily market, which attracts people from the lake's shore who gather to buy and sell their wares. Keep an eye out for Pa-Oh, Inthar, and Shan people in their traditional outfits. Wander amid the stalls where your guide will explain what the local produce and goods for sale are.

Nga Phe Chaung Monastery Visit

Inle Lake

This beautiful monastery houses dozens of amazing Shan Buddha images.

Day 25

## Inle Lake/Bagan

Take your time to unwind with your final day on Inle Lake. Admire the pagodas and monasteries or lay back and watch the fishermen with their unique techniques. Later, hop on an overnight bus and wake up in the temple town of Bagan, a UNESCO World Heritage Site.

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### Today's Activities

Free Time

Inle Lake

Get out and explore the area—there are options aplenty.

Overnight Bus

Inle Lake - Bagan

9h

320km

Curl up and catch a snooze en route to the next stop.

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### Optional Activities - Day 25

Cheroot Factory Visit

Inle Lake

Learn about how these typical Burmese cigars are rolled by hand at a factory where they're produced.

Nga Phe Chaung Monastery Visit

Inle Lake

This beautiful monastery houses dozens of amazing Shan Buddha images.

Phaung Daw Oo Pagoda Visit

Inle Lake

Visit the Phaung Daw Oo Pagoda monastery. While open to everyone, only men are allowed to place a gold leaf on the images. Look through the shops selling traditional Shan and Myanmar items.

Day 26

## Bagan

Start your day with some serenity during a tour of the mesmerizing Sunrise Temple. See the ancient site's ornate pagodas brighten up with the glow of the sun for that envy-worthy Insta shot. The rest of the day is yours to enjoy as you wish.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Bagan

Head out and discover all this area has to offer.

Sunrise Temple Tour

Visit the ancient site of Bagan for a beautiful sunrise viewing. Along with Angkor in Cambodia, this is the most important temple and pagoda complex in Asia.

Day 27

## Bagan

If you're an early bird not afraid of heights, opt to watch the sunrise from an unforgettable hot-air balloon flight over the temples and plains of Bagan (only available Oct-Mar). Or choose to spend the day exploring nearby villages and ruins. Go a little farther out by renting a bike, or e-bike, to see the more distant sites.

If you're visiting between October to March and have always dreamed about floating in a hot air balloon, pre-booking the "Balloons Over Bagan" activity to include this exciting experience on your tour.



### Meals included

Breakfast



### Today's Activities

Free Time

Bagan

Enjoy a free day and continue your exploration of this gorgeous area or take some time to relax.



### Optional Activities - Day 27

Guided Bagan Cycling Tour

Bagan

3h-4h

25km

Enjoy a cycle tour around stunning Bagan. Visit the colourful Nyaung Oo Market and the golden stupa of Shwezigon Pagoda to get an introduction to Bagan's rich history. Explore Wetkyi-In Gubyaukgyi, a cave temple with exquisite jataka mural paintings, and the elegant Htilominlo Temple, noted for its fine plaster carvings and glazed sandstone decorations.

Nyaung Oo Marketplace

Bagan

Visit the colorful Nyaung Oo Market where, each day, the locals come to buy and sell fresh produce and other goods. It provides a window into everyday life in Bagan.

Ballooning in Bagan (Oct - Mar)

Bagan

Wake up early and enjoy light refreshments before your hot air balloon launch. Take to the air with a skilled pilot and experience the beauty of early morning Bagan. Drift over villages, temples, and serene

landscapes as the sun rises in the sky. After landing, toast the unforgettable journey with a glass of champagne.

Please note that passengers must weigh less than 125kg (280 lb) to participate.

Bagan Temple Pass

Bagan

Enjoy a guided tour of beautiful Bagan. Visit the colourful Nyaung Oo Market and the golden stupa of Shwezigon Pagoda for an introduction to Bagan's rich history. Explore Wetkyi-In Gubyaukgyi, a cave temple with exquisite jataka mural paintings, and the elegant Htilominlo Temple, noted for its fine plaster carvings and glazed sandstone decorations.

Day 28

## Bagan/Mandalay

Begin your final day in Bagan with an included breakfast at Sanon, a G Adventures-supported restaurant and culinary school. Afterward, travel to Mandalay - a cultural capital on the Irrawaddy River. The day is yours: you can climb Mandalay Hill, visit the Golden Monastery, or end the day by watching the sunset at U Bein Bridge.



### Meals included

Breakfast



### Today's Activities

#### ACTIVITY

Sit down with your group and dig into breakfast at Sanon. This restaurant helps underprivileged youth develop culinary skills and practice their English, increasing the opportunities available to them in the tourism industry.

Private Vehicle

Bagan - Mandalay

5h-6h

270km

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

Free Time

Mandalay

Enjoy some free time to explore.



### Optional Activities - Day 28

Shwenandaw Kyaung (Golden Palace Monastery) Visit

Mandalay

Enjoy your visit to this stunning monastery, known as the "Golden Monastery," that was originally part of the royal palace at Amarapura. Admire its delicate wood carvings of Buddhist myths. The monastery is a fantastic example of traditional Myanmar architecture.

Mandalay Hill Climb

Mandalay Hill - Mandalay

Enjoy the climb up this 240m (790 ft) hill known for the plethora of pagodas and monasteries sitting atop it. Enjoy the view you've earned on the steep hike. Of course, if you prefer to save your energy, feel free to take the elevator to the top.

Day 29

## Mandalay/Yangon

Your last free day in Mandalay is full of options. Check out Mandalay's ancient temples, the nearby royal capital of Amarapura, or the world's longest teak bridge. Visit the nearby market for local eats and enjoy your accommodation's rooftop restaurant for those unforgettable city views. This evening, board an overnight bus and head south to Yangon.



### Meals included

Breakfast



### Today's Activities

Free Time

Mandalay

Do as much or as little as you'd like on your final day in Mandalay.

Overnight Bus

Mandalay - Yangon

9h

590km

Curl up and catch a snooze en route to the next stop.



### Optional Activities - Day 29

U Bein Bridge Walk

Amarapura

Enjoy a walk on the U Bein Bridge, which is a 1km bridge in believed to be the oldest and longest teak bridge in the world. This bridge is still an important connection for the local people and is busiest during July and August when the lake is most full.

Built from reclaimed wood from a royal palace, there are 1,086 pillars rising from the water, though, not all are original.

Shwenandaw Kyaung (Golden Palace Monastery) Visit

Mandalay

Enjoy your visit to this stunning monastery, known as the "Golden Monastery," that was originally part of the royal palace at Amarapura. Admire its delicate wood carvings of Buddhist myths. The monastery is a fantastic example of traditional Myanmar architecture.

Amarapura Visit

Amarapura

Explore Amarapura, the former capital whose name means "city of immortality." Visit a silk-weaving workshop and then visit Mahagandayon monastery, where over 1,000 monks reside. Enjoy the magnificent view from U Bein Bridge, which is over 200 years old and made of teak.

Kyauk Taw Gyi Pagoda Visit

Mandalay Hill - Mandalay

View the massive marble Buddha at this beautiful pagoda. The marble is from Sagyin quarry and took 10,000 men almost two weeks to transfer from the riverside to its current location.

Kuthodaw Pagoda Visit

Mandalay Hill - Mandalay

Visit this stunning pagoda with its gold and white buildings in a traditional Myanmar style. Kuthodaw Pagoda is a Buddhist stupa that claims the honour of housing the world's largest book. A spiritually significant place for followers of Theravada Buddhism, this site will be fascinating to all visitors regardless of religion.

Mandalay Hill Climb

Mandalay Hill - Mandalay

Enjoy the climb up this 240m (790 ft) hill known for the plethora of pagodas and monasteries sitting atop it. Enjoy the view you've earned on the steep hike. Of course, if you prefer to save your energy, feel free to take the elevator to the top.

Mahamuni Pagoda (Buddha Temple) Visit

Mandalay

Visit the 100-year-old legendary Arakan Buddha, which stands at 3.5m (11.5 ft) tall. Made of bronze and covered in gold leaf, this gorgeous Buddha is a major pilgrimage site. Gaze up at the stunning statue and learn more about the significance of this temple.

Get to know Yangon, Myanmar's largest city, on an orientation walk. Spend the rest of the day exploring. Choose to visit the incredible, gold-plated Shwedagon Pagoda for the perfect photo op or have a picnic on Kandawgyi Lake. Tonight, immerse yourself in the nightlife and enjoy a drink on us to celebrate all the life-changing adventures you've just shared with newfound friends.

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## Today's Activities

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.

### ACTIVITY

Settle in to the best street bar to take in the fast-paced city nightlife and people watch. Enjoy a drink on us and toast to all the life-changing adventures you've just shared with newfound friends. If you're feeling wild, head out into the bumping night and dance to your heart's content.

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## Optional Activities - Day 30

Shwedagon Pagoda Visit

Yangon

Enjoy your visit to this gorgeous pagoda, which is believed to be 2,500 years old. The central stupa, glittering in the soft morning light, is surrounded by dozens of intricately decorated buildings and statues and is considered to be the symbol of Yangon.

Day 31

## Yangon

Continue exploring the country's former capital on this free day or lounge around with delicious local delicacies recovering from last night's festivities. Head to the temple with an intricate reclining Buddha statue or feed the catfish at Yangon Lake. The day is yours!

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### Meals included

Breakfast

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### Today's Activities

Free Time

Yangon

Get out and explore Yangon.

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### Optional Activities - Day 31

Shwedagon Pagoda Visit

Yangon

Enjoy your visit to this gorgeous pagoda, which is believed to be 2,500 years old. The central stupa, glittering in the soft morning light, is surrounded by dozens of intricately decorated buildings and statues and is considered to be the symbol of Yangon.

Day 32

## Yangon/Bangkok

Fly to Thailand and land in the booming capital - Bangkok! Take in this massive metropolis and wander through the ornate temples and towering buildings. Make the most of your last evening with fellow travellers and be sure to end this amazing journey with a bang(kok)!

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### Meals included

Breakfast

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### Today's Activities

Plane

Yangon - Bangkok

4h-5h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Day 33

## Bangkok

Today is departure day, but do not fret! There is no such thing as goodbye, only until next time. Be sure to sneak in some last-minute photos and exchange social medias before heading on your way. Depart at any time.

## What's included

- Your G for Good Moment: Oodles of Noodles, Hoi An
- Your G for Good Moment: Mekong River Homestay & Traditional Performance, Muang Pakbèng
- Your G for Good Moment: Meal at Sanon Restaurant and Culinary Training School, Bagan
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: Ho Chi Minh City
- Your Foodie Moment: Nha Trang Street Food Crawl, Nha Trang

- Your Big Night Out Moment: Reminisce Riverside, Hoi An
- Your Big Night Out Moment: Vang Vieng Nightlife, Vang Vieng
- Your Discover Moment: Luang Prabang
- Your Discover Moment: Chiang Mai
- Your Big Night Out Moment: Celebrate New Adventures, Yangon
- Halong Bay boat cruise with lunch
- Guided hike for sunset visit to Wat Phousi and waterfall excursion (Vang Vieng, Luang Prabang)
- Slow boat up the Mekong
- Trekking excursion (Kengtung)
- Sunrise temple tour (Bagan)
- Orientation walks in Ho Chi Minh City, Luang Prabang, Hoi An, Hanoi, and Yangon
- Street food crawl (Hoi An)
- Internal flight
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Chill out on golden beaches, sail around limestone karsts in Halong Bay, wander the maze-like streets of Hanoi's Old Quarter, relax or go hiking in Vang Vieng, stay overnight at a village homestay along the Mekong, eat your way through Nha Trang on a street food crawl, get familiar with Yangon on a CEO-led walk, trek past rice paddies in Kengtung, see the sunrise above the temples of Bagan, witness the underground cave and river network of Phong Nha.

## What are the main highlights of this trip?

Chill out on golden beaches, sail around limestone karsts in Halong Bay, wander the maze-like streets of Hanoi's Old Quarter, relax or go hiking in Vang Vieng, stay overnight at a village homestay along the Mekong, eat your way through Nha Trang on a street food crawl, get familiar with Yangon on a CEO-led walk, trek past rice paddies in Kengtung, see the sunrise above the temples of Bagan, witness the underground cave and river network of Phong Nha.

## **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 an 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.

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

## 1. COMBO TRIP

Please note that this trip is a combination of multiple G Adventures tours. As such, the staff and/or particular vehicles operating your tour may change between tour segments. You may also expect some group members to join or leave the tour, between tour segments. Also note that in some major cities in Vietnam, many hotel rooms do not have windows.

## 2. BORDER CROSSINGS

Ban Houayxay, Laos to Chiang Khong, Thailand - Laos to Thailand  
Mae Sai, Thailand to Tachilek, Myanmar - Thailand to Myanmar

## 4. WEIGHT RESTRICTION

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 20kg (44lbs). Additional bags or excess weight charges may apply. These charges are the responsibility of the passengers.

## 5. PROOF OF EXITING VIETNAM

Important thing to note for our travellers arriving into Vietnam, and travelling onwards with G Adventures to neighbouring counties (i.e. Cambodia & Laos). When you are checking onto your international flight heading to Vietnam, you will often be asked by airline ticket counter personnel to provide a proof of exit from Vietnam.

In respect to this requirement, we encourage our travellers to print out a copy of their tour vouchers, along with a PDF copy of their Tour Details from the webpage. These references, along with entry and exit details on travellers Vietnam visa should be sufficient information.

# 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?

24 breakfasts, 4 lunches, 1 dinner

## **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, air-con bus, private vehicle, train, walking, tuk tuk, local boat, junk boat, plane.

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

Train travel in Vietnam is very basic and train cleanliness is often not a priority for train staff. Sleeper trains normally have 4 seats per compartment, which convert into sleeping bunks (two upper and two lower). A sheet, pillow and blanket are provided, although many people prefer to bring their own sleeping sheet. At times, passengers of different genders may be required to share a sleeper train berth and/or share a compartment with people not travelling in your group.

Simple food is available on the train but many people like to stock up on freshly baked bread, cheese and fruit prior to departure. Water should also be bought before the journey.

Train journeys in Vietnam are an experience and allow you to get a real taste of Vietnam.

## **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) or hostels (multi-share) (26 nts), sleeper trains (3 nts), homestay (1 nt), overnight bus (2 nts).

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

A variety of styles of hotels/guesthouses 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.

Mekong River Homestay: Typically, the group is divided into two or more houses (depending on group size) in close proximity to each other. Sleeping arrangements are multi-share in the central living area of the homes - mattresses, blankets, pillows, and mosquito nets are provided. Bathroom facilities are shared.

Multi-share Accommodation: Multi-share same-sex accommodation is used on this tour, as such, if you are travelling with someone of a different gender you will not be in the same room. For private accommodation please see tours in our Classic Travel Style.

## What is the joining hotel?

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

## What are the joining instructions?

When arriving at Tan Son Nhat Intl Airport in Ho Chi Minh City you can get a metered taxi from just outside of the arrival hall. The taxis are lined up outside in an orderly queue and the fare is roughly 100,000 Dong (approx 7 USD) to get to your starting point hotel. **DO NOT GO WITH TAXI TOUTS AS THEY WILL TRY TO RIP YOU OFF.** The airport is only 7km from the downtown District 1 so taking taxis is easy and cheap if the meter is on.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. There is a common scam at the airport for non-G Adventures' drivers to pretend they are working for the company. It is very important to confirm your name and booking number with your airport transfer representative. 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 for that day other than your welcome meeting in the evening, so you can arrive at any time.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## **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 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 +84 91 204 0262.

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 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 2 508 8630

From within Thailand: 02 508 8630

After hours emergency number

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our 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

## What should I take on my trip?

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 or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. 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?

## Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

## Documents:

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

**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 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.

**VIETNAM** - If you require a visa for Vietnam, they need to be arranged ahead of time (BEFORE your trip) as the processing time varies and they are not available upon arrival.

If you are entering Vietnam by land border, please apply for a regular visa for Vietnam. Many of the land borders we travel through do not accept the Vietnam E-Visa.

## LAOS

Visas are issued upon arrival in Laos. You will need two passport size photographs and approx \$50. Tourists are generally admitted to Laos for 15 days with a visa on arrival or for 30 days with a visa issued at a Lao embassy. Please bring lots of visa photos with you.

**BURMA/MYANMAR** - Passengers will need a visa in advance and should apply for one at the closest Myanmar/Burma Embassy to your country of origin. You will need to obtain the one-month visa prior to your trip start.

Starting September 1, 2016, e-visas can be used to enter Myanmar at certain land borders, including the Tachileik checkpoint used on this trip.

Please visit <http://evisa.moip.gov.mm/> for the full details of the E-Visa approval letter process.

The cost of the visa is approximately \$50 USD.

When filling in the form please enter the following:

Purpose of Entry: Tourism

Address in Myanmar: please use the start hotel for your tour (listed in the Joining Hotel section)

Agency Name: SunBird Tours

Agency Contact Number: 0095 1 293464/ 294050

The approval process may take up to 5 business days and the letter is valid for 90 days from the date of issue. Once the evisa approval letter is received by email, print out the approval letter and bring it with you to present upon arrival.

## **How much spending money do I need for my trip?**

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 currencies you will use are the Thai Baht, US Dollar, Vietnamese Dong, Laos Kip and Myanmar Kyat. As currency exchange rates in Southeast 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 \$500 (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 in Thailand.

## 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?

## Ho Chi Minh City

- Dam Sen Water Park Visit (4USD per person)
- Ben Thanh Market
- Cholon Visit
- Ho Chi Minh City Cyclo Tour (10USD per person)
- Reunification Palace Visit (2USD per person)
- War Remnants Museum Visit (2USD per person)

## Củ Chi

- Cu Chi Tunnels Guided Tour (25-27USD per person)

## Nha Trang

- Snorkelling
- Nha Trang Boat Tour and Snorkelling (29USD per person)
- Mud Bath Visit (20USD per person)

## Hoi An

- Tailor Shops
- Cua Dai Beach
- Hoi An Old Town Walking Tour (6USD per person)
- Hoi An Bike and Boat Tour
- Thu Bon River Boat Trip (12USD per person)
- Hoi An Cooking Class (35USD per person)

## Mỹ Sơn

- Mỹ Sơn Excursion (38USD per person)

## Huế

- Imperial Citadel Tour (7USD per person)
- Thien Mu Pagoda Visit
- Perfume River Cruise (10USD per person)
- Royal Tombs Entry (5USD per person)
- Cycling (10USD per person)
- Hue Motorbike Tour
- Hue City Tour

## Phong Nha

- Caving in Phong Nha

## Hạ Long Bay

- Kayaking (10USD per person)

## Hanoi

- Tran Quoc Pagoda Visit
- Hoan Kiem Lake Walk
- Hanoi Foodie Culture Tour
- Temple of Literature (Văn Miếu) Visit
- Thăng Long Water Puppet Theatre Performance (200000VND per person)

## Vientiane

- Wat Pha That Luang Visit (1USD per person)
- Buddha Park (1USD per person)
- National Museum Visit (4USD per person)
- Wat Sisaket Visit (1USD per person)

## Vang Vieng

- Hiking
- Bike Rental (4USD per person)
- Vang Vieng Adrenaline Bundle
- Kayaking (25USD per person)
- Caving

## Luang Prabang

- Phousi Temple Visit (20000LAK per person)
- Royal Palace Museum Visit (60000LAK per person)
- Wat Xien Thong Visit (20000LAK per person)
- Traditional Arts and Ethnology Centre Entry (35000LAK per person)
- Wat Visoun Temples Visit (20000LAK per person)
- Cooking Class (35USD per person)
- Ock Pop Tok Living Crafts Centre Visit (Free)
- Alms-giving in Luang Prabang

## Chiang Khong

- Massage

## Doi Suthep

- Doi Suthep Temple Visit (50THB per person)

## Chiang Mai

- Chiang Mai Cycling Tour (1500THB per person)
- Northern Thai Cooking Class
- Street Food Walk at Chiang Mai Night Market
- Khantoke Dinner and Show (30USD per person)
- Cooking Class
- Massage

## Kengtung

- Kyaing Tong Market Visit

## Inle Lake

- Biking
- Cooking Class
- Boat Tour
- Cheroot Factory Visit
- Phaung Daw Oo Pagoda Visit
- Morning Market Visit
- Nga Phe Chaung Monastery Visit

## Bagan

- Guided Bagan Cycling Tour
- Ballooning in Bagan (Oct - Mar)

## Bagan

- Nyaung Oo Marketplace
- Bagan Temple Pass

## Mandalay

- Shwenandaw Kyaung (Golden Palace Monastery) Visit
- Mahamuni Pagoda (Buddha Temple) Visit

## Mandalay Hill

- Mandalay Hill Climb
- Kyauk Taw Gyi Pagoda Visit
- Kuthodaw Pagoda Visit

## Amarapura

- U Bein Bridge Walk
- Amarapura Visit

## Yangon

- Shwedagon Pagoda Visit

### **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.

Be aware that petty theft can be an issue in some Vietnamese towns and cities especially late at night. A common tactic is opportunists on motorbikes that drive by and snatch bags. Please always leave valuables and passports etc in your hotel, in safety boxes if available, and only carry with you enough cash to spend for the day. Bags should always be carried over the neck and not left to sit on your shoulder.

We do not recommend passengers to jump or dive into Kuang Sii Waterfalls in Luang Prabang; this may result in injury.

## **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.

## **Are there any things I should be aware of?**

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

## **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 or mosques or other holy sites. In Pakistan we recommend a head scarf for women while walking around.

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

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 [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## 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.