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Sorry! There are no remaining departures for "Cambodia & Laos Mekong Adventure" (ATCM), [but here are some similar trips.](#)



## **Cambodia & Laos Mekong Adventure**

15 days, Bangkok to Bangkok

Trip code ATCM

## What's included

- Your G for Good Moment: New Hope Vocational Training Restaurant, Siem Reap
- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Don Deng Homestay, Don Deng
- Your Discover Moment: Luang Prabang
- Angkor Wat complex entrance and guide (Siem Reap)
- Tuol Sleng Prison and Choeung Ek (Killing Fields) entrance and guide (Phnom Penh)
- Wat Phu Champasak entrance and guide
- Ethnology Museum entrance (Luang Prabang)
- Kuang Si waterfalls trip (half-day)
- 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 1st, 2015 - December 31st, 2016

# Itinerary

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

Day 1

## Bangkok

Arrive at any time.

There are no activities planned until the evening welcome meeting.



## 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.

Day 2

## Bangkok/Siem Reap

Travel from Thailand to Siem Reap, Cambodia, the gateway to Angkor Wat. Enjoy a traditional meal of Khmer food either at the G Adventures-supported New Hope project or in a local home.

Leave Bangkok and head out on the journey to Cambodia. Cross the border, switch vans and continue on to Siem Reap.

The scenery is spectacular and the contrast between Thailand and Cambodia is immediate.

Get your first taste of Khmer food in the evening with an included local meal. Depending on your departure, you'll either visit a local family in a nearby village or the New Hope project for this meal. Alternating means we can support multiple small businesses and projects in the area.

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### Meals included

Breakfast | Dinner



## Today's Activities

Private Vehicle

Bangkok - Aranyaprathet

4h-4h

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

Border Crossing (Thailand - Cambodia)

Aranyaprathet - Paôy Pêt

1h-2h

Get ready to cross into Cambodia. Aranyaprathet is known for being one of the most hectic border crossings but CEOs will help make the process go as smoothly as possible. The border crossing is done on foot and can take up to an hour so be patient and think of all the fun Cambodia has in store.

Private Vehicle

Paôy Pêt - Siem Reap

3h-3h

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

### ACTIVITY

Enjoy a traditional meal of Khmer food at the New Hope Vocational Training Restaurant, an initiative kickstarted by G Adventures. Providing skill-building opportunities to marginalized community members, the project also funds the adjacent free community school and health centre. Visit the restaurant run by locals and see how the New Hope project has supported positive change in the community.

Day 3

## Siem Reap

Take a guided tour of the massive Angkor Wat temple complex. Opt to visit the Tonle Sap floating village or the Angkor Museum.

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### Meals included

Breakfast

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### Today's Activities

Angkor Wat Guided Tour

Angkor Wat

Enjoy a tour of the impressive ancient ruins with a local guide. Explore magnificent Angkor Wat temple--Visit the enigmatic faces of Bayon within the walled city of Angkor Thom, and tour Ta Prohm (aka the "Tomb Raider" temple), which is slowly being swallowed by the jungle.

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### Optional Activities - Day 3

Angkor Museum Visit

Siem Reap

12USD

Learn about the story of Angkor and the Khmer empire at the interactive Angkor Museum. Explore the museum's inspiring galleries and interactive technology, which bring Angkor's past to life. Opt to rent an audioguide (5USD) for the full experience.

Tonle Sap Floating Village

Siem Reap

25-30USD

Tour the floating villages of Tonlé Sap. See what life is like living on a lake – rice planting, attending churches and school, are all done on top of water. (Please note: this activity runs seasonally.)

Day 4

## Siem Reap/Phnom Penh

Travel to the capital city of Phnom Penh. Opt for a cyclo tour through town for a street level view of this busy city.

Travel by public bus to Phnom Penh. Opt for a cyclo tour of the city or a drink in one of the many riverside cafés.

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### Meals included

Breakfast

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### Today's Activities

Local Bus

Siem Reap - Phnom Penh

6h-7h

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

Free Time

Phnom Penh

Free time to explore. Take an educational stroll through a museum or visit some of the local pagodas and palaces.

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### Optional Activities - Day 4

Phnom Penh Cyclo Tour

Phnom Penh

45m-1h

Settle in a traditional cyclo and depart from Wat Phnom. Tour busy streets to soak up the real vibe of the city. Pass the post office and Van's restaurant, both stunning colonial buildings, and make your way to the Royal Palace and National Museum. Go along the riverside road and take in the atmospheric cafes that line the street.

Day 5

## Phnom Penh

Take a guided tour of Tuol Sleng Prison and Choeung Ek (Killing Fields). Opt to visit the Royal Palace, National Museum or Russian Market.

While in Phnom Penh, witness the darker side of Cambodian history with guided visits to Choeung Ek, the site of the infamous Killing Fields and Tuol Sleng, the notorious Khmer Rouge prison where thousands of Cambodians perished.

With a free afternoon, opt to visit the Royal Palace, the Silver Pagoda or the National Museum. The huge Russian Market is packed with souvenirs and all the necessities of daily life.



### Meals included

Breakfast



### Today's Activities

Tuol Sleng Museum (S-21 Prison) Guided Tour

Phnom Penh

Learn about the dark history and devastation that occurred at Security Prison 21 (S-21); the prison, used by the Khmer Rouge regime, is now Tuol Sleng Museum. Take a guided tour to hear the stories behind the sombre photos lining the museum walls.

Choeung Ek (Killing Fields) Guided Tour

Phnom Penh

Learn more about the atrocities of the Khmer Rouge visiting the killing fields of Choeung Ek; the grounds now stand as a powerful memorial filled with victims' skulls and mass graves. Tour this sombre, yet serene, site with a guide.



### Optional Activities - Day 5

Silver Pagoda Visit

Phnom Penh

10USD

Tour the Royal Palace complex to see the neighboring Silver Pagoda (aka the Temple of the Emerald Buddha). See the many magnificent treasures inside this beautiful vihara (Buddhist monastery), including its floor lined with more 5,000 tiles of silver.

Russian Market Visit

Phnom Penh

Shop this must-visit market for souvenirs, handicrafts, antiques, and Western brand-name clothing at (often) greatly discounted prices. Haggle away for the best deals!

Royal Palace Visit

Phnom Penh

Visit the King's current dwelling place, a magnificent riverside palace with classic Khmer architecture. Dress appropriately please; visitors must wear clothing that covers knees and shoulders, and shirts must reach the elbow.

National Museum

Phnom Penh

10USD

Visit Cambodia's largest museum of culture, history, and archaeology. Tour its buildings inspired by Khmer architecture - constructed in the early 1900s, they house one of the world's largest collections of Khmer art. Visits here are well worth your time.

Wat Phnom Visit

Phnom Penh

1USD

Visit Wat Phnom (Hill Temple) in late afternoon, a historic monument with lots of green space. Keep an eye on your food and belongings; cheeky monkeys like to get a hold of anything they can.

Day 6

## Phnom Penh/Kratié

Travel to Kratié and opt for a boat trip to see Irrawaddy dolphins.

Travel to Kratié. En route, pass through Skuon (a small town famous for its delicious spiders), where it's possible to sample an eight-legged snack. Once in Kratié, opt to head out on the water, trying to spot rare Irrawaddy river dolphins.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Phnom Penh - Kratié

6h-7h

285km

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

Free Time

Kratié

Spend free time on the water looking for Irrawaddy dolphins.

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### Optional Activities - Day 6

Kratié Boat Trip

Kratié

Come aboard for a one-of-a-kind wildlife encounter – the feeling you get as you spot an Irrawaddy dolphin breaking through the water's surface is truly inspiring and will lift your heart. Enjoy the boat tour, and let the late-afternoon sun warm your face.

Day 7

## Kratié/Don Không

Cross into Laos and travel to Don Khong with options to cycle or walk through the village or choose to relax by the Mekong.

Travel by bus to the Cambodian/Laos border. After completing necessary border formalities, continue the journey to Don Khong Island.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Kratié - Dong Kralor

2h30m

141km

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

Border Crossing (Cambodia - Laos)

Dong Kralor - Veun Kham

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

Veun Kham - Don Không

45m

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

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### Optional Activities - Day 7

Cycling

Get on your bike and enjoy the ride.

Day 8

## Don Không/Don Deng

Enjoy a guided tour of Wat Phu Champasak. Enjoy a traditional homestay and local meal in Don Deng.

Travel through the beautiful province of Champasak, once the capital of the Lao kingdom. Head to Pakse and cross the Mekong River to visit Wat Phu with a local guide.

Overnight in a rustic homestay on Don Deng Island. A typical Laotian village environment doesn't have all the creature comforts of home but it allows for insight into the local culture and connection to the people of the village.



### Meals included

Dinner



### Today's Activities

Private Vehicle

Don Không - Pakse

2h

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

Private Vehicle

Pakse - Vat Phou

30m

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

Wat Phu Guided Tour

Vat Phou - Champasak

Head to the base of Mt Phu Kao for a guided tour of Wat Phu, a temple complex associated with the Khmer Empire. Learn about one of the most important and impressive archaeological sites in Laos dating from the Angkorian period.

Ferry

Champasak - Don Deng

30m

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

### ACTIVITY

Learn about local culture and life on Don Deng on this memorable homestay. Experience typical Laos cuisine in a community setting; eating and sleeping arrangements are shared as a group (usually between two houses). Bring warm clothes; evenings can get cold.

Day 9

## Don Deng/Luang Prabang

Arrive at charming Luang Prabang. With dozens of activities to choose from, spend your time exploring all this town has to offer.

Fly from Pakse to Luang Prabang and discover Laotian Buddhism and architecture. Opt to visit some of Luang Prabang's most impressive temples and climb Mt Phousi to watch the sun set over the Mekong River and mountains beyond.

Be sure to visit one of the best night markets in all of Southeast Asia. Stroll through the nightly market, bargaining with vendors, sampling local food and picking up some souvenirs.



### Meals included

Breakfast



### Today's Activities

Free Time

Don Deng

Say goodbye to the homestay hosts and get ready for the flight later today.

Boat

Don Deng - Champasak

30m

Climb aboard and get your float on.

Private Vehicle

Champasak - Pakse International Airport

30m

40km

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

Plane

Pakse International Airport - Luang Prabang

1h45m

Drive 20 mins from the airport to the hotel in Luang Prabang.

Note that during low season (Apr-Oct) the itinerary may vary slightly. Often there are no direct flights from Pakse to Luang Prabang. Flights will be routed via Vientiane and may require an overnight stay. This may also occur at other times of the year as flights can regularly be cancelled or rescheduled. On some occasions we may have to fly from Savannakhet to Luang Prabang, a 4 hr drive north of Pakse.



### Optional Activities - Day 9

### 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.

### Night Market Visit

Luang Prabang

Shop until your heart's content at the night market in Luang Prabang – one of the best in Southeast Asia. Head to the market around dusk. Tour the vendor stalls lining the streets offering food, wooden statues, clothes, trinkets and souvenirs to dozens of people wandering up and down the market. Don't miss the opportunity to interact with the sellers and gently negotiate a good price.

Day 10

## Luang Prabang

Opt to rise before dawn and watch the monks walk through town in saffron robes receiving alms from local residents. Visit the Ethnology Museum and Kuang Si waterfalls. With free time, opt to take a cooking class, go hiking or biking or test out the local Laotian-style massages.

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### Meals included

Breakfast

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### Today's Activities

Ethnology Museum Guided Tour

Luang Prabang

Take a guided 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.

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.

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### Optional Activities - Day 10

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 11

## Luang Prabang

Enjoy a free day to continue exploring.

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### Meals included

Breakfast

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### Optional Activities - Day 11

Cycling

Get on your bike and enjoy the ride.

Cooking Class

Refine your culinary skills with an optional cooking class. Discover the secrets of the delicious local cuisine.

Massage

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

Day 12

## Luang Prabang/Vang Vieng

Travel to Vang Vieng, a town full of adventure opportunities. Get active outdoors or relax in a café.

Take a winding drive through scenic mountains to picturesque Vang Vieng, a town resting on the Nam Song river surrounded by limestone karsts. Watch the sunset over the river and explore some of the many caves in the area.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Luang Prabang – Vang Vieng

7h

190km

The drive is spectacular but full of curvy mountain roads. If prone to motion-sickness, prepare accordingly.

Free Time

Vang Vieng

Free time to enjoy Vang Vieng however you'd like.

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### Optional Activities - Day 12

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.

Cycling

Get on your bike and enjoy the ride.

Day 13

## Vang Vieng/Vientiane

Spend the morning in Vang Vieng before travelling to Laos' capital city. Opt to visit temples, shop in the markets or check out city highlights. This is a great place to get a massage and try some local restaurants.

Depart in early afternoon and drive to one of Asia's sleepest capital cities, Vientiane. Enjoy the highlights of Vientiane, including Wat Sisaket (one of the city's oldest and most fascinating temples), Pha That Luang (Laos' national symbol and one of its most sacred sites), and the Morning Market (an all-day affair selling virtually everything).



### Meals included

Breakfast



### Today's Activities

Free Time

Vang Vieng

Get in some last minute activities before the drive to Vientiane.

Private Vehicle

Vang Vieng - Vientiane

3h-4h

135km

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

Free Time

Vientiane

Unwind with a massage or start exploring the capital.



### Optional Activities - Day 13

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 14

## Vientiane/Bangkok

Spend a day in Vientiane before an overnight train to Bangkok.

Spend the morning visiting the sights, getting a massage or enjoying the local food scene. In the late afternoon, cross the Friendship Bridge back into Thailand to board the overnight train to Bangkok.



### Meals included

Breakfast



### Today's Activities

Free Time

Vientiane

Check out the Morning Market and visit some of the sights of the city.

Private Vehicle

Vientiane

30m

From the city centre, it is approximately 20 kms to reach the Friendship Bridge that crosses into Thailand.

Border Crossing (Laos - Thailand)

Vientiane - Nong Khai

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

Tuk-Tuk

Nong Khai

30m-45m

Travel from the border to the train station.

Basic Overnight Train (beds)

Nong Khai - Sathani Rotfai Bang Sue

12h-13h

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



### Optional Activities - Day 14

Morning Market Visit

Vientiane

Visit Vientiane's vibrant, colourful morning market (which incidentally is open all day!) to find plenty of local treasures.

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.

Day 15

## Bangkok

Arrive in Bangkok in the morning. The trip ends on arrival at the Bangkok train station.

### What's included

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- Your Local Living Moment: Don Deng Homestay, Don Deng
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- Kuang Si waterfalls trip (half-day)
- Internal flight
- All transport between destinations and to/from included activities

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

Explore the ancient temples of Angkor Wat, confront recent history in Phnom Penh, try to spot the rare Irrawaddy River dolphin, experience a Mekong homestay, bargain at the night market in Luang Prabang

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

Explore the ancient temples of Angkor Wat, confront recent history in Phnom Penh, try to spot the rare Irrawaddy River dolphin, experience a Mekong homestay, bargain at the night market in Luang Prabang

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

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**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

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

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

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

### **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.

## **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 traveling through, offer suggestions for things to see and do, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## **How large will the group be?**

Max 15, avg 12

## **What meals are included in this trip?**

12 breakfasts, 2 dinners

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

Eating is a big part of traveling. Traveling 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 favorite 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?**

Private bus, local bus, plane, boat, train.

## **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?**

Hotels/guesthouses (12 nts), basic family homestay (1 nt), sleeper train (1 nt).

## **Do any exceptions apply to Rooming or “My Own Room” on my tour?**

Night 7 (homestay); Night 14 (overnight train)

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

A variety of styles of hotels/guest houses are used on this trip. In many instances they might not be like what you are used to back home as service and efficiency can vary. In some areas we stay in simple local guest houses in stunning locations - rooms are small and simple and there may only be shared toilet facilities and showers.

## **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 Suvarnabhumi Airport (pronounced 'su wan na poom') in Bangkok proceed to the Arrivals Hall where you can change money into Thai Baht. (You may be approached by nicely dressed, official looking touts offering an expensive limousine service to your hotel; ignore these offers.)

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you (go to gate 10). 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.

IMPORTANT NOTE (If you have NOT pre-booked an arrival transfer with G Adventures)

:

Directions to Hotel Royal Bangkok AT ChinaTown (OR Yaowarat). Please make sure to check your tour vouchers for correct start accommodation.

"You have two transport options; taxi or the Airport Train & MRT. All transportation is located on the 'ground' floor."

Taxi

:

The airport is located 30km's away from downtown Bangkok. Approach the taxi counters, advise them where you are going and they will write this information down for you along with the taxis registration details. Taxis should always use the meter and you are required to pay a 50 Baht airport surcharge on top of the metered fee plus any tollway fees (approx 75 -125 Baht depending on the route taken). Total journey will cost between 350 THB - 500 THB, depending on traffic and toll fees. The expressway is substantially faster, so tell the taxi driver to use the expressway, you can say either ""kuen ton-way"" (from 'tollway') or ""kuen taang duan"" in Thai (but most understand Tollway/expressway in English).

Train

:

Directions to Hotel Royal Bangkok AT ChinaTown (OR Yaowarat):

If you are staying at the Hotel Royal Bangkok AT ChinaTown (OR Yaowarat), you can take the Airport Train. Board the express airport train at the City Air Terminal at a cost of 150 THB. Here you will ride all the way along to Makkasan Subway station where you will need to disembark and change to the MRT Blue line, boarding at Phetchaburi Station. From Phetchaburi Station travel to Wat Mangkon station and follow the signs for Exit 1. Once out you're on Plaeng Nam Road, walk 3 minutes. The hotel is located on Yaowarat road.

## **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 CEO, please refer to our emergency contact details.

If you have pre-booked an airport transfer please meet your driver at gate number 10 of the airport, in the arrival hall. Look for a driver holding a G Adventures sign with your name.

If you have still have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change 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 86 321 0729 (086 321 0729 from within Thailand) or +66 82 450 2777 (082 450 2777 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

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

We are on the move a lot on this trip so recommend that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb.

Suitcases are not recommended for G Adventures trips! Most travelers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as storage space on some transport is limited - they need to fit under the beds when traveling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

# 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

### **Sleep Sheet and Pillow:**

- Sleeping bag liner/sleep sheet
- Travel pillow

### **Warm Weather:**

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

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

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

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

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

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

**THAILAND** - Most nationalities do not need a visa for Thailand for stays of 30 days or less but if you do they are available on arrival at Bangkok Airport. If staying in Thailand for more than 30 days, you will be required to obtain a tourist visa in advance. Only 15 day tourist visas are issued when entering Thailand overland.

**CAMBODIA** - Visas can be obtained in advance from your local Embassy or on arrival in Bangkok (if your tour begins in Thailand). You will need at least one full working day to arrange this. You can also obtain your visa at the Cambodian border or Siem Reap Airport for approx. \$30 USD very easily. Please have \*at least\* 2 passport photos with you as well.

### **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.

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

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

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

During this tour the local currencies you will use are the Thai Baht, US Dollar, Cambodian Riel and Laos Kip. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: [www.xe.com](http://www.xe.com) for each of the above mentioned currencies. The best way to carry your money is in debit cards, withdrawing cash in local currencies from ATM machines. ATMs are found throughout South East Asia and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible in case of loss or problems with one card, you will have a back up. Please note, your bank will charge a fee for overseas withdrawals. USD Cash is recommended for times when ATMs are not accessible. You should bring some cash with you for emergency situations (please refer to our trip dossier) but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix. Travellers cheques can be tricky, timely and expensive to exchange. While we do not recommend that you bring them as your primary source of funds, it is great to have one or two cheques in case of emergency. Thomas Cook or American Express travellers' cheques in US currency are the easiest to exchange. Cash advances can also be made with some banks but are time consuming and tend to have high fees attached. Credit cards can be used at some upmarket restaurants, and at some larger stores if shopping for big items. If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

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

Please also make sure you have access to at least an additional USD \$250 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## **Do I need to pay a departure tax?**

Departure Tax is included in all International and Domestic tickets.

## Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

# What activities are optional on this trip?

## Siem Reap

- Angkor Museum Visit (12USD per person)
- Tonle Sap Floating Village (25-30USD per person)

## Phnom Penh

- Phnom Penh Cyclo Tour
- Silver Pagoda Visit (10USD per person)
- Russian Market Visit
- Royal Palace Visit
- National Museum (10USD per person)
- Wat Phnom Visit (1USD per person)

## Kratie

- Kratie Boat Trip
- Cycling

## Luang Prabang

- Phousi Temple Visit (20000LAK per person)
- Night Market Visit
- Alms-giving in Luang Prabang
- Cooking Class
- Massage

## Vang Vieng

- Caving

## Vientiane

- Wat Sisaket Visit (1USD per person)
- Morning Market Visit
- Wat Pha That Luang Visit (1USD per person)

## **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 CEO's are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

# 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.

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.

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

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

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

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

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

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

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

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## 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.