



## **Cambodia & The Thai Islands – East Coast**

16 days, Ho Chi Minh City to Bangkok

Trip code AVTE

### **What's included**

- Your G for Good Moment: Local Khmer Meal, Siem Reap
- Your Welcome Moment: Meet Your CEO and Group

- Your Discover Moment: Ho Chi Minh City
- Your Discover Moment: Bangkok
- Phnom Penh Cyclo Tour
- Phnom Penh Guided Tour
- Choeung Ek (Killing Fields) Guided Tour
- Tuol Sleng Museum (S-21 Prison) Guided Tour
- Angkor Wat Guided Tour
- Snorkelling excursion (Koh Tao)
- Ang Thong Marine Park Island Hopping Tour
- Free time on spectacular beaches
- Internal flight
- All transport between destinations and to/from included activities

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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.

**VALIDITY:** Valid for all trips departing August 1st, 2025 and onwards

# Itinerary



## Itinerary Notes

Due to the closure of the land border between Thailand and Cambodia, travellers will now fly directly from Siem Reap to Bangkok, rather than traveling by land as originally scheduled.

**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.

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### Accommodation

Amory Hotel (or similar)

Hotel

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### 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

## Ho Chi Minh City

Spend today free in Ho Chi Minh City. Opt to take a boat cruise through the villages, islands, and markets of the Mekong Delta, and visit traditional candy factories. Or if you prefer, head to the famed Cu Chi Tunnels for an underground tour.



### Meals included

Breakfast



### Accommodation

Amory Hotel (or similar)

Hotel



### Today's Activities

Free Time

Ho Chi Minh City

Enjoy a free day to explore Ho Chi Minh City.



### Optional Activities - Day 2

Cu Chi Tunnels Countryside Cycling Tour

Củ Chi

Meet your guide at the hotel and drive 90 minutes to the north of Ho Chi Minh City. After hopping on the bike, you'll ride beneath rows of rubber trees and past countless forest vistas that offer incredible photo opportunities. Along the way, you'll also have the opportunity to visit a rice paper making station, farmers working in the fields and taking care of their livestock and local villages. Bike until you reach the famous Cu Chi tunnel, 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. Afterwards, drive back to Ho Chi Minh City.

Full Day Mekong River Delta Tour

Mekong Delta

Trade the city bustle of Ho Chi Minh City for the slower rural life on the Mekong Delta. Begin by exploring the peaceful Vinh Trang Pagoda, then cruise the legendary Mekong River, visiting Unicorn

Island to enjoy fresh fruits and traditional music. Sample local chocolates and fresh honey tea from a bee farm. Experience local life with a peaceful rowboat ride through narrow canals, a tuktuk adventure, and a stop at a coconut candy workshop. Indulge in an optional riverside lunch before we return to Ho Chi Minh City.

Day 3

## Ho Chi Minh City/Phnom Penh

Travel day with border crossing from Vietnam to Cambodia. Enjoy a cyclo tour through the city.

Drive to the border and cross into Cambodia. Continue on to the capital, Phnom Penh, and enjoy a cyclo ride through the city for a street-level perspective.



### Meals included

Breakfast



### Accommodation

Pacific Hotel (or similar)

Hotel



### Today's Activities

Local Bus

Ho Chi Minh City - Bavët

2h

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

Border Crossing (Vietnam - Cambodia)

Môc Bái - Bavët

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

Bavët - Phnom Penh

3h

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

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 4

## Phnom Penh

Guided tour of Tuol Sleng Museum (S-21 Prison) and Choeung Ek (Killing Fields). Opt to visit the Royal Palace, the National Museum or the Central Market.

Meet a local guide to learn more about the dark side of Cambodian history. Visit to Choeung Ek, the site of the infamous Killing Fields. After, visit Tuol Sleng Museum (S-21 Prison), the notorious Khmer Rouge prison where thousands of Cambodians perished.

Enjoy a free afternoon to sightsee. Opt to explore the city's many sights: the Royal Palace, the Silver Pagoda, and the National Museum. With time, choose to visit the Russian Market, Wat Phnom or sip a drink at a riverside café.



### Meals included

Breakfast



### Accommodation

Pacific Hotel (or similar)

Hotel



### Today's Activities

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.

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.

Free Time

Phnom Penh

Use free time to customize your experience and see the sights that interest you most.



## Optional Activities - Day 4

Russian Market

Phnom Penh

Visit the Russian Market for a selection of souvenir stalls along with jewellers and fabric sellers.

Royal Palace & Silver Pagoda Visit

Phnom Penh

10USD

Visit the Royal Palace, a complex of buildings where the kings of Cambodia have resided since the 1860s (except for during the reign of the Khmer Rouge). Be sure to tour the Silver Pagoda compound (aka the Temple of the Emerald Buddha) and the central compound. See the many magnificent treasures inside this beautiful vihara (Buddhist monastery), including its floor lined with more 5,000 tiles of silver.

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 5

## Phnom Penh/Siem Reap

Drive from Phnom Penh to Siem Reap, the home base for exploring incredible Angkor Wat.

Opt to pre-book the "Phare Circus" activity on the checkout page ahead of time, to include this optional on your tour.



### Meals included

Breakfast



### Accommodation

Grand Bayon Siem Reap Hotel (or similar)

Hotel



### Today's Activities

Shared Van

Phnom Penh - Siem Reap

6h

320km

Drive through the beautiful Cambodian countryside.



### Optional Activities - Day 5

Phare Circus

Siem Reap

Enjoy a stellar performance by Phare, a unique and socially conscious circus that injects Cambodian culture and history into its inspiring shows. See acrobatics, contortion, and aerial arts melded with theatre, modern dance, and more. Take in stories of war, relationships, and discrimination, inspired by the real-life experiences of Phare's creators and performers.

Day 6

## Siem Reap

Watch the sun rise over the massive Angkor temple complex with a guided tour. Opt to visit the Tonlé Sap floating village and the Angkor National Museum. Enjoy a traditional meal of Khmer food at a G Adventures for Good-supported project.

Spend two days exploring Angkor, the former capital of the Khmer kingdom and one of the wonders of the archaeological world. See some of the highlights of this ancient capital, like sunrise at the magnificent temple of Angkor Wat, the enigmatic Bayon within the walled city of Angkor Thom, and Ta Prohm, also known as the 'Tomb Raider' temple.

Enjoy a traditional meal to learn about Khmer food and meet some friendly locals. Alternating locations of our included local meal means we can support multiple small businesses and projects in the area. Each experience is truly unique and memorable.



### Meals included

Breakfast | Dinner



### Accommodation

Grand Bayon Siem Reap Hotel (or similar)

Hotel



### Today's Activities

Angkor Wat Guided Tour

Angkor Wat

Follow a local expert through the massive grounds of Angkor Wat for 2 days. You'll have the opportunity to go in and out of the complex, resting at the hottest part of the day.

Free Time

Siem Reap

Enjoy free time in Siem Reap.

#### ACTIVITY

Depending on the day of the week your tour visits Siem Reap, you will either enjoy a traditional meal at the G Adventures-supported New Hope project or in a local home in a nearby village. With so many travellers coming through this area, alternating experiences helps to allow multiple small businesses to flourish. Both experiences are truly unique and memorable.

The New Hope Vocational Training Restaurant, an initiative kickstarted by G Adventures, provides skill-building opportunities to marginalized community members. The project also funds the adjacent free community school and health centre. Meals at Phila's house support the education of underprivileged children in the area. Visit either project – both run by locals – and see how they have supported positive change in the community.

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## Optional Activities - Day 6

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 7

## Siem Reap

Spend another day exploring the temples of Angkor. In the afternoon, opt to going further afield in Siem Reap.

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### Meals included

Breakfast

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### Accommodation

Grand Bayon Siem Reap Hotel (or similar)

Hotel

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### Today's Activities

Angkor Wat Guided Tour

Angkor Wat

Enjoy another day touring the impressive ancient ruins with a local guide.

Free Time

Siem Reap

Get out and explore.

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### Optional Activities - Day 7

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 8

## Siem Reap/Bangkok

Fly from Cambodia to Thailand. Enjoy the rest of the day to explore bustling Bangkok as you wish.

During the winter months, flights arrive in Bangkok in the late afternoon. If you wish to spend more free time in the city, we suggest adding a post-night to your trip.



### Meals included

Breakfast



### Accommodation

Hotel Royal Bangkok @ Chinatown (or similar)

Hotel

The hotel is in a city centre neighbourhood and benefits from a rooftop pool with great views over the city. Facilities also include a restaurant, bar, sun terrace and fitness centre.



### Today's Activities

Plane

Siem Reap - Bangkok

1h30m

380km

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

Free Time

Bangkok

Spend the rest of the day at leisure in Bangkok.

Day 9

## Bangkok

Spend a full free day enjoying as much of Bangkok as you can on your own.

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### Meals included

Breakfast

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### Accommodation

Hotel Royal Bangkok @ Chinatown (or similar)

Hotel

The hotel is in a city centre neighbourhood and benefits from a rooftop pool with great views over the city. Facilities also include a restaurant, bar, sun terrace and fitness centre.

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### Optional Activities - Day 9

Bangkok Cycling Tour

Bangkok

35USD

Hop on a bike and explore the quieter side of busy Bangkok. Cycle through the city and see hidden temples and lush parks. Amazing street food vendors abound so be sure to stop for a bite and refuel.

Thai Foodie Tour and Cooking Class

Bangkok

Experience the flavours and scents of traditional Thai cuisine with a cooking class. Select fresh ingredients from the local market and then get hands-on back in the kitchen. Learn how to make delectable dishes and enjoy your creations for lunch.

Day 10

## Bangkok/Koh Tao

Catch a morning flight to Chumphon, then transfer by minivan to Chumphon Pier. Spend leisure time at the beach there and opt to have lunch on your own at a restaurant near the port. Then, board a ferry to the tropical island of Koh Tao. Upon arrival enjoy free time to relax on the beach or become acquainted with the bustling little town.



### Meals included

Breakfast



### Accommodation

Wind Beach Resort (or similar)

Hotel



### Today's Activities

Plane

Bangkok - Chumphon

1h-1h15m

Catch a short morning flight from DMK Airport in Bangkok to Chumphon Airport.

Ferry

Chumphon - Koh Tao

1h45m

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

Free Time

Koh Tao

Get to know the island with some free time and opt to eat dinner at one of the restaurants on your own.

Day 11

## Koh Tao

Enjoy a full-day snorkelling excursion from Koh Tao with stops at Koh Nang Yuan, Mango Bay, Hin Wong Bay, Ao Leuk, and Shark Bay. Have an included lunch on board and use free time to explore the island beaches. Return to the hotel in the evening to spend a free night in Koh Tao. Known as 'turtle island' in English, Koh Tao's beach bars and hotels come alive at night with many chances awaiting for you to share your tales of the days activities over a cold beer or two.

A mask, snorkel and life jacket are included during the snorkel trip. If you wish to use fins, they are available to rent on the boat.



### Meals included

Breakfast | Lunch



### Accommodation

Wind Beach Resort (or similar)

Hotel



### Today's Activities

Full-Day Snorkelling Excursion Koh Tao & Koh Nang Yuan

Koh Tao

7h30m-8h

Spend a full-day out on the water. The group will be picked up from the hotel in the morning after breakfast and transferred to Mae Haad Pier where everyone will board the boat. The first stop will be Koh Nang Yuan. Here, you will have time to relax on the beach, climb up the mountain to savour the view, or swim a short distance to snorkel the Japanese Garden. Second stop is to Mango Bay where a buffet-style lunch will be served on board. Afterwards, snorkel in Hin Wong Bay, Ao Leuk, and Shark Bay before returning to Mae Head Pier.

Day 12

## Koh Tao/Koh Pha Ngan

After breakfast take a ferry to nearby Koh PhaNgan and spend a free afternoon on the island. Opt to explore the nearby waterfalls, swim in lagoons, take a short hike, or relax by the water. Dinner this evening is included at a local restaurant.



### Meals included

Breakfast | Dinner



### Accommodation

Salad Beach Resort (or similar)

Hotel



### Today's Activities

Ferry

Koh Tao - Koh Pha Ngan

1h

Enjoy a ferry ride from Mae Head Pier to Koh PhaNgan. Then transfer to the hotel which is about 20-30 minutes from the pier.

Free Time

Koh Pha Ngan

Don't waste a minute– start exploring on arrival.



### Optional Activities - Day 12

Koh Pha-Ngan Waterfalls Exploration

Koh Pha Ngan

Hike to some local waterfalls and marvel at their beauty.

Swimming

Koh Pha Ngan

Jump in and enjoy the turquoise waters around Koh Pha Ngan.

Yoga and Meditation Courses

Koh Pha Ngan

Get your inner Om on and take part in some of the more relaxing activities offered on the island.

Hiking

Koh Pha Ngan

Head out on some trails to explore the island at your own pace.

Day 13

## Koh Pha Ngan

Enjoy a full free day to make the most of your remaining time on Koh Pha-Ngan.

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### Meals included

Breakfast

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### Accommodation

Salad Beach Resort (or similar)

Hotel

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### Today's Activities

Free Time

Koh Pha Ngan

Get out and explore– the whole day is yours.

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### Optional Activities - Day 13

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Get your inner Om on and take part in some of the more relaxing activities offered on the island.

Hiking

Koh Pha Ngan

Head out on some trails to explore the island at your own pace.

Swimming

Koh Pha Ngan

Jump in and enjoy the turquoise waters around Koh Pha Ngan.

Day 14

## Koh Pha Ngan/Koh Samui

Enjoy breakfast before departing Koh Pha Ngan. Board a ferry and transfer to Koh Samui and spend the remainder of the day on your own exploring this tropical paradise.

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### Meals included

Breakfast

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### Accommodation

Fair House Beach Resort (or similar)

Hotel

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### Today's Activities

Free Time

Koh Samui

Kick back and relax on the biggest of the eastern islands.

Ferry

Koh Pha Ngan - Koh Samui

30m-45m

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

Day 15

## Koh Samui

Today you will be exploring Ang Thong National Park on a full-day boating excursion with lunch and snorkelling by the beach included. Swim in the park's clear waters, photograph the lush island's rising out of the sea, and learn about the area's biodiversity. Afterwards, transfer back to the hotel and spend an evening at leisure.

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### Meals included

Breakfast | Lunch

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### Accommodation

Fair House Beach Resort (or similar)

Hotel

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### Today's Activities

Free Time

Koh Samui

Spend the evening on your own, opt to grab a bite to eat at a local restaurant.

Ang Thong Marine Park Island Hopping Tour

Ko Samui

Ang Thong National Marine Park is a protected nature area consisting of over 40 islands. All of the islands are uninhabited and undeveloped except for one. This full-day leisure excursion through the astonishing archipelago offers plenty of time to immerse yourself in the landscape.

After breakfast at the hotel the group will transfer to the Koh Samui Airport and board a flight to Bangkok. The tour ends upon arrival to the Suvarnabhumi Airport.

Please book any onward international travel no earlier than 15:00.



## Meals included

Breakfast



## Today's Activities

Plane

Koh Samui – Bangkok

1h30m

Board a flight back to Bangkok from Koh Samui.

Departure Day

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

## What's included

- Your G for Good Moment: Local Khmer Meal, Siem Reap
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Ho Chi Minh City
- Your Discover Moment: Bangkok
- Phnom Penh Cyclo Tour
- Phnom Penh Guided Tour
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- Snorkelling excursion (Koh Tao)

- Ang Thong Marine Park Island Hopping Tour
- Free time on spectacular beaches
- Internal flight
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Tour Phnom Penh on a traditional cyclo, Enjoy free time to explore bustling Bangkok, Swim in Koh Pha Ngan's picturesque lagoons, Relax on the sandy beaches of Koh Samui

## Itinerary Notes

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

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**VERY IMPORTANT:** Please ensure that you view a final copy of your Trip Details 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.

## **Are there Itinerary notes?**

Due to the closure of the land border between Thailand and Cambodia, travellers will now will now fly directly from Siem Reap to Bangkok, rather than traveling by land as originally scheduled.

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

### **1. COMBO TRIP**

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

### **2. HOTELS**

In some major cities in Vietnam and Thailand, many hotel rooms do not have windows.

### **3. 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.

### **4. ACCOMMODATION NOTE:**

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

### **5. ANG THONG NATIONAL PARK ANNUAL CLOSURES**

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

## **What is the group leader like?**

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to 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 16, avg 12.

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

15 breakfasts, 2 lunches, 2 dinners

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

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

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

Local bus, walking, cyclo, private vehicle, ferry, plane.

## **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 solo 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 solo travellers on these itineraries must pay the single trip price.

## Where will we stay during the trip?

Hotels (15 nts).

## Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## What are the joining instructions?

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

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

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. Please note 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 on this day.

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

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

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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

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

### AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Vietnam)

Ms. Thuan

Emergency number: +84 88 844 9969

G Adventures Office Bangkok, Thailand

After hours emergency number

From outside Thailand +66 (0) 92 338 9222

From within Thailand (0) 92 338 9222

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

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

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack 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.)

**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.

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

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

\*\*\*\*\*

Vietnam:

If you require a visa for Vietnam, they need to be arranged ahead of time (BEFORE your trip) as the processing time varies (minimum 2 weeks) and they are not available upon arrival.

Vietnamese E-Visa can be applied for [here](#)

Entry to Vietnam with an eVisa is supported at 13 airports, 16 land borders, and 13 seaports - details can be found [here](#)

\*\*\*\*\*

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. Please have \*at least\* 2 passport photos with you as well.

If you are arriving into Cambodia by air/plane, please complete the Cambodia e-Arrival form online before arrival.

Complete within 7 days of arrival, even if your visa has already been granted.

For more information and to complete the e-Arrival form, we kindly request the you visit the [Cambodia e-Arrival](#) page.

\*\* please note, the Cambodia E-system may not be available at land borders. If your arrival point is by land, you will be required to fill in a paper form on arrival. \*\*

Information is accurate as of June 1st, 2026.

## Where can I read detailed notes about this trip?

Border crossings during the AVCW:

Bavet, Cambodia - Vietnam to Cambodia

Aranya Prathet, Thailand - Cambodia to Thailand

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

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

Please also make sure you have access to at least an additional USD \$200 (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!

## 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?

## Củ Chi

- Cu Chi Tunnels Countryside Cycling Tour

## Mekong Delta

- Full Day Mekong River Delta Tour

## Phnom Penh

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

## Siem Reap

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

## Bangkok

- Bangkok Cycling Tour (35USD per person)
- Thai Foodie Tour and Cooking Class

## Koh Pha Ngan

- Koh Pha-Ngan Waterfalls Exploration
- Swimming
- Hiking
- Yoga and Meditation Courses

## 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

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

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## Is travel insurance required for my trip?

Travel insurance 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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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?

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.