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Sorry! There are no remaining departures for "Cycle Indochina: Ho Chi Minh City to Siem Reap" (AVHS), [but here are some similar trips](#).



## **Cycle Indochina: Ho Chi Minh City to Siem Reap**

10 days, Ho Chi Minh City to Siem Reap

Trip code AVHS

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Bicycle hire and helmet
- Cu Chi cycling
- Cu Chi Tunnels entrance and tour
- Floating market visit (Mekong Delta)
- Oudong Trail Cycling (Phnom Penh)
- Tonle Sap cycling
- Angkor Wat cycling
- Angkor Wat complex entrance and guide
- 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 April 18th, 2017 - April 9th, 2019

# Itinerary



## Itinerary Notes

More information about the equipment that we use for this trip, and any specifics about the route or itinerary can be found in the 'Important Notes' section of the trip details.

**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.

Welcome to bustling Ho Chi Minh City, one of Vietnam's most thriving cities.

There are no activities planned, but there will be a scheduled group meeting in the evening around 6pm. After the meeting, opt to head out for an optional dinner to get to know the CEO and fellow group members.

Until the meeting, enjoy free time to relax and explore the city. Why not take the chance to visit Thien Hau and Giac Vien pagodas, Ben Than Market, Reunification Palace or the War Remnants Museum?

Please check at the reception desk or look for a G Adventures notice board with details of the actual meeting time. At this meeting the CEO will ask to see your travel insurance, double check your Vietnam visa, and complete some other paper work. Please note that most nationalities require a visa to enter Vietnam. Please double check this with your travel agent or local Vietnamese Embassy.



### 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/Bến Tre

Cycle out to Cu Chi and visit the Cu Chi Tunnels, a relic from the Vietnam War.

In the morning, visit the Cu Chi Tunnels and learn about the Vietnam-American War. The Cu Chi Tunnels are a complex network of tunnels that Viet Cong forces lived in to protect themselves from the opposing forces. They stored ammunition, had underground hospitals and served as a hidden base to attack the allied forces. If you are not claustrophobic, you may want to crawl through some of the tunnel network to get a feel for what it must have been like during the war.

Approximate cycling distance: 25km (15 mi)

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Ho Chi Minh City - Củ Chi

1h-1h30m

Load up the support vehicle with bikes in the morning and head out towards Cu Chi.

Củ Chi Cycling

Củ Chi

1h-2h

25km

Start off on the back roads. Ride through rubber plantations and sleepy villages where residents tend rice fields. See where rice paper is made. Finish the ride at the Cu Chi Tunnels, extensive underground bases and an example of one of the greatest advantages the Viet Cong held over the Americans in the war.

Cu Chi Tunnels Guided Tour

Củ Chi

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

Private Vehicle

Củ Chi - Mekong Delta

1h-2h

Drive from Cu Chi into the Mekong Delta.

Ferry

Mekong Delta - Bến Tre

Take the ferry across the Mekong to Ben Tre.

Day 3

## Bến Tre/Trà Ôn

Enjoy a morning boat trip before cycling from Bến Tre to Trà Ôn.

Start the day by exploring the breakfast options at both the hotel and the local market. Then take a boat ride to explore the surrounding area. There are a number of islands situated in the river which are sometimes not connected to the mainland other than by a small ferry. It's then time for some cycling.

Take an easy, flat ride through the shady canal paths and back roads, stopping along the way to try the fresh fruit and to have a tasty lunch. In the late afternoon, arrive at the home of our hosts. Enjoy some time to relax and, perhaps, help a little with dinner.



### Meals included

Breakfast | Dinner



### Today's Activities

Boat

Bến Tre

1h-2h

Climb aboard and get your float on.

Cycling Bến Tre to Trà Ôn

Bến Tre - Trà Ôn

4h-5h

60km

Take an easy, flat ride through shady canal paths and back roads, stopping along the way to try fresh fruit and to have a tasty lunch. Arrive at the home of our hosts in the late afternoon. Take some time to relax and, perhaps, help a bit with dinner.

Spend a day in the Mekong Delta, visiting the floating markets and witnessing the hustle and bustle on the boats. Cycle through the Mekong canals between the islands of the Delta.

Upon waking, you will be wishing your time in the Delta won't end, but there is still time to see the floating markets for which this area has become quite well known. As most people will head to the chaotic main market near Can Tho, the hosts will take us to a real, local floating market where vegetables are tossed from craft to craft and a little coffee vendor boat bounces in and out of the gaps, serving strong iced coffee to both vendors and customers.

After taking some time to experience this explosion of colour and activity, return to the mainland. Take to the bikes again to explore some more of those lovely canal paths where the only traffic is an occasional motor scooter or pedestrian. End up with an hour transfer to the hotel in Chau Doc city.



## Meals included

Breakfast



## Today's Activities

Floating Market Visit

Mekong Delta

Visit a local floating market where vegetables are tossed from craft to craft and a little coffee vendor boat bounces in and out of the gaps, serving strong iced coffee to both vendors and customers.

Cycling Trà Ôn to Chau Doc

Trà Ôn

4h-5h

70km

Return to the mainland, then take to the bikes again to explore some more of those lovely canal paths where the only traffic is an occasional motor scooter or pedestrian.

Private Vehicle

Long Xuyên - Châu Đốc

1h

60km

Drive from Long Xuyen to Chau Doc.

Day 5

## Châu Đốc/Phnom Penh

Cross the border into Cambodia and head for Phnom Penh. Explore the city at leisure.

Our Cambodian driver welcomes the group on the Cambodian side and takes us to Phnom Penh. Visit the Choeung Ek Genocidal Centre on the way back to Phnom Penh. Learn about one of the darkest points in the history of Cambodia during the Khmer Rough Regime. Arrive in Phnom Penh early in the afternoon.

Phnom Penh has had a turbulent history. When the French colonialists arrived, it was little more than a collection of wooden shacks by the river, but they soon changed that and in doing so created what was once considered a very beautiful city. When the Khmer Rouge evacuated the city in 1975, they started it on its way to decay and decline, a theme that had carried through until only fairly recently when the country's economic development accelerated rapidly.



### Meals included

Breakfast



### Today's Activities

Border Crossing (Vietnam - Cambodia)

Hà Tiên - Phumí Prék Chak

Cross over the border from Vietnam into Cambodia.

Private Vehicle

Châu Đốc - Phnom Penh

2h-2h30m

140km

Drive from Chau Doc across the border into Cambodia and on to Phnom Penh.

Day 6

## Phnom Penh

Cycle the Oudong Trail, starting along railway tracks before passing through the countryside to Oudong Mountain.

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### Meals included

Breakfast

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### Today's Activities

Oudong Trail Cycling

Phnom Penh - Oudong

4h-5h

60km

Start along the railway tracks out of the city. If lucky, see a great Cambodian invention, the Bamboo Train; this serves as a local railway in the absence of the real thing. Leave the railway to see some of the villages populated by people relocated from major project areas in the city. Continue cycling to arrive at some of the most beautiful countryside, which rotates through a cycle of colours depending on the season – bright green rice paddies or yellow fields ready for harvest.

See small villages with groups of curious, waving children punctuating the path. Arrive at Oudong Mountain around lunch time. Visit a towering temple, which is perched on a mountain that was the capital of Cambodia for about 200 years until the capital was moved to what is now Phnom Penh. After the temple visit, enjoy the stunning view of the area from Oudong Mountain. Enjoy lunch nearby.

Private Vehicle

Oudong - Phnom Penh

45m-1h

45km

Return to Phnom Penh from Oudong Mountain.

Day 7

## Phnom Penh/Siem Reap

Take to bikes again and explore the surrounding area, passing through charming village communities, fruit orchards, and a variety of temples. Transfer to Siem Reap.

Enjoy this highlight ride and gain a unique perspective of Phnom Penh and its surrounds.

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### Meals included

Breakfast

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### Today's Activities

Shared Van

Phnom Penh – Siem Reap

6h

320km

Drive through the beautiful Cambodian countryside.

Day 8

## Siem Reap

Explore the temple complex of Angkor Wat by bike.

As first light dawns and the roosters begin to crow, the day begins at the most important religious monument in the country, looking at the triple towers of Angkor Wat across a reflecting pool. After the sun rises as a giant orange ball behind the towers, the crowds will thin out as most people return to bed. Instead, make use of the cool temperatures and soft morning light to explore Angkor Wat. Monkeys and a handful of other travellers are the only others at the site. A delicious breakfast spread awaits just a short pedal away. After filling up, continue to explore the iconic Angkor temples and some hidden treasures of the Angkor area. Ride through some lovely back trails and even ride atop the wall of Angkor Thom, overlooking the moat on the way back to Siem Reap.



### Meals included

Breakfast



### 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.

Angkor Wat Cycling

Siem Reap

5h-6h

30km

Begin the day early at the most important religious monument in the country, looking at the triple towers of Angkor Wat across a reflecting pool. After the sun rises behind the towers, the crowds will thin out as most people return to bed. Make use of the cool temperatures and soft morning light to explore Angkor Wat. Monkeys and a handful of other travellers are the only others at the site. Enjoy a delicious breakfast spread after, just a short pedal away. After filling up, continue to explore the iconic Angkor temples and some hidden treasures of the Angkor area. Ride through some lovely back trails and even ride atop the wall of Angkor Thom, overlooking the moat on the way back to Siem Reap.

Day 9

## Siem Reap

Bike to Tonle Sap Lake, visit the floating communities who make their home here and observe some of the birdlife before returning to Siem Reap.

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### Meals included

Breakfast

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### Today's Activities

Cycling in Tonlé Sap Lake

Siem Reap - Tonle Sap

3h-4h

40km

Ride on tracks and trails today to reach the Tonle Sap Lake – the largest lake in South East Asia. It's a huge expanse of water in the middle of Cambodia, connected to the Mekong River by the Tonle Sap, resulting in a natural phenomenon that must be seen to be believed. Ride next to the Baray along the way, a huge reservoir used by the Khmer kings for irrigation of the surrounding area. Arrive at the edge of the Tonle Sap, and take a boat to explore the floating communities that call this area home. These are a less visited collection of villages due to their relative remoteness. Extend the boat ride (if there's time) to see the birdlife of this area before returning to town by a different route.

Day 10

## Siem Reap

Depart at any time.

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### Meals included

Breakfast

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### Today's Activities

Departure Day

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

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Bicycle hire and helmet
- Cu Chi cycling
- Cu Chi Tunnels entrance and tour
- Floating market visit (Mekong Delta)
- Oudong Trail Cycling (Phnom Penh)
- Tonle Sap cycling
- Angkor Wat cycling
- Angkor Wat complex entrance and guide
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Cycle around the ruins of the Khmer Empire at Angkor Wat, keep an eye out for rare birds around Tonle Sap Lake, bike along the Mekong River to a village homestay.

## Itinerary Notes

More information about the equipment that we use for this trip, and any specifics about the route or itinerary can be found in the 'Important Notes' section of the trip details.

## What are the main highlights of this trip?

Cycle around the ruins of the Khmer Empire at Angkor Wat, keep an eye out for rare birds around Tonle Sap Lake, bike along the Mekong River to a village homestay.

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

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## **Is there an itinerary Disclaimer?**

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

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

## **Are there Itinerary notes?**

More information about the equipment that we use for this trip, and any specifics about the route or itinerary can be found in the 'Important Notes' section of the trip details.

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

Cycling Grading – Moderate

- Some degree of experience required
- Mixture of road cycling and off road
- Occasional long days in the saddle or multiple ascents and descents
- Good fitness and skill level recommended
- Cycle usually between 35-70 km per day.

Equipment provided:

- Bike - Mountain bikes. Brand may vary, usually Giant, Trek and Merida
- Gears - 24 speed
- Brakes - V-Brake
- Frame sizes available (on request) - 13" to 22"

When making your booking, please inform our staff of your height - this will help us get the right size bike for you.

- Suspension - yes
- Panniers/bike bag type - not available.
- Water bottle holder - yes
- Water bottle - yes
- Adjustable Handlebars - no
- Option to fit own pedals: yes
- Female saddles available: no
- Gel saddles available: no
- Option to fit own saddle: yes
- Repair kit available: yes - guide carries repair kit for the whole group
- Helmet hire available: yes. We believe that helmets should be worn at all times, to ensure maximum protection while you are cycling. However, we are aware that some passengers may prefer to cycle without a helmet. If you choose to do so, this is entirely at your own risk.

If you would prefer to bring your own bike with you for this trip, or have some specific equipment that you would prefer to use then please advise us when you book. We recommend that you bring a hybrid or all terrain bike for this trip, with a minimum of 21 gears and suitable for riding along roads and on bike tracks. For this trip it would be best to have semi-slick tyres good for road and light off road use.

If you choose to bring your own bike, please be aware that you are responsible for the maintenance and support of the bike. It may be possible to hire some extra equipment as necessary for your cycle.

The region gets very hot in April and May and can experience monsoonal rains April to October but this will not affect the itinerary.

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## PROOF OF EXITING VIETNAM

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

In respect to this requirement, we encourage our travellers to print out a copy of their tour vouchers, along with a PDF

copy of their Tour Details from the webpage. These references, along with entry and exit details on travellers Vietnam visa should be sufficient information.

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

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to 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 10

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

9 breakfasts, 1 dinner

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

Bicycle, local bus, private vehicle, walking.

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

If required all local flights are included in the cost of your tours 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 (8 nts), basic family homestay (1 nt).

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

Night 3 (homestay)

## **What is the joining hotel?**

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

## **What are the joining instructions?**

When arriving at Tan Son Nhat Intl Airport in Saigon you can get a metered taxi from just outside of the arrival hall. The taxis are lined up outside in an orderly queue and the fare is roughly 100,000 Dong (approx 7 USD) to get to your starting point hotel. **DO NOT GO WITH TAXI TOUTS AS THEY WILL TRY TO RIP YOU OFF.** The airport is only 7km from the downtown District 1 so taking taxis is easy and cheap if the meter is on. If you have paid for an arrival transfer when you booked your trip our driver will be waiting for you with a G Adventures sign with your name on it. Please check carefully once you exit the baggage hall as it can be busy outside the arrival area.

Unfortunately there have been cases in Vietnam of people misrepresenting themselves as G Adventures representatives at both Ha Noi and Ho Chi Minh airports. If you have a pre-booked transfer, please look for the G Adventures representative, who will be holding a G Adventures sign at the arrival halls. Please check carefully once you exit the baggage hall as there seem to be hundreds of people waiting outside in the arrival area. Please check that your driver knows your name, the hotel you are going to, and your booking number. If in doubt ask them to ring their manager to confirm your transfer.

If you are unable to locate our G Adventures representative, please wait up to 30 minutes, call our local staff on our emergency number, or take a taxi to the joining point hotel.

## **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. Alternatively you can use the emergency contact numbers provided in these notes.

## 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.

### EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Vietnam)

Ms.Nhung

Emergency number: +84 91 204 0262

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time)

From outside Thailand: +66 2 508 8630

From within Thailand: 02 508 8630

After hours emergency number

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What should I take on my trip?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

# What should be on my packing list?

## Conservative Dress:

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

## Cycling:

- Bicycle pedals (optional)
- Bicycle saddle cover (optional)
- Bicycle saddle (optional)
- Biking gloves
- Cycling clothing (cycling shorts and cycling jersey)
- Cycling shoes
- Handlebar bag (optional) (For easy access to small personal items.)
- Personal cycling gear

## Documents:

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

**Essentials:**

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

**Warm Weather:**

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

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

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

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

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

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

**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.

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

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

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

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

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

During this tour the local currencies you will use are the Vietnamese Dong, US Dollar, and Cambodian Riel. 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?

Usually included in international air ticket, check with your air travel agent.

## 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?

- No optional activities

## **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 quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. 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. For travellers over 70 years a completed Medical Form is required. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

**Protests and Demonstrations-** Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

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

## **What are the trip specific safety considerations?**

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

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

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

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

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

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

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

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

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

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

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.com/evaluations>

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

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

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

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

Minimum age of 18 years for this trip.

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

## Itinerary Disclaimer

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

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