G Adventures

Last Updated: October 25, 2026



Highlights of Sumatra

7 days, Medan to Medan

Trip code AEMK

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Padang Lunch, Medan

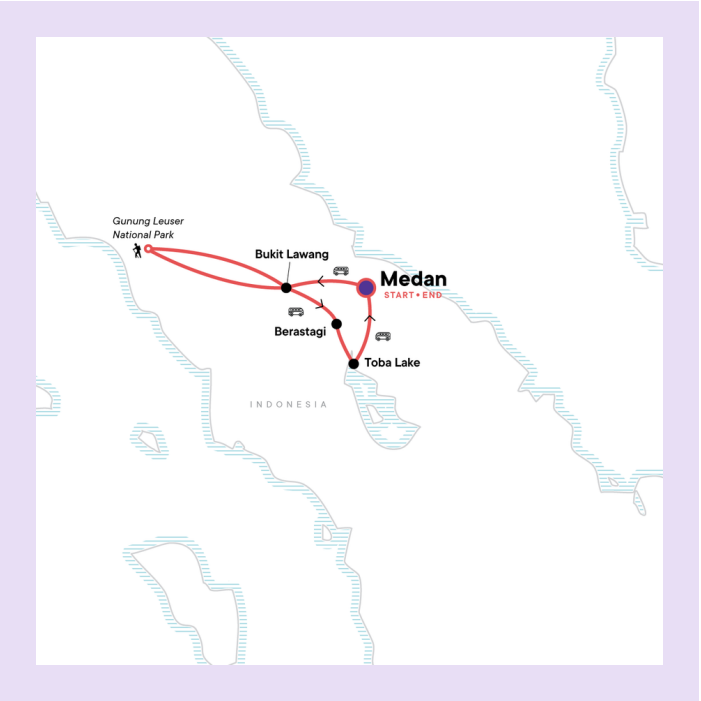
- Your Wellness Moment: Sibayak Hot Spring, Berastagi
- Visit to Grand mosque of Medan
- Visit Vihara Gunung Timur
- Trekking and wildlife spotting in Gunung Leuser National Park
- Batak Cooking Class
- Guided Batak Village exploration
- View Sipiso Piso waterfall
- Samosir Island Exploration
- Transportation 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 January 23rd, 2025 and onwards

Itinerary



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

Day 1 Medan

Welcome to Sumatra! Arrive at anytime.

Accommodation

Swiss Belhotel Medan (or similar) Hotel

Today's Activities

ACTIVITY

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

Day 2

Medan/Bukit Lawang

No better way to start your Sumatra adventure then a day tour of the biggest city on the island, Medan. Visit the important landmarks, starting at the biggest mosque on the entire island, Al-Mashun Great Mosque. From there, walk to the grand 30-room Maimun Palace. Drive to Vihara Gunung Timur Temple and admire the classic Chinese architecture. Then continue walking through Pajak Ikan Lama historic market before heading to lunch. Together we'll eat like the locals at a Padang restaurant. After lunch and a day of exploring, drive to Bukit Lawang and check into your hotel.

Meals included

Breakfast | Lunch

Accommodation

Ecolodge Bukit Lawang Cottages (or similar) Lodge

Today's Activities

The Great Mosque of Medan and Maimun Palace Visit Medan

Visit the Grand mosque of Medan, Al-Mashun. Built in the early 1900's, this beautiful mosque is a mix of Middle Eastern, Spanish and Indian architecture. It was part of the Maimun Palace complex, so after visiting the mosque, walk to the palace and explore the property built by to the sultan of Deli in the year 1888 with Malay, Mogul and Italian influences.

Vihara Gunung Timur Medan

Visit the beautiful Vihara Gunung Timur. This Chinese temple is the largest in the city of Medan and on the island of Sumatra. This temple was built in the 1962 and dedicated to Dongyue Dadi. Enjoy your visit and admire the classic Chinese architecture.

Tjong Afie Mansion Medan

Visit the "historical jewel in Medan," a 35-room, 2-story mansion built in 1895. It is a registered historical landmark as well as a cultural heritage building and museum.

ACTIVITY

Fill up on an amazing lunch as the locals do in West Sumatra. We'll sit down together for a delicious Padang style meal, where our host will serve a large number of small platters of different dishes. The charm of Padang cuisine lies not only in its range of dishes but also in its serving style, called hidang. Diners are charged only for the platters that have been eaten from; untouched platters are taken away and served to other guests.

Private Vehicle | Medan – Bukit Lawang | 3h | 85km

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

Day 3 Bukit Lawang

Today, head off to trek through Gunung Leuser National Park. Sumatra is one of only two islands in the entire world where you can find orangutans in the wild. Enjoy a moderate hike through the largest national park in Indonesia in search of these and other amazing animals. After working up a sweat, cool off while tubing down the river back to the starting point. This evening, join a local cooking class to make traditional cuisine from the Batak Ethnic group.

Meals included

Breakfast | Dinner

Accommodation

Ecolodge Bukit Lawang Cottages (or similar) | Lodge

Today's Activities

Jungle Trekking & River Tubing in Gunung Leuser National Park | Bukit Lawang | 2h30m-3h | 3km

Wander through the jungle of this large national park home to endangered tigers, rhinoceroses, elephants, and orangutans. While your chances of spotting one of these elusive animals may be slim, there are plenty of primates and birds hanging around, especially orangutans. So keep your eyes

peeled! The trek is easy to moderate and suitable for all hiking levels. After the 2.5-3 hour hike, enjoy 45 minutes of river tubing.

Local Cooking Class Bukit Lawang

Take a becak to a local cooking class for dinner. Learn to make famous dishes from the Batak ethnic group in North Sumatra like flavorful fish stew or aromatic rendang chicken and acar campur, a local pickled vegetable salad.

Day 4 Bukit Lawang/Berastagi

Drive from Bukit Lawang to Berastagi and enjoy the scenic ride with stops at Gundaling Hill and a local fruit market. After checking into the hotel, drive to Sibayak Hot Spring for some much deserved time to relax in the volcanic hot spring.

Meals included

Breakfast

Accommodation

Sinabung Hill Hotel (or similar) Hotel

Today's Activities

ACTIVITY

Relax in the hot springs of Mount Sibayak volcano and admire the stunning surroundings.

Private Vehicle Bukit Lawang – Berastagi 5h 135km

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

Day 5

Berastagi/Lake Toba

After breakfast, drive to Dokan Village to visit the Batak ethnic group. The Batak people are from North Sumatra, especially around Lake Toba and have been here for hundreds of year. Take a tour of the beautiful and unique village. Then continue to the breathtaking Sipiso Piso Waterfall on the way to Parapat Harbor. Load into the ferry and cross Toba Lake to arrive to the large volcanic island in the middle of the lake, Samosir Island, for the night. Settle into your hotel, then join your group for dinner together.

Meals included

Breakfast | Dinner

Accommodation

Toledo Inn (or similar) Hotel

Today's Activities

Private Vehicle Berastagi - Dokan 1h30m 35km

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

Traditional Batak Village Visit Dokan

Visit the traditional Karo Batak Village, Dokan Village. The Karo ethnic group of the Batak people are known for the exceptional conservation of their traditions and culture, more so than other Batak groups. Follow your CEO on a tour to see their unique stilted homes, learn about the Karo culture and have the opportunity to meet and talk with the locals.

Sipiso Piso Waterfall Merak

Admire this stunning plunge waterfall, formed from an underground river. Grab your camera to capture the incredibly green surroundings, rock faces and beautiful plummeting waterfall.

Private Vehicle Dokan - Parapat 1h 30km

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

Ferry Parapat – Samosir Island 1h

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

Day 6 Lake Toba/Medan

Explore the cultural side of Samosir Island with visits to two of the more prominent Batak villages, Tomok and Ambarita. Visit the Tombs of Tomok and learn about the legend of the king. Explore the breathtaking architecture and unique way of life during a tour and dance performance in Amberita Village. In the afternoon, we'll take a ferry back to Parapat Harbor and then drive back to Medan for the evening.

Meals included

Breakfast

Accommodation

Anara Sky Kualanamu (Medan Airport) (or similar) Hotel

Today's Activities

Tombs in Tomok Village Tomok Bolon

Take a trip back in time and visit the tomb of King Sidabutar in Tomok, a local Toba Batak Village. The Toba are the largest of the Batak ethnic group today. Learn more about their history, and the legend of the king. See the monument's ornate carvings, and visit others close by, including another royal tomb said to be used as a fertility shrine.

Ambarita Village Visit Lake Toba

Explore the amazing Ambarita Village, and wander through the traditional Batak tongkonan houses with roofs the shape of boats. You'll see beautifully carved wooden structures, unique stone furniture and have the chance to see their traditional Batak dance performance.

Ferry Samosir Island – Parapat 1h

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

Private Vehicle Parapat – Medan 4h 160km

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

Day 7 Medan

Depart at any time.

If ending your tour in Medan, book a domestic flight back to Jakarta or Bali and allow for 4 hours to transit to the international airport to catch your onward flight back to your final destination.

Meals included

Breakfast

Today's Activities

Departure Day

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

What's included

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- Your Foodie Moment: Padang Lunch, Medan

- Your Wellness Moment: Sibayak Hot Spring, Berastagi
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What are the main highlights of this trip?

Orangutan Trekking in Gunung Leuser National Park, Visit Lake Toba the world's largest volcanic lake, Explore Samosir Island, Enjoy a guided tour of local indigenous Batak Village, Adventure through Sumatra's biggest city Medan

What are the main highlights of this trip?

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

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

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

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

What is the role of the group leader during this trip?

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

What is the maximum and typical number of participants on this tour?

Max 16, avg 12.

What meals are included in this trip?

6 breakfasts, 1 lunch, 2 dinners

What are the modes of transportation on my trip?

Private vehicle, ferry, walking.

Where will we stay during the trip?

Hotels (6 nts)

If I choose to purchase My Own Room, are there any exceptions during the trip?

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 should I expect from the accommodations on this trip?

Hotels 6 nts

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 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.

Who do I contact for arrival issues or in the event 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 Office Bangkok, Thailand

24/7 emergency number:
From outside Thailand: +66 92 338 9222
From within Thailand: 092 338 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

What details should I be aware of when planning my departure day?

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

If ending your tour in Medan, book a domestic flight back to Jakarta or Bali and allow for 4 hours to transit to the international airport to catch your onward flight back to your final destination.

What should I pack for this trip?

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:

- Footwear (required) (Closed toe suggested)
- 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
- 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
- Shorts/skirts (Longer shorts/ skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

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

Indonesia:
Please follow the below links for further information and application (for those eligible for a Visa On Arrival)

Visa on Arrival
Customs Declaration

Information is accurate as of April 1st, 2024.

What are the tipping guidelines for this 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 $2-4 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 $5-7 USD per person, per day can be used.

What activities are optional on this trip?

- No optional activities

What general safety tips and free-time guidelines should I follow?

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 jewelery 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 are the mandatory group rules regarding laws and behaviour?

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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

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.

What are the age restrictions for 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 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.

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