



JOURNEYS: DISCOVER SOUTHEAST ASIA

18 days, Bangkok to Siem Reap

Trip code ATING

WHAT'S INCLUDED

- Your Journeys Highlight Moment: Meet with Monks, Chiang Mai
- Your Journeys Highlight Moment: Traditional Thai Home Dinner, Chiang Mai
- Your Journeys Highlight Moment: Cambodian Circus Performance and Talk, Siem Reap
- Your G for Good Moment: Meal with Local Baan Ou Community, Luang Prabang
- Your G for Good Moment: Kym Viet Local Enterprise Visit, Hanoi
- Your G for Good Moment: New Hope Vocational Training Restaurant, Siem Reap
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Foodie Moment: Cooking Class, Chiang Mai
- Your Discover Moment: Luang Prabang
- Your Discover Moment: Kym Viet Craft & Lunch, Hanoi
- Arrival transfer
- Tour of Bangkok including boat ride on the klong (canals)
- Visit the temple at Doi Suthep
- Orientation walk of Chiang Mai night market
- Tour of Luang Prabang
- Boat tour to Pak Ou cave temples
- Kuang Sii waterfall excursion
- Hanoi old town cyclo tour
- Ho Chi Minh Mausoleum visit
- Halong Bay overnight cruise
- Ho Chi Minh City cyclo tour
- Cu Chi tunnels tour
- War Remnants Museum visit
- Phnom Penh cyclo tour
- Tuol Sleng Prison Museum tour and Choeung Ek memorial (the "killing fields") tour
- Siem Reap orientation walk and night market
- Two-day guided tour of Angkor Wat
- Internal flights
- 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 June 10th, 2025 and onwards

ITINERARY



Itinerary Notes

Effective May 1, 2025, all travelers entering Thailand through air, land, or sea must complete the Thailand E-Arrival form. You must register at least 3 days before arrival. Please see Trip Details for more information.

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

Day 1

BANGKOK

Arrive at any time. Arrival transfer is included.

Upon arrival you will be transferred to the hotel. There are no activities planned until the evening welcome meeting. You are free to relax, explore the city, and adjust to the frantic pace of Bangkok.

At this meeting your National Geographic Expedition Leader will ask to see your travel insurance, check that you have a visa for Vietnam and complete some other paper work. Please note that you **MUST** arrive on tour with your Vietnam visa. Please refer to the visa information section of these trip notes for more information on obtaining your Vietnamese visa.



ACCOMMODATION

Pranakorn Heritage Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Airport Transfer

Bangkok - Suvarnabhumi Airport

45m-1h30m

Upon arrival at the airport, head to the arrival hall and go to gate number 4 near the airport information counter. Look for a driver holding a G Adventures sign with your name, who'll take you to your hotel so you can check in and start exploring.

ACTIVITY

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

Day 2

BANGKOK/CHIANG MAI

Set out to explore the Thai capital. Board a traditional klong boat for a ride along the city's winding canals, gliding past quaint temples, modern skyscrapers, and houses perched above the water. Then explore the gardens, and courtyards of the dazzling Grand Palace, once the official residence of the Thai royal family, and gaze upon the sacred statue of the Emerald Buddha at Wat Phra Kaew. Later, catch a flight to Chiang Mai.

Settle into exquisite surroundings in Chiang Mai and take a relaxing break from the fast pace of Bangkok.



Meals included

Breakfast



ACCOMMODATION

Siripanna Villa Resort & Spa (or similar) Resort



TODAY'S ACTIVITIES

Klong Riverboat Tour Bangkok

Travel by longtail boat on the busy Chao Phraya River and through the small canals of western Bangkok's Thonburi district. Observe colourful scenes of everyday life along the river banks.

Grand Palace Visit Bangkok

Visit the King's official residence (made up of many buildings, halls, lawns, gardens, and courtyards) on the banks of the Chao Phraya River and see the Temple of the Emerald Buddha. Please note the cost of this optional activity does not include the entrance fee.

Plane Bangkok - Chiang Mai 1h30m

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

Day 3

CHIANG MAI

Delve into the bustle of Chiang Mai's morning markets with a local chef, and learn about colourful fruits and fragrant herbs as you select ingredients for a Thai cooking class. Enjoy your creation for lunch, then set out to visit a historic temple. Gain profound insights into daily life and core Buddhist principles through a conversation with a Theravada monk, an alumnus of the International Buddhist University, Sri Lanka, and a respected teacher of Buddhism and meditation at a renowned international center in Chiang Mai. Later, clear your mind to the chanting of monks at Wat Phra That Doi Suthep, one of the most spectacular gilded temples in Thailand.

Monk Chats are a great cultural exchange, but is also important in helping the young Monks improve their English.



Meals included

Breakfast | Lunch



ACCOMMODATION

Siripanna Villa Resort & Spa (or similar) Resort



TODAY'S ACTIVITIES

ACTIVITY

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

Private Vehicle

Chiang Mai - Doi Suthep

45m

30km

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

Doi Suthep Temple Visit

Doi Suthep - Chiang Mai

Visit Wat Phra That Doi Suthep, a golden Buddhist temple outside of Chiang Mai on the Mt Doi Suthep. Climb 300 steps to reach the temple and be rewarded with an unforgettable view. Admire the many Buddhist relics at this sacred temple and visit the white elephant shrine. Legend has it that the location of the temple was chosen after a white elephant carried a relic to the mountain and trumpeted three times before dying on the spot. Also, with a little luck, you may witness the chanting of the monks.

ACTIVITY

Visit a Buddhist temple in Chiang Mai's Suthep district. Engage in an informal conversation with a teaching monk at an international meditation center in Chiang Mai. Discuss Theravada Buddhism and monastic life. These sessions offer a unique opportunity for personal reflection and a deeper connection to the ancient wisdom of Buddhism.



Optional Activities - Day 3

Street Food Walk at Chiang Mai Night Market

Chiang Mai

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

Day 4

CHIANG MAI

Spend a full day exploring Chiang Mai's temples and forested hills on your own, or choose between a variety of optional activities. Opt to take a cycling tour through verdant rice paddies and the elegant historic district. This evening, visit a village outside of the city for a khantok-style dinner, served on low pedestal trays, and chat with your hosts about life in rural Thailand. Later, choose to visit Chiang Mai's vibrant night market.

The Khantok dinner is a must-do when you reach northern Thailand. Khantok in the Northern dialect means a wooden tray used for carrying dishes, round in shape, made of teak wood. The host will invite guests to sit on the floor around the khantok. The main dishes on the khantok usually include sticky rice, hang-le curry (Burmese-styled curry), and some chili-pasted crispy pork. After, enjoy tea time with the opportunity to talk with local people to learn their way of living.



Meals included

Breakfast | Dinner



ACCOMMODATION

Siripanna Villa Resort & Spa (or similar) Resort



TODAY'S ACTIVITIES

Free Time Chiang Mai

Opt to visit local handicraft workshops and the bustling Chiang Mai night market.

ACTIVITY

Visit a village outside Chiang Mai and sit down to an authentic Khantoke dinner in the home of a local family. Dishes typically include sticky rice, hang-le curry, and crispy pork with chilli paste. Over tea, learn about life in rural Thailand and visit the family garden to learn about herbs and spices popular in local cooking.



Optional Activities - Day 4

Chiang Mai Cycling Tour Chiang Mai 1500THB 10-13km

This Chiang Mai half-day ride takes you on a memorable tour of the countryside's most interesting sights. You'll go beyond the city to see local Buddhist temples, markets, organic farms, rice paddy fields and more. Get a sense of how the locals live, stop when you want for photos, and check out the nature along the city's main river, the Ping.

Street Food Walk at Chiang Mai Night Market **Chiang Mai**

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

Day 5

CHIANG MAI/LUANG PRABANG

Fly to Luang Prabang, a leafy Laotian city nestled at the meeting point of the Mekong and Nam Khan Rivers. Take an orientation walk of the beautiful, UNESCO World Heritage-listed town, strolling past traditional wooden Buddhist temples and elegant French colonial buildings.



Meals included

Breakfast



ACCOMMODATION

Victoria Xiangthong Palace (or similar) **Lodge**



TODAY'S ACTIVITIES

Plane **Chiang Mai - Luang Prabang**

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

Your CEO will assist with the arrangements for your Laos visa at the start of your trip. Please have 3 passport pictures and approx. \$50 USD ready.

Orientation with Expedition Leader

Enjoy a brief walk with your Expedition Leader. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Day 6

LUANG PRABANG

Rise at dawn to observe the daily almsgiving ritual, when Buddhist monks walk through the streets collecting offerings of food from the local residents in exchange for blessings. Then visit the National Museum—formerly the Royal Palace—to see the golden Phra Bang Buddha statue for which the city is named; and explore the resplendent Wat Xieng Thong, one of Luang Prabang's largest and most historic temples. Later, hop on a boat and float down the Mekong to the caves of Pak Ou, a religious site that harbours thousands of Buddha sculptures within its limestone chambers.



Meals included

Breakfast



ACCOMMODATION

Victoria Xiengthong Palace (or similar) **Lodge**



TODAY'S ACTIVITIES

Royal Palace Museum Visit **Luang Prabang**

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

Wat Xieng Thong Visit **Luang Prabang**

Once a royal temple where Kings were crowned, the importance of this 16th-century Buddhist temple as a religious monastery is not lost on visitors. Wat Xieng Thong stands resplendent among shrines, pavilions, chapels, towers and gardens, and its gilded wooden doors, mosaics, and ceiling displays are representative of typical Laos art and craft.

Boat **Luang Prabang - Pak Ou Cave** 2h

Climb aboard and get your float on.

Pak Ou Caves Visit **Pak Ou Cave**

Visit these dramatic caves considered an important spiritual site by many Lao people. See thousands of Buddha statues and images that line the limestone walls.

Boat **Pak Ou Cave - Luang Prabang** 1h30m

Climb aboard and get your float on.

Day 7

LUANG PRABANG

Spend the early morning at leisure before venturing into the lush countryside to visit a G for Good sponsored project in the Baan Ou community. Enjoy this special time to connect with women who are empowered to actively participate and lead in tourism activities, including; demonstrating the making of Laos rice noodles, weaving, and providing authentic meal experiences. After lunch, continue to Kuang Si Waterfall—relax by the tiered limestone pools and take a refreshing dip in the turquoise waters. This evening, choose to visit Luang Prabang's bustling night market with the National Geographic Expedition Leader.



Meals included

Breakfast | Lunch



ACCOMMODATION

Victoria Xiangthong Palace (or similar) **Lodge**



TODAY'S ACTIVITIES

ACTIVITY

Enjoy a delicious meal with the local Baan Ou Community. Learn about Laotian cuisine and life in Luang Prabang. Start the visit with a welcome drink and a brief introduction to the village before a Baci Welcome ceremony. Then walk through the village and visit the noodle house and weaving house. Sit down for a lunch prepared by a group of women in the community.

Kuang Si Waterfalls Excursion **Kuang Si Falls - Luang Prabang**

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



Optional Activities - Day 7

Traditional Arts and Ethnology Centre Entry **Luang Prabang** **35000LAK**

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

Ock Pop Tok Living Crafts Centre Visit

Luang Prabang

Free

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

Night Market Visit

Luang Prabang

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

Day 8

LUANG PRABANG/HANOI

Enjoy some free time in Luang Prabang before catching a late afternoon flight to Hanoi, Vietnam.



Meals included

Breakfast



ACCOMMODATION

Golden Silk Boutique Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Free Time Luang Prabang

Get out and explore this picturesque city with some free time.

Plane Luang Prabang - Hanoi 1h-2h

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

Visas for Vietnam need to be arranged ahead of time (BEFORE your trip) as the processing time varies and they are not available at the borders. We enter Vietnam on day 8 of the trip. Please ensure your visa 'valid from date' is on or before day 8 of the trip.

Some nationalities don't require a Visa for Vietnam for shorter stays - please contact your Foreign Ministry for up to date entry/exit requirements.

Day 9

HANOI/HA LONG BAY

Begin the day with a visit to the mausoleum of Ho Chi Minh, one of Vietnam's most influential political leaders. Afterward, transfer to Ha Long Bay, where thousands of sculpted limestone islands rise from serene, turquoise waters. Settle into your cabin on a traditional-style wooden boat or junk boat, where we'll spend the night, and embark on a cruise of Bai Tu Long Bay or Ha Long Bay (depending on boat availability). Continue to glide around the bay's stunning karst formations, and explore with our local guide.

This traditional wooden sailing boat offers a unique way of navigating the limestone karsts of Ha Long Bay with all the comforts of a motorized, floating hotel. The boat crew will prepare an included seafood lunch and dinner. All cabins are twin share and have an en-suite bathroom. The boat features an enclosed dining and sitting area and of course plenty of outside deck space to enjoy your beautiful surroundings.

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



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Halong Overnight Cruise (or similar) Junk Boat



TODAY'S ACTIVITIES

Ho Chi Minh Mausoleum Guided Tour Hanoi 2h

Take a guided tour of the mausoleum where Ho Chi Minh's embalmed body is housed in a glass case. During seasonal closures (see below), visit the Presidential Palace grounds for a short guided tour.

Note: Ho Chi Minh Mausoleum is open until 11:00am and closed on Monday and Friday. Entry is dependent on what time the group arrives in Hanoi. The mausoleum will be close for 2 months every year for maintenance. It's usually from June 16th - August 16th every year, but this can vary.

Private Vehicle Hanoi - Ha Long 4h

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

Ha Long Bay Overnight Junk boat Cruise **Ha Long**

Cruise through the stunning bay. Relax on board our comfortable traditional wooden junk boat. Enjoy your time afloat eating fresh seafood, admiring the magnificent karst formations, and exploring. Spend a peaceful night anchored in the bay under the stars.



Optional Activities - Day 9

Kayaking **Ha Long Bay** **10USD** 1h-2h

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

Day 10

HA LONG BAY/HANOI

Return to land and head back to Hanoi. Enjoy lunch at KymViet, a G Adventures-supported program that teaches stitching and sewing skills to local people with disabilities. Learn about KymViet meeting with the staff and make a small handicraft. Then set out to discover Hanoi's lively Old Quarter on a cyclo, a three-wheel bicycle taxi, whizzing past vendors hawking all manner of trinkets and roadside chefs cooking up sizzling street eats.

Classic French colonial architecture, beautiful decor and a scenic location makes Hanoi a fantastic place to visit. If local cuisine piques your interest, opt to pre-book the "Hanoi Foodie Culture Tour" on the checkout page ahead of time, to include this optional on your tour.



Meals included

Breakfast | Lunch



ACCOMMODATION

Golden Silk Boutique Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Hạ Long Bay - Hanoi

4h

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

ACTIVITY

Visit the staff and team at KymViet, a local enterprise supported by G Adventures. KymViet is a community organization that helps people with disabilities learn real life skills and create their own dignified source of income. With a focus on stitching and sewing, their team members lead travelers on handicraft workshops to make high quality products like stuffed animals and home decorations. Learn about the organization while having a regional refreshment, learning some sign language and enjoy a delicious lunch.

ACTIVITY

Connect with some local people in Hanoi and make your very own souvenir to bring home during our visit to KymViet, a social enterprise supported by G Adventures. We'll be welcomed with a regional beverage, meet the staff and learn about the KymViet story. Under their guidance, local people with disabilities have been trained in stitching and sewing. While there we'll each make our own stuffed animals, getting to know our hosts and learning some sign language. We'll have a delicious lunch

before touring the property to get to know the organization even better. Before we leave, enjoy a visit to their cafe where we can buy snacks and other souvenirs made by the team members at Kym Viet.

Hanoi Cyclo Tour Hanoi

Take a seat on a cyclo for a tour of Hanoi's lively Old Quarter. Let the driver navigate through the bustling streets and start taking some photos or just use the tour to help get familiar with the area.

Free Time Hanoi

Head to dynamic Hang Gai Street or the night market for some evening shopping.



Optional Activities - Day 10

Vietnamese Women's Museum Hanoi 1.50USD

The Vietnamese Women's Museum highlights the significant contributions made by women in Vietnam. Take in an independent tour of the museum to gain an in-depth knowledge of women's role in Vietnamese culture, with a key focus on family, history and fashion.

Hanoi Foodie Culture Tour Hanoi 1-2km

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

Hoa Lo Prison Entry Hanoi 1.50USD 1h-2h

Independently tour the museum of Hoa Lo Prison, referred to as Hanoi Hilton by American prisoners, to learn more about the Vietnam War.

Temple of Literature Entry Hanoi 2USD 1h-2h

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

Fine Arts Museum Hanoi 2USD

Wander through the Fine Arts Museum, where you'll find over 20,000 works of art housed in a former French colonial boarding school. Stand before some of Vietnam's National Treasures, immerse yourself in traditional folk art, find sculptures inspired by deities or admire intricate lacquer and silk paintings you won't find anywhere else.

Museum of Ethnology Visit

Hanoi

2USD

Learn about Vietnam's various ethnic groups on this visit to the Museum of Ethnology - considered to be the finest modern museum in Vietnam.

Day 11

HANOI/HO CHI MINH CITY

Fly to Ho Chi Minh City, formerly known as Saigon, and absorb the sights, sounds, and smells of this bustling metropolis on a cyclo tour. Later, opt to delve into the colourful aisles of Ben Thanh Market, known for an abundance of food stalls as well as shops selling handicrafts, textiles, jewelry, and electronics; and try your hand at bargaining.



Meals included

Breakfast



ACCOMMODATION

Continental Saigon Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Plane Hanoi - Ho Chi Minh City 2h

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

Ho Chi Minh City Cyclo Tour Ho Chi Minh City 2h

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



Optional Activities - Day 11

Benh Tan Market Visit Ho Chi Minh City

Wander the bustling aisles of this energetic market known for its abundance of dried and fresh produce, jewelry, textiles, liquor, and tobacco products. Be fancy (and efficient) and have a one-day suit made. Feel free to bargain!

Day 12

HO CHI MINH CITY

Venture to the legendary Cu Chi tunnels, a network of underground passageways that provided a base for Viet Cong soldiers during the Vietnam War. Visit underground hospitals and ammunition stores, and learn about the vital role that the tunnels played in the eventual victory of the North. Later, visit the War Remnants Museum, a powerful reminder of the atrocities committed during the Vietnam War. Choose to take a tour of the Reunification Palace, the site which marked the end of the war.



Meals included

Breakfast



ACCOMMODATION

Continental Saigon Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle Ho Chi Minh City - Củ Chi 1h-1h30m

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

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 - Ho Chi Minh City 1h-1h30m

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

War Remnants Museum Visit Ho Chi Minh City

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

Free Time Ho Chi Minh City

Shop at the Ben Thanh Market, tour the city by cyclo, or boat down the Saigon river.



Optional Activities - Day 12

Reunification Palace Visit

Ho Chi Minh City

2USD

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

Day 13

HO CHI MINH CITY/PHNOM PENH

Fly to Phnom Penh and explore the eclectic Cambodian capital on a cyclo tour. Pedal along the tree-lined riverfront past some of the city's main sights, including the French colonial post office and the gleaming Royal Palace, where the king of Cambodia still resides. Then opt to visit the famous Foreign Correspondents' Club for sunset drinks.



Meals included

Breakfast



ACCOMMODATION

Sunway Hotel Phnom Penh (or similar) **Hotel**

The Sunway Hotel Phnom Penh sits in the heart of the city, steps away from the Wat Phnom Daun Penh temple and close to the Tonle Sap River.

En-Suite rooms feature Air-conditioning, Free WiFi, a TV and a hairdryer.



TODAY'S ACTIVITIES

Plane **Ho Chi Minh City - Phnom Penh** 45m-1h

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

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 14

PHNOM PENH

Today, we spend time learning about Cambodia's tragic 20th-century past, visiting sites that commemorate the "killing fields" of the Khmer Rouge—a brutal regime that ruled the country from 1975 to 1979. Pay your respects to victims of the Cambodian genocide at the haunting Choeung Ek Memorial; and visit the Tuol Sleng Genocide Museum, a former high-security prison where nearly 17,000 people were tortured and incarcerated during the Khmer Rouge's years in power.



Meals included

Breakfast



ACCOMMODATION

Sunway Hotel Phnom Penh (or similar) **Hotel**

The Sunway Hotel Phnom Penh sits in the heart of the city, steps away from the Wat Phnom Daun Penh temple and close to the Tonle Sap River.

En-Suite rooms feature Air-conditioning, Free WiFi, a TV and a hairdryer.



TODAY'S ACTIVITIES

Tuol Sleng Museum (S-21 Prison) Guided Tour **Phnom Penh**

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

Choeung Ek (Killing Fields) Guided Tour **Phnom Penh**

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



Optional Activities - Day 14

Silver Pagoda Visit **Phnom Penh** **10USD**

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

National Museum Visit

Phnom Penh

10USD

Wander the galleries of the National Museum to see amazing works of art from Cambodia's "golden age" of Angkor. Visit the museum's lovely courtyard before you leave.

Royal Palace Visit

Phnom Penh

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

Day 15

PHNOM PENH/SIEM REAP

Drive to Siem Reap—the gateway to mystical Angkor. Take an orientation walk through the entertainment district and visit one of the city’s exciting night markets, an open-air maze of neon-lit stalls selling a kaleidoscopic array of products.

Please prepare yourself for a long driving day over roads that are not well maintained and often have heavy traffic. Please wear comfortable clothes, bring medication if you suffer from motion sickness and bring your tablet or book to pass the time. We will make rest stops along the way.



Meals included

Breakfast



ACCOMMODATION

Royal Angkor Resort (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle Phnom Penh - Siem Reap 6h-7h 320km

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

Night Market Visit Siem Reap

A neighbourhood unto itself, Siem Reap’s night market is lively with shoppers exploring more than 240 hut shops selling souvenirs, artwork, and clothing.

Orientation with Expedition Leader

Enjoy a brief walk with your Expedition Leader. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Day 16

SIEM REAP

Spend the day exploring the ruins of Angkor, the magnificent 12th-century capital of the Khmer Empire. Wake early to watch the sunrise over the spires of Angkor Wat, the largest religious monument ever built, and wander through the city's mystical courtyards and jungle-covered temples with an expert local guide. Stop for a typical Khmer lunch at the New Hope Cambodia vocational training restaurant, a G Adventures-supported initiative that provides hospitality training to unemployed youth. This evening, we'll enjoy a performance at a Cambodian circus, another social enterprise aimed at uplifting underprivileged young adults.

It can get very hot and humid walking around Angkor. Please wear lightweight clothes and good walking shoes, and be sure to drink lots of water to stay hydrated.



Meals included

Breakfast | Lunch



ACCOMMODATION

Royal Angkor Resort (or similar) Hotel



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.

Tuk-Tuk Siem Reap

Scoot quickly around the big cities inside a three-wheeled mini-taxi.

ACTIVITY

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

restaurant run by locals and see how the New Hope project has supported positive change in the community.

Free Time

Siem Reap

Take some time to explore this lively town on your own. This evening, opt to enjoy a Cambodian Circus show.

ACTIVITY

Enjoy a performance at Phare, the Cambodian Circus and meet with one of the organizers who gives an overview of the history of this incredible organization and circus arts in Cambodia. Phare Performing Social Enterprise provides training and gainful employment to at risk Cambodian youth from difficult social and economic backgrounds. The shows are outstanding and based in storytelling, inspired by the real-life experiences of the circus's creators and performers, dealing with themes such as war, discrimination, relationships, and poverty. Performances combine theatre, dance, original live music, and modern circus arts to tell uniquely Cambodian stories, both traditional and contemporary.

Day 17

SIEM REAP

Continue to discover the archaeological wonders of UNESCO World Heritage-listed Angkor with our local guide. Opt to visit the Angkor National Museum, browsing its interactive galleries and stunning collections of relics; or choose to tour the floating villages of Tonle Sap lake, encountering lively communities complete with markets, clinics, and schools.



Meals included

Breakfast



ACCOMMODATION

Royal Angkor Resort (or similar) Hotel



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.

Tuk-Tuk Siem Reap

Scoot quickly around the big cities inside a three-wheeled mini-taxi.

Free Time Siem Reap

In your free time opt to shop, or visit the museum or floating village.



Optional Activities - Day 17

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 18

SIEM REAP

Depart at any time.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Day

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

What's included

- Your Journeys Highlight Moment: Meet with Monks, Chiang Mai
- Your Journeys Highlight Moment: Traditional Thai Home Dinner, Chiang Mai
- Your Journeys Highlight Moment: Cambodian Circus Performance and Talk, Siem Reap
- Your G for Good Moment: Meal with Local Baan Ou Community, Luang Prabang
- Your G for Good Moment: Kym Viet Local Enterprise Visit, Hanoi
- Your G for Good Moment: New Hope Vocational Training Restaurant, Siem Reap
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Foodie Moment: Cooking Class, Chiang Mai
- Your Discover Moment: Luang Prabang
- Your Discover Moment: Kym Viet Craft & Lunch, Hanoi

- Arrival transfer
- Tour of Bangkok including boat ride on the klong (canals)
- Visit the temple at Doi Suthep
- Orientation walk of Chiang Mai night market
- Tour of Luang Prabang
- Boat tour to Pak Ou cave temples
- Kuang Sii waterfall excursion
- Hanoi old town cyclo tour
- Ho Chi Minh Mausoleum visit
- Halong Bay overnight cruise
- Ho Chi Minh City cyclo tour
- Cu Chi tunnels tour
- War Remnants Museum visit
- Phnom Penh cyclo tour
- Tuol Sleng Prison Museum tour and Choeung Ek memorial (the "killing fields") tour
- Siem Reap orientation walk and night market
- Two-day guided tour of Angkor Wat
- Internal flights
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Enjoy a traditional khantoke dinner in a rural village, enjoy a visit and talk with a monk at an historic Chiang Mai Temple, have lunch at a training restaurant for disadvantaged youth, witness an outstanding performance at Phare (the Cambodian circus), take thrilling cyclo rides for a different perspective in bustling cities

Itinerary Notes

Effective May 1, 2025, all travelers entering Thailand through air, land, or sea must complete the Thailand E-Arrival form. You must register at least 3 days before arrival. Please see Trip Details for more information.

What are the main highlights of this trip?

Enjoy a traditional khantoke dinner in a rural village, enjoy a visit and talk with a monk at an historic Chiang Mai Temple, have lunch at a training restaurant for disadvantaged youth, witness an outstanding performance at Phare (the Cambodian circus), take thrilling cyclo rides for a different perspective in bustling cities

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

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

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

Is there 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?

Effective May 1, 2025, all travelers entering Thailand through air, land, or sea must complete the Thailand E-Arrival form. You must register at least 3 days before arrival. Please see Trip Details for more information.

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

ITINERARY NOTE:

Depending on boat availability, your tour may cruise through Ha Long Bay or Bai Tu Long Bay.

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.

WEIGHT RESTRICTION

There may be a weight restriction for the internal flight on this tour. Each passenger is allowed to carry one checked bag with a maximum weight of 20kg (44lbs). Additional bags or excess weight charges may apply. These charges are the responsibility of the passengers.

What is the group leader like?

All G Adventures group trips are accompanied by one of our National Geographic Expedition Leader throughout. The aim of the Expedition Leaders is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

How large will the group be?

Max 16, Avg 10.

What meals are included in this trip?

17 breakfasts, 5 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 Expedition Leader will be able to suggest favourite restaurants during your trip. Included breakfasts in some places may 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. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private vehicle, boat, Songthaew (local truck), plane, cyclo, walking.

Are local flights included in the cost of the trip?

Please be advised that any flights noted on the G Adventures Itinerary for this tour are included in the tour services provided. Flight tickets are provided by G Adventures during the tour. The date for this service will match the day of the itinerary, for which Day 1 is equal to the start date noted on the Invoice under Land Services: Tour. If flight information is required in advance for visa purposes, please contact G Adventures.

There may be a weight restriction for the internal flight on this tour. Each passenger is allowed to carry one checked bag with a maximum weight of 20 kg (44lbs). Additional bags or excess weight charges may apply. These charges are the responsibility of the passengers.

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 – 16 nts, junk boat – 1 nt.

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

Night 9 (overnight boat)

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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a National Geographic Journeys sign, and they will be waiting for you outside the luggage hall. 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 Expedition Leader. 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 Expedition Leader 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 Expedition Leader 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 Expedition Leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

For your airport transfer, please meet your driver at gate number 4 of the airport, in the arrival hall. Look for a driver holding a National Geographic sign with your name.

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

Who should I contact in case of an emergency?

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

AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. Included arrival transfers are provided from the nearest airport to your starting location. 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.

If your call is specifically concerning Bangkok Airport Transfer complications please call our local G Adventures Transfer provider directly at: +66 86 321 0729 (086 321 0729 from within Thailand) or +66 82 450 2777 (082 450 2777 from within Thailand)

EMERGENCY CONTACT NUMBERS

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 information should I be aware of as the itinerary draws to a close?

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.

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 bag around 15kg/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!). You will also need a day pack/bag to carry water, cameras and other electronics like iPods and mobile phones.

What should be on my packing list?

Conservative Dress:

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

Documents:

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

Essentials:

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

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.)

Smart Dress:

- Smart outfit (For evenings out)

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?

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the Embassy. Please, keep in mind that all countries require passports valid for at least 6 months from the moment of departure from the country.

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](#)

Laos:

If you are eligible to apply for a Laos E-Visa, please follow the below links for further information and application:

E-Visa Details [here](#)

E-Visa Terms and Conditions [here](#)

Apply for E-Visa [here](#)

If applying for the Laos E-Visa, please enter the entry port name as:

Luang Prabang International Airport (Luang Prabang Province)

As of September 1st 2025, all non-Laos nationals entering Laos by air, land or sea must complete the Lao PDR Immigration Card online before arrival. Register within 3 days of arrival.

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

** please note, the Laos E-system may not be available for all arrival points. If your arrival point is not listed, you will be required to fill in a paper form on arrival. **

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.

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

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

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

During this tour, the local currencies you will use are the Thai Baht, Laos Kip, US Dollar, Cambodian Riel, and Vietnamese Dong. 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 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.

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?

All departure taxes should be included in your international flight ticket

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 Expedition Leader 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 Expedition Leader for specific recommendations based on the circumstances and culture.

Tipping is not included for the Expedition Leader. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your National Geographic Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline would be \$10-\$15 per person per day.

What activities are optional on this trip?

Chiang Mai

- Street Food Walk at Chiang Mai Night Market
- Chiang Mai Cycling Tour (1500THB per person)

Luang Prabang

- Traditional Arts and Ethnology Centre Entry (35000LAK per person)
- Ock Pop Tok Living Crafts Centre Visit (Free)
- Night Market Visit

Hạ Long Bay

- Kayaking (10USD per person)

Hanoi

- Vietnamese Women's Museum (1.50USD per person)
- Hoa Lo Prison Entry (1.50USD per person)
- Fine Arts Museum (2USD per person)
- Hanoi Foodie Culture Tour
- Temple of Literature Entry (2USD per person)
- Museum of Ethnology Visit (2USD per person)

Ho Chi Minh City

- Benh Tan Market Visit
- Reunification Palace Visit (2USD per person)

Phnom Penh

- Silver Pagoda Visit (10USD per person)
- National Museum Visit (10USD per person)
- Royal Palace Visit

Siem Reap

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

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia, pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leader 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 Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your Expedition Leader 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 Expedition Leader 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 Expedition Leaders 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/

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 are the most secure way of storing your valuables. A lock is recommended for securing your luggage.

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

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

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trip. 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 Expedition Leaders 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 Expedition Leader, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

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

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

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

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

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

How should I dress to respect local customs during the tour?

When packing be aware that dress standards are conservative throughout Asia. To respect this and for your own comfort, we strongly recommend modest clothing. This means covering shoulders and no very short shorts. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. Shorts should be knee-length.

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/

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 National Geographic Signature Specialist 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.