



JOURNEYS: EXPLORE SOUTHERN THAILAND

8 days, Bangkok to Bangkok

Trip code **ATSNG**

WHAT'S INCLUDED

- Your Journeys Highlight Moment: Kao Thep Pitak Farm and Culinary Experience, Ban Ta Khun
- Your Journeys Highlight Moment: Rainforest Eco-Walk & Dinner, Khao Sok
- Your Journeys Highlight Moment: Krabi Village Excursion, Krabi
- Your G for Good Moment: Kao Thep Pitak Community-Owned Farm & Meal, Ban Ta Khun
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Arrival transfer
- Free time in Koh Samui & Khao Sok
- Hong Island Traditional Longtail Boat Tour
- Internal flights
- All transport between destinations and to/from included activities

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

VALIDITY: Valid for all trips departing October 15th, 2023 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; your arrival transfer is included.

You will be met on arrival at Bangkok Airport and transferred to your hotel. You are welcome to arrive at any time on day 1, but please note that hotel check-in time is 14:00.

This is a very laid back trip with lots of free time to enjoy Thailand's beautiful south beaches and jungles or choose to take some optional activities.



ACCOMMODATION

Grand China Bangkok (or similar) Hotel



TODAY'S ACTIVITIES

Airport Transfer

Bangkok – Suvarnabhumi Airport

45m-1h30m

Enjoy a complimentary transfer from the airport to your joining hotel.

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/KO SAMUI

This morning, transfer to the airport in Bangkok and catch a flight to the tropical island of Ko Samui, bordered by the sapphire waters off Thailand's southeast coast. Settle into your hotel and enjoy a free afternoon to relax by the pool, stroll along a white-sand beach, or explore the local village.

Off of Thailand's east coast in the Gulf of Thailand, Ko Samui offers everything you could possibly want in a seaside retreat: white sandy beaches, coconut palms, fresh seafood, and warm, clear waters.

Our resort is nestled in tropical gardens with a private beach leading into crystal clear waters. The property also has three freshwater swimming pools and the resort is just 15 minutes by road to Lamai Beach's bustling nightlife district.



Meals included

Breakfast



ACCOMMODATION

Fair House Villas & Spa (or similar) Hotel



TODAY'S ACTIVITIES

Plane **Suvarnabhumi Airport - Koh Samui Airport** 1h

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

Free Time **Ko Samui**

Kick back and relax on the beach, or opt to explore the town.

Day 3

KOH SAMUI

Enjoy a full day of free time to relax in Koh Samui. Opt for an island tour or a visit to Ang Thong Marine Park.



Meals included

Breakfast



ACCOMMODATION

Fair House Villas & Spa (or similar) Hotel



TODAY'S ACTIVITIES

Free Time

Koh Samui

Spend a full free day getting to know Koh Samui on your own. Stroll along the pristine beaches, visit the various temples in the area, hike through the island jungle, or set out on a day trip to Ang Thong Marine Park.



Optional Activities - Day 3

Angthong National Marine Park Visit

Koh Samui

7h-8h

Ang Thong National Marine Park is a protected nature area consisting of over 40 islands. All of the islands are uninhabited and undeveloped except for one. This full-day leisure excursion through the astonishing archipelago offers many different experiences including hiking, snorkeling by the beach, and sightseeing.

Koh Samui Island Tour

Koh Samui

15USD

3h-4h

Visit the iconic sites of the Big Buddha Temple and the intricately designed Chinese temple. Then take a trip to the south coast of the island to see the unusual and amusing Grandmother and Grandfather rock before taking in the more scenic views from the island view point, visiting majestic waterfalls along the way.

Day 4

KO SAMUI/KHAO SOK

Catch the ferry back to the mainland and drive to Kao Thep Pitak, a community-owned farm supported by G Adventures. Enjoy a lunch of local specialties and take a stroll through the surrounding fruit orchards. Continue to Khao Sok National Park, where you will settle into a lovely resort overlooking the riverside and tucked beneath the rising cliffs in the distance. This evening, venture into the rainforest park on a nighttime walk with a community guide, then gather for a campfire dinner surrounded by the music of the jungle.

Khao Sok is a stunning location with one of the oldest evergreen rainforests in the world, surrounded by limestone karst cliffs.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Anurak Community Lodge (or similar) Lodge



TODAY'S ACTIVITIES

Ferry Ko Samui - Don Sak 1h30m-2h

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

Private Vehicle Don Sak - Khao Sok 1h30m-2h

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

ACTIVITY

Discover how delicious southern Thai dishes go from plot to plate at this community farm and restaurant experience. Take a walk through Kao Thep Pitak's organic farm and fruit orchard to see how those same items are made into a tasty meal by local village residents. You'll also have the opportunity to visit the rubber plantation and learn how the village has made this farm into a self-sufficient economy benefitting over 140 families. Planeterra and G Adventures are proud to support this endeavour.

ACTIVITY

Indulge in traditional Southern Thai cuisine prepared by members of Kao Thep Pitak village. Your meal will be made with ingredients picked from local organic farms and a fruit orchard on the property. Over 140 families benefit from the community-owned and managed eatery through the Kao Thep Pitak Community Ecotourism Enterprise, supported by Planeterra and G Adventures.

ACTIVITY

Explore the incredibly lush rainforest of Klong Phanom National Park alongside one of the locals who call this region home. This expert tracker is a conservationist and ecotourism guide who is now dedicating his life to the protection of the rainforest. He'll also discuss traditional jungle medicines and their role in the lives of the area's people. Afterward, sit down with our host at a campfire dinner of rainforest specialties.

Day 5

KHAO SOK

Khao Sok National Park is southern Thailand's largest area of virgin rainforest, encompassing a breathtaking wilderness of karst peaks, turquoise lakes, and tropical rainforest that stretch along the southwest coast. Explore the park on your own today, choosing between a variety of optional jungle activities. Head out for a hike in search of monkeys and tropical birds inhabiting the dense canopy. Glide down the sparkling Sok River aboard a canoe or take a boat tour in the beautiful scenery of striking limestone cliffs.



Meals included

Breakfast



ACCOMMODATION

Anurak Community Lodge (or similar) Lodge



TODAY'S ACTIVITIES

Free Time Khao Sok

Today is free for optional activities including jungle hikes or canoeing.



Optional Activities - Day 5

Khao Sok National Park Hike Khao Sok

Explore the National Park with an expert local guide. Hike through stunning rainforest and keep an eye open for birds and monkeys.

Sok River Canoe Tour Khao Sok

Take a guided canoe tour along the Sok river. Enjoy the stunning scenery and keep an eye out for birds, monkeys, and lizards.

Day 6

KHAO SOK/KRABI

This morning, drive south to Krabi, situated on Thailand's tropical southwest coast. Cross the Krabi River by private longtail boat, gliding past mangrove forests and limestone peaks. Venture into the Khao Khanap Nam cave to view prehistoric paintings and fascinating rock formations. Later, head to Ko Klang island and board motorized tricycle tuk-tuks to explore local communities and traditional industries, including a rubber plantation, rice fields, and a batik workshop. Chat with villagers and learn about timeless agricultural and artisanal techniques passed down over generations.



Meals included

Breakfast



ACCOMMODATION

Aonang Princeville Villa Resort & Spa (or similar) Resort



TODAY'S ACTIVITIES

Private Vehicle

Khao Sok - Krabi

2h-3h

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

ACTIVITY

With our local guide, cross the Krabi River by typical long-tail boat, and jump in tuk tuks to explore local villages and farming communities. Interact with people going about their daily lives farming rice and vegetables and other rural industries. Learn about the culture and beliefs of the mostly Muslim population.

Day 7

KRABI

Hop on a traditional longtail boat and set out on a full-day tour of the Hong Islands with stops at Hong Beach, Hong Lagoon, Phak Bia, and Lading Island with an included lunch. Enjoy the calm waters and colorful aquatic life as you soak up the sun.

In the evening enjoy some of the beautiful scenic views that have made southern Thailand so famous. Grab a cocktail and relax at the pool. Your National Geographic Expedition Leader will fill you in on all the other interesting options that are available in the area. This is the perfect place to get active or simply chill out and relax.

Our resort is located at Aonang Beach and only a short distance by Tuk -Tuk to Noppharat Thara Beach. End the day in paradise with a stroll along the beachfront.



Meals included

Breakfast | Lunch



ACCOMMODATION

Aonang Princeville Villa Resort & Spa (or similar) Resort



TODAY'S ACTIVITIES

Hong Island Traditional Longtail Boat Tour Krabi 7h-8h

Explore the Hong Islands on a full-day tour from Krabi that travels by traditional Longtail boat. Head to white-sand beaches and hidden lagoons where you can snorkel in the clear waters of the Andaman Sea and search for an abundance of colorful fish and other aquatic life. Take breaks to lie on the white sand and soak up the sun.



Optional Activities - Day 7

Massage

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

Day 8

KRABI/BANGKOK

This morning, return to Bangkok, where your trip concludes.

The tour ends at Suvarnabhumi Airport (Bangkok Airport). Please note: your flight must not depart earlier than 15:00 on this day.



Meals included

Breakfast



TODAY'S ACTIVITIES

Plane

Krabi - Bangkok

1h30m

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

Departure Day

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

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What are the main highlights of this trip?

Cross the scenic Krabi River aboard a longtail boat, Take your seat on a motorized tricycle tuk-tuk to be whisked through Krabi's bustling villages, Explore Hong Island on a traditional Longtail Boat, Spot elusive wildlife in the pristine rainforest of Khao Sok National Park

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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.

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?

1. DEPARTURE FLIGHT

This trip ends at the Bangkok airport mid-to-late afternoon on Day 8. Flight times can vary and are always based on availability. Please do not book any flights from Bangkok until after 3PM to ensure you have enough time to catch your forward flight. We also can arrange post-night accommodation in Bangkok - please speak to your agent for details.

2. COMBO TRIP

Please note that this trip is part of a combination of multiple tours. As such, the Expedition Leader, staff and/or particular vehicles operating your tour may change between tour segments. You may also expect some group members to join or leave the tour, between tour segments.

3. 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.

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?

7 breakfasts, 2 lunches, 1 dinner

What are the modes of transportation on my trip?

Private bus, tricycle tuktuk, minivan, boat, ferry, walking, plane.

Are local flights included in the cost of the trip?

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

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 - 7 nts.

Will I get my own room?

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

What kind of accommodation can I expect on this trip?

The accommodation in Khao Sok National Park is a quaint and rustic resort owned by a local family, which also means we can expect a bit more simple of an experience.

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 at gate number 4 in the arrival hall near the airport information counter with a National Geographic Journeys sign. 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.

If you have pre-booked an 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 NUMBERS

After hours emergency number

From outside Thailand +66 (0) 92 338 9222

From within Thailand (0) 92 338 9222

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

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

This trip ends at the International airport in Bangkok. If you are departing today, please be sure to book your international flight for late afternoon or evening. Should you wish to stay the night in Bangkok, please ask your sales agent to about booking post night accommodation.

Are there any additional packing suggestions I should consider?

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

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

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

Thailand:

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

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

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

Information is accurate as of April 1st, 2025.

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 currency you will use is the Thai Baht. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: www.xe.com 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?

Departure Tax is Included in all International and Domestic tickets.

Should I be tipping on my trip?

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

Koh Samui

- Anghong National Marine Park Visit
- Koh Samui Island Tour (15USD per person)

Khao Sok

- Khao Sok National Park Hike
- Sok River Canoe Tour

Krabi

- Massage

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

What rules should I know before joining this trip?

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

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tank-tops when visiting temples or mosques or other holy sites.

How can I share feedback about my trip experience?

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

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

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

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

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

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.