



## JOURNEYS: SOUL OF SOUTH KOREA

9 days, Seoul to Jeju-si

Trip code AKSNG

## WHAT'S INCLUDED

- Your Journeys Highlight Moment: Taekwondo Class, Seoul
- Your Journeys Highlight Moment: Kimchi Making Class, Busan
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Local Living Moment: Hanok Stay, Gyeongju-si
- Your Local Living Moment: Haenyeo Women Divers Experience, Jeju-si
- Arrival Transfer
- Seoul Orientation Walk
- Gyeongbokgung Palace
- National Folklore Museum
- Bukchon Hanok Village Exploration
- Insadong Alley
- Taekwondo Class
- Free time in Seoul
- Yangdong Folk Village
- Cheomseongdae Observatory
- Gyeongju Royal Tomb Visit
- Hanok Stay
- Bulguksa Temple
- Gamcheon Culture Village
- Songdo Maritime Cable Car Ride
- Jagalchi Fish Market
- Gukje Traditional Market
- Haedong Yonggungsa Temple Visit
- Kimchi Making Class
- Dongbaek Island
- APEC House Visit, Free time in Haeundae Beach
- Haenyeo Women Divers Experience
- Seongsan Sunrise Peak Visit
- Haenyeo Women Divers Museum
- Hallim Park
- Yongmeori Coast & Mt
- Sanbang
- Cheonjiyeon Waterfall
- Soesokkak Estuary Boat Ride
- 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 August 7th, 2025 and onwards

## ITINERARY

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**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

## SEOUL

Arrive at any time. Arrival transfer is included. In the evening, join an orientation walk to connect with the city of Seoul.

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### ACCOMMODATION

Skypark Central Myeongdong (or similar) Hotel

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### TODAY'S ACTIVITIES

Seoul Orientation Walk

Seoul

Join an orientation walk to get acquainted with the city of Seoul.

#### 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

## SEOUL

Explore South Korea's living history with a guided visit to Gyeongbokgung Palace, a symbol of national pride. Stroll through the grounds as you listen to the stories of this Joseon Dynasty palace. At the National Folk Museum, see the everyday artifacts that show the ways of centuries-old customs. Enjoy time to connect with Seoul's Bukchon Hanok Village and Insadong neighborhood, historic alleyways lined with tea houses, traditional shops and calligraphy stalls. This afternoon, suit up in a customary dobok for your taekwondo class led by a local master. Reflecting Korean values of respect and discipline, learn the fundamentals of this ancient martial art and Korean culture.

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### Meals included

Breakfast

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### ACCOMMODATION

Skypark Central Myeongdong (or similar) Hotel

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### TODAY'S ACTIVITIES

Gyeongbokgung Palace Seoul

Visit Gyeongbokgung Palace, the main royal palace of the Joseon Dynasty built in 1395. The palace has been destroyed many times over, but more than 50 per cent of the buildings are still standing or are restored. The complex is also home to the National Palace Museum and the National Folk Museum.

National Folklore Museum Seoul

Located within the grounds of the Gyeongbokgung Palace, learn about the history and traditions of the Korean people during the Joseon era.

Bukchon Hanok Village Exploration Seoul 1h

Be transported back 600 years into Seoul's past while walking through Bukchon Hanok Village, which boasts the largest cluster of privately owned traditional Korean wooden homes (hanok) in Seoul. Keep an eye out for the half-dozen or so alleys that have beautifully restored architectural features like small courtyards, decorative outer walls, and dark tiled roofs.

Insadong Alley Seoul

Explore the narrow and hidden alleys of one of the most memorable places in Seoul. Now filled with antique shops, galleries, tea houses and traditional restaurants, this area once housed the royal studio for painters during the Joseon Dynasty.

#### ACTIVITY

Taekwondo is the national martial art of South Korea. Join a local master for a lesson in the sport where it all began. Put on the traditional uniform and get ready to learn the basic etiquette, fundamental moves and the values of discipline, respect, and mental strength.

Day 3

## SEOUL

Enjoy a full day at leisure to uncover the many layers of Seoul. Opt to take a day trip to the famed North and South Korean Border-the Demilitarized Zone (DMZ) to learn about and see firsthand one of the most geopolitically significant borders in the world. Alternately, choose to explore the world famous and affluent Gangnam district, where high class and K-Pop culture blend seamlessly. Whether you're looking to fill up on incredible street food, relax in a traditional jjimjilbang, or wander the rhythmic streets of the city, today is yours to explore.



### Meals included

Breakfast



### ACCOMMODATION

Skypark Central Myeongdong (or similar) Hotel



### TODAY'S ACTIVITIES

Free Time Seoul

The day is yours to explore Seoul how you wish!



### Optional Activities - Day 3

Korean Demilitarized Zone (DMZ) Visit Demilitarized Zone (DMZ)

Visit the Demilitarized Zone (DMZ) the de facto border between North and South Korea, which cuts the peninsula in half. Created in 1953, it is the most heavily militarized border in the world.

Gangnam District Visit Seoul

Gangnam has plenty to do and see in this historically rich, fast-developing neighbourhood. Gangnam Station is the busiest subway station in Seoul and has a huge underground shopping centre, so feel free to shop until you drop. Choose to visit Bongeunsa, a Buddhist Temple in the centre of Gangnam, or enjoy the nightlife and restaurants in this area.

Day 4

## SEOUL/ GYEONGJU

Travel by train to the ancient capital of the Silla Dynasty–Gyeongju. Delve into the cultural richness of this historic town with lunch and a visit to the Yangdong Folk Village, a UNESCO World Heritage site. Immerse yourself in the tiled-roof homes and centuries-old Confucian traditions, still used today in this living museum. Continue to the Cheomseongdae Astronomical Observatory, the oldest in Asia, followed by a visit to the Royal Tombs–resting place of many Silla Dynasty kings, queens and nobles. Tonight, we are staying at a hanok, a traditional Korean inn, to connect with Korea’s ancient heritage. Here we’ll learn about the meaning and artistry of the iconic Korean dress hanbok, as well as the importance and history of hanok villages across Korea. Finish your day with a delicious traditional dinner.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Hwangnamgwan Hanok Stay (or similar) Homestay



### TODAY'S ACTIVITIES

Bullet Train **Seoul – Gyeongju-si**

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

Yangdong Folk Village **Gyeongju-si**

Get a fascinating look into life during the Joseon Dynasty on this visit to the Yangdong Folk Village. Founded in the early 1400s, the village boasts well-preserved buildings and has more than 160 homes displaying traditional Joseon architecture within a gorgeous natural setting.

Cheomseongdae Observatory **Gyeongju-si**

Nestled in the heart of Gyeongju, the capital of the former Silla Kingdom, Cheomseongdae may not appear to be a monumental landmark. But this observatory tower that dates back to the seventh century is actually the oldest existing astronomical observatory in all of East Asia. Cheomseongdae was used for observing the stars in order to forecast the weather in the ancient scientific hub of Gyeongju.

Gyeongju Royal Tomb Visit

Gyeongju-si

Visit the large ancient tomb where the Silla Dynasty's kings, queens, and nobles are buried. Walk among the massive grass-covered burial mounds and enter one of the tombs to view royal artifacts.

#### ACTIVITY

Staying in a traditional hanok gives an amazing insight to Korean history and culture. With natural material and historic architecture, it will feel like you've been transported in time.

Day 5

## GYEONGJU/ BUSAN

Begin the day with a visit to the UNESCO World Heritage Site–Bulguksa Temple, a Buddhist temple known for its architectural and spiritual influence tucked in the hilly forest. After, drive to Busan, stopping at the colorful Gamcheon Cultural Village. Take in the sweeping views of the city on the Songdo Marine Cable Car up to the glass-floored observatory deck. Then dive into Busan’s famous street food scene by visiting Jagalchi Fish Market and Gukje Market. Sample fresh and locally caught seafood, such as oysters, snow crab and dried fish at Jagalchi. Then try some sizzling local specialities at Gukje and soak up the energy of South Korea’s most famous coastal bazaar.



### Meals included

Breakfast



### ACCOMMODATION

Kolon Seacloud Hotel Haeundae (or similar) Hotel



### TODAY'S ACTIVITIES

Bulguksa Temple Gyeongju-si

Visit the six national treasures at the Bulguksa Temple. This UNESCO World Heritage site, from the 8th century, is considered the essence of Korean Buddhist culture.

Private Vehicle Gyeongju-si - Busan

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

Gamcheon Culture Village Busan

Explore the pastel-coloured village of Gamcheon, nestled in the side of a mountain, with uniquely painted houses, murals, cafes, and shops.

Songdo Maritime Cable Car Ride Busan

Ride the mile long gondola up to Songo Sky Park for an amazing view of the Busan coast. Visit the Observatory deck and then take the Cable car back down.

Gukje Traditional Market Busan

Gukjesijang or Gukje Market is nestled near Biff Square, a well-known modern movie district in Busan. The market once was a place for refugees to earn a living over the period of the Korean War. Now, it's a bustling international market where loads of food, home goods, clothes, souvenirs and more can be found.

Jagalchi Fish Market Busan

Discover this market and major attraction at Nampo Port. Wander through the rows of stalls selling everything you can dream of from the sea. Watch as locals haggle for the best price and fishmongers hawk their wares.

Day 6

## BUSAN

After breakfast, visit the dramatically perched Yonggungsa Temple along the rocky coast. Explore this picturesque oceanside sanctuary before rolling up your sleeves for a hands-on kimchi making class to uncover the flavors, history and cultural significance of one of Korea's most iconic dishes. Try many different types of kimchi, not just cabbage, with the never-ending list of veggies that can be "kimchi-fied" as Judy Joo talks about in her National Geographic article "5 ways to eat kimchi, a Korean staple." Work off the delicious lunch with a hike along the coastal trails of Dongbaek Island to reach the APEC House, the modern-glass diplomatic building on the shore. The evening is yours to relax on the famous Haeundae Beach, one of Korea's most iconic beaches.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Kolon Seacloud Hotel Haeundae (or similar) Hotel



### TODAY'S ACTIVITIES

Haedong Yonggungsa Temple Visit Gijang-gun

Originally built in 1376, this picturesque, cliffside Buddhist temple overlooks the East China Sea. Opt to grab a bizarre local snack at the traditional market. Legend foretells that should you pray here, at least one of your wishes will come true.

#### ACTIVITY

Kimchi, Korea's most iconic traditional food, is on the menu today! Learn about the history and regional varieties while sampling different types. Then, the instructor will walk you through the Kimchi making process, following time-honored methods passed down from Korean grandmothers. Make your own kimchi alongside the instructor and then dig into a delicious local lunch highlighting the deliciously fermented cabbage.

Dongbaek Island (APEC House) Busan 2km

Walk the easy coastal hike on Dongbaek Island to the APEC House where the 2005 APEC Summit was held. Enjoy the view where the forrest meets the sea, the lighthouse observatory, and scenic wooden coastal paths.

Free Time **Busan**

Enjoy some free time to swim or relax in the sand on Korea's most iconic beaches.

Day 7

## BUSAN/ JEJU

Fly to Jeju, a volcanic island off the southeast coast. Dive right into the adventure, heading to Seongsan Ilchulbong-Sunrise Peak, where cliffs of lava rise from the sea. Here we'll meet the legendary haenyeo - "women of the sea." These elder women free divers are famed for their impressively long breath holds and techniques passed down through generations. This practice has changed the genetics of these divers, as discussed in the National Geographic article "These Korean women divers have evolved traits to survive in frigid water". Talk to the women and learn of their skills while sampling the freshly caught seafood. After, hike up to the peak for breathtaking views of the volcanic island, then head back down to visit the Haenyeo Museum to gain deeper insight into these incredible women.



### Meals included

Breakfast



### ACCOMMODATION

Gloucester Hotel Hamdeok (or similar) Hotel



### TODAY'S ACTIVITIES

Plane Busan / Gimhae International Airport - Jeju International Airport

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

#### ACTIVITY

Watch the amazing Haenyeo free diving performance, a traditional "muljil," and learn about the lives and traditions of Jeju's female divers. Watch as the haenyeo harvest seafood from the sea in live shows. Witness their incredible breath-holding techniques as they surface with abalone, octopus, conch, sea cucumbers and more. Afterwards, have a chance to interact with these amazing women and sample some of their fresh catch.

Seongsan Sunrise Peak Visit Sungsan 1h-2h 1km

Take a short hike to see one of the most beautiful views in all of Jeju Island. A designated UNESCO World Heritage Site, Seongsan Ilchilbong was formed around 5000 years ago by an underwater volcanic eruption that created this unforgettable scenery. This beginner hike has a well maintained trail and is suitable for all fitness levels.

Haenyeo Women Divers Museum

Jeju-si

The Haenyeo Museum introduces Jeju's unique haenyeo culture, showcasing the lives and traditions of female divers. Learn about their history, tools, and attire. This museum provides a deep understanding of the haenyeo's resilient spirit and culture through the interactive exhibits and documentary screenings.

Day 8

## JEJU

Set off on a full day of adventure around Jeju Island, starting at Hallim Park. Full of botanical gardens, lava caves and bonsai trails, Hallim showcases Jeju's rich biodiversity. Continue to the Yongmeori Coast for a short and easy walk with a stunning view of wave-carved cliffs and Mt. Sanbang—a sacred mountain steeped in legend. A short walk brings us to Cheonjiyeon Waterfall, a stunning cascade 22 metres high and 12 metres wide tucked away in the subtropical rainforest. Cap off the day on a traditional wooden raft, called a taewoo, riding down the Soesokkak Estuary. This evening, choose to join your group for an optional farewell dinner.

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### Meals included

Breakfast

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### ACCOMMODATION

Gloucester Hotel Hamdeok (or similar) Hotel



## TODAY'S ACTIVITIES

Hallim Park Jeju-si

Wonder through the themed gardens of Hallim Park, under palm trees, through bonsai gardens, and a subtropical botanical garden. After a short tour within the park, opt to stroll through your favorite gardens or explore the caves, and visit a folk village.

Yongmeori Coast & Mt. Sanbang Jeju-si

Walk along Yongmeori's rugged coastline known for its dramatic cliffs and unique rock formations. Then take a short hike up Mt. Sanbang to a temple situated on the mountain.

Cheonjiyeon Waterfall Jeju-si

Take a short hike to reach Cheonjiyeon Waterfalls. On this scenic walk to the falls, enjoy the lush, subtropical forest along the way. While swimming is generally not permitted, the site is perfect for photography and relaxation in such a beautiful place.

Soesokkak Estuary Boat Ride Jeju-si 45m-1h

Where pine forests meet volcanic rock and where fresh water meets the sea. Explore this beautiful place by boat on a short guided tour and enjoy an amazing view of the canyon.

Depart at any time.

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## Meals included

Breakfast

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## TODAY'S ACTIVITIES

Departure Day

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

## What's included

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- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Local Living Moment: Hanok Stay, Gyeongju-si
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- Soesokkak Estuary Boat Ride
- Internal flights
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Discover the dynamic spirit of Seoul Gyeongju Busan and Jeju Island, Taste your way through Korea with fresh seafood markets and a hands-on kimchi workshop, Witness the haenyeo women divers of Jeju and sample their hand-caught catch, Explore UNESCO-listed heritage sites-traditional villages and tranquil beaches

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

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

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

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

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

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

The most convenient way to get around South Korea is by public transportation and on foot. The country's train system is world renowned so the majority of our trips utilize this efficient train network. In this tour, you will need to be able to spend the majority of the day on your feet and carry your luggage through busy train stations and streets. Please ensure you are fit enough to carry your own luggage and spend most of the day on your feet.

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

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?**

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

8 breakfasts, 1 lunch, 1 dinner

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

Private Vehicle, Bullet Train, Walking, Cable Car, Plane.

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

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

## **Is there an extra cost for travelling solo?**

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Hotel (7 nts), Hanok Stay (1 nt).

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

Night 4 (Hanok Stay)

## **What kind of accommodation can I expect on this trip?**

ACCOMMODATION NOTE:

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

## 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.

**IMPORTANT:** for South Korea arrival transfers, we will NOT be able to accept any pick-up schedule changes between the hours of 23:00 - 0700, within 24 hours of your scheduled arrival.

If you experience a schedule change between these hours, please take a taxi to your starting hotel.

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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

# Who should I contact in case of an emergency?

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

## AIRPORT TRANSFER

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

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

**IMPORTANT:** for South Korea arrival transfers, we will NOT be able to accept any pick-up schedule changes between the hours of 23:00 - 0700, within 24 hours of your scheduled arrival.

If you experience a schedule change between these hours, please take a taxi to your starting hotel.

## EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Korea)

During office hours, Mon-Fri 9:30-18:00 Local Time

From outside Korea: 1st contact Derek Jeon +82-10-8759-9367 (2nd contact Tommy Na +82-10-5514-5041)

From within Korea: 1st contact Derek Jeon 010-8759-9367 (2nd contact Tommy Na 010-5514-5041)

After office hours emergency number

Primary phone: Derek +82-10-8759-9367 2nd contact Tommy +82-10-5514-5041

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

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

We suggest that you pack as lightly as possible as you are expected to carry your own luggage. Our trips in South Korea use some public transport and most will have limited luggage storage space.

You will also be walking with your luggage in busy public train stations to catch connecting trains, so it is highly recommended that you travel light and have easy to handle luggage and capable of walking up and down the stairs with your luggage without any assistance. A large bag will be an inconvenience to you and will slow you down.

We recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips. Most travellers carry a backpack or rolling bag of small to medium size. You will also need a day-pack/rucksack to carry daily essentials like water, cameras, passport, i-pods etc.

# What should be on my packing list?

## Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

## 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)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

## Essentials:

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

## Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

## Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

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

Laundry facilities are offered by some of our hotels but this is very expensive. Your leader can show you self service coin laundries in larger cities. 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](#)

## **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?**

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com).

ATMs are available in most places and typically accept Visa, Mastercard and Debit Card. However, it's likely that not all machines will be available or will work with your card. It's best to come with USD cash as well to be able to exchange money when necessary. A variety of payment options is recommended.

Credit Cards should not be relied upon for purchases as they are not widely accepted, except in some restaurants and department stores.

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

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Should I be tipping on my trip?

Tipping is not practiced in South Korea. Leaving money at restaurants, in taxis etc will simply cause confusion!

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 \$5 USD per person, per day can be used.

## What activities are optional on this trip?

### Demilitarized Zone (DMZ)

- Korean Demilitarized Zone (DMZ) Visit

### Seoul

- Gangnam District Visit

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your 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 and 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 judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions. Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our 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. Read more about travel safety for ways to further enhance your personal safety while traveling.

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

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

## Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

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

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

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

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

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

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

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples 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/](http://www.gadventures.com/newsletters/)

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

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

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

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

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