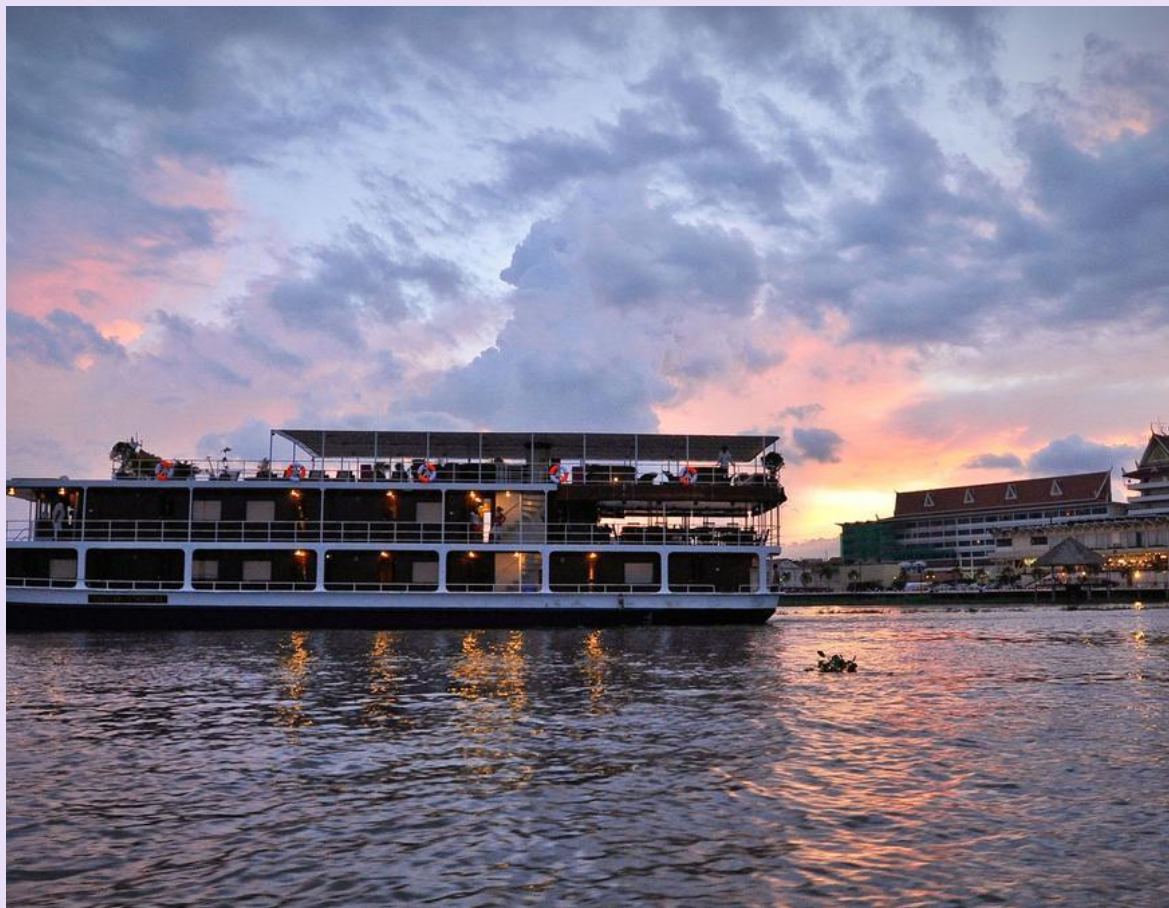


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x

Sorry! There are no remaining departures for "Mekong River Experience – Ho Chi Minh City to Siem Reap" (AVVSZW), [but here are some similar trips](#).



## **Mekong River Experience – Ho Chi Minh City to Siem Reap**

8 days, Ho Chi Minh City to Siem Reap

Trip code AVVSZW

## What's included

- 7 nights aboard the Toum Tiou II Riverboat
- Vinh Trang Pagoda visit
- Thoi Son Island cottage industries tour
- Kien An Cung Pagoda visit (Sa Dec)
- Sam Mountain sunset visit
- Cyclo tour (Phnom Penh)
- Choeung Ek (Killing Fields) guided tour
- Tuol Sleng Museum (S-21 Prison) guided tour
- Koh Chen island visit include cottage industries
- Vihara and pagoda visit (Kampong Tralach)
- Kampong Chhnang visit
- Farewell cocktail and Captain's Dinner
- All transport to/from included activities and between destinations

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 February 4th, 2019 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

## Ho Chi Minh City/Mỹ Tho

Arrive at the meeting point by 2:00pm for an included transfer to the pier. Embark, settle in, and get to know the crew as the journey begins. Sail towards Mỹ Tho.



### Meals included

Dinner



### Today's Activities

Riverboat Welcome Meeting

Welcome aboard! It's time to meet the crew and get some information about the cruise.

Toum Tiou II Riverboat

Ho Chi Minh City - Mỹ Tho

Hop aboard and float on to the next stop.

Visit Vinh Trang Pagoda with a short tour of My Tho town en route. Take local boats to Thoi Son Island to see a coconut product manufacturer, taste some local fruit and honey and meet traditional musicians. Continue on to Cai Be and enjoy a visit to the floating market. Opt to wander the small paths through local communities on the island and visit a rice popping cottage industry. Continue by local boat to Vinh Long to meet the vessel. Embark on the evening sail to Sa Dec.



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Vinh Trang Pagoda Visit

Mỹ Tho

Explore the buddhist temple of Vinh Tr ng. Known for its enormous buddha statues and peaceful surroundings. The monks here maintain an ornate, gilded wood sanctuary, and tend to the impressive gardens.

Coconut Manufacturing Visit

X  Th i S n

Take local boats to Thoi Son Island to see a coconut product manufacturer, taste some local fruit and honey and meet traditional musicians.

Toum Tiou II Riverboat

Mỹ Tho - C i B 

Hop aboard and float on to the next stop.

Cai Be Floating Market Visit

C i B 

Local boats will pull up alongside the Toum Tiou II to pick up the group and whisk everyone off to cruise around Cai Be Floating Market. Navigating the narrow Island canals is a unique experience, as the bustling market surrounds the boats.

Toum Tiou II Riverboat

Vinh Long - Sadek

Hop aboard and float on to the next stop.

Day 3

## Sadek/Xã Vĩnh Xương

Visit the Kien An Cung Pagoda in Sa Dec and stroll through the market along the river. View the old colonial houses by the delta. Enjoy breakfast and lunch on board as you cruise the Mekong. Arrive at Chau Doc and visit Sam Mountain. Gaze out over the rice paddies or relax in a hammock. Visit some temples and pagodas along the way. Opt for dinner in town.



### Meals included

Breakfast | Lunch



### Today's Activities

Sa Dec Visit

Sadek

Stroll around the Sa Dec river bank and through the Sa Dec market. This small city of 30,000 inhabitants is fascinating due to its unspoiled authenticity and the fact it remains relatively undisturbed by tourists. It provides a glimpse of traditional life on the Mekong, complete with tree lined streets and fading colonial villas.

Toum Tiou II Riverboat

Sadek - Châu Đốc

Hop aboard and float on to the next stop.

Sam Mountain Visit

Châu Đốc - Thị Xã Châu Đốc

Travel to Sam Mountain by private vehicle and enjoy views of the surrounding landscape from the summit.

Toum Tiou II Riverboat

Châu Đốc - Xã Vĩnh Xương

Hop aboard and float on to the next stop.

Cross the border into Cambodia and continue on to Phnom Penh. Enjoy an evening in the capital city starting with a cyclo tour to see the city from a new perspective. Opt to finish up at the Foreign Correspondents Club for Happy Hour overlooking the river or dinner in town.

During the border crossing all passengers must stay on board and the formalities are done on the riverboat. The ship will usually stay at the border for a 2-3 hours whilst all the formalities are completed. Depending on the time spent at the border, the itinerary for the afternoon may vary, although this process is usually quite simple delays can happen. Please note for visa purposes that the official name of the border in Vietnam is Son Tien border and in Cambodia it is Kaam Samnar border.



## Meals included

Breakfast | Lunch



## Today's Activities

Border Crossing (Vietnam - Cambodia)

Xã Vĩnh Xương

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Toum Tiou II Riverboat

Xã Vĩnh Xương - Phnom Penh

Hop aboard and float on to the next stop.

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.

Free Time

Phnom Penh

Explore Cambodia's charming capital city.

Day 5

## Phnom Penh

Visit the sobering S21 Museum and the Killing Fields with a local guide. Enjoy an included lunch at Friends, a social enterprise. Opt to visit sights like the Royal Palace, Silver Pagoda, the National Museum, or the Russian Market with free time.



### Meals included

Breakfast | Lunch



### 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.

Free Time

Phnom Penh

Discover more of this dynamic city.



### Optional Activities - Day 5

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.

Russian Market

Phnom Penh

Visit the Russian Market for a selection of souvenir stalls along with jewellers and fabric sellers.

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.

Wat Phnom Visit

Phnom Penh

1USD

Visit Wat Phnom (Hill Temple) in late afternoon, a historic monument with lots of green space. Keep an eye on your food and belongings; cheeky monkeys like to get a hold of anything they can.

Royal Palace & Silver Pagoda Visit

Phnom Penh

10USD

Visit the Royal Palace, a complex of buildings where the kings of Cambodia have resided since the 1860s (except for during the reign of the Khmer Rouge). Be sure to tour the Silver Pagoda compound (aka the Temple of the Emerald Buddha) and the central compound. See the many magnificent treasures inside this beautiful vihara (Buddhist monastery), including its floor lined with more 5,000 tiles of silver.

Continue to Kampong Tralach and visit the local vihara (Buddhist monastery) and Wat Kampong Tralach Leu pagoda. Opt to cycle, or ride in a tuk tuk or buffalo cart, through the village and past rice paddies to reach the monastery.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Toum Tiou II Riverboat

Phnom Penh – Kâmpóng Trâlach

Hop aboard and float on to the next stop.

Kampong Tralach Visit

Kâmpóng Trâlach – Kampong Chhnang

Arrive at Kampong Tralach and visit its wonderful Vihara (Buddhist Monastery) and Wat Kampong Tralach Leu pagoda. Travel through Kampong Tralach Krom village along a small road perpendicular to the river, crossing beautiful stretches of emerald rice paddies. The Vihara dates back to early last century and is home to some outstanding mural paintings. Standing isolated in the middle of the rice fields, it is a modest pagoda that receives very few international visitors, enjoy this truly unique experience.

Day 7

## Kâmpóng Trâlach/Koh Chen

Sail on to Kampong Chhnang, one of the largest fishing ports on the Tonle Sap River. Learn more about the fish farming, pottery and sugar palm production in the area. Wander through the local market then opt to cycle to visit the local industries.

Enjoy lunch back on the ship en route to Koh Chen, an island in the river. Visit silver and copper workshops and meet a Khmer Rouge survivor eager to tell his story.

Enjoy an evening cocktail and the Captain's farewell dinner.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Toum Tiou II Riverboat

Kâmpóng Trâlach - Kampong Chhnang

Hop aboard and float on to the next stop.

Kampong Chhnang Visit

Kampong Chhnang - Chnok Tru

Located around 56 miles from Phnom Penh, the town of Kampong Chhnang is a very large fishing port on the Tonlé Sap. A lot of locals make a living from fish farming, a popular occupation in this area.

Kampong Chhnang is also famous for its pottery ware, the style of which has not changed much for centuries and is distributed to the rest of the country. Wander through the local market, and head out to explore a family run brick factory to watch the process. Continue to visit the locals and observe the process of hand making pottery.

Before heading back to the riverboat, explore a sugar palm farm where the Thnot tree (sugar palm) that abounds in the area is used to create a mellow tasting, caramel coloured sugar sold in large cakes and palm wine.

Toum Tiou II Riverboat

Kampong Chhnang - Koh Chen

Hop aboard and float on to the next stop.

Koh Chen Visit

Koh Chen - Kampong Chhnang

Visit the small town of Koh Chen. Wander through the streets and visit family run silver and copper workshops. Watch the craftsmen and learn about the process. If possible, meet a Khmer Rouge survivor eager to share his story.

Day 8

## Koh Chen/Siem Reap

This morning, say goodbye to the crew of the Toum Tiou II Riverboat. Hop into a private vehicle for an included transfer to Siem Reap. Tour ends upon arrival. Please book onward travel after 4pm.



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Koh Chen - Siem Reap

5h

285km

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

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

## What's included

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- Koh Chen island visit include cottage industries

- Vihara and pagoda visit (Kampong Tralach)
- Kampong Chhnang visit
- Farewell cocktail and Captain's Dinner
- All transport to/from included activities and between destinations

## What are the main highlights of this trip?

Sail the mighty Mekong, explore floating markets, discover Phnom Penh and get to know the locals of Kampong Chhnang, visit ancient temples and small villages, enjoy the atmosphere of a floating market.

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Sail the mighty Mekong, explore floating markets, discover Phnom Penh and get to know the locals of Kampong Chhnang, visit ancient temples and small villages, enjoy the atmosphere of a floating market.

## 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 an itinerary Disclaimer?

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

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

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

Low Water: While it is our intention to follow the itinerary as advertised, some modifications to the itinerary are occasionally needed to reach Siem Reap while water levels are very low (March - August). The Toum Tiou II was built with a steel hull and sleek low draft, so occasions like this are rare.

If changes need to be made, they may involve docking the boat just before Siem Reap and using overland transportation to reach the final destination.

Riverboat Payment Method: Only cash is accepted for payment aboard the riverboat. There are several locations along the riverboat route with ATMs that dispense USD or VND.

### PROOF OF EXITING VIETNAM

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

In respect to this requirement, we encourage our travellers to print out a copy of their tour vouchers, along with a PDF copy of their Tour Details from the webpage. These references, along with entry and exit details on travellers Vietnam visa should be sufficient information.

### BORDER CROSSING

Please note for visa purposes that the official name of the border in Vietnam is Son Tien border and in Cambodia it is Kaam Samnar border.

## How large will the group be?

Max 28

## What meals are included in this trip?

7 breakfasts, 6 lunches, 4 dinners

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

Toum Tiou II Riverboat, private vehicles, cyclo, walking.

## 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?

Aboard the Toum Tiou II Riverboat (7 nts).

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

Cabins on board the Toum Tiou II all have exterior view windows and private bathrooms.

125 ft. (38m) Riverboat.

Built: 2008

Flag: Cambodian

Draft: 1.8m

Engine power: 450 HP

Speed: 11 Knots

Capacity: 28 Passengers

Cabins: 14 - 6 upper, 8 main

Boat Layout: Large screen television in lounge showing movies nightly. Library with classic literature, Wifi in public areas, outdoor

dining and lounge areas with comfortable seating.

## What are the joining instructions?

Meeting at the Hotel Continental Saigon at 14:00. We will then transfer the passengers to Saigon Port.

Hotel Continental Saigon

Address: 132 - 134 Dong Khoi St., Dist 1, Ho Chi Minh City, Vietnam.

When arriving at Tan Son Nhat Intl Airport in Saigon you can get a metered taxi from just outside of the arrival hall. The taxis are lined up outside in an orderly queue and the fare is roughly 100,000 Dong (approx 7 USD) to get to your starting point hotel. **DO NOT GO WITH TAXI TOUTS AS THEY WILL TRY TO RIP YOU OFF.** The airport is only 7km from the downtown District 1 so taking taxis is easy and cheap if the meter is on.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. 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.

Unfortunately there have been cases in Vietnam of people misrepresenting themselves as G Adventures representatives at both Ha Noi and Ho Chi Minh airports. We recommend that you do not take advantage of any offers of "help" at the airport, and rather just organize a meter taxi for yourself to our starting point.

## 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) and then our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If you are experiencing complications with your Ho Chi Minh City AIRPORT TRANSFER that was booked through G Adventures please call: +84 91 204 0262

### EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

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

From outside Thailand: +66 2 508 8630

From within Thailand: 02 508 8630

After hours emergency number

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

G Adventures Local Representative (Vietnam)

Ms.Nhung

Emergency number: +84 91 204 0262

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## **What should I take on my trip?**

Most airlines allow up to two checked bags and one carry-on per person. To avoid any problems upon check-in and with possible excess baggage charges, please consult the airline for specific restrictions.

Dress on board the Toum Tiou II is informal. Plan to bring comfortable, casual clothing for all activities. When packing, we suggest that you do not weigh yourself down with too many clothes or too much gear. Select informal, practical attire that can be worn in layers.

# 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.)

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

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

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

**CAMBODIA** - Visas can be obtained in advance from your local Embassy or on arrival in Bangkok (if your tour begins in Thailand). You will need at least one full working day to arrange this. You can also obtain your visa at the Cambodian border or Siem Reap Airport for approx. \$30 USD very easily. Please have \*at least\* 2 passport photos with you as well.

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

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

## Where can I read detailed notes about this trip?

Border crossings during AVVSZW:

Chau Doc, Vietnam - Vietnam to Cambodia

## 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?

In Asia, it is customary to tip service providers, such as waiters, at approximately 10%, depending on the service. Tipping is expected – though not compulsory – and expresses satisfaction with the people who have assisted you on your tour. If you have a local guide or a driver on your tour, tipping \$2-5 USD (in local currency) per person, per service is recommended. If someone helps you carry a bag, you can offer to tip a few USD (in local currency) if you feel it is deserved. Ask your CEO for specific advice if you are unsure.

If at the end of the riverboat sailing you find the staff on board were exceptional, a tip of \$5-10 USD per day is recommended. You can leave this tip at the end of the riverboat portion of your tour.

At the end of each tour if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however, as a guideline \$20-30 USD per person, per week can be used.

## What activities are optional on this trip?

### Phnom Penh

- Silver Pagoda Visit (10USD per person)
- National Museum Visit (10USD per person)
- Royal Palace & Silver Pagoda Visit (10USD per person)
- Russian Market
- Wat Phnom Visit (1USD per person)

## 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 CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## 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.

## 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/tanktops when visiting temples or mosques or other holy sites.

## 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 GCO or booking agent for further details.

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

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

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

### Dossier Disclaimer

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

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

### Itinerary Disclaimer

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

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