



## **Northern Thailand Adventure**

10 days, Bangkok to Chiang Mai

Trip code ATTY

### **What's included**

- Your G for Good Moment: Ban Pha Mon Homestay, Ban Pha Mon
- Your G for Good Moment: Ban Muang Pam Homestay, Ban Muang Pam

- Your G for Good Moment: Ban Jabo Homestay, Ban Jabo
- Your Welcome Moment: Meet Your CEO and Group
- Klong riverboat tour (Bangkok)
- Wat Po visit
- Erawan Falls and Bridge on the River Kwai visit
- Thai Burma Railway Centre and Allied War Cemetery visit (Kanchanaburi)
- Temple ruins tour (Ayutthaya)
- Thai Burma Railway Centre visit
- Doi Suthep temple visit (Chiang Mai)
- Trek to remote hilltribe villages (3 days)
- Lod Cave visit and bamboo rafting
- 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 May 17th, 2022 and onwards

# Itinerary



## Itinerary Notes

Please be advised that a 2-week period of traditional slash and burn farming occurs in this region between March and April (start date varies). During this time your trek may follow an alternate route to avoid uncomfortably smoky areas. 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.

---



### Accommodation

Hotel Royal Bangkok @ Chinatown (or similar)

Hotel

The hotel is in a city centre neighbourhood and benefits from a rooftop pool with great views over the city. Facilities also include a restaurant, bar, sun terrace and fitness centre.

---



### Today's Activities

#### ACTIVITY

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

Day 2

## Bangkok/Kanchanaburi

Enjoy a klong boat tour of Bangkok including a visit to Wat Pho. Travel to Kanchanaburi and head to your floating rafthouse accommodation.



### Meals included

Breakfast | Dinner



### Accommodation

Pung-Waan Resort (or similar)

Resort



### Today's Activities

Klong Riverboat Tour

Bangkok

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

Wat Po Visit

Bangkok

This temple is known for its reclining Buddha, its feet covered with mother-of-pearl engravings of Buddhist symbols. Explore the large grounds and other compounds to see other Buddha figures, murals and the chedis that contain the ashes of Buddha. This is also the birthplace of traditional Thai massage.

Private Vehicle

Bangkok - Kanchanaburi

2h-3h

130km

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

Overnight Rafthouse Excursion

Kanchanaburi

Enjoy a unique experience aboard a floating rafthouse on the famous River Kwai.

Day 3

## Kanchanaburi

Enjoy a day of sightseeing at Erawan Falls and the Bridge on the River Kwai.

---



### Meals included

Breakfast

---



### Accommodation

Good Times Resort (or similar)

Hotel

---



### Today's Activities

Private Vehicle

Kanchanaburi - Nam Tok Erawan

1h-2h

Enjoy a short drive to view the beautiful Erawan Waterfalls. (1-2 hours per direction)

Erawan Waterfalls

Nam Tok Erawan

Visit one of the world's most beautiful waterfalls. Its seven tiers offer a unique experience at every climb, reaching up to 1,500m (4921 ft). Swim in the turquoise pools, snap photos from the top tier, and opt to hike in the jungle to spot monkeys.

Bridge on the River Kwai Visit

Kanchanaburi

Take in a piece of World War II history on this visit. We're sure you've seen or at least heard of the famous movie "Bridge on the River Kwai." Well, now you can tour the real thing. It's massive, majestic, and imposing, offering fabulous views of the river below.

Day 4

## Kanchanaburi to Ayutthaya to Chiang Mai

Explore the Allied War Cemetery and the Thai-Burmese Railway Centre to learn more about the area's history. Travel to Ayutthaya and visit the historical sites of the old capital city. In the evening board an overnight train to Chiang Mai.



### Meals included

Breakfast



### Today's Activities

Thai/Burma Railway Centre and Allied War Cemetery Visit

Kanchanaburi

Visit the Thai-Burmese Railway Museum to learn about the Death Railway's dark history, and the Allied War Cemetery where more than 6,000 prisoners are buried.

Private Vehicle

Kanchanaburi - Phra Nakhon Si Ayutthaya

2h

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

Temple Ruins Tour

Phra Nakhon Si Ayutthaya

Visit the ruins of Ayutthaya, which served as Thailand's capital from the 14th to 18th centuries, when it ranked as one of the most magnificent cities in the world. Located 86km (53 mi) north of Bangkok, the ruins of this UNESCO World Heritage Site include stunning pagodas and Buddha images.

Basic Overnight Train (beds)

Phra Nakhon Si Ayutthaya - Chiang Mai

12h

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.

Day 5

## Chiang Mai

Arrive in Chiang Mai and explore the city. Visit Doi Suthep in the afternoon.

Chiang Mai is a vibrant city with heaps to see and do. Famous for its night market and cooking classes, it's a feat to fit it all in. Experience the flavours and scents of traditional northern Thai cuisine by pre-booking the Northern Thai Cooking Class.



### Accommodation

Chiang Mai Gate Hotel (or similar)

Hotel



### Today's Activities

Chiang Mai Old Town Orientation Walk

Chiang Mai

Walk the inner Old Town of Chiang Mai with your CEO who will point out the basic landmarks and points of interest.

Chiang Mai Street Food Crawl

Chiang Mai

Bring your appetite and your wallet. The CEO will bring the group to the best spots to eat and teach everyone about the local street food. Yum!

Free Time

Chiang Mai

Use free time here to make the most of your time in Chiang Mai.

Private Vehicle

Chiang Mai - Doi Suthep

45m

30km

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

Private Vehicle

Doi Suthep - Chiang Mai

45m

30km

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

Doi Suthep Temple Visit

Doi Suthep - Chiang Mai

Visit Wat Phra That Doi Suthep, a golden Buddhist temple outside of Chiang Mai on the Mt Doi Suthep. Climb 300 steps to reach the temple and be rewarded with an unforgettable view. Admire the many

Buddhist relics at this sacred temple and visit the white elephant shrine. Legend has it that the location of the temple was chosen after a white elephant carried a relic to the mountain and trumpeted three times before dying on the spot. Also, with a little luck, you may witness the chanting of the monks.

---



## Optional Activities - Day 5

Half-Day Chiang Mai Cycling Tour

Chiang Mai

1500THB

This half-day ride takes you on a memorable tour of the countryside's most interesting sights. Go beyond the city to see Buddhist temples, local markets and organic farms. Just off the beaten track, you'll get a sense of how the locals live and see Chiang Mai from a totally different view.

Street Food Walk at Chiang Mai Night Market

Chiang Mai

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

Day 6

## Chiang Mai

Take a full free day to relax or explore the countryside of northern Thailand.

Chiang Mai is a vibrant city with heaps to see and do. Famous for its night market, it's a feat to fit it all in. Experience the flavours and scents of traditional northern Thai cuisine by pre-booking the Northern Thai Cooking Class.



### Accommodation

Chiang Mai Gate Hotel (or similar)

Hotel



### Today's Activities

Free Time

Chiang Mai

Use free time here to make the most of your time in Chiang Mai.



### Optional Activities - Day 6

Half-Day Chiang Mai Cycling Tour

Chiang Mai

1500THB

This half-day ride takes you on a memorable tour of the countryside's most interesting sights. Go beyond the city to see Buddhist temples, local markets and organic farms. Just off the beaten track, you'll get a sense of how the locals live and see Chiang Mai from a totally different view.

Northern Thai Cooking Class

Chiang Mai

Channel your inner chef with a home-style Thai cooking class. Take a trip to the market with your teacher and learn about regional flavours as you pick out fresh ingredients. Head back to the cozy kitchen for a hands-on lesson in whipping up delicious local favourites like hot and sour soup, green curry, and sticky rice.

Street Food Walk at Chiang Mai Night Market

Chiang Mai

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

Drive from Chiang Mai to the trailhead. Trek through farmland and bamboo and teak forests. Learn about bush food and medicinal plants. Enjoy lunch en route before continuing through rice fields and valleys to reach the first village of a Lahu tribe. Assist with food prep and cooking, or check out a local Lahu massage.

Tucked away in the hills of northern Thailand is where the most colourful and unchanged traditional communities can be found. Trek through forests and rural terrains to visit some of these diverse hilltribe villages; often, each will have their own unique language, clothing style, and belief system that differs significantly from those of neighbouring tribes. You are well looked after by your CEO and local guides, who take the responsibility of preparing all meals and carrying food supplies.

The exact itinerary of the walking on this trip may change from time to time, taking into account the weather and local conditions. Also, please note there may be times when the use of video and/or still cameras may be inappropriate -- your CEO and guides will be able to advise you. Be prepared for the accommodation to be basic; remember, it's all about an authentic and unique experience!



### **Meals included**

Breakfast | Lunch | Dinner



## Today's Activities

Hilltribe Trek Day 1

Ban Mae Malai - Ban Pha Mon

3h30m

7km

Hit the road early in the morning to head to the trailhead. Start the trek through forests and rugged terrain that winds itself around various hilltop villages. Trek from Huay Nam Dang National Park to Ban Pha Mon, a Lahu village.

### ACTIVITY

These agricultural communities support themselves with farming and hunting but typically struggled to survive financially outside of growing seasons. To prevent families from leaving and the gradual loss of culture and history, we worked with a local NGO to help sustainably build tourism opportunities through a year-long training program, including this overnight stay.

Day 8

## Ban Pha Mon/Ban Muang Pam

Trek between villages, over farmlands and grasslands, and ascend to the ridge line. Learn about bush medicine and seasonal fruits as you make your way to the lunch stop. Go for a swim and help the local guides prepare lunch. Continue on to the Karen village and spend the night.

Trek for about six hours and between villages, over farmlands and grasslands and ascend to the ridgeline. Learn about bush medicine, seasonal fruits and plants and seeds. Slip your wet shoes on and descend to the Huew Hin Poon Creek for lunch.

Here, go for a swim and help the local guides make a friction fire and prepare lunch. Continue another hour and a half to the jungle Buddhist temple outside the second village. Spend the night in the Karen village learn about wood carving, weaving and cooking.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Hilltribe Trek Day 2

Ban Pha Mon – Ban Muang Pam

6h

12km

Trek to reach the lunch stop, taking in the beautiful scenery along the way. Enjoy lunch before carrying on to the Karen village of Ban Muang Pam. Here, discover more about local life, help prepare dinner, or learn about weaving and wood carving.

#### ACTIVITY

Experience traditional White Karen culture in a mountain valley when you'll explore how to live a self-sufficient life. Trek the conservation forest area and rice fields with trained local guides, observe traditional weaving by the Women's Textiles Group, and learn how to make a bamboo souvenir. By staying in a traditional Karen home with host families, you're supporting community efforts to preserve White Karen culture.

Day 9

## Ban Muang Pam/Ban Jabo

After breakfast, leave the village and continue on, trekking beside the Pam River through lush jungle. Arrive at Tham Lod, a 1666m deep cave. Enter by bamboo raft and move to different chambers - a truly unique experience. Following the cave visit and lunch travel to Ban Jabo, a Black Lahu village. Learn about the Lahu culture, try out some traditional activities, and lend a hand making dinner using regional products and cooking methods.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Ban Jabo Homestay (or similar)

Homestay



### Today's Activities

#### ACTIVITY

Experience an unforgettable stay in this highland village. Connect with a Black Lahu family and learn about daily life for this hilltribe. Try your hand at bamboo weaving or playing a Lahu instrument, and help your host family prepare a traditional meal.

Hilltribe Trek Day 3

Ban Muang Pam - Ban Tham Lot

3h

7km

After breakfast, leave the village and continue on, trekking beside the Pam River through lush jungle. Arrive at Tham Lod, a 1666m deep cave. Bamboo rafts are required to enter the cave and move to different chambers - a truly unique experience.

Following breakfast, bid farewell to your hosts and return by private van to Chiang Mai, arriving at approximately 3pm. Tour ends on arrival.

---



## Meals included

Breakfast

---



## Today's Activities

Departure Day

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

## What's included

- Your G for Good Moment: Ban Pha Mon Homestay, Ban Pha Mon
- Your G for Good Moment: Ban Muang Pam Homestay, Ban Muang Pam
- Your G for Good Moment: Ban Jabo Homestay, Ban Jabo
- Your Welcome Moment: Meet Your CEO and Group
- Klong riverboat tour (Bangkok)
- Wat Po visit
- Erawan Falls and Bridge on the River Kwai visit
- Thai Burma Railway Centre and Allied War Cemetery visit (Kanchanaburi)
- Temple ruins tour (Ayutthaya)
- Thai Burma Railway Centre visit
- Doi Suthep temple visit (Chiang Mai)
- Trek to remote hilltribe villages (3 days)
- Lod Cave visit and bamboo rafting
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Explore magnificent temples and palaces, Sleep in a floating rafterhouse, Swim in the turquoise pools of Erawan Falls, Trek through remote Northern Thailand and stay with the friendly locals

## Itinerary Notes

Please be advised that a 2-week period of traditional slash and burn farming occurs in this region between March and April (start date varies). During this time your trek may follow an alternate route to avoid uncomfortably smoky areas.

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

## What are the main highlights of this trip?

Explore magnificent temples and palaces, Sleep in a floating rafterhouse, Swim in the turquoise pools of Erawan Falls, Trek through remote Northern Thailand and stay with the friendly locals

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

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

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

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

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

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

## **Are there Itinerary notes?**

Please be advised that a 2-week period of traditional slash and burn farming occurs in this region between March and April (start date varies). During this time your trek may follow an alternate route to avoid uncomfortably smoky areas.

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. PASSPORT DETAILS**

G Adventures requires your passport number and date of birth before we can confirm your booking. Please make sure you give this information to your travel agent.

### **2. COMBO TRIP**

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

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

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

## How large will the group be?

Max 16, Avg 12.

## What meals are included in this trip?

7 breakfasts, 3 lunches, 4 dinners

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

Train, open pickup truck, private vehicle, trekking, raft, walking.

## What transportation will we take on this trip?

Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide.

Thai Trains: As the popularity of train travel in Thailand continues to grow domestically, some of the routes used on this tour do not have sufficient space during local public holidays, including New Year's, Songkran (April 13-15), etc. During these times of the year, alternative transport may be arranged for one or more of the train journeys on this tour.

## 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/guesthouses (4 nts), rafterhouse (1 nt), sleeper train (1 nt), basic huts (3 nts, multi-share).

## Do any exceptions apply to Rooming or "My Own Room" on my tour?

Night 2 (raft house); Night 4 (overnight train); Nights 7-9 (homestays)

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

A variety of styles of hotels/guesthouses are used on this tour. In many instances they might not be like what you are used to back home, as service and efficiency can vary. In some areas we stay in simple local guesthouses in stunning locations - rooms are small and basic, may be multi-share, and there may be shared toilet facilities and showers.

## What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

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

Suvarnabhumi Airport (BKK): If you have paid in advance for an arrival transfer, a G Adventures representative will be waiting at the Meeting Point (when you exit to the Arrival Hall, please go to Gate/Exit 4 in the hall, near the airport information counter (AOT) and look for a hand-sign with G logo and your name on it.)

If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## 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 refer to the emergency contact details provided in this dossier). If 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.

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

### EMERGENCY CONTACT NUMBERS

From outside Thailand +66 92 338 9222

From within Thailand 092 338 9222

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

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

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

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

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit.

Most travellers prefer to carry a softbag or rolling bag of small to medium size can be suitable. If you have combined Independent trip with some other G Adventures trip (basic or standard) we recommend you to travel with a backpack. You will also need a day pack/bag to carry water, cameras and other electronics. While hiking with a backpack, your main luggage can be stored at the hotel in Chiang Mai.

If you don't know what type of clothes to bring, you can check different weather web sites. We also recommend you to bring sun protection creams (better to buy them at home, because ones in Thailand are produced for local types of skin).

# 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.)

**Hiking/Trekking:**

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

**Sleep Sheet and Pillow:**

- Sleeping bag liner/sleep sheet
- Travel pillow

**Warm Weather:**

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

**Wet Weather Trekking:**

- Pack liners to waterproof bags
- Waterproof footwear (For river crossings) Note: Please pack clothing for the season in which you will be travelling. From Nov-Feb weather can be cold, so please pack warm clothing. From May-Oct it is the wet season, so please bring waterproof clothing.
- Rain gear

## 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](http://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. Travellers cheques can be tricky, timely and expensive to exchange. While we do not recommend that you bring them as your primary source of funds, it is great to have one or two cheques in case of emergency. Thomas Cook or American Express travellers' cheques in US currency are the easiest to exchange. Cash advances can also be made with some banks but are time consuming and tend to have high fees attached. 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!

## 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 CEO 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 CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

## What activities are optional on this trip?

### Chiang Mai

- Half-Day Chiang Mai Cycling Tour (1500THB per person)
- Street Food Walk at Chiang Mai Night Market
- Northern Thai Cooking Class

## **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.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information about before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. 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.

## **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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good 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 CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

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/](http://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 CEOs 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 CEO, 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/tanktops 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/](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.