

EXPEDITIONS



SIGNATURE: LAOS AND CAMBODIA'S ANCIENT TRADITIONS

7 days, Luang Prabang to Siem Reap

Trip code ALLZNS

WHAT'S INCLUDED

- Your G for Good Moment: Dinner at Spoons Restaurant, Siem Reap
- Your G for Good Moment: New Hope Vocational Training Restaurant Visit and Lunch, Siem Reap
- Your G for Good Moment: Travel to Conservation D'Angkor by Lady Tuktuk Drivers, Siem Reap
- Your Welcome Moment: Welcome Reception, Briefing & Dinner, Luang Prabang
- Your Local Living Moment: Home Experience & Baci Ceremony in Ban Nongkham, Luang Prabang
- Signature Moment: Kuang Si Waterfall and Bear Conservation Center Visit, Luang Prabang
- Signature Moment: Conservation D'Angkor Visit, Siem Reap
- Arrival and Departure Transfer
- Cultural Foundations at Wat Xieng Thong and Monk Chat
- Ock Pop Tok Founder-Led Visit & Hands-On Dyeing Workshop
- Alms Giving & Old Town Morning
- Free Time in Luang Prabang
- Dinner and Night Market Visit in Luang Prabang
- Sunrise at Angkor Wat
- Bayon Temple and Ta Prohm Temple Visit
- Boat Ride through Kampong Kleang
- Bensley's Bar with Lady Drum Show farewell dinner
- Engaging Discussions with the National Geographic Expedition Expert throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- 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 October 22nd, 2025 and onwards

ITINERARY



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

LUANG PRABANG

Welcome to Laos. Your expedition begins as you touch down in Luang Prabang, a UNESCO World Heritage city nestled at the confluence of the Mekong and Nam Khan rivers. You will be met at the airport and transferred to your hotel to settle in. Take a moment to absorb the atmosphere of this spiritual center, where golden temple roofs glint through the palm trees and the air is heavy with the scent of frangipani. In the evening, gather with your National Geographic Expedition Leader and fellow travellers for a welcome meeting and dinner to celebrate the start of your expedition through Laos and Cambodia.



Meals included

Dinner



ACCOMMODATION

The Luang Say Residence (or similar) Hotel



TODAY'S ACTIVITIES

Arrival Transfer

Luang Prabang Airport - Luang Prabang

30m

7km

You will be met at the airport and transferred to the hotel to start your adventure.

ACTIVITY

Join the Expedition Leader and group for a welcome reception with drinks and finger foods, an orientation/presentation, and a welcome dinner at the hotel.

Day 2

LUANG PRABANG

Step into the serenity of Wat Xieng Thong, the "Golden City Monastery," admiring its sweeping roofs and intricate glass mosaics that catch the morning light. Engage in a special monk chat, learning directly from a resident about monastic life and the path of enlightenment. Continue to Ock Pop Tok for an exclusive founder-led tour, diving into the colorful world of Lao textiles. Try your hand at natural dyeing, creating a scarf to take home. The day culminates in a profound cultural exchange: visit a local family in Ban Nongkham for a Baci ceremony. Tie white cotton threads around wrists to call back the spirits, then share a traditional family-style dinner and warm conversation in their home.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

The Luang Say Residence (or similar) Hotel



TODAY'S ACTIVITIES

Cultural Foundations at Wat Xieng Thong and Monk Chat Luang Prabang

Visit Luang Prabang's most important temple, Wat Xieng Thong, including a special monk chat to learn about monastic life, spirituality, and Buddhist traditions.

Ock Pop Tok Founder-Led Visit & Hands-On Dyeing Workshop Luang Prabang

Experience an exclusive founder-led tour of Ock Pop Tok, with a Silk Road textile seminar, weaving demonstrations, and a hands-on natural dye workshop.

Free Time in Luang Prabang Luang Prabang

Arrive at the hotel for free time in the afternoon.

ACTIVITY

Join a local host family for cultural activities from lemongrass-stuffed cooking and bamboo weaving to a traditional Baci Ceremony followed by a family-style Lao dinner.

Day 3

LUANG PRABANG

Rise in the mist of dawn to participate in Tak Bat, the sacred alms-giving ritual. Kneel quietly on the sidewalk to offer sticky rice to the silent procession of saffron-robed monks—a timeless rhythm of Luang Prabang. Wander the morning market, smelling the fresh herbs and river fish, before boarding a boat for a scenic cruise along the Mekong. Transfer to the turquoise pools of Kuang Si Waterfall, surrounded by dense jungle. Here, visit the Free the Bears Rescue Centre. Guided by a conservationist, learn about their efforts to protect sun bears and Asiatic black bears, even helping to prepare their food. Return to town to explore the vibrant night market after dinner.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

The Luang Say Residence (or similar) Hotel



TODAY'S ACTIVITIES

Alms Giving & Old Town Morning Luang Prabang

Rise and shine to participate in Luang Prabang's sacred alms-giving ritual and explore the morning market with a coffee stop before returning back to the hotel for breakfast.

Boat Luang Prabang - Kuang Si Falls 1h 27km

Enjoy a scenic cruise.

ACTIVITY

Depart the boat and continue by minivan to Kuang Si Waterfall. First, visit the Kuang Si Bear Conservation Center with a conservationist before continuing on to see Kuang Si Waterfall with lunch.

Private Vehicle Kuang Si Falls - Luang Prabang 1h30m 37km

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

Free Time in Luang Prabang Luang Prabang

During your free time, relax at your hotel or explore your surroundings.

Dinner and Night Market Visit in Luang Prabang

Luang Prabang

Enjoy dinner at a local restaurant followed by a visit to the night market.

Day 4

LUANG PRABANG/SIEM REAP

Enjoy a leisurely morning in Luang Prabang, perhaps visiting a French colonial café. Enjoy Lunch before transferring to the airport for your flight to Siem Reap, the gateway to the Khmer Empire. Settle into your hotel, transitioning from the quiet of Laos to the historic energy of Cambodia. This evening, dinner at the hotel is included, but at your leisure.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Shinta Mani Angkor (or similar) **Hotel**

Shinta Mani Angkor is an avant-garde five-star sanctuary designed by architect Bill Bensley in Siem Reap's leafy Royal District. A Travel + Leisure winner for Best Hotel Spa, the Khmer Tonics Spa is a treetop sanctuary offering chemical-free treatments rooted in ancient healing rituals. Guests can enjoy two striking tiled pools and Angkor-inspired rooms just steps from the temples. Every stay supports the Shinta Mani Foundation, making this award-winning retreat a stylish and philanthropic gateway to Cambodia's cultural heart.



TODAY'S ACTIVITIES

Private Vehicle **Luang Prabang - Luang Prabang Airport** 30m 7km

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

Plane **Luang Prabang Airport - Siem Reap-Angkor International Airport** 1h30m

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

Private Vehicle **Siem Reap International Airport - Siem Reap** 1h 37km

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

Day 5

SIEM REAP

Wake in the pre-dawn hours to witness the silhouette of Angkor Wat's lotus towers against a violet sky. As the sun rises, explore the world's largest religious monument, marveling at the intricate bas-reliefs that tell Hindu epics in stone. Continue to the Bayon Temple, where 216 giant stone faces smile enigmatically from the towers, watching over the forest. Take a mid-day break for lunch at a local restaurant inside the complex then walk through the jungle-claimed ruins of Ta Prohm Temple, where massive silk-cotton tree roots strangle the stone walls in a slow-motion embrace. Head back to the hotel for some time at leisure before connecting with the local culture at a family-style dinner, tasting the distinct flavors of Khmer cuisine and reflecting on the empire you have walked through.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Shinta Mani Angkor (or similar) **Hotel**

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TODAY'S ACTIVITIES

Sunrise at Angkor Wat **Siem Reap**

Witness the iconic sunrise over Angkor Wat before returning back to the hotel for breakfast.

Bayon Temple and Ta Prohm Temple Visit **Siem Reap**

Visit Bayon and Ta Prohm Temple with a stop for a light lunch at a local restaurant in between visits.

ACTIVITY

Sit down for a delicious dinner at Spoons Restaurant, part of SPOONS a Cambodian Organization that works with underprivileged young adults and gives them the opportunity to be self-supporting by providing them with education, training, and employment opportunities in the hospitality industry.

Their vision is to create a future where all young adults will have equal opportunities to gain independence and be able to shape their own lives.

Day 6

SIEM REAP

Begin with a scenic boat ride to Kampong Kleang, observing life in the stilted villages hovering over the water. Visit the New Hope Project, a G Adventures-supported initiative providing healthcare and education to youth. Meet a co-founder to see the impact firsthand then enjoy lunch at the community restaurant. In the afternoon, gain exclusive access to Conservation D'Angkor. Step behind the scenes to see how looted artifacts are restored, a vital effort to preserve Khmer heritage. Travel between sites with the Lady Tuk Tuk drivers, a project empowering women in tourism. The expedition concludes with a farewell dinner and a Khmer drumming show performed by lady drummers, celebrating the depth of history and the resilience of the people you have met along the way.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Shinta Mani Angkor (or similar) **Hotel**

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TODAY'S ACTIVITIES

Private Vehicle **Siem Reap** 1h 50km

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

Boat Ride through Kampong Kleang **Siem Reap**

Hop-on a wooden boat and enjoy a scenic ride through the high-stilt house village of Kampong Kleang.

ACTIVITY

Enjoy a traditional meal of Khmer food at the New Hope Vocational Training Restaurant, an initiative kickstarted by G Adventures. Providing skill-building opportunities to marginalized community members, the project also funds the adjacent free community school and health centre. Visit the restaurant run by locals and see how the New Hope project has supported positive change in the community. Learn about the social enterprise and meet one of the co-founders, followed by a guided walk through the project and its impact on the local community.

ACTIVITY

Travel to Conservation D'Angkor by Lady Tuk Tuk Drivers, a G Adventures-supported organization.

ACTIVITY

Gain exclusive, behind-the-scenes access to the Angkor Conservation Center, an area not open to the public before returning to the hotel.

Farewell Dinner at Bensley's Bar with Lady Drum Show Siem Reap

Enjoy a private dinner in Bensley's Art Gallery, accompanied by a wrap up presentation by the local expert and a unique performance.

Day 7

SIEM REAP

Your expedition through Southeast Asia concludes today. Transfer to the Siem Reap airport, provided at any time during the day.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Transfer

Siem Reap – Siem Reap International Airport

You will be met at your hotel and transferred to the airport at the end of your adventure.

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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- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Visit a National Geographic-funded sanctuary with a conservationist to see rescued bears, Go behind the scenes at Conservation D'Angkor to view rare artifact restoration, Join a local family for a traditional Lao ritual that gathers and protects the soul, Savor a six-course feast at Embassy Restaurant while hearing the chef's personal journey, Participate in the sacred morning tradition of offering sticky rice to monks in Luang Prabang.

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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.

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

1. COMBO TRIP

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

2. WEIGHT RESTRICTION

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

Laos:

1. REQUIRED

In order for us to confirm the transport used during your visit to Laos, we require a coloured copy of your passport in advance of travel. We please request you send a coloured copy of the passport you will be travelling on to experience@gadventures.com

2. High Speed Train Tegulations

Items prohibited from being carried by passengers into the stations or on trains:

- Flammable materials & liquids. Aerosols will be taken away at security.
- Sharp objects (e.g. pocket knives)
- Explosive materials e.g. vapes & e-cigarettes. Includes spray-on deodorant, perfume & hair products.
- Foods which are wet or have an overpowering smell
- Weapons
- Drugs

The high speed train has a luggage limit of 20kg per person.

What is the group leader like?

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

How large will the group be?

Max 22

What meals are included in this trip?

6 breakfasts, 5 lunches, 6 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your Expedition Leader will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private Vehicle, Walking, Boat, Plane, Tuk tuk.

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?

Yes, for those travelling solo there is a single supplement

Where will we stay during the trip?

Hotel (6 nights)

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 Signature Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

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.

You have an included arrival transfer. 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) 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. Included arrival transfers are provided from the nearest airport to your starting location. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBER

G Adventures Office Bangkok, Thailand

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: 1 800 394 5416

Calls from UK: 0800 041 8146

Calls from Germany: 0800 181 9454

Calls from Australia: 1 800 204 905

Calls from New Zealand: 0800 424 389

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?

You will be met at your hotel and transferred to the airport at the end of your adventure.

What should be on my packing list?

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.)

What are the visas and entry requirements for my trip?

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

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

Cambodia:

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

If you are arriving into Cambodia by air/plane, please complete the Cambodia e-Arrival form online before arrival. Complete within 7 days of arrival, even if your visa has already been granted.

For more information and to complete the e-Arrival form, we kindly request the you visit the [Cambodia e-Arrival](#) page.

** please note, the Cambodia E-system may not be available at land borders. If your arrival point is by land, you will be required to fill in a paper form on arrival. **

Laos:

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

E-Visa Details [here](#)

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

Apply for E-Visa [here](#)

If applying for the Laos E-Visa, please enter the entry port name as per below.

If you travel by air: Luang Prabang International Airport (LPQ)

If you travel by land from Thailand: Lao – Thai Friendship Bridge IV

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

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

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

Information is accurate as of September 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 currencies you will use are the Lao Kip, US Dollar, and Cambodian Riel. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: www.xe.com for each of the above mentioned currencies. The best way to carry your money is in debit cards, withdrawing cash in local currencies from ATM machines. ATMs are found throughout South East Asia and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible in case of loss or problems with one card, you will have a back up. Please note, your bank will charge a fee for overseas withdrawals. USD Cash is recommended for times when ATMs are not accessible. You should bring some cash with you for emergency situations (please refer to our trip dossier) but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix. 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 \$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?

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

For meals and activities not included in your itinerary, it is appropriate in Asia to tip 10%. Though not compulsory, tipping is expected. 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 and shows an expression of satisfaction.

In addition, please note that tipping is not required or expected for the National Geographic Expert.

What activities are optional on this trip?

- No optional activities

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.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

If you require further details, please reach out to our Sales team who will be able to advise further.

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 prostitutes is completely contrary to this philosophy. Our Expedition Leader 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 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, 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.

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.