



Solo-ish Thailand

12 days, Chiang Mai to Phuket

Trip code ATCK

What's included

- Your G for Good Moment: Khao Thep Pitak Community-Owned Farm & Restaurant, Surat Thani
- Dinner Party: Dinner Party, Chiang Mai
- Your Welcome Moment: Meet Your CEO and Group
- We Day: Chiang Mai Bike Tour & Yimsoo Farm Experience, Chiang Mai
- G Day: Chiang Mai Countryside Tuk Tuk Tour, Chiang Mai
- Your Discover Moment: Chiang Mai
- Me Day: Khao Lak Me Day, Khao Lak
- Complimentary Arrival Transfer
- Chiang Mai Bike Tour
- Yimsoo Farm Community Experience
- Chiang Mai Countryside Tuk Tuk Tour
- Free time in Chiang Mai
- Tour of Chinatown in Bangkok
- Thai Massage Workshop
- Free time in Bangkok
- Khao Sok Half Day Trekking
- Sok River Canoe Tour
- Bamboo Cooking Experience
- Cheow Lan Lake Island Adventure
- Khao Sok National Park evening and morning safaris
- Free time in Cheow Lan Lake
- Free time in Khao Lak
- 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 February 18th, 2026 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

Dinner Party: Chiang Mai

Welcome to Thailand! Meet your included arrival transfer at the airport, then meet your new crew for a welcome meeting. Together we'll head to our Thai cooking class for an awesome dinner party. Get to know your new travel mates and Thai cuisine for a perfect start to the trip.

Please ensure you arrive at the joining hotel by 2:00 pm to ensure you do not miss the welcome meeting.



Meals included

Dinner



Accommodation

Duangtawan Hotel Chiang Mai (or similar)

Hotel



Today's Activities

ACTIVITY

Food is a universal language, and there's no better way to get to know a new friend, or a new community, than by breaking bread together and digging in to a delicious meal. Get to know your fellow Solo-ish travellers and the flavors of Chiang Mai with a cooking class! Make some of Thailand's most delicious curries and Thai sweets. During the meal, get to know your new travel mates and finish the night with a seasonal dessert.

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

We Day: Chiang Mai

Our first full day together is bound to be great! Start with a bicycling tour through Chiang Mai city, passing old temples, historic neighborhoods and lush mountain chains as your backdrop. Then drive to Yimsoo Farm & Cafe for a farm experience. Take a tour of the farm before sitting down together for an incredible Thai lunch. Afterwards, learn about the natural dyes being used in the area and try it for yourself in a tie dye workshop. Your visit to Yimsoo supports this community enterprise in providing employment opportunities for individuals living with disabilities. Finish the day on a delicious note with a walking food tour of Chiang Mai.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Duangtawan Hotel Chiang Mai (or similar)

Hotel



Today's Activities

ACTIVITY

With your incredible CEO at the helm, get to know the local community and your Solo-ish travel mates on a day packed full of interesting and engaging adventures. Your CEO will give you a tour of the best of the city. With your group by your side, cruise through Chiang Mai on a bike tour of the city. Then visit Yimsoo Cafe, a G Adventures-supported project in Chiang Mai that offers training and economic opportunities for people living with disabilities. After an incredible homemade lunch, get hands on with a tie dying workshop with natural dyes.

Chiang Mai Street Eats

Chiang Mai

Begin your journey with a gentle walk from the hotel through the lively streets of the Old City toward Kad Luang Market. Along the way, taste Chiang Mai's culinary heritage – from the famous Roti Padae Michelin stall to Khanom Krok, the beloved coconut pancakes cooked fresh by local vendors. Capture the beauty of Tha Pae Gate as the golden light fades, then continue your exploration into Kad Luang Market, where the aroma of Northern Thai spices fills the air. Enjoy a handpicked dinner featuring authentic Northern Thai favorite choices of Sai Ua (Northern sausage), Nam Prik Ong, Khao Soi or Khanom Jeen Nam Ngiao, followed by traditional Thai desserts and fresh fruits.

Day 3

G Day: Chiang Mai

Go off the beaten path and visit the local life of Chiang Mai with your CEO and fellow solo-ish travellers. On an epic tuk tuk tour, zip down streets and past lush farmland in the Lanna Kingdom visiting local hot spots and cultural heritage sites. Listen to the hum of the tuktuk, the sounds local life and the laughter as you travel with your new travel mates. Head back to the city for the evening and enjoy free time.



Meals included

Breakfast | Lunch



Accommodation

Duangtawan Hotel Chiang Mai (or similar)

Hotel



Today's Activities

ACTIVITY

With your Solo-ish travel mates and CEO, explore some of the worlds coolest activities alongside new friends. It's not just an epic day of fun, its chock full of incredible experiences and a surprise G element along the way to take your day to 11. Explore Northern Thailand on an epic Tuk Tuk tour. Visit historic spots like Wiang Kum Kam Ancient Ruins, experience local rural life and enjoy a signature Northern Thailand noodle lunch.

Day 4

Chiang Mai

Explore the ancient temples, bustling night markets, and serene mountain views during your free day in Chiang Mai. Whether you're wandering through the charming Old City or enjoying a bowl of khao soi at a local restaurant, savor Chiang Mai's laid-back charm and rich traditions. In the evening, take an overnight train to Bangkok for an early arrival in Thailand's capital.



Meals included

Breakfast



Today's Activities

Basic Overnight Train (beds)

Chiang Mai - Bangkok

12h-13h

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



Optional Activities - Day 4

Hill Tribe Weaving Class

Chiang Mai

1200THB

Experience a traditional weaving class taught by local tribal women. Learn basic back-strap weaving techniques, or a more detailed tribal pattern, and how to thread and set up a traditional back-strap loom. At the end of your class, you will take home your woven work as a tangible memory of your time in Chiang Mai.

Day 5

Bangkok

Pull into Bangkok early this morning and get right to the adventure! Get to know some of your travel mates better today on an intimate tour of Bangkok's Chinatown. Enjoy a tea tasting led by a tea master, explore Sampeng Lane Market and wander down Street Art Alley. In the afternoon, enjoy free time in the city. Choose to join the a night out exploring famous indie bars.



Meals included

Breakfast | Lunch



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

Bangkok Chinatown Tour

Bangkok

Explore the colorful lanterns, sizzling street food stalls, and bustling markets of Bangkok's Chinatown. Starting from the Chinatown Gate, wander down Yaowarat Road, through Sampeng Lane Market, experience tea led by a master, admire the street art of Talat Noi and visit the heritage Santuario Chow Sue Kong.



Optional Activities - Day 5

Mysterious Odyssey

Bangkok

A haunting stroll through ancient cemeteries, where whispered tales of the neighborhood's bygone days linger beneath towering skyscrapers, unseen by all but skeletal guardians.

Please note, pricing varies based on the number of people who book.

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.

Day 6

Bangkok

Embark on a journey through Thailand's healing heritage, where centuries-old wisdom meets hands-on experience. Walk through the historic herbal district, where the scent of dried roots and essential oils fills the air. Craft your own herbal inhaler and discover how natural remedies continue to bring relief and balance in modern life. Perfect ending with a traditional Thai Massage, experience with all your senses. A sensory-rich experience blending culture, scent, and healing traditions.



Meals included

Breakfast



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

Free Time

Bangkok

Spend the afternoon free in Bangkok.

Thai Massage & Herbal Inhaler Workshop

Bangkok

Learn the art of creating your own herbal inhaler and discover the ancient art of Thai massage. Experience ultimate relaxation and deep rejuvenation, melting away stress, your path to well-being.



Optional Activities - Day 6

Chatting, Chanting and Fortune Telling

Bangkok

3400-5600THB

Get a holistic view of how Buddhism in Thailand is practiced, with private fortune-telling sessions and dharma talks with a monk at Wat Ratchabophit.

Please note, the cost varies based on the number of people who book.

Culinary Evolution of Thai Food

Bangkok

3400-5300THB

Experience the packed elements of Thai food beyond typical perceptions. Learn about local ingredients, meet street food vendors, and enjoy a meal at a heritage home restaurant featuring royal Thai recipes.

Day 7

Bangkok to Khao Sok National Park

Travel from Bangkok to Khao Sok National Park together today. An early morning flight brings us to Surat Thani airport where we'll meet our private transfer to Khao Sok. Then hit the river this afternoon for a gentle canoe trip down the Sok river before a quick visit to the local Monkey Temple.



Meals included

Breakfast | Lunch



Accommodation

Khaosok Rainforest Resort (or similar)

Hotel



Today's Activities

Sok River Canoe Tour

Khao Sok

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

Plane

Bangkok - Surat Thani

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

Private Vehicle

Surat Thani - Khao Sok

1h30m-2h

86km

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

Day 8

Khao Sok National Park

An exciting day ahead starts with a trekking adventure through Khao Sok National Park. This easy hike will have you learning survival skills and identifying plants in the Thai jungle. In the afternoon, take time to unwind and relax surrounded by nature. This evening, continue to enjoy your free time.



Meals included

Breakfast | Lunch



Accommodation

Khaosok Rainforest Resort (or similar)

Hotel



Today's Activities

Khao Sok Half Day Trekking

Khao Sok

3h

3km

Enjoy a half day of trekking in Khao Sok National Park. Along the way, you'll learn basic survival skills and techniques for living in the jungle. Explore wild plants, trees, herbs, and spot wildlife on the trail. Learn about the traditional uses of jungle plants and herbs, and hear stories about local culture and history from knowledgeable guides.



Optional Activities - Day 8

Bamboo Cooking Experience

Khao Sok

Alongside a local guide, learn about the local craft of bamboo cooking. Start the fire and help to prepare a variety of Thai Dishes like Green Curry, Barbecue Chicken, Rice wrapped and cooked in Bamboo Tubes and Bamboo Pancakes. You will learn which bamboo is used and how plates and containers are crafted. Then, enjoy your dinner along the riverside and fireplace while listening to the sounds of jungle.

Day 9

Khao Sok to Cheow Lan Lake

Get ready to tick off a bucket list item with a night in a picturesque floating bungalow over Cheow Lan Lake. Hop in a longtail boat and arrive to the bungalows where a day of adventure awaits. Trekking, rafting, exploring caves and even an evening safari is on the docket for today. Enjoy lunch and dinner in the floating restaurant after an epic day.



Meals included

Breakfast | Lunch | Dinner



Accommodation

The Laguna Cheow Lan (or similar)

Houseboat



Today's Activities

Cheow Lan Lake Island Adventure

Cheow Lan Lake

Enjoy a day at the floating bungalows. Explore the jungle, trek through the lagoon and take a bamboo raft to the coral caves to see the breathtaking stalagmites and stalactites. Then hop on a longtail boat for an evening safari through the lake. The surrounding forest is home to some incredible animals like tapir, elephants and clouded leopards.

Longtail Boat

Khao Sok - Cheow Lan Lake

Take a longtail boat to your floating bungalow for the night.

Day 10

Cheow Lan Lake to Khao Lak

Mornings are arguably the best time for a safari on Cheow Lan Lake. With a quiet dawn we hope to spy wild elephants, monkeys, gibbons and maybe if we're lucky, a tapir. Enjoy breakfast and free time at the floating bungalows before taking a longtail boat back to Khao Sok. On the way, we'll stop for lunch at the G for Good supported project Khao Thep Pitak Community-Owned Farm & Restaurant.



Meals included

Breakfast | Lunch



Accommodation

Sudala Beach Resort (or similar)

Hotel



Today's Activities

Longtail Boat

Cheow Lan Lake - Khao Sok

Ride the longtail boat from your floating bungalows back to Khao Sok.

Private Vehicle

Khao Sok - Khao Lak

2h

116km

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

ACTIVITY

Visit Khao Thep Pitak Community-Owned Farm & Restaurant, a G for Good supported project. Here we will spend time getting to know the community and enjoy a locally made lunch. Learn how their enterprise helps support women, men and youth and has improved the living conditions for their community members.

Cheow Lan Lake Morning Safari

Cheow Lan Lake

Take an early morning safari by boat or canoe. Keep an eye out for Dusky Langurs, Macaque Monkeys, Gibbons or even wild Elephants. Morning times are very special at the lake, as the morning mist and Gibbon calls provide a unique serenity, which is often described as a once in a lifetime experience.

Free Time

Cheow Lan Lake

Enjoy some free time this morning to canoe, swim or relax on the porch of your floating bungalow.

Day 11

Khao Lak

Spend your last day in Thailand exactly how you wish during your Me Day! Opt to enjoy some alone time relaxing on the beach or join your CEO and fellow solo-ish travellers for one last adventure together.



Meals included

Breakfast



Accommodation

Sudala Beach Resort (or similar)

Hotel



Today's Activities

ACTIVITY

Traveling solo alongside your new Solo-ish travel mates means there's always something fun to do and new friends to explore with. But the joy of travel can also be about taking time to yourself to recharge, refresh and reflect on the journey. Today, choose to join your CEO for an incredible activity, or take the time to yourself to enjoy your own company in one of the most incredible places on our planet.



Optional Activities - Day 11

Full Day Tour to Similan Islands

Ko Similan

3900THB

Take a full day tour to the beautiful Similan Islands, where white sandy beaches and wonderful, lush rainforests await you. Enjoy snorkeling in the clear waters and keep yours eyes open for turtles!

After breakfast, drive from Khao Lak to Phuket International Airport. Your trip ends upon arrival to the airport. You arrived a solo traveller and are leaving with many new friends. Say goodbye to your fellow Solo-ish travellers.

Please do not book departure flights out of Phuket Airport before 2:00 pm on the final day of your trip to ensure you arrive to the airport with plenty of time to catch your flight.



Meals included

Breakfast



Today's Activities

Private Vehicle

Khao Lak - Phuket International Airport

1h30m

79km

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

What's included

- Your G for Good Moment: Khao Thep Pitak Community-Owned Farm & Restaurant, Surat Thani
- Dinner Party: Dinner Party, Chiang Mai
- Your Welcome Moment: Meet Your CEO and Group
- We Day: Chiang Mai Bike Tour & Yimsoo Farm Experience, Chiang Mai
- G Day: Chiang Mai Countryside Tuk Tuk Tour, Chiang Mai
- Your Discover Moment: Chiang Mai
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- Complimentary Arrival Transfer
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- Free time in Cheow Lan Lake
- Free time in Khao Lak
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Stay in a floating bungalow on Cheow Lan Lake, Experience Thai Safaris in Khao Sok National Park, Spend free time at the beach in Khao Lak.

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

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

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

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

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

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

Please do not buy gems in Bangkok unless you know what you are doing. Even if genuine you should not expect to be able to sell them at home. If you fall victim to a gem scam, we are unable to assist you.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officer's (CEO). The aim of the CEO 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 traveling 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?

11 breakfasts, 7 lunches, 3 dinners

What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however, they may also be Asian style, consisting of noodles, congee (rice porridge), bread or eggs; this may vary depending on the city we're visiting. Vegetarians will be able to find a range of different foods, although in some areas the choice may be limited. Should breakfast not be included, your CEO can suggest some local options.

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 CEO will be able to suggest favourite restaurants during your trip. 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.

What are the modes of transportation on my trip?

Flight, train, private vehicle, walking, boat, tuktuk.

What transportation will we take on this trip?

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, long weekends, etc. During these times of the year, alternative transport may be arranged for one or more of the train journeys within Thailand on this tour.

Are local flights included in the cost of the trip?

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

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hotel (10nts), Overnight Train (1nt multishare).

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

Night 4 (overnight train)

What kind of accommodation can I expect on this trip?

A variety of styles of hotels/guest houses are used on this trip. 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 guest houses in stunning locations - rooms are small and simple and there may only 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.

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

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Arrive to your start hotel no later than 2pm in order to head to your cooking class.

During your Welcome Meeting, 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 contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

If you have pre-booked an airport transfer please meet your driver at the exit point of the airport, in the arrival hall. Look for a driver holding a G Adventures sign with your name.

If you have still have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

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

AIRPORT TRANSFER

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

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

EMERGENCY CONTACT NUMBERS

After hours emergency number

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?

Please do not book departure flights out of Phuket Airport before 2:00 pm on the final day of your trip to ensure you arrive to the airport with plenty of time to catch your flight.

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.)

Warm Weather:

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

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What are the visas and entry requirements for my trip?

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](#)

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.

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?

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.

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 \$10-15 USD per person, per day can be used.

What activities are optional on this trip?

Chiang Mai

- Hill Tribe Weaving Class
(1200THB per person)

Bangkok

- Mysterious Odyssey
- Chatting, Chanting and Fortune Telling (3400-5600THB per person)
- Culinary Evolution of Thai Food (3400-5300THB per person)
- Klong Riverboat Tour

Khao Sok

- Bamboo Cooking Experience

Ko Similan

- Full Day Tour to Similan Islands
(3900THB per person)

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 rating 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 CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 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 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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

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

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/

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.

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.