



## **Southeast Asia: Bangkok, Laos & The Cardamom Mountains**

21 days, Siem Reap to Luang Prabang

Trip code AOZL

## What's included

- Your G for Good Moment: Dinner at Spoons Restaurant, Siem Reap
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Cooking Class, Siem Reap
- Your OMG Day: Sunset Bike Ride or Half-day Tour of Kampong Khleang Floating Village, Siem Reap
- Your OMG Day: Golden Triangle Cycle or Doi Tung Tea Experience, Chiang Rai
- Your Foodie Moment: Nam Kat Cooking Class, Nam Kat
- Your Discover Moment: Luang Prabang
- Complimentary Arrival Transfer
- Welcome Dinner
- Angkor Wat sunrise visit
- Cooking class in the Cambodian countryside
- Kayak & Trek in the Cardamom Mountains
- Full day Kayak Excursion in Koh Chang
- Bangkok Progressive Dinner Experience (Farewell Dinner)
- Bangkok Dinner Cruise
- Hellfire Pass and Thai-Burma Railway Centre explorations
- Floating accommodation in Kanchanaburi
- Chiang Rai street food tour
- 2-day slow-boat along the Mekong
- Som Nang Viewpoint hike
- Cultural Immersion at Nayangtai village in northern Laos
- Canopy Hanging bridges of Nam Kat
- Alms giving in Luang Prabang
- Internal airfare
- Tips are included for all included meals and activities, except for CEO and portorage
- 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 4th, 2026 - December 24th, 2026

## Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Siem Reap: Welcome to the Community

Your chariot awaits. So, it's not technically a chariot, it's a tuk-tuk. But not any tuk-tuk. Your drivers are women from the Lady Tuk-Tuk drivers cooperative. This group was founded to provide women in Siem Reap the opportunity to earn an income and support themselves, their families and their communities. Hop aboard, whizz through Siem Reap en route to another community tourism initiative, Spoons Restaurant. Welcome to Siem Reap, and to Cambodia, we invite you to become part of the community.

Spoons Restaurant hosts your first meal in Cambodia. This restaurant provides vocational training for young people in the service industry, while of course, serving up delicious specialties like Num Kruk, a corn and coconut crisply dumpling, and Steak Lok Lak. Dig in and do good.



### Meals included

Breakfast | Dinner



### Accommodation

Lynnaya Urban River Resort & Spa (or similar)

Resort



### Today's Activities

#### 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.

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. 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.

It's possible that there is no quicker way to understand a culture than by cooking and eating. Spend the morning in the local market with a chef, smelling and tasting the local ingredients. Continue on to Chreav village just outside of Siem Reap and join the chef in cooking some delicious local dishes. With a full belly, the afternoon is yours to choose between a sunset bike ride from village to village, or a scenic boat tour to Kampong Khleang Floating Village.

Your OMG Day begins with an exclusive cooking experience in Chreav village, just a short tuk-tuk ride outside Siem Reap. In the afternoon you can choose between an exhilarating cycle through small villages, ending just in time to take in a peaceful sunset over the rice paddies with a cold drink. If you are looking to take it a bit easier, hop on a boat ride to the magnificent Tonle Sap. The boat will travel to Kampong Khleang floating village, passing by stilt houses, witnessing daily life and observing the marine flora and fauna along the way.



## Meals included

Breakfast | Lunch



## Accommodation

Lynnaya Urban River Resort & Spa (or similar)

Resort



## Today's Activities

ACTIVITY

10km

Set off on an adventure on a Tuk Tuk orientation drive around Siem Reap finishing with a private cooking class at a local's home. Learn about the tips and tricks for preparing Cambodian specialties from your local expert and try your hand at cooking three authentic Khmer dishes. Transfer back to the hotel via Tuk Tuk.

ACTIVITY

Option 1: Hop on a bike and cycle through the countryside of Siem Reap and enjoy the colours of sunset. Start in the streets of the city before venturing off the beaten path to ride through picturesque villages where you will make brief stops to learn about the livelihoods of the locals. Witness an authentic side of Siem Reap so few visitors get to see. Watch sunset over the palm trees with a cold beverage and a few local snacks. The activity lasts from 2:30pm to 7pm.

Option 2: Enjoy a half-day tour of Kampong Khleang Floating Village with a local guide. The drive time is about an hour to Tonle Sap, the world's second largest freshwater lake. It's here that you will board the boat and travel to the village getting a true sense of daily life on the water. The activity lasts from 2:30pm to 6:30pm.

Day 3

## Siem Reap: Sunrise Angkor Wat

The ruins of Angkor Wat stand as a testament to the dynamic history of the Cambodian people. Though they, like all ruined structures, are little by little being reclaimed by the jungle around them, luckily for us they defiantly remain standing ready to be admired. Witness sunrise at Angkor Wat with your fellow travellers and expert guide.

Your new friends from the Lady Tuk-Tuk cooperative greet you again just before sunrise to zoom you to Angkor Wat. Enjoy a magical sunrise over the ruins and then continue on exploring Angkor Thom and Ta Prohm with your local guide. The rest of the afternoon is yours to enjoy a well-deserved bit of rest, or a dip in the pool.



### Meals included

Breakfast



### Accommodation

Lynnaya Urban River Resort & Spa (or similar)

Resort



### Today's Activities

Free Time

Siem Reap

Spend the afternoon in Siem Reap on your own. Consider a CEO-led visit to the Cambodia War Museum, or the Phare Circus. Dinner will be on your own tonight.

Angkor Wat Sunrise Tour

Angkor Wat

8h

Travel by Tuk Tuk and enjoy a tour of impressive ancient ruins with a local professional guide. Wake early to watch the sun rise over the magnificent Angkor Wat temple. Visit the enigmatic faces of Bayon within the walled city of Angkor Thom, and tour Ta Prohm (aka the "Tomb Raider" temple), which is slowly being swallowed by the jungle.

## Cardamom Mountains: Into the Jungle

Established in 1993, The Botum Sakur National Park in southern Cambodia, home to the Cardamom Mountains, has been continuously threatened by illegal logging and the poaching of endangered wildlife. The dense jungle of the Cardamoms is one of Asia's seven remaining elephant corridors and is home to gibbons, pangolins and hornbills. This remote and wild place is being protected by an alliance between a number of organizations, and our exclusive stay at Cardamom Tented Camp helps fund the Wildlife Alliance and its partners in protecting this vital piece of our planet.

After a short flight and transfer West, board a small boat to head down the Prek Tachan river. Spot birds overhead as you make the half hour journey to camp. Cardamom Tented Camp is our home for our jungle expedition the next two days, and a homemade Cambodian meal awaits you after settling into your tent. Oh, and don't forget to look up-the nighttime sky here is out of this world. (See what we did there?)



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Cardamom Tented Camp (or similar)

Hotel

Cardamom Tented Camp is a remote camp built at the base of the Cardamom Mountains in Botum Sakur National Park. Safari style canvas tents with en suite bath are dotted along the riverfront.



### Today's Activities

Plane

Siem Reap - Sihanoukville

1h30m

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

Private Vehicle

Sihanoukville - Cardamom Tented Camp

3h

162km

Drive from Sihanoukville to the boat launch to catch your small boat to Cardamom Tented Camp. Enjoy an included lunch en route.

Boat

Cardamom Tented Camp

30m

Enjoy a leisurely boat ride from Cardamom Pier to Cardamom Tented Camp for your OMG stay. You will travel along the Preak Tachan river.

Day 5

## Cardamom Mountains: Trekking and Kayaking

Waking up in the jungle, in a safari style glamping tent, with the sound of the birds and the monkeys rustling overhead is probably not an experience you associate with Cambodia, but from now on it will be. After a refreshing sleep, it's time to explore the Cardamoms. Kayak downriver first en route to the old ranger station. Trek through the lush forest on old logging trails, crossing streams from time to time. Your local Cambodian guides let you in on the history of this special place while you explore.

After a morning of exploration, return to camp for another home cooked Cambodian meal. The afternoon offers you some much deserved leisure time to enjoy this remote paradise. Swim in the river or kayak the narrow tributaries looking for birdlife.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Cardamom Tented Camp (or similar)

Hotel

Cardamom Tented Camp is a remote camp built at the base of the Cardamom Mountains in Botum Sakur National Park. Safari style canvas tents with en suite bath are dotted along the riverfront.



### Today's Activities

Cardamom Kayaking & Trekking

Cardamom Tented Camp

3h30m-4h

2km

Embark on a kayak excursion to the old ranger station before taking to the trails and walking back to camp for lunch.

Length: 2-5km

Duration: 3.5-4 hours

Free Time

Cardamom Tented Camp

Spend a free afternoon enjoying the surroundings of your remote camp. Explore the trails close to camp, swim in the river, or go kayaking in search of wildlife.

Day 6

## Koh Rong: Island Paradise

When ancient seafarers first caught sight of Koh Rong's shores, they were captivated by its beauty, naming it after a mythical cave or "shelter" found within its lush, emerald interior. While its white-sand beaches are world-renowned, the island's heart is a thriving dense rainforest with hidden lagoons teeming with tropical birdlife and rare butterflies. Some of Koh Rong remains an untouched paradise, and your time on this island begins with free time to discover the island's energetic towns and sun-drenched coves.

Take a boat to Koh Rong and explore the island with your CEO in the afternoon. A BBQ seafood dinner is the perfect way to celebrate your first evening on the island.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

You & Me Resort (or similar)

Hotel



### Today's Activities

Speedboat

Cardamom Tented Camp - Sihanoukville

Enjoy a leisurely boat ride from Cardamom Tented Camp to Sihanoukville. You will travel along the Preak Tachan river.

Speedboat

Sihanoukville - Koh Rong

Enjoy a the boat ride from Sihanoukville to Koh Rong in the Gulf of Thailand.

Free Time

Koh Rong

Free afternoon in Koh Rong.

Day 7

## Koh Rong: Waterfall Hike & Kayak Exploration

Cambodia shines in this full day exploration of Koh Rong's natural interior and coastal ecosystems. A morning trek leads you through the rainforest, immersing you in the island's vibrant flora and fauna, and in season toward a secluded waterfall. After a break for lunch, the adventure continues with a guided kayaking excursion deep into the quiet, winding mangroves, offering a unique perspective of the island's serene, sheltered waters.

This full day adventure offers plenty of opportunity to enjoy the island paradise that Koh Rong offers. Hike to a beautiful waterfall (in season) followed by professional kayak guides leading an adventure through the mangroves.



### Meals included

Breakfast | Lunch



### Accommodation

You & Me Resort (or similar)

Hotel



### Today's Activities

Koh Rong Waterfall Hike & Mangrove Kayaking Experience

Koh Rong

Start the day with a hike through the island's tropical jungle to a beautiful waterfall when the water is flowing. After a safety briefing enjoy a kayak tour through the mangroves protecting the island of Koh Rong.

Day 8

## Bangkok: Sunset Dining

After departing Koh Rong, arrive in Bangkok and explore its iconic food scene in an exclusive gastronomic adventure. Board a private custom converted traditional rice barge to head to your first stop-to try the one and only Pad Thai. Created by a politician during World War II, Pad Thai is the most famous gastronomic export from Thailand, and a trip to Bangkok wouldn't be complete without sampling it. Afterwards, head by tuk-tuk convoy through Rattanakosin Historical Island to sample a few more small bites in the colorful Yaowarat Road (Bangkok's Chinatown). A sweet bite, like Mango and sticky rice, is the finishing touch for a delicious evening.

Depart Koh Chang, returning to Cambodia mainland. Drive to Phnom Penh to board a flight back to Bangkok. The afternoon is at leisure to relax and rest up before your group meal.



### Meals included

Breakfast | Dinner



### Accommodation

The Standard X Bangkok (or similar)

Hotel



### Today's Activities

Speedboat

Koh Rong - Sihanoukville

Take a speedboat from Koh Rong to the mainland of Cambodia.

Private Vehicle

Sihanoukville - Phnom Penh

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

Plane

Phnom Penh International Airport - Bangkok

1h

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

Sunset Dining Experience Bangkok

Bangkok

3h

Sip a sunset drink by the river on the hotel terrace. Then, board a private boat and ride to a restaurant along the river for some delicious Pad Thai. After eating your first course, board a tuk-tuk for the

famous street food area of Bangkok where you will sample more Thai specialties. Cap it off with a local dessert and travel back to the hotel via tuk-tuk.

## Bangkok: Riverboat Cruises

Life along Bangkok's canals is a mix of old traditions and daily hustle. Discover why this city is often called the "Venice of the East" as our cruise introduces us to its charming and historic canal lifestyle. Scenes of classical wooden-framed homes on stilts, mothers doing their daily washings, and kids splashing away the tropical heat will captivate us along the ride. The Chao Phraya River, central to Bangkok, offers a glimpse of the city's harmonious blend of culture and urban energy, with its shimmering temples and modern skyline standing side by side.

After breakfast, cycle through Bangkok's Chinatown and ride a longboat up the charming canals of Bangkok toward its more rural side. Share a local meal in the area. After a free afternoon, join an evening dinner cruise up the Chao Phraya River. An evening full of delicious food and incredible views.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

The Standard X Bangkok (or similar)

Hotel



### Today's Activities

Chinatown Cycle Tour & Longtail Boat Tour

Bangkok

Cycle through the narrow alleys and frenetic side streets of Bangkok's Chinatown. Then climb into a long-tail boat and cruise along the river into a more rural Bangkok. Our cruise will introduce you to the charming canal lifestyle of Thais. Admire the scenes of classical wooden-framed homes on stilts, mothers doing their daily washings, and kids splashing away the tropical heat.

Dinner Cruise on the Chaophraya River

Bangkok

With an incredible view of Bangkok as the sun sets, board the Chaophraya River cruise boat for an elegant and charming dinner.

Day 10

## Bangkok to Kanchanaburi: Death Railway Train

Begin your Thailand explorations by heading north to Kanchanaburi. Explore the Thai-Burma Railway Centre, an interactive museum dedicated to sharing the history of the railway to those who visit. Ride the Death Railway train over the steep cliffs and visit the famous Bridge over the river Kwai. As your Kanchanaburi explorations conclude, board a long tail boat to reach our floating accommodation for the next two evenings.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

The Float House River Kwai Resort (or similar)

Resort



### Today's Activities

Private Vehicle

Bangkok - Kanchanaburi

2h-3h

130km

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

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.

Death Railway Train Ride

Kanchanaburi

Take a somber ride over the wooden railway bridge on the slope of a steep cliff, through the beautiful countryside of Kanchanaburi on the railway built by the Prisoners Of War in WWII.

Longtail Boat

Kanchanaburi - Khwae Noi

Board a longboat and float down the river to your accommodations.

Named for the torturous and hellish-like conditions in which the workers toiled away on the railway, Hellfire Pass and its namesake interpretive centre offer an incredible glimpse into this pivotal time in global history. Spend some time at the centre and then trek out to Hintok Cutting to experience the trail itself, and imagine what it might have been like for those workers. To cool off after the humidity of the morning, board a flat bottomed raft to float lazily back to your floating accommodation. Want to get a bit of exercise? Paddle yourself upstream a bit and race your neighbor. Enjoy a hearty lunch back at the lodge after working up an appetite.

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### **Meals included**

Breakfast | Lunch

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### **Accommodation**

The Float House River Kwai Resort (or similar)

Resort

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### **Today's Activities**

Hellfire Pass Experience

Kanchanaburi

Visit the Hellfire Pass Interpretive Centre. Learn about its dark history and how the track was built by Prisoners Of War who were made to cut through the rock of the Tenasserim Hills using only hand tools. Trek through the Hintok Cutting, about 5 km long with some steep and uneven climbs. Then climb into the River Kwai Jungle Rafter. Paddle down the river and arrive back to the resort.

## Kanchanaburi to Chiang Rai: The Land of Flowers

Onward and upward today, quite literally. Flying north to Chiang Rai brings us to our last stop in Thailand and the opportunity to experience the unique culture of northern Thailand. Join your CEO and a local expert guide for a foodie walking tour designed to introduce you to some of the regions most famous dishes. Sample Sai Ou, a type of sausage from Laos and northern Thailand and douse everything in Nam Prik, chili sauce with lime, shrimp paste and garlic. You'll sample over ten types of food and drink, so there's almost a guarantee you'll identify your new favorite Thai food item before the night concludes.



### Meals included

Breakfast | Dinner



### Accommodation

Riva Vista Riverfront Chiang Rai Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Kanchanaburi - Bangkok

3h30m

222km

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

Plane

Bangkok - Chiang Rai

1h30m

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

## Chiang Rai: OMG Day

With so much to explore in Chiang Rai, there is no wrong way to spend your OMG Day. If you are looking for some exercise, get out on two wheels and explore Chiangsaen and the Golden Triangle area on a guided cycling tour. Visit an Opium Museum that gives context to the naming of the 'Golden Triangle' as you cycle through rice, cassava and pineapple fields. If you relish taking things at a less active pace, join some fellow travelers on an incredible Tea Journey. Head to an area one dominated- and destroyed by- the aforementioned Opium trade, and witness how it has been transformed into a thriving landscape of tea plantations. Join an expert guide as you learn all about tea blending and dipping, and sample some of the local blends. Enjoy an outdoor picnic lunch-with a cup of tea of course.



### Meals included

Breakfast | Lunch



### Accommodation

Riva Vista Riverfront Chiang Rai Hotel (or similar)

Hotel



## Today's Activities

### ACTIVITY

Option 1: Cycling around Chiangsaen Ancient City and see many historic sites around the city including Wat Phra That Chedi Luang, city wall and city moat. Cycle through the back road to Golden Triangle area where the three countries of Thailand, Laos and Myanmar touch. On the way you will experience the real local lifestyle and countryside. Visit a House of Opium (Opium museum) and learn about the history of opium trade that led to the area being called the Golden Triangle. Pass through some gently rolling hills of the countryside, rice fiends, cassava and pineapple plantations and stop for lunch at a local restuarnt.

Option 2: Travel to Doi Tung, home to the Shan, Lahu, and Akha communities. This area was previously dominated by opium farming and trade, which had a widespread devastating effect of the environment and local people. Today this mountainous district is incredibly beautiful and unrecognizable from the scarred landscape you see in old photos at the museum thanks to reforestation and sustainable agriculture efforts in the area. Visit the Tea Plantation and learn about the tea including the blending, dipping and sipping process! Then enjoy a picnic lunch served in banana leaves.

Day 14

## Thailand to Laos: Float down the Mekong River

Bid farewell to beautiful Thailand as you board a private chartered slow boat in Laos to cruise along the Mekong River. Spend the day aboard the boat relaxing, snapping photos and taking in life along the Mekong from your unique vantage point. Dine on a delicious lunch aboard and disembark in the late afternoon to make your way to your comfortable hotel in Pak Beng.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Luang Say Lodge (or similar)

Lodge



### Today's Activities

Private Vehicle

Chiang Rai - Chiang Khong

2h

100km

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

Border Crossing to Laos

Chiang Khong - Ban Houayxay

Travel from Thailand to Laos, entering at the Huay Xai Border Crossing. Take a public bus across the Tha-Laos Friendship Bridge No.4 and pass through immigration to arrive in Laos.

Riverboat

Ban Houayxay - Ban Pak Beng

7h-8h

Travel along the Mekong River in a luxurious riverboat. Travel from the border town of Huay Xai to Pak Beng. Have lunch and get hands on with a local experience on board.

Day 15

## Mekong River Float: Pak Beng to Nong Khiaw

A final morning on board the slow boat means a few final opportunities for photos of the famous Pak Ou caves and a final lunch on board as your slow boat expedition comes to an end. Journey into Laos further as you head to Nong Khiaw, an area of Laos not yet overly popular with international tourists. After two days of relative relaxation, choose to stretch your legs and see Nong Khiaw's undeniable beauty on a hike to the Som Nang viewpoint. Sunset from the viewpoint is spectacular, and worth the half an hour walk.



### Meals included

Breakfast | Lunch



### Accommodation

Nong Kiau Riverside (or similar)

Hotel

Riverside Nong Khiaw is a family owned and operated hotel located in remote Nong Khiaw, Laos. With limited rooms available, the experience at Riverside is personalized and is a true testament to Laotian hospitality.



### Today's Activities

Riverboat

Ban Pak Beng - Pak Ou Cave

4h

Continue to float down the Mekong River and travel from Pak Beng to Pak Ou Caves. Eat lunch on board before arrive, then disembark and explore the impressive and breathtaking Pak Ou Caves.

Private Vehicle

Pak Ou Cave - Nong Khiaw

3h30m

130km

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

Free Time

Nong Khiaw

Spend a afternoon at your OMG Stay in Nong Khiaw.



### Optional Activities - Day 15

## Som Nang View Point

Nong Khiaw

Enjoy an easy uphill hike to an amazing viewpoint of Som Nang Mountain. To reach the top takes about 40 minutes and the steps can be steep at times but this hike offers an incredibly rewarding view, especially at sunset.

## Traditional Laotian Communities: Nayangtai and Sopkhong Village Experiences

Nayangtai Village welcomes you this morning for an immersion into the local Tai Lue community. Participate in the Baci Sou Kwan ceremony, a cultural and spiritual traditions of the Tai Lue tribe, and then join local artisans to learn about local pottery making and bamboo weaving. In the afternoon, board a traditional boat to ride upstream to Ban Sopkhong village, where a short trek brings you to a beautiful waterfall. Take some time to refresh yourself in the waterfall before returning back to the village and back downstream to your hotel on the riverside.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Nong Kiau Riverside (or similar)

Hotel

Riverside Nong Khiaw is a family owned and operated hotel located in remote Nong Khiaw, Laos. With limited rooms available, the experience at Riverside is personalized and is a true testament to Laotian hospitality.



### Today's Activities

Ban Anoulack - Cultural Preservation Village

Nong Khiaw

Visit the vibrant Nayangtai Village, founded by Pannavith Bounthiphanh, a proud native of the Tai Lue community. The village aspires to be a leading model of cultural tourism and community-based tourism. Participate in the Baci Sou Kwan ceremony, deeply rooted in the cultural and spiritual traditions of the Tai Lue tribe, is a profound and meaningful ritual that celebrates the bonds of family, community, and the human connection to the spiritual world. This ancient practice, known across many Lao and Tai ethnic groups, holds a special place in the life of the Tai Lue people, marking significant life events, transitions, and communal gatherings. Then explore the village and its stunning natural landscapes. Learn traditional pottery and bamboo weaving directly from skilled local artisans. Share a delicious Lue cuisine lunch and watch an amazing performance.

Ban Sopkhong Village Experience

Nong Khiaw

Ride on a traditional boat upstream to Ban Sopkhong Village, a small khmu village. Trek along the small dirt road passing the village, through farmlands and rice paddies, finally reaching the beautiful limestone of Tad Mok Waterfall. Spend some free time enjoying a refreshing splash in the waterfall. Then trek back and board your boat to Nong Khiaw

Day 17

## Pha Daeng Peak: Sunrise Hike

If you are naturally an early riser, take advantage of a guided hike to witness sunrise over Pha Daeng peak. This moderate hike features some challenging areas but hikers are rewarded with incredible views over Nong Khiaw and surrounds as the sun pops into the sky. If you are keen for a rest this morning, recharge your batteries with a later start and rejoin your fellow travelers for breakfast after the hike. Our explorations of Laos continue as we head further north to Nam Kat Yorla Pa, a protected forestry area along the Nam Kat river. Grab a few local items at the Muang Xai market before reaching the hotel.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Namkat Yorla Pa Resort (or similar)

Lodge



### Today's Activities

Private Vehicle

Nong Khiaw - Nam Kat

4h

130km

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

Sunrise on Pha Daeng Peak

Phou Phadèng

2h15m

An early yet rewarding hike to Pha Daeng Peak will have you reaching the summit just in time for an incredible view over the valley. If you look down (a long way down) you can see the Som Nang viewpoint below. This hike is medium difficulty, being steep in some places but not too extreme or long. Along the trail there are benches, swings and places to rest.

Day 18

## Nam Kat: Jungle Trek & Cooking Class

Witness some of Laos most stunning jungle foliage on a walk over 13 hanging bridges constructed throughout the protected area. These bridges bring you to a secluded waterfall where you will have time to swim and enjoy the sounds of nature around you. Enjoy some time at leisure in the afternoon to explore further on a hike or if you are in need of an adrenaline rush, a zipline through the canopy. Join together for an evening cooking class with your CEO and fellow travelers.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Namkat Yorla Pa Resort (or similar)

Lodge



### Today's Activities

Namkat Hanging Bridges and Waterfall Trek

Nam Kat

Trek through the jungle and cross the many hanging bridges. Sway with the tops of the trees and you admire the jungle from a Birdseye view. The adventure brings you to a waterfall,

#### ACTIVITY

Enjoy a fun cooking class and create some delicious Laotian dishes in an incredible place.

Day 19

## Nam Kat to Luang Prabang: A UNESCO Town

After a final morning and breakfast among the lushness of northern Laos, travel south on a high-speed train to Luang Prabang. Spend time exploring on foot with your CEO at the night market in the evening.



### Meals included

Breakfast



### Accommodation

Victoria Xiengthong Palace (or similar)

Lodge



### Today's Activities

Bullet Train

Khouèng Oudômxaï - Luang Prabang

1h30m

200km

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

Free Time

Luang Prabang

Enjoy a free afternoon in the UNESCO town of Luang Prabang.

## Spiritual Laos: Alms Giving & Baci Ceremony

Choose to rise early this morning and join your CEO to witness and participate in the almsgiving practice near your hotel. Your CEO will guide you through the Luang Prabang market as it begins to open up, allowing for a less chaotic look at some of the more unusual items on offer. Return to the hotel for a hearty breakfast and choose to spend the day as you choose. Your CEO will offer to guide you on an excursion to the Kuang Si waterfall and Ban Ou, or choose to explore this UNESCO World Heritage area at your own pace. To celebrate a final evening together, join your CEO and fellow travelers for a dinner in the local community. You are welcomed with a traditional ceremony, offering blessings for your onward journeys upon leaving the country. Join your local hosts to help make lemongrass stuffed with pork and dine together on an indulgent meal.



### Meals included

Breakfast | Dinner



### Accommodation

Victoria Xiengthong Palace (or similar)

Lodge



### Today's Activities

Alms-giving in Luang Prabang

Luang Prabang

Rise early and watch the daily dawn ceremony of saffron-robed monks walking through town to receive alms from local residents. Residents prepare food for the monks to subsist on. Seeing this custom is a beautiful way to gain some insight into the local culture and Buddhist religion. Please be respectful and quietly observe.

Morning Market Visit

Luang Prabang

Walk along the quiet streets of UNESCO heritage town to the famous morning market where locals come to buy their fresh fruit, vegetables and meat. Some products are come straight from the jungle, and will seem otherworldly. You can find many different things for sale, like ox-blood in gelatinous cubes, serpents, bats, grilled insects (worms, grasshoppers, bee larvae, crickets, butterfly chrysalis), caramelized pork's head, and all sorts of leaves and plants which are used to make the traditional dishes. What may be the bizarre to us, is a normal morning market to others.

Join a local Laotian family for a home cooked meal and get hands on making minced pork stuffed in fresh lemongrass. Help the family cook and enjoy flower and banana leave folding and basket weaving as you wait for the meal. You'll receive a traditional scarf to wear, then join a Baci ceremony led by the elder, once a buddhist monk. The heart of the ritual is the 'pah kwan', a flower tray. People gather around it, praying together. During the ceremony, participants receive a white thread on their right wrist. This thread stands for purity and blessings. Holding their hand to the chest, they accept the thread, a mark of respect and good wishes. After the ceremony, sit down together for an incredible local meal full of chicken curry, fried vegetables and the lemongrass pork!

Day 21

## Luang Prabang

Your adventure comes to an end, and you can depart at any time today.



### Meals included

Breakfast



### Today's Activities

Departure Day

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

## What's included

- Your G for Good Moment: Dinner at Spoons Restaurant, Siem Reap
- Your Foodie Moment: Cooking Class, Siem Reap
- Your Welcome Moment: Meet Your CEO and Group
- Your OMG Day: Sunset Bike Ride or Half-day Tour of Kampong Khleang Floating Village, Siem Reap

- Your OMG Day: Golden Triangle Cycle or Doi Tung Tea Experience, Chiang Rai
- Your Foodie Moment: Nam Kat Cooking Class, Nam Kat
- Your Discover Moment: Luang Prabang
- Complimentary Arrival Transfer
- Welcome Dinner
- Angkor Wat sunrise visit
- Cooking class in the Cambodian countryside
- Kayak & Trek in the Cardamom Mountains
- Full day Kayak Excursion in Koh Chang
- Bangkok Progressive Dinner Experience (Farewell Dinner)
- Bangkok Dinner Cruise
- Hellfire Pass and Thai-Burma Railway Centre explorations
- Floating accommodation in Kanchanaburi
- Chiang Rai street food tour
- 2-day slow-boat along the Mekong
- Som Nang Viewpoint hike
- Cultural Immersion at Nayangtai village in northern Laos
- Canopy Hanging bridges of Nam Kat
- Alms giving in Luang Prabang
- Internal airfare
- Tips are included for all included meals and activities, except for CEO and portage
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Khmer cooking class in a Cambodian village, Sunrise tour of Angkor Wat, Trekking and Glamping in the Cardamom Mountains, Guided Kayak tour in Koh Chang, Foodie progressive meal tour in Bangkok, Bangkok Dinner Cruise, Hellfire Pass and Thai-Burma Railway Centre explorations, Chiang Rai street food tour, 2-day slow-boat along the Mekong, Cultural Immersion in northern Laos, Canopy Hanging bridges of Nam Kat, Alms giving in Luang Prabang

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

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## Is there an itinerary Disclaimer?

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

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

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

- 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](mailto:experience@gadventures.com)
- 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.
- 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.
- 4. LAOS - High Speed Train regulations.**  
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
  - DrugsThe high speed train has a luggage limit of 20kg per person.

## **What is the group leader like?**

All G Adventures group trips are accompanied by one of our Chief Experience Officers (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 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 15, avg 12

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

21 breakfasts, 14 lunches, 13 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 maybe 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.

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, plane, walking, tuk-tuk, longtail boat, slow boat, public bus, public ferry, high speed train.

## **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?

Hotels (18 nts), Deluxe Tented Camp (2nts).

## Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## 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.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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.

## 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 instructions should I follow at the finishing point?

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.

## What should I take on my trip?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

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

## Essentials:

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

## Health & Safety:

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

**Warm Weather:**

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

# What 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.

\*\*\*\*\*

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: Wattay International Airport (Vientiane Capital)

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. \*\*

\*\*\*\*\*

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. \*\*

Information is accurate as of September 1st, 2025.

## **How much spending money do I need for my trip?**

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 Thai Baht, 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](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 \$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 the Geluxe Collection tours, tipping is included for all included activities and meals. Tipping is not included for the CEO or Porterage. 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 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.

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.

## What activities are optional on this trip?

### Nong Khiaw

- Som Nang View Point

## 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.

## 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.

## 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.

## 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.

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